

West Delaware Newsletter

October 2024



A newsletter for the communities, parents and students of the West Delaware School District

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West Delaware ISASP Summary School Year 2023-2024

Submitted by: Matt O'Loughlin, Director of Student Services

The West Delaware Community School District administered the Iowa Statewide Assessment of Student Performance in the Spring of 2024. The test includes Reading/Language, Writing, and Math for grades 3-11. A science test is included in grades 5, 8 and 10.



STUDENT ACHIEVEMENT

PERCENTAGE PROFICIENT ON THE ENGLISH LANGUAGE ARTS (ELA) ASSESSMENT (Proficient plus Advanced)

Grade	2022-2023 WEST DELA- WARE	2022-2023 STATE OF IO- WA	2023-2024 WEST DELAWARE	2023-2024 STATE OF IOWA
3	67%	66%	62%	64%
4	74%	73%	79%	72%
5	81%	69%	81%	69%
6	79%	73%	83%	75%
7	88%	74%	88%	77%
8	90%	76%	91%	77%
9	79%	79%	83%	73%
10	83%	73%	82%	73%
11	69%	69%	84%	70%

PERCENTAGE PROFICIENT ON THE MATH ASSESSMENT (Proficient plus Advanced)

Grade	2022-2023 WEST DELA- WARE	2022-2023 STATE OF IO- WA	2023-2024 WEST DELAWARE	2023-2024 STATE OF IOWA
3	82%	76%	79%	76%
4	78%	73%	80%	72%
5	90%	71%	85%	71%
6	71%	70%	80%	71%
7	79%	68%	80%	69%
8	80%	72%	80%	73%
9	73%	61%	73%	63%
10	81%	66%	75%	65%
11	70%	67%	79%	65%





West Delaware Schools
701 New Street
Manchester, IA 52057
(563) 927-3515

Mission Statement: The mission of the West Delaware County Community School District, in collaboration with the family and community, is to provide a safe, culturally rich environment in which all students can reach their full potential academically, emotionally, physically and socially.

Vision: Challenging Academics, Relationships, 21st Century Skills

Board of Education

Carl Johnson, President
Steve Buesing, Vice Pres
Luke Imsland, Director
Jamie Vaske, Director
Jon Worden, Director

Superintendent

Jen Vance

Director of Student Services

Matt O'Loughlin

Director of Finance

Lynnette Engel

Lambert Elementary

Rudi Hameister,
Principal

Middle School

Jacqueline Lahey
Principal

High School

Tim Felderman, Principal
Matt Weis,
Asst. Principal/AD

Buildings, Grounds & Transportation

Gary Fonck Director

Director of Technology

Joe Hegland

Director of Food Service

Kim Sperflage

Volunteer Coordinator

Jacque Lahr

PERCENTAGE PROFICIENT ON THE SCIENCE ASSESSMENT (Proficient plus Advanced)

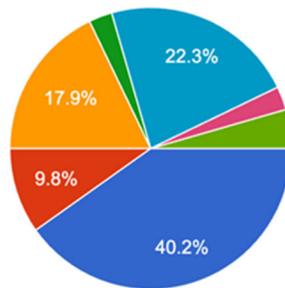
Grade	2022-2023 WEST DELA- WARE	2022-2023 STATE OF IO- WA	2023-2024 WEST DELAWARE	2023-2024 STATE OF IOWA
5	70%	63%	73%	59%
8	80%	66%	77%	65%
10	75%	62%	73%	59%

For more [information](#) you can visit

<https://educateiowa.gov/pk-12/student-assessment-pk-12>

What are your plans for the fall of 2024?

112 responses



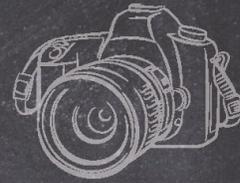
- Four year public college
- Four year private
- Public community college
- Public trade school
- Active military
- Employment/Work
- A year off before college without employment/work
- None of the above

Graduation Rate

The Iowa Department of Education (DE) released graduation and dropout rates recently. Iowa continues to report 4 year and 5 year cohort graduation rates to reflect the work districts and schools put forth in helping all students earn diplomas. Iowa has adopted a 4 year and 5 year cohort graduation rate methodology in accordance with federal requirement 34 CFR 200.19(b)(1)(i).

	Class of 2021	Class of 2022	Class of 2023
WD 4-year Grad Rate	92.50%	94.80%	92.86%
Iowa 4-year Grad Rate	87.80%	87.40%	87.50%
WD 5-year Grad Rate	93.20%	96.52%	
Iowa 5- year Grad Rate	90.10%	89.70%	

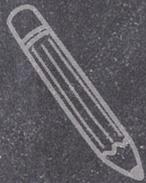
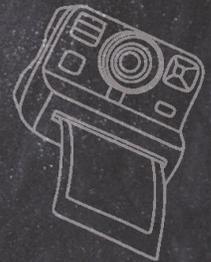




*FALL PICTURE RETAKE
DAY FOR ALL SCHOOLS IS
FRIDAY, NOVEMBER 1*



*IF YOU WOULD LIKE TO ORDER ONLINE,
PLEASE USE THE FOLLOWING LINKS:*



LAMBERT:

[HTTPS://VANDO.IMAGEQUIX.COM/G1001136362](https://vando.imagequix.com/G1001136362)



MIDDLE SCHOOL:

[HTTPS://VANDO.IMAGEQUIX.COM/G1001136364](https://vando.imagequix.com/G1001136364)



HIGH SCHOOL:

[HTTPS://VANDO.IMAGEQUIX.COM/G1001136363](https://vando.imagequix.com/G1001136363)





MIDDLE SCHOOL LIBRARY
**SCHOLASTIC
BOOK
FAIR**

October 16-17

Family shopping

1:30-6:30 p.m.

(during Parent Teacher Conferences)

October 14-17

Student shopping

8:00 a.m.-3:00 p.m.

October 14-27

Online Shopping

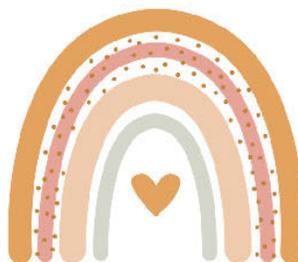
<https://bit.ly/wdmsbf>

All online orders ship home & book only
orders of \$25 or more ship for free

eWallet

- Set up an eWallet on book fair website
- Ask family & friends to add funds to eWallet account
- Allow your student to shop the book fair with their eWallet funds

@' ~ hmfi#October Parent Newsletter



FLY FIVE SKILLS BEING TAUGHT

Cooperation- being able to make and keep friends.

Assertiveness-expressing strong emotions and opinions effectively

VOLUNTEERS NEEDED

- Hawks Hut on October 25th:
- Turkey Trot on November 26th

We would love to have you volunteer. If you have not signed up to be a Lambert volunteer, do so with the QR code to get started.



Contact Jacque Lahr
jacquelahr@w-delaware.k12.ia.us

HOW TO TALK TO YOUR KIDS ABOUT SCHOOL

Ask open ended questions such as:

- *What was one fun thing you did at school today?
- *What was your favorite part of the day? Why?
- *Who did you play with at recess?
- *What was challenging for you at school? Tell me more about that.
- *What or who made you smile today?
- *How were you kind today?
- *What did you learn in math/reading/music/art/etc?
- *What are you looking forward to tomorrow?

IMPORTANT REMINDERS



Together We Are Kickoff October 11th

~watch for additional information to come!



WEST DELAWARE::

**TOGETHER
WE ARE***Donation Contributions*

We are extremely excited to continue spreading the message of positive brain health here at West Delaware through our Together We Are Brain Health Campaign. Now in its 4th year, we have had tremendous responses from students and are seeing first-hand the impact this campaign has on our students. ***Over 70% of surveyed students feel that the message and education associated with this campaign has had a positive impact on their mental health, and 90% of students agree with the message "it is ok to not be ok".***

This campaign is making a difference! It is teaching students how to care for themselves and others, taking the fear out of conversations about mental health, and normalizing that our personal struggles do not need to be hidden away. We are excited to see this campaign go beyond the walls of West Delaware as organizations such as Keystone AEA, Regional Medical Center, and St. Mary's school have also joined in spreading this message.

We have been beyond fortunate to have the support of countless community partners and agencies. As we continue to build this campaign, we again are seeking the help of local businesses to help fund educational experiences, guest speakers, and our famous t-shirts worn the first Thursday of each month as a visual reminder to students and staff that we are here to support one another. This reminder has power.

We hope that you consider making a donation to this initiative so we can keep doing amazing things here at West Delaware. If you are looking to sponsor a specific event attached to our Together We Are Campaign, please see the flier attached for ways to help! Donations can be made online (receipt will be generated that you can use for your tax records) or delivered to the West Delaware District Office at

West Delaware County Community Schools
attn: Sarah Kluesner
605 New Street
Manchester, IA 52057

If you want to learn more about the campaign and see what types of activities your donations support, please visit our website! If you are interested in bringing this messaging to your place of business or have any additional questions, please contact the WD counselors at counselors@w-delaware.k12.ia.us.

Thank you for your time and continued support of West Delaware.



WEST DELAWARE TOGETHER WE ARE

Donation Contributions

\$50

provides materials for Coping Skills Bingo at Lambert Elementary



covers the expense of a Thursday Lunch and Learn activity at the High School

\$100

\$200

supports t-shirts for one classroom of students



brings materials to train students and staff in QPR (Suicide Intervention Method) and teen Mental Health First Aid (peer intervention and support training)

\$500

All donations of any amount make a huge impact in our mission. Thank you for your consideration and interest in this cause!



Spotlight on Volunteers

We are excited to spotlight some of our volunteers every other month in our school newsletter this year. This month we highlight our volunteers who helped get the school year off to a great start. Our

bus shepherds at Lambert helped our students get to/from their buses safely the first few days of school. This provides safety for our students as well as eases the fears of our little ones. Special thanks to Roger Helmrichs, Jody Helmrichs, Carol Rave and Teri Allen for their help with this. We are also grateful for all who helped with the Back to School Fair to organize and distribute school supplies and some clothing needs to our students. When the kids' needs are met, they can focus on their learning. If you'd like to volunteer at West Delaware, please visit our website: <https://www.w-delaware.k12.ia.us/Pages/district/volunteer.html> or contact Jacque Lahr at jacquelaahr@w-delaware.k12.ia.us or call 563-927-3515 ext. 207.

DELANEY'S
ice cream

OCTOBER 16TH & 17TH

**LOCATED OUTSIDE
MIDDLE SCHOOL DURING
PARENT TEACHER CONFERENCE**

portions of sales will fund school based activities as
a part of West Delaware's

*Together We Are
Campaign*

**be kind
to your
mind**

West Delaware Together We Are



To recognize the National School Lunch Program, serving nearly 30 million children each day, West Delaware Schools will celebrate National School Lunch Week from October 14-18, 2024. The fun and creative campaign theme, “School Lunch Pirates: Find Your Treasure,” highlights the importance of a healthy school lunch to a student’s success both in and out of the classroom.

Research shows children are getting their healthiest meals at school. National School Lunch Week will highlight the nutritious foods available daily at West Delaware. School lunches offer students fruits and vegetables, whole grains and milk, and meet federal nutrition standards limiting fat, calories and sodium. National School Lunch Week helps us educate parents and students about all the wonderful benefits of our lunch program. The federally funded National School Lunch Program (NSLP) has been fueling students for success for 77 years.

Learn more about school meals at West Delaware!

Visit www.w-delaware.k12.ia.us

Food Services has their own page on our website. You can find the link under the District tab. Menus, free/reduced application, links to the lunch program and RevTrack, and info about Food Services can all be found on our webpage.

Online Free/Reduced Application





BRAIN HEALTH RETREAT ROOM

01

**CLICK HERE
FOR VIDEO!**

PROMO VIDEO

West Delaware High School senior leadership group helped create the 2024-25 Promo Video for the BHRR. See link attached.

OPEN HOUSE

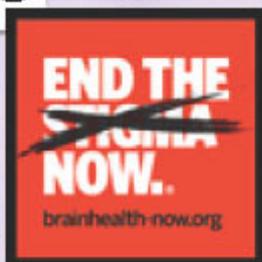
THE BRAIN HEALTH ROOM WILL BE OPEN DURING THE HIGH SCHOOL PARENT TEACHER CONFERENCE. STOP BY AND CHECK IT OUT!

02

DETAILS:

OCTOBER 9TH
3:30PM-6:30PM
ROOM: 200
(ACROSS FROM
COUNSELING OFFICE)

03



FUN FACT!

IN THE MONTH OF SEPTEMBER OVER 250 STUDENTS UTILIZED THE BRAIN HEALTH RETREAT ROOM



DID YOU KNOW?

At the high school...

During homeroom, students are working on their Career Ready Portfolios

Teachers are providing Work-Based Learning experiences in all classes.

Portfolios include descriptions of:

COLLABORATION

CRITICAL THINKING & PROBLEM SOLVING

COMPLEX COMMUNICATION

PRODUCTIVITY & ACCOUNTABILITY

FLEXIBILITY & ADAPTABILITY



Students will have the opportunity to receive information about and reflect on multiple careers throughout the school year!

THANK YOU
😊

Students are exceeding expectations adapting to the new cellphone and backpack policies. Thank you to our students and parents for making this a smooth transition that is benefiting our school environment!

WE WANT TO HEAR FROM

you!

The voice of WDHS Students, Parents, and Community Members is important to us. Have an idea on how we can continue improve our school community? Leave a note in our Virtual Suggestion Box by scanning the QR Code



RELATIONSHIPS | ACADEMICS | 21ST CENTURY SKILLS

EARLY GRADUATION REQUESTS:

Seniors who wish to graduate early, and who have met all graduation requirements, must apply. In order to graduate early, students must have the approval of the principal and WD School Board. Early graduation request forms are available in the High School Office.

Deadlines:

Term 2 - January 8, 2025

Term 3 - March 5, 2025

High School Students Wanting to Participate in College Athletics:

NCAA Eligibility Center: High school students who hope to participate in college athletics at the NCAA Division I or II levels must register at <https://web3.ncaa.org/hsportal/exec/loginAction>. It is important the student take an active role in this process and start to prepare themselves from high school student athlete to college student athlete.

NAIA Eligibility Center: High school students who hope to participate in college athletics at the NAIA level must register at <https://play.mynaia.org/>. The NAIA requires all student athletes wishing to participate in Division III sports to register.

2024-2025 ACT Test Dates

Register at act.org or contact the High School Counseling Office for further information.

TEST DATE	REGISTRATION DEADLINE
December 14, 2024	November 8, 2024
February 8, 2025	January 3, 2025
April 5, 2025	February 28, 2025
June 6, 2025	May 9, 2025
July 7, 2025	June 6, 2025

Seniors - Do You Need Help With FAFSA?

If you're a senior planning for college (or the parent of one), you need to file the Free Application for Federal Student Aid (FAFSA). Filling out FAFSA is one of the first major steps in college preparation and the planning process. It is important to complete the FAFSA as soon as it becomes available as some types of financial aid may run out if you wait until the last minute to apply.

FAFSA is a free form that may be completed without professional assistance via paper or electronic forms provided by the U.S. Department of Education at www.fafsa.ed.gov. If you are filling out FAFSA and looking for more information, consider looking at the following links:

What is FAFSA? Helpful tips on filling out the FAFSA and additional information on the differences between types of federal aid: <http://www.affordablecolleges.com/resources/fafsa/>

8 Steps to Filling out FAFSA: <https://blog.ed.gov/2016/09/8-steps-filling-fafsa/>

[7 Things needed before Filling out the FAFSA](#)

FREE FAFSA SUPPORT is also available by contacting:

Susan Brown
Manchester/Oelwein RAMS Center Supervisor
844-642-2338 Ext. 7102
brownsu@nicc.edu

SENIOR MEETINGS:

High School counselors Shelby Piersch and Mackenzie Atwater wrapped up Senior Meetings in September. These short one-on-one check-ins are valuable opportunities to discuss future college and career goals for after high school. Transcripts are reviewed to ensure each senior has met all graduation requirements.



Senior Picture Guidelines
Senior Class of 2025
West Delaware High School
(563) 927-3515 ext. 347

1. Senior pictures must be received by the yearbook adviser by Nov. 1. Any photos received after that date will not be guaranteed to be included in the yearbook.
2. **Senior photographs will be published in the high school yearbook, in the local newspaper, and in a senior composite given to the seniors at graduation. Please make sure your photographer allows for their photograph to be reprinted in these publications as some photography services retain copyright privileges, which limit the usage of a photograph.**
3. Senior photos must be submitted digitally. Attach the image to an email to helentemeyer@w-delaware.k12.ia.us.
4. **All photographs must contain a resolution of at least 300 DPI and be 5 x 7 inches in size. Each photograph must be a vertical, formal head-and-shoulders photograph. Full-body poses are not acceptable. Please avoid distracting backgrounds.**
5. Pictures must contain only one person. Pictures must not contain props, such as cars, sports equipment, or pets. Hats, which cover or darken eyes, will not be allowed.
6. Tasteful, modest clothing is required, making off-the-shoulder and strapless clothing unacceptable. The annual staff and school administration will determine whether the attire is appropriate for publication.
7. **If you do not plan to have your photographs taken by a professional photographer of your choice, please have your photo taken by Halverson Photography.** They will take underclass photographs at the beginning of the school year. Halverson Photography does not require you to purchase any photographs, and the school will receive the digital image. **See Helen Temeyer for other cost-free options.**
8. Professional photos can take time. Following is a typical timeline: 3-5 weeks to schedule an appointment; 2 weeks to receive proofs of photographs; 3 weeks to select senior photographs; 4 - 6 weeks to process the order.
9. If you have any questions, please contact Helen Temeyer, yearbook adviser, West Delaware High School, 605 New Street, Manchester, IA 52057.(e-mail: helentemeyer@w-delaware.k12.ia.us)



Notes from the Nurse

With the new school year underway, please be sure to turn in required health forms for all preschool, junior kindergarten, and kindergarten forms as soon as possible. Also, please make sure your most up-to-date contact number or email is available in Powerschool to ensure school personnel can contact you if your child is hurt or sick. If you need help with this, please contact the health office and we can help you!

Please send an extra change of clothing for all students ages preschool - 4th grade. The health office has very limited items when a student needs to have a change of clothing, and we are already using up our supply! If your student comes home in clothing from the health office, please send the item back.

Dental screenings will be performed for all 9th grade students who have not turned in the Certificate of Dental Screening from the Iowa Department of Public Health to the health office in December, 2024.

As of July 1, 2008, it is mandatory that all students enrolled in 9th grade present documentation of a certificate of dental screening to their respective high school. The purpose of the dental screening requirement is to improve the oral health of Iowa's children.

Students who have completed a screening within one year prior to 9th grade enrollment or a screening within 4 months after enrollment to 9th grade is acceptable.

The form attached must be completed by a dentist or dental hygienist only. If your child has been to the dentist or dental hygienist, please take this form back to the dentist/dental hygienist to have it signed and return the form to school.



Certificate of Dental Screening

This certificate is not valid unless all fields are complete.

RETURN COMPLETED FORM TO CHILD'S SCHOOL.

Student Information (Please Print)

Student Last Name:	Student First Name:	Birth Date (MM/DD/YY):

Screening Information (health care provider must complete this section)

Date of Dental Screening: _____

Treatment Needs (Check **ONE** only based on screening results prior to treatment services provided):

No Obvious Problems—The child's hard and soft tissues appear to be visually healthy, and there is no apparent reason for the child to be seen before the next routine dental checkup.

Requires Dental Care— tooth decay¹ or a white spot lesion² is suspected in one or more teeth, or gum infection³ is suspected.

Requires Urgent Dental Care— obvious tooth decay¹ is present in one or more teeth, there is evidence of injury or severe infection, or the child is experiencing pain.

¹ Tooth Decay: A visible cavity or hole in a tooth with brown or black coloration or a retained root.

² White spot lesion: A demineralized area of a tooth, usually appearing as a chalky, white spot or white line near the gumline. A white spot lesion is considered an early indicator of tooth decay, especially in primary (baby) teeth.

³ Gum infection: Gum (gingival) tissue is red, bleeding, or swollen.

Screening Provider (Check **ONE** only; Ninth-grade screening must be provided by DDS/DMD or RDH.)

DDS/DMD RDH MD/DO PA RN/ARNP

Provider Name: (Please Print) _____ Phone: _____

Provider Business Address: _____

Signature and Credentials
of Provider or Recorder*: _____ Date: _____

*Recorder: An authorized provider (DDS/DMD, RDH MD/DO, PA, or RN/ARNP) may transfer information on this form from another health department. The other health document should be attached to this form.

A screening does not replace an exam by a dentist. Children should have a complete examination by a dentist at least once a year.

Iowa Department of Health and Human Services • Bureau of Family Health – Oral Health Section
1-866-528-4020 • <https://hhs.iowa.gov/programs/programs-and-services/dental-and-oral-health>

A designee of the local Board of Health or Iowa Department of Health and Human Services may review this certificate for survey purposes.



Esports

Fall Titles



October Update

-27 students are currently active this season across 5 separate teams!

-Fall season lasts from August 23rd-Nov 8th

-Subscribe to our YouTube channel for all of the Esports action every Monday, Tuesday, and Thursday at 4pm.



Iowa High School Esports Association



West Delaware Esports





18

Hawk Highlights

www.w-delaware.k12.ia.us

WEST DELAWARE HIGH SCHOOL'S PRODUCTION OF

Disney's
BEAUTY *and the* **BEAST**

**BE OUR GUEST
MEET & GREET**

SATURDAY, OCTOBER 19, 2024

9:30-11:00AM

**DROP IN AND VISIT WITH
MEMBERS OF THE CAST**

Dress up if you like!

\$5 TICKETS
IN ADVANCE ONLINE

\$7 AT THE DOOR
CASH OR CHECK AT THE DOOR

Sweet Treats

A Spot of Tea

Photo Ops

Autographs

ON THE STAGE IN WDHS HANSON AUDITORIUM

GET YOUR TICKETS AT
HANSONAUDITORIUM.COM



DISNEY'S BEAUTY AND THE BEAST is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. This production is licensed by Music Theatre International. www.mtishows.com

West Delaware High School's
Production of



Disney
**BEAUTY
AND THE
BEAST**

THE BROADWAY MUSICAL

© Disney

Music by ALAN MENKEN

Lyrics by HOWARD ASHMAN & TIM RICE

Book by LINDA WOOLVERTON

Originally Directed by Rob Roth Originally Produced by Disney Theatrical Productions

DISNEY'S BEAUTY AND THE BEAST is presented through special arrangement with Music Theatre International (MTI).

All authorized performance materials are also supplied by MTI. This production is licensed by Music Theatre International. www.mtishows.com

Thursday, November 7 @ 7pm

Saturday, November 9 @ 1pm & 7pm

Sunday, November 10 @ 2pm

Tickets go on sale at
hansonauditorium.com on
October 7



NO MORE CLIPPING**SCAN**
YOUR RECEIPT
SEE HOW AT
BTFE.COM

If you see this label on a product, you can use the Box Tops app to scan your receipt. The app will find participating products purchased at any store and instantly add cash to your school's earnings online. Please note that some Box Tops products are not labeled; check our product list for a complete list of [participating products](#).



CONVENIENT - Redeem anywhere, anytime within 14 days of purchase



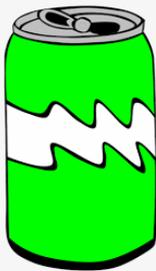
EASY TO USE - Automatically finds Box Tops products on your receipt



REAL TIME - Your school's earnings are updated online with every scan



EXTRA CASH - Access special bonus offers on top of your Box Tops earnings

**Friends of Music POP CAN FUNDRAISER**

Proceeds Support Marching Band, Show Choir, and all Music Programs

Drop Off Cans at the **CAN SHED** on East Main and request money to go to Friends of Music

HOST FAMILIES NEEDED!

LANGUAGE AND FRIENDSHIP, INC.
Family Stay Programs/Hosting In The U.S./Travel Abroad

Our community has the chance to welcome teenagers this summer from France and Spain. This kind of experience can make such an impact, not only on the visiting students, but also on the whole family and our entire school community! Students want to practice their English and live as part of an American family for a short time. Host families provide room (shared room is fine but they must have their own bed), meals, and the willingness to include their visitor as a part of the family, including them in all aspects of your summer schedule. For more information, contact Mrs. Sandberg at mariannesandberg@w-delaware.k12.ia.us

Homeless Children and Youth Information

The federal McKinney Vento Act was designed to ensure that all students experiencing homelessness have educational rights and protection. Under this act, homelessness is defined as:

- sharing housing due to a loss of housing, economic hardship, or a similar reason
- living in hotels, motels, trailer parks, or camping grounds due to a lack of alternative adequate housing
- living in emergency or transitional shelters
- living in a public or private place not designated for, or normally used as, a regular sleeping accommodation for human beings
- living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar places;
- living in one of the above circumstances and who are migratory

If you, or someone you know is experiencing any of these situations, we are here to help.

Contact Shelby Piersch, West Delaware CCSD Local Homeless Liaison by phone at 563-927-3515 ext. 306 or email at shelbypierschew-delaware.k12.ia.us for more information/support.

Words on Wellness

Boost Your Energy with Smart Food Choices



Is what you're eating helping you power through your day or putting you in nap mode? Your diet plays a key role in maintaining energy levels. Choosing the right foods can help nourish your body and fight fatigue throughout the day.

- **Unprocessed Foods:** Fast food, frozen dinners, candy, and energy drinks might seem quick and easy, but they don't give your body the good stuff it needs and can slow you down. Choose fresh, unprocessed foods.
- **Fruits and Vegetables:** If you're looking for energy-boosting foods, you can't go wrong with plant-based options. Choose apples, bananas, oranges, blueberries, strawberries, pears, asparagus, broccoli, sweet potatoes, spinach, and beans.
- **Whole Grains and Complex Carbs:** Steer clear of sugary stuff like cookies, sweets, and white bread that lack nutrients and can make you tired. Choose whole grain foods and complex carbs for added fiber and steady energy.
- **Lean Proteins:** Proteins are slow to digest, which helps fight off fatigue; the key is to choose lean proteins. Chicken, turkey, and fish provide quality protein without excess saturated fat. Eggs, beans, and yogurt are great protein choices, too.
- **Healthy Fats:** Avocado, olive oil, almonds, walnuts, and pistachios offer lasting energy and support brain function.
- **Noncaffeinated Beverages:** Caffeine is okay in moderation and provides a short-term boost, but it doesn't truly energize the body. Skip the soda and energy drinks that can make you crash later. Choose unsweetened tea, coconut water, or a fruit smoothie. Water is also a smart choice. Even mild dehydration can cause fatigue!

Remember, balance is key. Aim for a variety of nutrient-dense foods, drink enough water, and listen to what your body tells you. By making mindful choices, you'll have more energy and be ready to take on the day!

Source: [Cleveland Clinic](http://ClevelandClinic.go.iastate.edu/WWK50G), go.iastate.edu/WWK50G

Meatloaf in a Mug

Serving Size: 1 meatloaf | Serves: 1



Ingredients:

- 1/4 pound lean ground beef
- 2 tablespoons oats
- 1 tablespoon ketchup
- 2 teaspoons skim milk
- 1 teaspoon dry onion mix

Directions:

1. Spray microwave-safe mug with cooking spray.
2. Combine all ingredients and stir to mix.
3. Pat beef mixture into mug. Make a small hole in the center, all the way to the bottom. Wash hands.
4. Microwave on high (100%) for 3 minutes or until cooked to 160°F.

Tips:

- Cooking time increases if more than one is placed in microwave at a time. Leftover onion mix can be used as a seasoning for microwaved or baked vegetables.

Nutrition information per serving:

270 calories, 12g total fat, 4.5g saturated fat, 0.5g trans fat, 75mg cholesterol, 360mg sodium, 14g total carbohydrate, 1g fiber, 5g sugar, 25g protein. This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

Women’s Health—Do you know the symptoms?

Breast cancer is the most common cancer among women worldwide, and early detection is key. Symptoms include lumps, nipple changes, thickened skin, changes in appearance (size, shape, dimpling), and skin color changes (pink, red).

Ovarian cancer also affects women. It’s important to know the symptoms because they can be hard to detect. Symptoms include abdominal or pelvic pain, feeling full quickly, bloating, changes in bowel habits, frequent urination, and feeling tired without a clear reason.

Early detection can save lives. Let’s raise awareness and encourage our loved ones to recognize these symptoms.

Sources: [Mayo Clinic](https://www.mayoclinic.org), go.iastate.edu/9RC4ST
[Mayo Clinic](https://www.mayoclinic.org), go.iastate.edu/Z86DJ0



Growing Together Iowa Grant: Cultivating Health and Community

The [Growing Together Iowa Mini-Grant Program](https://www.extension.iastate.edu/mastergardener/growing-together-iowa), www.extension.iastate.edu/mastergardener/growing-together-iowa, has provided funding for the Master Gardener donation garden projects since 2016. The funding helps volunteers buy materials such as seeds, fencing, and harvest supplies to support food pantry donation gardens.

Growing Together Iowa aims to accomplish the following:

- Increase access to fresh fruits and vegetables
- Promote healthy food choices
- Provide nutrition and gardening education

In 2023, 33 Iowa counties participated in the project, growing an impressive 103,670 pounds of fruits and vegetables. These nutritious crops were donated to 100 food pantries and distribution sites, benefiting 82,000 Iowans.

This project is funded by the USDA SNAP-Ed program and Amerigroup. It’s an example of how community gardens can address food insecurity while creating a sense of togetherness and well-being. For more information, visit the [Growing Together Iowa](https://www.extension.iastate.edu/mastergardener/growing-together-iowa) website, www.extension.iastate.edu/mastergardener/growing-together-iowa, and explore the [map](https://iastate.app.box.com/s/6rfxw4iip42885bckjc7hmk1096b2o6k), iastate.app.box.com/s/6rfxw4iip42885bckjc7hmk1096b2o6k, of participating counties.

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 PM 2099 October 2024

Here for you.
 Now.
 Always.

Iowa State University
 Extension and Outreach

AnswerLine

Call 1-800-262-3804
extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Human Sciences

extension.iastate.edu/humansciences

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



COMMUNITY EVENTS & ANNOUNCEMENTS

These announcements are provided as a courtesy to our community. The events are not sponsored by nor affiliated with West Delaware Community Schools.

YEAR OF KINDNESS

#MANCHESTERKIND

Celebrating Kindness in Our Community



AFTER SCHOOL LEGOS

MONTHLY | EVERY 1ST WEDNESDAY
1:30 - 3:30 P.M.

BUILD YOUR UNIQUE CREATION WITH THE LIBRARY'S LEGOS AND YOUR IMAGINATION.

ALL AGES WELCOME!

OCTOBER

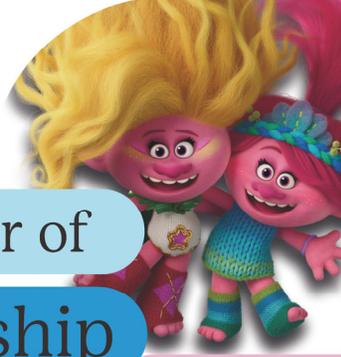
Fall into Kindness
Scare up some kindness
#Manchesterkind



Hijinks with Hector

MANCHESTER PUBLIC LIBRARY

MONTHLY - 2nd Wednesday
2:00 P.M.



Your Year of Friendship

Girls Scouts are Better Together!!

Join the Girl Scouts of Service Unit 760 for Trolls: Band Together @ Castle Theater
Tuesday, October 1st | 5-7PM
112 E Main St. Manchester, IA 52057

FREE FOR ALL! Bring your favorite grown-ups or the whole family! Girl Scouts who bring a friend will be entered into a drawing for 1 of 3 gift cards.

Can't make it, but still interested in Girl Scouts? Contact Stacey at 563-583-9160 (call/text) or email staceyng@girlscoutstoday.org.

Download the FREE Trolls activity sheet and unlock a special fun patch at girlscouts.org/trolls!

girlscouts of eastern iowa and western illinois

Can you believe Trolls live by the Girl Scout Law without even knowing it? ❤️🐾 Unlock the NEW Trolls It Takes Two Challenge.



NOTICE: Distribution of this flyer does not constitute an endorsement by the West Delaware Community School District. Any production or printing cost for these flyers was paid for by the sponsoring organization.

AUTHOR Storytime & Craft



Mary Boone
Author of *School of Fish*



**Saturday, October 19th
10:30 AM**

Join us as we welcome back children's author, Mary Boone, to the Manchester Public Library.

Mary grew up in rural Iowa and she's written 70+ nonfiction books for young readers.

Mary will read aloud her newest picture book, *School of Fish* and she will bring a fishy craft for children to make.



Manchester Public Library
304 N. Franklin St, Manchester, Iowa 52057 | (563) 927-3719
<https://www.manchesterlibraryia.org/>



Middle School & Lambert Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

O c t		1 8th FB home 4:15 7th VB at Williamsburg 4:15 7/8 Cross Country at Williamsburg 4:30	2 NO SCHOOL Teacher Prof Dev	3 7th FB at Mt Vernon 4:15 8th VB home 4:15	4	5
	6	7	8 7/8 Cross Country home 4:00 FB vs Vinton 4:15 7th home 8th away	9 Early Out 1:25 PM MS & Lambert	10 VB vs Benton 4:15 7th home 8th away	11
o b e	13 14 School Board Mtg 6:00 High School Library Cross Country at CPU 4:15	15 8th FB home 4:15	16 Early Out 1:25 PM MS & Lambert Parent/Teacher Conferences 2:30-6:30	17 Early Out 1:25 PM MS & Lambert Parent/Teacher Conferences 2:30-6:30 7th FB at Independence 4:15	18	19
	20	21	22	23 Early Out 1:25 PM MS & Lambert	24	25
27 r	28	29	30 Early Out 1:25 PM MS & Lambert	31	Nov 1 Picture Re-Takes	Nov 2

High School Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

O c t		1 Esports 4:00 Cross Country at Williamsburg 4:30 9/10/JV/Var VB Home 5:00	2 NO SCHOOL Teacher Prof Dev	3 Esports 4:00	4 2:00 Homecoming Parade 9/Var FB home 5:00	5 8:00-11:00 Homecoming Dance
	6	7 Esports 4:00 JV FB home 6:00	8 Cross Country home 4:00 Esports 4:00 9/10/JV/Var VB at CPU 5:00	9 Early Out 1:15 PM High School Parent/Teacher Conferences 3:30-6:30	10 Esports 4:00 10/Var VB at Cedar Falls 5:00	11 9/Var FB home 5:00
o b e	13	14 School Board Mtg 6:00 High School Library 10 FB at Wahlert 3:30 Esports 4:00 JV VB at Cedar Rapids Washington 5:00	15 10th VB home 5:00	16 Early Out 1:15 PM High School	17 Var VB at Marion 4:00 Cross Country at Marion 4:00 Esports 4:00	18 9/Var FB at Independence 5:00
	20	21 Esports 4:00 10 FB home 6:00	22 Vocal Music Concert 7:30 Hanson Aud Regional VB TBD	23 Early Out 1:15 PM High School Cross Country State Qualifying Meet 4:00 location TBD	24 Esports 4:00 Regional VB TBD	25 End 1st Quarter 9/Var FB home 5:00
r	27	28 Esports 4:00	29 Regional VB TBD	30 Early Out 1:15 PM High School	31	Nov 1 Picture Re-Takes 1st Round FB Playoffs 7:00 Location TBD State Cross Country Meet in Fort Dodge
						Nov 2