

West Delaware Newsletter



September 2024

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

INSIDE THIS ISSUE

New Staff.....	1
Picture Day Schedule.....	2
E-Registration.....	3
Attendance Matters	4
Volunteers	4
Brain Health Liaison	5
Senior Pictures	6
Counselor Corner	7
HS Did you Know?	8
Host Families	8
Free/Reduced App	8
ACT Testing Dates	9
FAFSA Info.....	9
HS Yearbook Orders	9
Friends of Music	10-11
Mini Cheer Camp	12
What We Are Collecting	13
Cameras Notification	13
Homeless	13
Words on Wellness ...	14-15
Community Events ...	16-17
Lambert & MS Activities	18
HS Activities	19

Meet the New Staff at WD



Jen Vance
Superintendent



Roxanne Anderson
Middle School
Special Ed Teacher



Makenna Kelley
High School
Brian Health Liaison



Rachel Kramer
Lambert
Special Ed Teacher



John Kruse
High School
English Teacher



Hayle Pillard
Middle School
8th Grade Teacher



Megan Schachterle
Lambert
3rd Grade Teacher



Matt Seabold
High School
PE Teacher



Paige Wenger
Lambert
Kindergarten Teacher



Patrick Woods
HS Social Studies
Teacher & MS
Activities Coordinator



Shannon Baldwin
Lambert
Associate



Seth Baumhover
High School
Associate



Sarah Beitz
Lambert/MS
Associate



Karen Davis
Lambert
Custodian



Wendy Freiburger
Lambert/MS
Associate



Tahni Goodman
Lambert
Associate



ShaleeAnn Hallock
Middle School
Associate



Sally Lyons
Lambert
Café/Recess Associate



Deb Pins
Lambert
Associate



Kat Rogers
Middle School
Office Secretary



Wayne Timmerman
High School
Health Office
Associate



Cyndy Ward
Lambert
Food Service

Not pictured:
Samantha Ries, Associate
Mary Jo Larsen, Food Service





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 Sperfslage

Volunteer Coordinator

Jacque Lahr

SCHOOL FALL PHOTOS

LAMBERT-THURSDAY, SEPTEMBER 19

PRESCHOOL T/F- FRIDAY, SEPTEMBER 20

MIDDLE SCHOOL- FRIDAY, SEPTEMBER 20

HIGH SCHOOL- FRIDAY, SEPTEMBER 20

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)



E– Registration is required for all families. If you have not completed it yet, please do so as soon as possible. Thank you!

West Delaware PowerSchool E-Registration Parent Guide

Parents,

We are continuing our E-Registration again this year. As always, we are **REQUIRING** this online enrollment process to check/update demographic data and sign permissions are receive any forms you may need.

Continue to: <https://westdelaware.powerschool.com/public/> and login with your Username and Password. This DOES NOT work in the PowerSchool app for your phone. It needs to be completed in a browser.

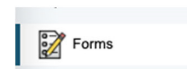
*If you have issues with login info please email our Technology Director at joehegland@w-delaware.k12.ia.us or call a building secretary.

PowerSchool

Barney Cameron Jordan

In the PowerSchool Parent Portal screen each of your children will be in the upper left portion of the screen.

Click on the Forms icon located on the left-hand side in the middle.











It will display a list of pages that need to be checked/updated. You will also see a red bar that will turn green as you fill out forms. Each page will show what is currently in our system and **you only need to enter changes/updates for your student**. Choose the first Form “A-Student Demographics”.

You will be taken through **8** pages to collect updates for:

- A – Student Demographics
- B – Home Language Survey
- C – Student Address/Phone Number
- D – SchoolMessenger Information – Where you update how you want us to call/email/text you
- E – Health Information
- F – Permissions
- G – Forms and Fees

E-Registration

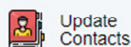
Status	Form Name
 Empty	A - Student Demographics
 Empty	B - Home Language Survey
 Empty	C - Student Address/Phone Number
 Submitted	D - Student Contacts
 Empty	E - SchoolMessenger Information
 Empty	F - Health Information
 Empty	G - Permissions
 Empty	H - Forms and Fees

Hit Submit at the bottom of each page to continue to the next page

*Student Address and SchoolMessenger) also allow you to hit the arrow next to the Submit button and choose to Submit for Family to save time by submitting for all your students.

When done with one student, click on the next student at the top left and continue through their forms. You'll know you have completed all when there is a full green bar on each students Forms pages.

****NEW**** When done with all Forms, click on “Update Contacts” towards the bottom of the left-hand menu. It will update parents/guardians along with emergency contacts.



You can then click on “Sort Contacts” to choose the order contacts should be called in the case of information or emergency throughout the day.



ATTENDANCE MATTERS

WHEN A STUDENT
MISSES
2 DAYS
A MONTH

THEY WILL MISS
20 DAYS A YEAR

THEY WILL MISS
30 HOURS OF MATH
OVER THE SCHOOL
YEAR

THEY WILL MISS
60 HOURS OF
READING & WRITING
OVER THE SCHOOL
YEAR

THEY WILL MISS
1 YEAR OF SCHOOL BY
GRADUATION



MISSING A DAY OF SCHOOL
HERE AND THERE MAY NOT
SEEM LIKE MUCH BUT
ABSENCES ADD UP!

WHEN A STUDENT
MISSES
4 DAYS
A MONTH

THEY WILL MISS
40 DAYS A YEAR

THEY WILL MISS
60 HOURS OF MATH
OVER THE SCHOOL
YEAR

THEY WILL MISS
120 HOURS OF
READING & WRITING
OVER THE SCHOOL
YEAR

THEY WILL MISS
2 YEARS OF SCHOOL BY
GRADUATION

Calling All Volunteers!!

Have you thought about volunteering this school year?
We would like you to register as a volunteer!

Register at the following link to become a WD Volunteer:

<http://tiny.cc/wdvolunteers>

(or scan the QR Code below)



Questions? Contact:
Jacque Lahr
West Delaware Volunteer Coordinator

Brain Health Retreat Room



Welcome back to the 2024/2025 school year! I am Makenna Kelley and I will be the social worker/liaison in the Brain Health Retreat Room.

About the BHRR:

- An environment where students and staff feel comfortable to self-regulate
- An opportunity to utilize different strategies/interventions in order to feel prepared to return to the classroom within 10-15 minutes.
- Students will have access to puzzles, coloring pages, worksheets, fidgets, privacy chairs, massage chair, hammock swing, sand therapy table, healthy snacks, and a quiet place to reset.



This retreat room is made possible through the generous support from Debi and Andy Butler in collaboration partnership with Brain Health Now, West Delaware, Gigantic, Lerdahl, Project Rooter, and Mindful Minutes for schools.



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)

Welcome to the Counselor's Corner

September Edition:



Together We Are CAMPAIGN

Creating a safe environment accepting of brain health

West Delaware is excited to continue to end the stigma surrounding mental health with the third year of the Together We Are Brain Health Campaign.

This campaign was designed to create a better understanding that the brain is an organ that can get sick too, and change the way we talk about "mental" health to a conversation about "brain" health. With this campaign we are expanding the conversation, and providing education for students and our community on positive brain health.

THE FACTS



1 in 7 teens 10-19 experience a brain health challenge

64% of teens in the United States who experience mental health challenges don't seek help.

only **48%** of students talk with their parents about mental health and only

22% will talk with friends about mental health

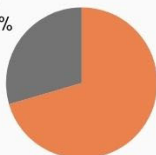
National Alliance for Mental Health



increase in emotional distress since 2020

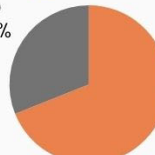
IN A RECENT OPTIONAL SURVEY OF HIGH SCHOOL STUDENTS:

Yes No
29.5%



70.5% of participants agree that the TWA campaign has had a positive impact on their brain health

Yes No
31.1%



68.9% of participants agree that the TWA campaign has had a positive impact on their brain health

95% OF PARTICIPANTS AGREE IN THE PHRASE, "IT'S OK TO NOT BE OK"



MARK YOUR CALENDARS!

SEPTEMBER 5TH
OCTOBER 3RD
NOVEMBER 7TH
DECEMBER 5TH
JANUARY 2ND
FEBRUARY 6TH
MARCH 6TH
APRIL 3RD
MAY 1ST



New Shirts!


shirts are worn the first thursday of the month to show our support for the invisible battles we all face every day

With the excitement this campaign has brought to our students, new shirts will be purchased every three years to accommodate student growth. Students will receive new shirts in October.

All funds used to purchase shirts and materials for this campaign are from private donations and fundraising done by the school counselors. If you would like to donate to keep this cause growing at West Delaware, visit <https://w-delaware.revtrak.net/> and find the "Together We Are Link" or scan the QR Code




For question, reach out to any school counselor



DID YOU KNOW?

At the high school:

- Students participated in back-to-school activities including listening to speaker Scott Litterer discuss building a culture of kindness.
- Students are adapting to the new cellphone and backpack policies.
- ALICE training will be held on September 4 in homerooms to empower students to respond to a violent critical incident.
- All students are collecting artifacts to include in their 21st century skills portfolios. As a graduation requirement, seniors will be presenting their portfolios this year.
- Teachers are working in their Professional Learning Communities during early-out Wednesdays to review and analyze student learning goals, lessons, and assessments.
- Parents will have opportunities to provide valuable feedback. Thank you for completing upcoming surveys regarding safe, supporting schools and effective teaching in the classroom!



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

Free/Reduced Applications are now online!

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.



2024-2025 ACT Test Dates

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

TEST DATE	REGISTRATION DEADLINE
October 26, 2024	September 20, 2024
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

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

High School
2024-25 yearbooks
may be purchased at
jostensyearbook.com.
Order by September 15 for
discounted price.



10

Hawk Highlights

www.w-delaware.k12.ia.us

West Delaware Friends of Music

The Mission of West Delaware Friends of Music is to promote and support the district's excellent music programs and to encourage *all* students' participation in order to enhance their educational experiences.

2024-2025 Membership Form**August 1, 2024 - July 31, 2025**

Name: _____ Phone #: _____

Address: _____ Cellphone #: _____

Email Address: _____

Name as you would like it to appear in the Music Program: _____

Please select one of the following:

- | | |
|---|--|
| _____ \$1500 Virtuoso of the Arts | Advertising & Friends of Music Admission to ALL Band and Vocal Concerts throughout the 2024-25 school year, including 4 Dinner Show tickets and \$50 voucher for WD apparel* |
| _____ \$1000 Maestro of the Arts | Advertising & Friends of Music Admission to ALL Band and Vocal Concerts throughout the 2024-25 school year, including 4 Dinner Show tickets and \$50 voucher for WD apparel* |
| _____ \$500 Conductor of the Arts | Advertising & Friends of Music 10 Event Punch Card (good for class concerts) & \$50 voucher for West Delaware apparel* |
| _____ \$250 Director of the Arts | Advertising & Friends of Music 8 Event Punch Card (good for class concerts) & \$25 voucher for West Delaware apparel* |
| _____ \$150 Producer of the Arts | Advertising & Friends of Music 6 Event Punch Card (good for concerts) |
| _____ \$100 State of the Arts | Advertising on all High School Music Programs & Friends of Music 4 Event Punch Card (good for class concerts) |
| _____ \$50 Patron of the Arts | Advertising on all High School Music Programs |
| _____ \$25 Friend of the Arts | Advertising on all High School Music Programs |
| _____ WD FOM Volunteer (new '24-25!) | Advertising on all High School Music Programs. Would like to help with volunteer opportunities like chaperoning, fundraising, etc. I've marked the back with areas I/we can help with. |

**We thank you for your support!! Please send a check payable to
"Greater Delaware County Community Foundation" along with this form to the following address:**

Jamie Jolley, Friends of Music Treasurer
301 E. Marion St., Manchester, Iowa 52057

*Stores accepting WD Apparel vouchers will be indicated on vouchers.

Volunteer Opportunities

Without **YOU**, our volunteers, these events would not be possible. Some of our large events this year are the Fall Musical, Wreath "Blitz" Sales, IHSMA State Show Choir (end of Jan), Red Carpet Gala (Feb. 8th), Swing Into Spring, and the Dinner & Dessert Show. Chaperones and Drivers are also needed for all High School Show Choir and High School Marching Band competitions.

Please review the listing below and mark the tasks you would be interested in:

- ☐ General Volunteering - call me if you are ever looking for volunteers
☐ General baking needs
☐ Concession Stand worker - we will contact you first about upcoming times & dates

Band

- ☐ Band Uniform (help with fittings, cleanings, etc)
☐ Assist with set-up/take-down of equipment
☐ Chaperoning Band Competitions
☐ Drivers for students and/or equipment in trailer

Show Choir

- ☐ Costume sewing or alterations
☐ Set construction, painting, and gathering of props
☐ Chaperone competitions
☐ Drivers for students and/or equipment in trailer

Musical (Aug-Oct)

- ☐ Costume sewing or alterations
☐ Set construction, painting, and gathering of props

Wreath Sales Fundraiser (Oct-Nov)

- ☐ Assist with organizing wreath sales, pick-up, team leaders
☐ Blitz Parent (wreath sales blitz event – chaperone/drive a group of students for Blitz Sales)

IHSMA State Show Choir (Jan)

- ☐ Cook food for concessions
☐ Work Concession Stand
☐ Monitor Warm-Up rooms
☐ Assist with crowd control & Auditorium door

Red Carpet Gala (Feb. 8, 2025)

This event runs all day and we also need help setting up on the Friday before the event. The event has many needs in various areas. (**ALL** Show Choir parents are required to help with this event)

- ☐ Yes, I can help during this event
☐ No, I cannot help during the event but I can bake bars for the event
☐ I am unable to help (non-Show Choir parents only)

Dinner and Dessert Show (May)

- ☐ Ticket Sales, Set Up Seating Chart
☐ Kitchen Help
☐ Programs
☐ Decorations/Table Settings
☐ Host/Hostess

Thank you in advance for volunteering! We could not have a successful Music program without YOUR dedicated time & talents!



12

Hawk Highlights

www.w-delaware.k12.ia.us

WD 2024 FOOTBALL MINI CHEER CAMP

This 3-day camp will focus on teaching your child cheerleading skills such as stunts, jumps, cheers, and a dance that will be performed during halftime of the Freshman football game on Friday, Sept 13th. The participants will enjoy a snack provided on both days and a Pizza Party on Friday before the performance.

WHO: Students entering Junior Kindergarten-4th Grade

WHEN: Wednesday, Sept 11th, Thursday, Sept 12th and Friday, Sept 13th

TIME: Wednesday: 3:30 – 5:30 PM High School Commons, snack provided

Thursday: 3:30-5:30 PM High School Commons, snack provided

Friday: 3:30 PM – 5:30 PM High School Commons, Pizza will be provided

PERFORMANCE TIME: Friday, Sept 13th at halftime of Freshman Football game approx. 5:30pm

DROP OFF/PICK UP LOCATION: WD HS Commons

PERFORMANCE LOCATION ON FRIDAY: Brown Field

WHAT TO WEAR: Wednesday & Thursday – shorts, tennis shoes, hair ties, t-shirt

Friday – **BLACK bottoms** (shorts/athletic pants/skirt/etc), tennis shoes, *t-shirt, *hair ties,

(*t-shirt & cheer bow will be provided for the performance)

COST: \$35/child (includes t-shirt, cheer bow, Pizza Party)

SPONSORED BY THE 2024-2025 FOOTBALL and BASKETBALL CHEERLEADING SQUADS

If you have any questions, please contact:

Angie Zehr, Football/Basketball Cheerleading Sponsor– (563) 920-8735 or angiezehr@w-delaware.k12.ia.us

MAIL REGISTRATION TO: West Delaware High School, c/o Angie Zehr, 605 New St, Manchester, IA 52057

****DEADLINE TO REGISTER: MONDAY, SEPTEMBER 9th****

(LATE REGISTRATIONS ARE NOT GUARANTEED A T-SHIRT)**

REGISTRATION FORM for 2024 FOOTBALL MINI CHEERLEADING CLINIC

STUDENT'S	NAME	_____	GRADE
		_____	CITY,
	ADDRESS,	_____	HOME/CELL
ZIP	_____		EMAIL
PHONE	_____	PARENT'S WORK PHONE	_____
ADDRESS (for Updates only) _____			

SHIRT SIZE: YOUTH – SM ____ M ____ L ____ XL ____ ADULT – SM ____ M ____ L ____

Please note any Dietary Restrictions/Allergies (Gluten Free, Celiac, Diabetic, etc). Please be specific:

\$35.00 Registration Cost: Check # _____ (payable to West Delaware) Cash _____

PARENTS RELEASE AGREEMENT: As parent or legal guardian of _____, I hereby waive any responsibility for West Delaware School System for any injuries which may be sustained while participating in the 2024

LA West Delaware Mini Cheerleading Clinic.

Signature: _____

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

NOTICE:

The West Delaware County Community School District has authorized the use of recording devices on school district owned property. The video cameras will be used to monitor student behavior to maintain order on the school buses to promote and maintain a safe environment. Students and parents are hereby notified that the content of the digital recordings may be used in a student disciplinary proceeding. The content of the digital recordings are confidential student records and will be retained with other student records. Digital recordings will only be retained if necessary for use in a student disciplinary proceeding or other matter as determined necessary by the administration. Parents may request to view digital recordings of their child if the digital recordings are used in a disciplinary proceeding involving their child. Consent is not required from any student or parent also shown in the digital recording if the other students are just bystanders. However, if there is an incident between multiple students, then all parents must give consent in order for the digital recording to be viewed by parents. A decision will be made by the Superintendent.

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

How's Your Microbiome?



When we talk about a microbiome, we are talking about the gut and its important role in overall health. The gut is home to many microbes and bacteria, both good and bad. What we choose to eat determines the amount and type of bacteria residing in our large and small intestines.

Eating foods containing prebiotics and probiotics promotes a favorable environment for a healthy microbiome. Prebiotics are complex carbohydrates, like fiber in fruits, beans, and whole grains. They act as fertilizer for the good bacteria to multiply in the gut. This fiber is broken down by the good bacteria in your gut through fermentation. This fermentation process limits the number of bad bacteria and supports a healthy gut.

Probiotics are the good bacteria in your gut and are dependent on prebiotics as their main food source. Common probiotic foods are yogurt, sauerkraut, kefir, and other fermented foods. Other ways to improve your gut microbiome are to eat a variety of colorful fruits and vegetables, add fiber foods to your diet, reduce stress, and maintain a regular eating schedule.

Pizza Boats

Serving Size: 1 pizza boat | Serves: 4



Ingredients:

- 4 hot dog buns or English muffins
- 1/2 cup pizza sauce
- 5–6 ounces cooked ham, beef, turkey, or Canadian bacon, sliced
- 1 cup vegetables, chopped (mushrooms, onions, peppers, olives)
- 1 cup cheese, shredded

Directions:

1. Preheat oven to 425°F.
2. Open buns or split muffins and lay cut side up on baking sheet. For a crispier crust, bake for 3 minutes. For a softer crust, skip to step 3.
3. Spread 1 tablespoon pizza sauce on each half of bun or muffin.
4. Layer meat and vegetables on top of sauce.
5. Sprinkle cheese on top of meat and vegetables.
6. Bake for 8–10 minutes or until heated through.

Nutrition information per serving:

270 calories, 9g total fat, 4g saturated fat, 0g trans fat, 35mg cholesterol, 870mg sodium, 29g total carbohydrates, 0g fiber, 7g sugars, 18g 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

Food Bank or Food Pantry?

What is the difference between a food bank and a food pantry? That's a great question. Both play a role in ensuring people have access to food. The main cause of hunger is not the lack of food but the lack of access to food.

Food banks typically store food in large warehouses and distribute to local food programs, like food pantries. Food banks serve a specific geographic area.

Food pantries are an emergency food program and the distribution center where people can get food. Supplied with food from a food bank, pantries feed hundreds of people every week.

If you need more information on food assistance, contact an [ISU WIN manager](#), www.extension.iastate.edu/humansciences/win, or contact your [local food pantry](#), www.feedingamerica.org/find-your-local-foodbank.



Let's Play Pickleball!

Pickleball is the fastest-growing sport in America and can be lots of fun. Why is it so popular? It is easy to learn, has a low impact, and can be great exercise for all ages.

It is like tennis; however, here are some key differences:

- The pickleball court is approximately one-fourth the size of a tennis court. That means it is less court space to cover.
- Whether playing singles or doubles, both are played on the same size of court.
- Pickleball serves are underhand rather than overhand, as in tennis.
- The pickleball resembles a whiffle ball with holes and has less bounce, allowing players more reaction time.
- Pickleball uses a paddle instead of a strung racquet.

Before you invest in pickleball equipment, check with your local parks and recreation center or community center to see if they have equipment to use or a regular league to join. Or you can attend a match and find out for yourself why pickleball is trending.

Copyright 2022 © Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.
PM 2099 July 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.®

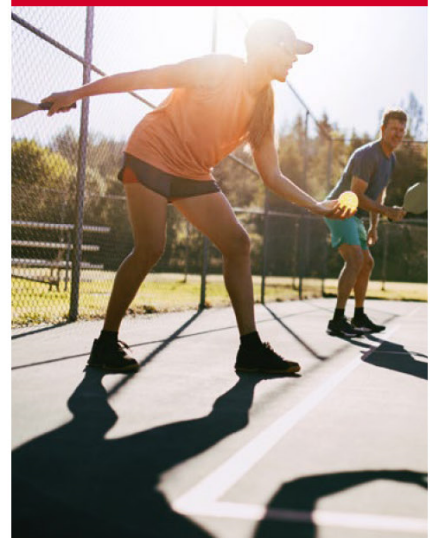
spendsmart.extension.iastate.edu

Human Sciences

[extension.iastate.edu/
humansciences](http://extension.iastate.edu/humansciences)

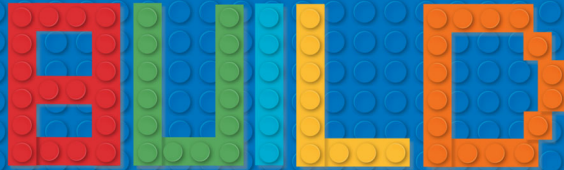
If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

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.



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!

Teen Advisory Board

Manchester Public Library



Are you a 6th to 12th grader who is:

- A leader and a planner?
- Creative?

Do you:

- Enjoy serving the community?
- Enjoy working and sharing your interests with others?
- Want to earn volunteer hours?

The MPL Teen Advisory Board (TAB) may be for you! Join us on September 4th from 2:00 – 3:00 for our first meeting of the school year. Help us plan programs and the services that are provided to teens throughout the year.



MORE THAN MEETS THE EYE!

LIBRARIES

DID YOU KNOW THE MANCHESTER PUBLIC LIBRARY HAS MORE THAN JUST BOOKS TO BORROW? WE HAVE PUZZLES, GAMES, MOVIES, AND (COMING SOON) HOTSPOTS!
MANCHESTERLIBRARYIA.ORG

SEPTEMBER IS...
LIBRARY CARD SIGN-UP MONTH!

MPL

Teen Anime Club



Manchester Public Library
Wednesday,
September 11th at
2 - 3:30 pm.
Open to Grades 6-12.

Come join us for anime-watching, manga reading, crafting, activities, and snacks.

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

WALK 4 TOMORROW

SUICIDE AWARENESS WALK

Registration: 8:00 a.m.

Speaker: 9:00 a.m.

Walk 9:00 - 11:00 a.m.

Food & Beverage Available for Walkers
Free Will Donations Accepted

SATURDAY, SEPTEMBER 14TH

Tirrill Park
105 Stearns Drive
Manchester, Iowa 52057



Register for free or
donate at:
<https://givebutter.com/2024walk4tomorrow>



September is recognition of School Personnel
“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around: - Leo Buscaglia
#Manchesterkind

SPOOKY SCIENCE DAY CAMP

We invite K-5th grade youth to join us and become a scientist for the day!

Participate in a variety of spooky fall themed science experiments!

- October 2nd, Lambert Elementary (WDSI, Mary's)
- October 21st, Colesburg Elementary (E6-Co)
- November 8th, Delhi Elementary (MV)
- Registration fee: \$20

To register: Fill out the form below and return it to the Extension office or register online by visiting extension.iastate.edu/youth-programs. Registration is due at least one week before camp.

Mailing address:
ISU Extension & Outreach
Delaware Co.
1417 N Franklin Street
PO Box 336
Manchester, Iowa 52057

Registration Form

Circle one: Oct. 2nd, Lambert Elem. Oct. 21st, Colesburg Elem. Nov. 8th, Delhi Elem.

Child Information:

Child's Name: _____

Age: _____

Grade: _____

Gender: _____

Residence (circle one): Farm Town under 10,000 and rural non-farms

Ethnicity (circle one): White Asian Hispanic Black American Indian Other

Special Health Considerations: _____

Caregiver Information:

Caregiver's Name: _____

Phone Number: _____

Email: _____

*If your child will need to take medication during this event, contact our office for a request form

Is the child registered as a 4-H or Clover Kids member in Delaware County? (circle one) Yes No

Is someone in the immediate family a member of the military? (circle one) Yes No

Emergency Contact Information (other than the listed caregiver):

Emergency Contact Name: _____

Phone Number: _____

Relationship to Child: _____

Who will be picking up your child after the program? _____ Relationship to Child: _____

*I give permission for my child to have their photo taken to be used for news releases and reports (circle one): Yes No

*I give permission for my child to attend the Iowa State University Extension and Outreach Delaware County

program/event. However, I agree to pick up my child if the program leaders do not feel my child is abiding by the behavior expectations. I also understand that in case of serious injury or illness, I will be notified. If it is impossible to contact me, I give permission for emergency treatment as recommended by the attending physician.

Caregiver Signature: _____ Date: _____



(GREAT BIG Family PRODUCTIONS)
PRESENTS

SIDEWALK PROPHETS
SONGS & STORIES
TOUR

SEPTEMBER 20, 2024
THE STONE CHURCH
MANCHESTER, IA
@7PM

GET TICKETS

TICKETS / INFO
WWW.SIDEWALKPROPHETS.COM

**Hijinks
with Hector**

MANCHESTER
PUBLIC LIBRARY

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



18

Hawk Highlights

www.w-delaware.k12.ia.us

Middle School & Lambert Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

NO SCHOOL
Labor Day

3

4

Early Out
1:25 PM
MS & Lambert

5

6

7

September

8

9

School Board Mtg
6:00 HS Library

10

Football vs
Marion at 4:15
7th home
8th away

11

Early Out
1:25 PM
MS & Lambert

12

Volleyball vs
Independence 4:15
7th home
8th away

13

14

15

16

Volleyball vs CPU
4:15
7th home
8th away

17

7/8 B&G
Cross Country at
Starmont 4:30

18

Early Out
1:25 PM
MS & Lambert

19

Lambert School
Picture Day

7/8 B&G Cross
Country at
Cascade 4:00

Football vs Solon
4:15
7th home
8th away

Volleyball vs
Mt. Vernon 4:15
7th away
8th home

20

Lambert T/F Pre-
school Picture Day

Middle School
Picture Day

21

22

23

Volleyball vs
Marion 4:15
7th away
8th home

24

8th Football home
4:15

7/8 B&G Cross
Country at Vinton
4:15

25

Early Out
1:25 PM
MS & Lambert

26

7th Football at
CPU 4:15

Volleyball vs
Solon 4:15
7th home
8th away

27

28

29

30

Volleyball vs
Vinton 4:15
7th home
8th away

7/8 B&G Cross
Country at
West Dbq 4:15

Oct 1

8th FB home 4:15

7th VB at
Williamsburg 4:15

7/8 B&G Cross
Country at
Williamsburg 4:30

Oct 2

NO SCHOOL
Teacher Prof Dev

Oct 3

7th FB at Mt
Vernon 4:15

8th VB home 4:15

Oct 4

Oct 5

High School Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2 NO SCHOOL Labor Day	3 B&G Cross Country at Oelwein 5:00	4 Early Out 1:15 PM High School	5 10/Var VB at CR Jefferson 6:00	6 9/Var FB home 5:00	7 Var VB at Vinton 9:00 10th VB at Independence 9:00
8	9 School Board Mtg 6:00 HS Library JV FB at Decorah 6:00	10 9/10/JV/Var VB at Marion 5:00 B&G Cross Country at Waverly 6:00	11 Early Out 1:15 PM High School	12	13 9th/Var FB home 5:00	14 Var VB at Parkersburg 9:00 9th VB Home 9:00
15	16 10th FB home 6:00	17 9/10/JV/Var VB Home 5:00 B&G Cross Country at Starmont 5:15	18 Early Out 1:15 PM High School	19 9th VB at West Dbq 5:30	20 High School School Picture Day 10th/Var FB at Webster City 5:00	21 Var VB home 9:00
22	23 10th FB at DeWitt 5:00 JV FB home 6:00	24 B&G Cross Country at Vinton 4:45 9/10/JV/Var VB at Independence 5:00	25 Early Out 1:15 PM High School	26	27 9/10 & Var FB at Maquoketa 5:00	28 9th VB at CR Jefferson 8:30 Var VB at Cedar Falls 9:00
29 UNI All-State Instrumental Camp	30 10th FB home 6:00	Oct 1 B&G Cross Country at Williamsburg 4:30 9/10/JV/Var VB home 5:00	Oct 2 NO SCHOOL Teacher Prof Dev	Oct 3	Oct 4 9th/Var FB home 5:00	Oct 5

September