

# West Delaware Newsletter



April 2025

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

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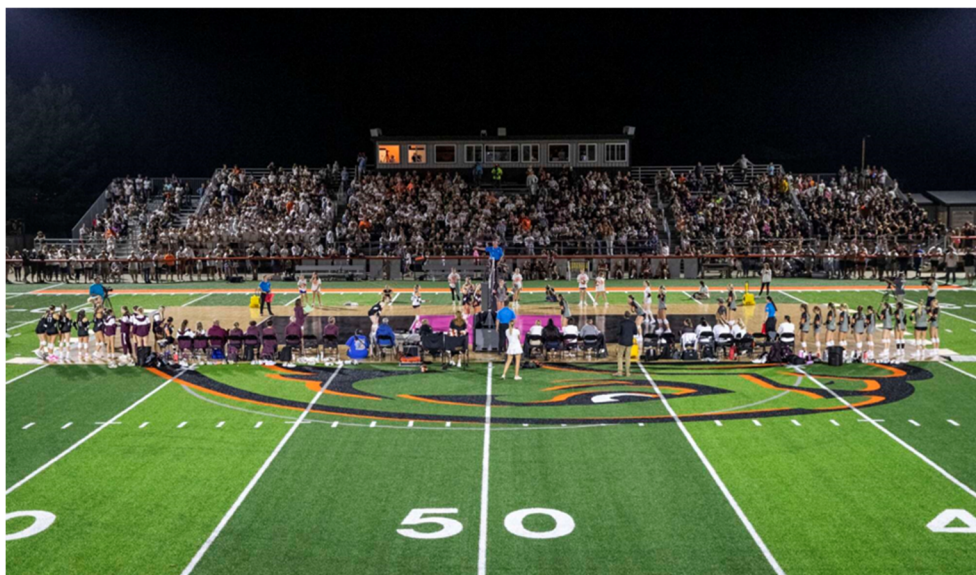
## West Delaware's Brown Field: A Game-Changer for Athletics and Events

*Submitted by Matt Weis, High School Assistant Principal and Activities Director*

About a year ago, conversations amongst the West Delaware School Board started to pick up in regard to installing turf at Brown Field. Since its inception in 1930, Brown has been the home to Hawk Football. It didn't take long for more sports and events to start taking place there.

West Delaware's Brown Field underwent a major transformation with the installation of brand-new turf last summer, and the benefits have already been on full display. The turf has brought expanding opportunities for student-athletes and the community alike.

This spring, the turf has allowed West Delaware soccer to take full advantage of the field, providing a consistent and high-quality playing surface regardless of weather conditions. The flexibility of the new surface has also opened doors for potential new events, including discussions about hosting a marching band competition next fall—an exciting prospect that would bring schools from across the region to compete in Manchester.



Perhaps the most unique event to take place on Brown Field so far was the historic outdoor volleyball match last September vs. Mount Vernon. We have hosted many memorable events during my time at West Delaware, but this one will always hold a special place in my heart. It showed what being part of the Hawk family is all about. Everyone helped come together to make that night possible and helped give fans and athletes an unforgettable experience.

Nights like that wouldn't have been possible without our new turf. West Delaware's investment in Brown Field is already paying off, and with even more events on the horizon, the future looks bright for this state-of-the-art facility. Go Hawks!!!



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

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Principal

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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



## From the Superintendent's Desk

How can we already be in April? I just wanted to take this opportunity to share ten things I have discovered about West Delaware in my first ten months on the job:

1. WD has an amazing staff! Since we started the Staff Shout Outs earlier this Fall, we have received nearly 120 shoutouts to our amazing staff! If you would like to submit a shout out, please visit this [link](#).
2. Kids are doing great things every day at WD. 85% of our high school students are involved in at least one extracurricular activity. If your child is not involved, encourage them to find an activity to connect with. WD has something for everyone!
3. 82% of our students are proficient in English Language Arts on the Statewide Assessment of Progress (ISASP).
4. 79% of our students are proficient in Math on the Statewide Assessment of Progress (ISASP).
5. Last Spring, nearly \$70,000 in scholarships were awarded to the Class of 2024.
6. Staff members are working hard every day to create a safe learning environment for our students. Visit this [link](#) to see what that looks like in each building. We are trying but also know we are not perfect. Please help us by talking with your student about the importance of treating everyone with respect...even when no one is watching!!
7. Eleven FFA Members earned their Iowa Degree this year. Less than 10% of FFA members receive this degree, and it is the highest degree that can be bestowed upon an FFA member by the Iowa FFA Association each year!
8. The Manchester Police Department is very supportive of our students. They look for ways to be involved with our students in positive ways such as being a reading buddy.
9. Post Secondary options offered at WD have saved parents \$713,280 in college expenses.
10. The parents of WD students are involved and want to contribute to their child's success. Thank you for your communication with us in support of your children! At the end of the day we all want the best experience for our kids!

Thank you to everyone who makes West Delaware a great place to be! I could not be more thankful for the opportunity to join the community. It's a great day to be a Hawk!!

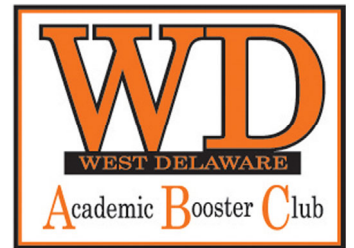
*Jen Vance, Superintendent*

School supplies order time is here!! Please use the information below to get your order placed. In addition to being a convenient way to shop for school supplies, it's also a fundraiser for our Academic Booster Club. This club does many great things for our schools... scholarships for seniors, grants for teachers to provide additional opportunities in our classrooms, and much more! Here is what you'll need to place your order:

Deadline is May 15th.

<https://www.educationalproducts.com/ShopPacks/>

School Code WES284.



**EPI SCHOOL SUPPLIES**

**Order a Pack Today!**

# SCHOOL SUPPLIES

**Save Time & Money on School Supply Shopping**

Exact pack items & brands customized to your school lists.

## WEST DELAWARE CCS 2025-2026 SCHOOL SUPPLY ORDER FORM

Grade Level 2025-2026	Cost
JR KINDERGARTEN	\$52
KINDERGARTEN	\$55
FIRST GRADE	\$41
SECOND GRADE	\$43
THIRD GRADE	\$45
FOURTH GRADE	\$55
FIFTH GRADE	\$55
SIXTH GRADE	\$44
SEVENTH GRADE	\$49
EIGHTH GRADE	\$45
*TI-34 MULTIVIEW CALCULATOR	\$32

\*All 6th- 8th graders are required to provide a TI-34 Multiview Calculator. You may purchase this through EPI.

### ONLINE ORDERING ONLY!

ORDER SECURELY ONLINE

ORDER DUE DATE: MAY 15, 2025

Online orders will be charged tax at checkout

1. Go to [www.educationalproducts.com/shoppacks](https://www.educationalproducts.com/shoppacks)
2. Enter your School ID: **WES284**
3. Follow the directions to complete your order.
4. Print your online confirmation

Questions? Please contact  
Heather Stansberry, [hkstansb@gmail.com](mailto:hkstansb@gmail.com)

Supply kits will arrive before the start of school. Pickup will be at the high school on a date to be determined later.





## The Academic Booster Club is looking for volunteers!!

Many of the group members have students who are graduating and are actively searching for new members. This group is so important to our district!! They support teachers through awarding grants and support our students by providing scholarship opportunities. The group meets once per month. Anyone interested should email [westdelawareabc@gmail.com](mailto:westdelawareabc@gmail.com). Thank you for your consideration in joining this group!

Lambert Picnic Day will be on May 21st!  
Schedules will be sent home to families soon.



This year we are happy to share that Kona Ice will be at Lambert during the picnic! They will have a variety of options for flavors and sizes. Cash or Card will be accepted.



\$4- 12 oz. Klassic Size  
\$5- 16 oz King Size  
\$6- 18 oz Color-Changing Souvenir Cup.

\*Flavors: lime, grape, raspberry, cherry and crafted flavors also available- blackberry mojito, Caribbean cherry, lavender lemonade.



April

# Together WE ARE

Activity

THURSDAY

APRIL  
**10th**

DURING  
LUNCH

*High school students will have the opportunity to participate in a guided mindfulness session during their lunch. The session will be led by a professional from Challenge to Change. There will be snacks and prizes for participation! Thanks to West Delaware ABC Grant for making this possible.*

*Hope to see you there!!!*

ANY QUESTIONS? REACH OUT TO  
MRS. KELLEY/BRAIN HEALTH LIAISON

3rd Annual  
**TOGETHER  
WE ARE**  
*Parent Night*

in partnership with

Regional Medical Center®

and   
parents <sup>as</sup>  
teachers®

The month of April is designated as Child Abuse Prevention Month. The West Delaware School Counseling team is privileged to partner with Regional Medical Center Parents As teachers in hosting our third annual Together We Are Parent Information Night. **This event will coordinate with Parent's as Teachers annual Fly a Kite night** on April 14th at West Delaware Middle School. All ages and families in Delaware County are welcome to attend!

Join us for fun evening spent with an informational open house to learn more about the Together We Are while visiting with area resources that support all facets of brain health and flying kites as a family!

5:30-7:00 PM | MONDAY, APRIL | WEST DELAWARE MIDDLE SCHOOL  
**14**

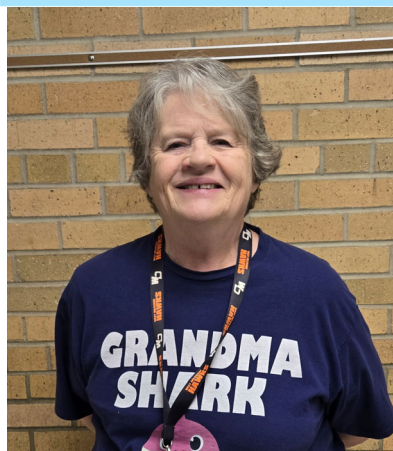
*Kites and Sack Lunch Meal provided for families thanks to Parents as Teachers*







## 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 four individuals who give so much of their time and talents to support our students! Pat Johnson logs the most hours in our volunteer database. This year, through March, Pat has logged 438 hours. She spends most of her time in the Title Reading program assisting Lisa Kass, but she also helps with other projects at Lambert, as well as at the high school helping with speech and music. Jason White volunteers his time coaching and he has logged 220 hours. He works with our wrestling program and often helps in the concession stand. Jody King and Corene Messer spend a great deal of time with our 2nd graders! They both help out in Melissa Coates' room - Jody has logged 191.5 hours this year through the month of March and Corene has logged 160 hours. I know many people, especially our volunteer coaches, don't often log their hours, so the help from our community is endless! I don't know what we'd do without these amazing volunteers at West Delaware - thank you!

If you'd like to volunteer here at West Delaware, please visit our website: <https://www.w-delaware.k12.ia.us/Pages/district/volunteer.html> or contact Jacque Lahr at [jacquelahe@w-delaware.k12.ia.us](mailto:jacquelahe@w-delaware.k12.ia.us) or call 563-927-3515 ext. 207.



# WELCOME TO THE H.A.W.K.S *nest*

## HELPING ALL WITH KNOWLEDGE & SKILLS

The H.A.W.K.S. Nest is a designated study space available to **ALL** high school students! This is a great place to catch up on work, take a missed test, meet as a group for a class project, or simply get work done so you don't have to take it home!



**1:30-3:00  
HS LIBRARY**  
see dates above



## SEMESTER TWO DATES:

January 22nd  
February 5th  
February 19th  
March 5th  
March 19th  
April 19th  
April 23rd  
April 30th  
May 14th  
May 21st  
May 28th



**MAKE THE  
MOST OF  
YOUR  
STUDYING  
WITH THESE  
HELPFUL TIPS!**





# West Delaware Driver Education Registration Summer 2025

## West Delaware Driver Education Registration Summer 2025

Student Name \_\_\_\_\_ Student 2025-2026 Grade \_\_\_\_\_

Student Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Parent(s)/Guardian(s) Name \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_

Address \_\_\_\_\_ # of miles from School \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_

Parent/Guardian Phone \_\_\_\_\_ Student Permit # \_\_\_\_\_

- West Delaware High School students must be at least 14 years old, entering 9th grade in the fall of the 2025-2026 school year to register for driver education.
- School Permits: If you plan to get a school permit, you must be 14 years old, completed 8<sup>th</sup> grade and entering 9th grade in the fall of the 2025-2026, have an instruction permit for at least six months, completed a driver education course, have a clean driving record for at least six consecutive months immediately before applying for the school permit, and must live one mile or more from the school, unless a special need exists or the student lives or works on a farm.
- 24 students are allowed per session. Older students will be given first priority. Late registration forms will be put on a waiting list.
- If there are not enough students enrolled to hold two sessions, the sessions will be combined into one session (dates TBD).
- All students must have and present to their instructor a valid instruction permit on the first day of class and prior to each drive.
- If a student does not have a valid instruction permit, he/she cannot be in the course... NO EXCEPTIONS.
- **The maximum number of classroom/driving absences is three.** Do not plan a vacation or employment where you will miss over three sessions. All missed sessions must be made up.
- **The fee for the Driver Education course is \$375 for West Delaware students and \$475 for Non-West Delaware Students. A \$50.00 non-refundable deposit is due with the registration form.** (unless you qualify for free lunches). The balance is due by the 1st day of class. **Forms must be returned to the High School Office at 605 New Street, Manchester, IA 52057 by Friday, March 21, 2025.**
- If your student qualifies for free or reduced lunches please note the following: Free qualifies for full waiver and reduced qualifies for partial waiver (cost would be \$140.00). If you qualify for free, a deposit is not required.

**Session Requested (Circle one preferred):** The Driver Education Instructor highly recommends that students participating in a summer sport register for the 2nd session of driver education.

Session I: June                      Session II: July                      Either

### **Driver Ed. Schedule:**

Classroom instruction for all students will be held Monday through Friday from 7:00-9:00 a.m.

### **Driving Times (Circle one preferred):**

9:00 a.m. - 11:00 a.m.                      11:00 a.m. – 1:00 p.m.                      2:00 p.m. – 4:00 p.m.                      4:00 p.m. – 6:00 p.m.

\*If you plan to carpool (out-of-town students only), list the names of students you want to carpool with.

\_\_\_\_\_



## SENIOR AWARDS NIGHTS – Wednesday, May 7th at 7PM in Hanson Auditorium

This distinguished event is not only scholarships seniors have applied for, but also includes awards and recognitions that have no application process. A senior may have been nominated by someone at school or in the community to be honored! Your presence at this event is an opportunity to watch hard working seniors reap their rewards and be surprised at unexpected recognition. “Pay it forward” by attending and thanking the local community, patrons, sponsors and volunteers who provide a solid foundation for our WDHS students.

In addition to the scholarships/awards/nominations, Friends of Music, Senior Academics and Athletic Booster Club will be recognized. The Class of 2025 are to be congratulated for a job well done and celebrated for all their accomplishments.

The spotlight will be turned on. Seniors will be showcased sitting on the stage in front of family, friends, donors and community members. Semi formal attire is requested. A large group photo will be taken at the end of the night to post in the Manchester Press.



## WaMaC Conference Art Show Hosted by West Delaware High School held in Sedorff Gymnasium - Wednesday, April 23, 2025 -

**8:30 to 10:30 am -- Art Show Open for Public Viewing**  
*Held in Hanson Auditorium*

This years' WaMaC Art conference will be held and hosted by West Delaware High School. The show will consist of 6 area high schools including West Delaware, Independence, Marion, Center Point Urbana, Mount Vernon, and Solon.

Each school district is allowed to submit no more than 20 items. This gives the show a grand total of 120 visual art entries. “As always, I am anticipating an outstanding showing of student talent and a breath of visual art exhibits.”, says Ms. Pitzenberger-Timp, West Delaware’s High School Art instructor. “It’s a show you won’t want to miss.”

The agenda for the day will include students perusing the show and voting for students’ choice Terry Masters Award. Following the viewing, a presentation for students and teachers from Louise Kames MFA, Professor of Art, Clarke University, Dubuque, IA. will be held in the Hanson Auditorium. The day concludes with an awards ceremony of the winning art entries.

## 2024-2025 ACT Test Dates

Register at [act.org](https://act.org) or contact the High School Counseling Office for further information.

TEST DATE	REGISTRATION DEADLINE
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. Forms are provided at <https://studentaid.gov/>. However, if you are filling out FAFSA and looking for free support whether it be setting up an appointment for assistance, or for questions and answers, you may consider reaching out to:

Susan Brown  
Manchester/Oelwein RAMS Center Supervisor  
844-642-2338 Ext 7102  
[brownsu@nicc.edu](mailto:brownsu@nicc.edu)

OR Iowa College Access Network (ICAN)  
East Central Iowa Student Success Center  
Direct: (319) 423-7706  
<http://www.icansucceed.org/>

### 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 [eligibilitycenter.org](https://eligibilitycenter.org). It is imperative 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 [playnaia.org/eligibility-center](https://playnaia.org/eligibility-center). The NAIA requires all student athletes who have never played a championship sport in the NAIA to have their eligibility determined before they can play.

## WEST DELAWARE CLASS OF 2025

**Class Flower:** Daisy (New Beginnings)

**Class Colors:** Black and Silver

**Class Song:** One Last Breath by Creed

**Class Motto:** "That's the beauty of the future. We get to change it." - Seanan McGuire

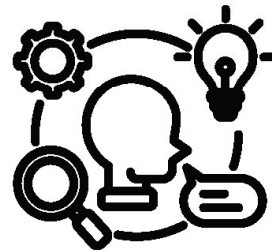




# Did You Know?

## At the high school...

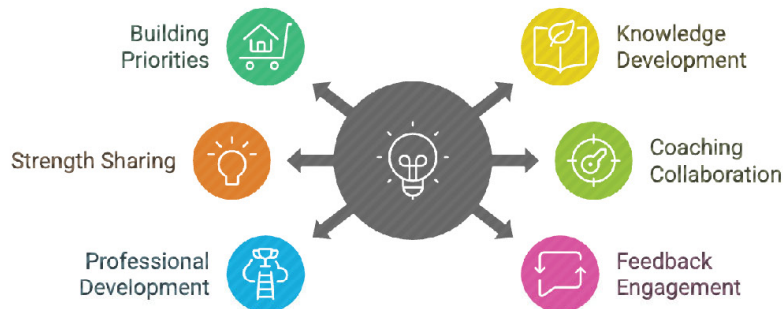
Teacher leaders are essential to the success of the building!



These roles include:

- Building leadership team members
- Lead learners
- Culture lead learners
- Instructional coach
- Mentors

What do teacher leaders work on?



Be on the lookout for an email to take a survey about the High Reliability Schools framework. The high school values all parents' responses! Thank you!





## **Congratulations to the Eastern Iowa Reading Council's Creative Writing Contest!**

### **Poetry Winners**

<b><u>Grade</u></b>	<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>Teacher</u></b>
Kindergarten	1st place	Rex Rogers	Dawn Schechtman, Rylee Lahr
Kindergarten	2nd place	Henry Sbai	Dawn Schechtman, Lexi Jasper
1st Grade	1st place	Kallum Moser	Dawn Schechtman, Nancy Cook
1st Grade	2nd place	Lucas May	Dawn Schechtman, Amanda Downs
3rd Grade	1st place	Kinslee Ponsar	Dawn Schechtman, Megan Schachterle
3rd Grade	2nd place	Avery Polito	Morgan Ryan
3rd Grade	3rd place	Meira Geiss	Dawn Schechtman, Meg Palmer
5th Grade	1st place	Hennik Reth	Dawn Schechtman
5th grade	3rd place (tie)	Tessa Elsbernd	Dawn Schechtman
5th Grade	3rd place (tie)	Levi Kulper	Karen Kehrl
7th Grade	2nd place	Cora Elsbernd	Ben Moser
9th Grade	1st place	Kaci Reth	Helen Temeyer

### **Story Winners**

<b><u>Grade</u></b>	<b><u>Place</u></b>	<b><u>Name</u></b>	<b><u>Teacher</u></b>
Kindergarten	1st place	Rex Rogers	Dawn Schechtman, Rylee Lahr
Kindergarten	2nd place	Henry Sbai	Dawn Schechtman, Lexi Jasper
1st Grade	1st place	Bennett Wenger	Nancy Cook
1st Grade	2nd place	Kallum Moser	Nancy Cook
1st Grade	3rd place (tie)	Hannah Polito	Nancy Cook
1st Grade	3rd place (tie)	Lucas May	Dawn Schechtman, Amanda Downs
2nd Grade	1st place	Calvin Elsbernd	Jenny Pettlon
3rd Grade	3rd place	Imogen Milroy	Dawn Schechtman, Morgan Ryan
4th Grade	1st place	Maliyah Mohr	Julie Gillihan
5th Grade	1st place	Tessa Elsbernd	Dawn Schechtman
5th Grade	2nd place	Brennan Bachman	Dawn Schechtman
5th Grade	3rd place	Sonia Geiss, Tessa Elsbernd, Aurora Lamb	Dawn Schechtman
6th Grade	3rd place	Silas Nefzger and Oliver Franzen	Ben Moser
7th Grade	1st place	Aurora Milroy and Cora Elsbernd	Ben Moser
7th Grade	3rd place	Cora Elsbernd	Ben Moser

**WEST DELAWARE  
MIDDLE SCHOOL  
WALK-A-THON 2025  
FRIDAY MAY 2ND  
1:05-3:05PM  
\*WEATHER MAKE UP DATE MAY 22ND**

**ALL MIDDLE  
SCHOOL STUDENTS  
WILL BE  
FUNDRAISING FROM  
APRIL 7-22ND**

Raise \$50 and get  
a pair of sunglasses  
for the color tunnel

**RAISE \$150  
AND EARN A FREE  
HAWK T-SHIRT!**

**ALL donations  
raised support  
our WDMS field  
trips!**

Top fundraisers in  
each grade will get  
to choose a staff  
member to dunk in  
the water tank!



# Notes from the Nurse

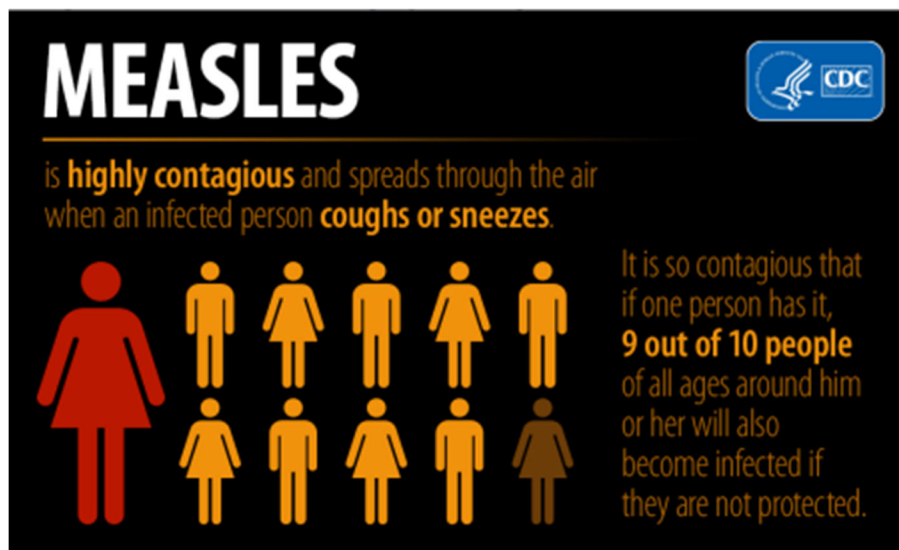
Spring is here! With the wet spring weather, please send an extra outfit with your elementary students to change into if they get wet and/or muddy while at school.

Second and third grade students will have an opportunity (with parental consent) to participate in the ISMILE dental sealant program April 10th and 11th. Consent forms were sent home with students in March. Please complete the form and return it as soon as possible if you have not already done so.

As we've entered the final quarter of the 2024-2025 school year, it's a great time to start planning for your student's 2025-2026 school health requirements:

- New Kindergarten students will need immunization records, a dental screening, a vision screening, and a lead level screening.
- 3rd grade students need a vision screening.
- 9th grade students need a dental screening.
- All 7th -12th grade students who want to play a school sport need to upload an Athletic Physical Form to Bound. Forms must be completed by a healthcare professional.
- 7th and 12th grade students need the meningitis vaccine (one dose for upcoming 7th graders and a booster dose for upcoming 12th graders).

One of the important vaccines kindergarten students need is the Measles, Mumps, Rubella (MMR) vaccine. This vaccine provides protection against measles, which is a very contagious disease that affected parts of Texas with an outbreak this year. If you have any questions or concerns about the health requirements for the upcoming school year, please contact the district nurse, Chelsey Pangburn at [chelseypangburn@w-delaware.k12.ia.us](mailto:chelseypangburn@w-delaware.k12.ia.us).



**MEASLES**

is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**.

It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

The infographic features a grid of 11 human figures. One figure on the left is red, representing the infected person. The other 10 figures are yellow, representing people who become infected. The figures are arranged in two rows: the top row has 6 figures and the bottom row has 5 figures.

# SEL PARENT NEWSLETTER

April 2025 | Lambert Elementary

## STRESS AWARENESS MONTH

Stress is your body's reaction to feeling threatened or under pressure. In many situations stress is a good thing- it is what makes us vigilant and prepares our body to fight or run away from a threat or danger. It is not only useful in dangerous situations, but in helping us achieve things in our daily lives like meeting the demands of home, work, and family life.

Stress is supposed to be a "quick hit" of useful chemicals followed by a return to a normal, healthy, and relaxed state. Unfortunately, many adults and children are in a constant state of stress. Stress can have a significant impact on physical, mental, and emotional well-being. It is important to learn ways to reduce stress levels, improve coping skills, enhance overall health and well-being, and seek help when needed.

## Why Stress Management Matters

Long-term stress can lead to issues such as:

- ✓ Anxiety and depression
- ✓ Sleep disturbances
- ✓ High blood pressure
- ✓ Weakened immune system

By learning how to reduce stress, improve coping skills, and seek support, we can enhance our overall well-being.

How do pirates celebrate  
April Fool's Day?  
**THEY WALK THE PRANK!**

## Upcoming Events

1st and 3rd- ISASP testing

10th- Together We Are

14th- Free Parent Resource Night in  
the Middle School 5:30-7

17th-21st No School!





Welcome to  
Kindergarten &  
Junior Kindergarten (JK)

**OPEN HOUSE**

**APRIL 30, 2025**  
**4:30-6:00PM**

Join us for an open house  
and meet your teacher for  
the upcoming school year!



RECOMMENDED  
AGES4 AND  
UP

# THE AMAZING MOTHER / SON RACE

Join us for a fun evening on an adventure  
as mother and son!

Travel around from station to station  
completing fun tasks, challenges, and  
games. Everyone is a winner in this  
self-paced adventure!!



**be kind  
to your  
mind**

West Delaware Together We Are

ALL PROCEEDS GO TO  
WEST DELAWARES  
TOGETHER WE ARE  
BRAIN HEALTH CAMPAIGN

MAY  
2ND  
5:30-7

**\$25**  
PER TEAM

**WD  
MIDDLE  
SCHOOL**

***SNACKS PROVIDED AT FINISH!***

West Delaware High School Presents

# TOO MANY DETECTIVES AT THE **MURDER MANSION** A MYSTERY-COMEDY

by Ian McWethy



## AND HOW TO GET AWAY WITH A MURDER MYSTERY

A Murder Mystery Spoof

BY DON ZOLIDIS

SHOWS:

April 4 @ 7pm

April 5 @ 1pm

April 5 @ 6:30pm

GET TICKETS AT [HANSONAUDITORIUM.COM](http://HANSONAUDITORIUM.COM)

BEGINNING MARCH 17



WD MUSIC DEPARTMENT &amp; FRIENDS OF MUSIC PRESENT OUR ANNUAL

# DINNER & DESSERT SHOW

## MAY 16 & 17, 2025

### *Diamonds In The Sky*

FRIDAY, MAY 16 @ 6:30PM - BACON WRAPPED CHICKEN BREAST, GREEN BEANS W/BACON, CHEESY MASHED POTATOES, SALAD, DINNER ROLL, DESSERT

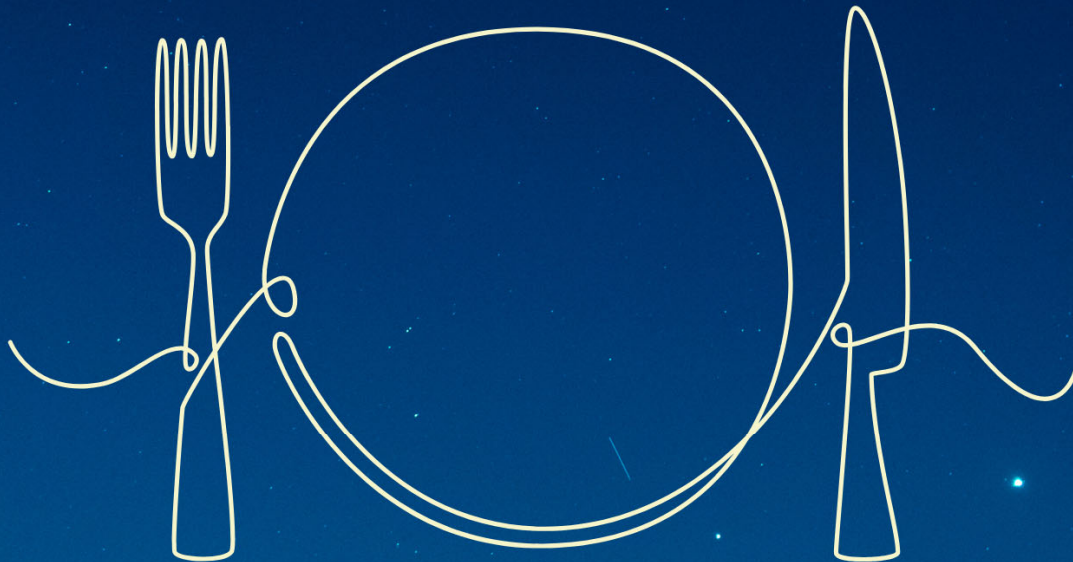
**\$40**

SATURDAY, MAY 17 @ 1:30PM - ASSORTMENT OF DELICIOUS DESSERTS FROM INDULGE

**\$25**

SATURDAY, MAY 17 @ 6:30PM - BRISKET, CANDIED CARROTS, TWICE BAKED POTATO, SALAD, DINNER ROLL, DESSERT

**\$40**



**RESERVATIONS REQUIRED - RESERVATIONS OPEN MAY 4-11**

GET YOUR RESERVATIONS BY:

- ~EMAILING [BOXOFFICE@HANSONAUDITORIUM.COM](mailto:BOXOFFICE@HANSONAUDITORIUM.COM)
- ~CALLING 563-927-3515 SELECT 7 & LEAVE A MESSAGE
- ~USING THE QR CODE TO TAKE YOU TO A GOOGLE FORM



**GENERAL SEATING IN AUDITORIUM - ALL SHOWS - \$15 - PAY AT THE DOOR**

CATERING BY FAT CHEFS CATERING ~ DESSERTS BY INDULGE AND THE BREAD BASKET

SPONSORED BY WD FRIENDS OF MUSIC AND KMCH 94.7



## 2025 West Delaware Baseball Camp



Grades PK—2nd	Grades 3rd—4th	Grades 5th—6th
March 25th & 27th	April 14th 3:30 – 5:00	April 21st 3:30 – 5:00
6:00 pm—7:15 pm	April 16th 1:30-3:00	April 23rd 1:30-3:00
Seedorf Gym (HS)	Beckman Sports Complex	Beckman Sports Complex

Please return the form below and your check for **\$35** made **payable to West Delaware Baseball** by **March 14th** to the **HS Office**. You can register and pay the day of camp, but we will not guarantee t-shirt availability.

Please bring your own helmet, glove & baseball cap. Label anything you send with your child's name. (PreK—2nd, tennis shoes required. Older guys—please dress for weather)

Any questions, please contact Coach Werner at 563-920-3469

Baseball Player's Name \_\_\_\_\_

School/Grade \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_

Camp T-shirt (Circle one):

Youth Small

Youth Medium

Youth Large

Adult Small

Adult Medium

Adult Large

Parent Signature \_\_\_\_\_



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Hawk Highlights

[www.w-delaware.k12.ia.us](http://www.w-delaware.k12.ia.us)

## 2025 West Delaware Softball Camp

**Dates:**

April 14-15

April 24-25

April 28-29

**Grade K-2nd****Grade 3rd-4th****Grade 5th-6th****3:15-4:30****3:15-4:30****3:15-4:30****Cost: \$30**

Please wear appropriate clothes and shoes to camp as well as providing your own softball glove. (Bat and helmet would also be recommended, but not required) .

**Camp will be held at Sill Field** (If weather interferes with camp, we will move inside to the Upper Gym at the High School or postpone) Announcements will be made at all schools as well as on social media.

**Please return the form below with payment by April 1st in order to ensure a t-shirt on the day of camp.**

**Make checks payable to West Delaware Softball.** We will take walk-ins, but you will not be guaranteed a shirt during camp.

If you have any questions please contact Ryan King at 563-920-6177 or [ryanking@w-delaware.k12.ia.us](mailto:ryanking@w-delaware.k12.ia.us)

Please return the bottom half of this paper with payment to the High School Office:

-----  
Softball Players Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

**Camp T-Shirt (Circle One)**

Youth Small

Youth Medium

Youth Large

Adult Small

Adult Medium

Adult Large

I hereby waive and release the camp and directors from any liability for any injuries sustained while at the clinic. I also certify that my child is medically fit to participate in this clinic.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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](mailto: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 [shelbypiersch@w-delaware.k12.ia.us](mailto:shelbypiersch@w-delaware.k12.ia.us) for more information/support.



## EAT BREAKFAST AT SCHOOL

### What's Cooking?

There is always a meal ready to be served. Some mornings, it's tough to find the time to make sure your kids are eating a nutritious breakfast. On those days, why not send them to the school breakfast program? Each meal meets government nutritional guidelines and

standards. Schools are required to provide a breakfast meal that supplies at least 1/4 of the recommended dietary allowance for protein, calcium, iron, Vitamin A, Vitamin C and calories. Check your child's menu to see the variety of nutritious choices available at school breakfast, or stop by to sample the food yourself!



**Learn more about school meals at West Delaware!**

Visit [www.w-delaware.k12.ia.us](http://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



# Words on Wellness

## Try a Vegetable Dip!



This recipe is easy to prepare if you need a quick and healthy appetizer for your family or to bring to a spring or summer party!

This vegetable dip is a great appetizer with a healthier twist, as it uses Greek yogurt as the base instead of mayonnaise and sour cream. It is easy to double or triple to serve more! You can easily prepare vegetables of your choice to serve with the dip or purchase premade trays available in many grocery stores.

Here are some extra tips:

- If you want to try fresh parsley instead of dried parsley flakes, substitute 1–2 tablespoons of fresh parsley in the recipe.
- Use the dip as a spread for a sandwich or wrap.
- Use the dip with the Spend Smart. Eat Smart. recipe for [Baked Tortilla Chips](#).

ISU Extension and Outreach's Spend Smart. Eat Smart. website aims to provide a variety of ways to help with wellness and making healthy choices. Find recipes, ways to save money on groceries, how to choose and prepare fruits and vegetables, and so much more.

Check out the recipe [here](#) and enjoy the start of spring!

## Vegetable Dip

Serving Size: 1 Tablespoon | Serves: 20

### Ingredients:

- 2 containers (5.3 ounces) plain Greek yogurt
- 1 green onion, thinly sliced
- 2 teaspoons dried parsley flakes
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon garlic powder

### Directions:

1. Stir all ingredients together.
2. Store in airtight container in the refrigerator overnight.
3. Serve with washed and prepared fresh vegetables.

### Nutrition information per serving:

10 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 65mg sodium, 1g total carbohydrate, 0g fiber, 0g sugar, 1g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](#), [spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu).



## Move More Month

Did you know that April is Move More Month? It's a campaign by the American Heart Association to encourage more physical activity. As we spend more time sitting, moving is more important than ever! With warmer weather and longer days, now is a great time to add movement to your routine. Adults need 150 minutes of moderate exercise each week, according to the current Physical Activity Guidelines for Americans. Activity can be broken up into shorter sessions each day. Exercise has many benefits, like improving energy, mood, and sleep, as well as reducing anxiety.

Walking is an easy, low-cost way to get active, and National Walking Day is on April 2, 2025! Never underestimate the possibilities of walking, as it can be done from almost anywhere! Here are some easy ways to add steps: walk during lunch, take the stairs, park further away, walk the dog longer, or walk while talking on the phone.

Walking has many benefits including better strength, circulation, and balance. It can also boost your mood and be a fun activity with others!

Sources: [CDC](https://www.cdc.gov), [go.iastate.edu/QEZKEL](https://go.iastate.edu/QEZKEL)

[American Heart Association](https://www.heart.org), [go.iastate.edu/XBP5UI](https://go.iastate.edu/XBP5UI)

[Iowa State University Extension and Outreach](https://extension.iastate.edu), [go.iastate.edu/Z3ANY9](https://go.iastate.edu/Z3ANY9)



## Parkinson's Disease Awareness

April is Parkinson's Disease Awareness month. Around 1 million Americans and 10 million people worldwide have Parkinson's Disease (PD), with that number increasing each year.

Parkinson's Disease happens when cells of the central nervous system stop working or die, and it gets worse with time. Some common symptoms include tremors (shaking) while at rest, slowness of movement, stiffness, balance problems, and difficulty walking. Other lesser-known symptoms can include depression, bladder control problems, sleeping problems, and slower thinking.

Scientists believe a combination of factors causes PD, but the primary risk factor for PD is age. There is no cure for PD, but medication can help treat the symptoms. Exercise (such as walking, biking, and boxing) and music therapy can also help to manage the symptoms of PD.

Sources:

[A Journey Through Parkinson's Disease](https://www.parkinsons.org), [go.iastate.edu/0CP60Z](https://go.iastate.edu/0CP60Z)

[NIH.gov](https://www.nih.gov), [go.iastate.edu/R5BEKT](https://go.iastate.edu/R5BEKT)

[American Parkinson Disease Association](https://www.parkinsons.org), [go.iastate.edu/B419CL](https://go.iastate.edu/B419CL)

[Parkinson's Foundation](https://www.parkinsons.org), [go.iastate.edu/BKERQJ](https://go.iastate.edu/BKERQJ)

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Here for you.  
Now.  
Always.

Iowa State University  
Extension and Outreach

### AnswerLine

Call 1-800-262-3804  
[extension.iastate.edu/answerline](https://extension.iastate.edu/answerline)

### Spend Smart. Eat Smart.®

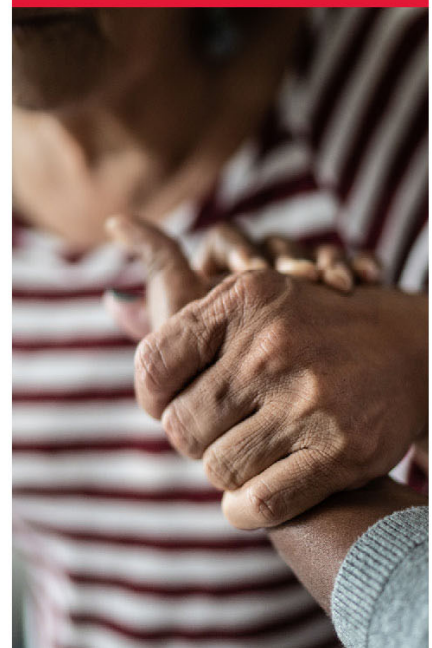
[spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

### Health and Human Sciences

[extension.iastate.edu/humansciences](https://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.*





# 5 THINGS YOUR KIDS MIGHT KNOW ABOUT THC THAT YOU DONT

## PARENT EDITION

### Lab Grown NOT the Plant You Remember

01

As a parent you might think marijuana is the same as it was when you were younger, when that is false. The plan is being lab grown now, and the levels of THC all differ.



### Drinks



Marketing companies have come out with drinks containing THC. These drinks are sold in some of our local stores, and are making it to breweries on tap!

02

### Edibles

03

Edibles are becoming more and more relevant. Companies are targeting our youth by making popular snacks and candies contain THC. The color, design, and flavor of these products are all very similar to the real products.



### Wax, Dabs, and More



You might hear the words wax, dabs, cartridge, tinctures and more! These are all different forms of marijuana.

04

### Stash Containers

05

Knowing what to look for will help you identify if you think your child is using. Stash containers come in so many different shapes and sizes now. You might think its just a hair brush, water bottle, make up, or even a hat! Educated yourself on trending products that target our youth!



# ARE YOU SMARTER THAN YOUR CHILD?

## PARENT EDITION

### Adderall

It works by changing the amounts of certain natural substances in the brain. Amphetamine/dextroamphetamine belongs to a class of drugs known as stimulants. It can help increase your ability to pay attention, stay focused on an activity, and control behavior problems. Make sure your child understands the effects of taking prescription drugs outside of the doctors orders.

### Galaxy Gas

Nitrous oxide, often referred to as "laughing gas," has long been used as a sedative and pain reliever in medical and dental settings. However, its misuse is once again making the news as part of a dangerous trend on social media, this time via an unlikely agent: whipped cream canisters. Sold at our stores.

### Lean

Lean or purple drank (street name) is a polysubstance drink used as a recreational drug. It is prepared by mixing prescription-grade cough or cold syrup containing an opioid drug and an anti-histamine drug with a soft drink and sometimes hard candy.

### Shrooms

Psilocybin mushrooms, commonly known as magic mushrooms, shrooms, or broadly as hallucinogenic mushrooms, are a polyphyletic informal group of fungi that contain psilocybin, which turns into psilocin upon ingestion.

### Zyn Pouches

Marketing messaging claims that these nicotine pouches are "intended for individuals aged 21+ to help them quit using traditional tobacco products." However, they are not an FDA-approved quit medication, and currently research shows that the biggest increase in users is among young people. Sold at our local stores.



**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.

**Manchester Public Library**

# ALL THE SCHOOL KIDS CLUB- PEEPS PARACHUTE

**APR  
23RD**
**K-5TH GRADE**
**EVERY 4TH WED**
**2-3 PM**

**REGISTRATION REQUIRED!**
**REGISTER NOW:**
**[MANCHESTERLIBRARYIA.ORG](http://MANCHESTERLIBRARYIA.ORG)**

Experience an AI Escape Room like  
never before at the Manchester  
Public Library!

Can you beat the clock and stop  
the spread of misinformation  
across social media?

April 16, 2025  
2:30-3:30 PM  
Grades 6th-12th  
Library Meeting Room

Bring your team or come on your own and  
we will team you up. A snack will be provided.

Registration is recommended  
<https://tinyurl.com/3rmw3kn4>

## DROP EVERYTHING AND READ



Who's favorite class in school was DEAR  
(Drop Everything and Read)?

Join the Manchester Public Library staff on  
Tuesday, April 29th, at 4:30 pm to do just  
that. Come to read, but stay for the free  
coffee, tea, or cider. If you can't join us,  
share a picture from wherever you are!







30

Hawk Highlights

[www.w-delaware.k12.ia.us](http://www.w-delaware.k12.ia.us)**COMMUNITY EVENTS & ANNOUNCEMENTS**

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**YEAR OF  
KINDNESS**

#MANCHESTERKIND

*Celebrating Kindness in Our Community***APRIL**

Spring Brings Hope  
It's and egg\*cellent time to be kind.  
#Manchesterkind



**EASTER  
EGG HUNT**

**Saturday, April 19  
10:00 AM**

**Tirrill Park, Manchester**

**Visit the Easter Bunny and  
GNBee our Kids Club mascot!**

Tune in to KMCH for any inclement weather announcement.  
If the event is cancelled, stop by GNB Bank April 21-25 for a treat bag while supplies last.



Join us as we explore a new location

**Teen Travels**

This Month we Celebrate the Rich Culture &  
People of the Islands of Hawai'i.

**April 9, 2025  
2:00 - 3:30 pm**



Manchester Public Library



# Middle School & Lambert Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				<b>2</b> Early Out 1:25 PM MS & Lambert	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Early Out 1:25 PM MS & Lambert	<b>10</b> 7&8 B-Track at Beckman 4:00  3rd Grade Music Concert 6:00 Hanson Aud	<b>11</b> 7&8 Spring Dance 7:00 MS Gym	<b>12</b>	
<b>13</b>	<b>14</b> School Board Mtg 6:00 HS Library  Together We Are Family Night Fly a Kite 5:30-7:00 at the Middle School (see details on page 6)	<b>15</b> 7&8 G-Track home 4:00	<b>16</b> Early Out 1:25 PM MS & Lambert	<b>17</b> NO SCHOOL	<b>18</b> NO SCHOOL	<b>19</b>	
<b>20</b>	<b>21</b> NO SCHOOL	<b>22</b> 7&8 B-Track at home 4:00	<b>23</b> Early Out 1:25 PM MS & Lambert	<b>24</b> 7&8 Boys & Girls Track at Ed-Co 4:15	<b>25</b> 6th Grade EWALU Field Trip	<b>26</b>	
<b>27</b>	<b>28</b> 7&8 G-Track at Anamosa 4:00	<b>29</b>	<b>30</b> Early Out 1:25 PM MS & Lambert  Open House for 2025-2026 New Kindergarten & JK Families 4:30-6:00	<b>May 1</b> 7&8 B-Track at CPU 4:15	<b>May 2</b>	<b>May 3</b>	

# High School Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**1**  
B&G Track home  
4:15  
Esports 4:00

**2**  
Early Out  
1:15 PM  
High School

**3**  
B&G Soccer home  
5:00

**4**  
B-Golf at Solon  
Noon  
Spring Play 7:00  
Hanson Aud

**5**  
Spring Play  
1:00 & 6:30  
Hanson Aud

**6**

**7**  
B-Track at  
Anamosa 4:00  
B-Golf at  
Williamsburg 4:00  
G-Golf home 4:00

**8**  
G-Track at  
Dubuque Senior  
4:00  
B&G Soccer home  
5:00  
Esports 4:00

**9**  
Early Out  
1:15 PM  
High School

**10**  
Esports 4:00  
B&G Track at  
Independence 4:30  
B&G Soccer at  
Maquoketa 5:00

**11**

**12**  
B&G Soccer at  
Clear Creek  
Amana 10:00

**13**  
State FFA  
Convention in  
Ames

**14**  
B-Golf home 4:00  
G-Golf at South  
Tama 4:00  
B-Track at  
Decorah 5:00  
School Board  
Meeting 6:00  
HS Library

**15**  
G-Track at Hudson  
4:30  
B&G Soccer home  
5:00

**16**  
Early Out  
1:15 PM  
High School

**17**  
**NO SCHOOL**  
B-Track home  
4:30  
G-Track at Deco-  
rah 5:00  
B&G Soccer at  
Solon 5:00

**18**  
**NO SCHOOL**  
B-Golf at Pella  
11:00

**19**  
B-Golf at Pella  
8:30

**20**

**21**  
**NO SCHOOL**  
G-Golf home 4:00  
B-Golf at Benton  
4:00  
B&G Soccer at  
South Tama 5:00

**22**  
B&G Track at  
Tipton 4:30

**23** Early Out  
1:15 PM  
High School  
Parent/Teacher  
Conferences  
3:30-6:30  
WaMaC Art Show  
Public Viewing  
8:30-10:30  
Hanson Aud  
G-Golf at Beckman  
10:00  
G-Golf at  
Maquoketa Noon

**24**  
B-Track at Denver  
4:30  
G-Track at home  
4:30  
B&G Soccer at  
home 5:00  
Esports 4:00

**25**  
B-Golf home at  
Noon

**26**
**27**

**28**  
G-Golf at West  
Dbq 10:00  
B-Golf home 4:00  
B&G Soccer home  
5:00

**29**  
G-Golf at Solon  
9:00  
B&G Soccer at  
CPU 4:15  
B&G Track at  
Vinton 4:30

**30**  
Early Out  
1:15 PM  
High School

**May 1**  
B&G Soccer home  
5:00

**May 2**  
JV B-Golf at West  
Dbq 11:00  
B-Track at  
Starmont 4:30  
B&G Track at  
Union 4:30

**May 3**  
Prom Grand  
March 3:00  
Hanson Aud  
Prom Dance 8-11  
Fairgrounds  
Post Prom 11:00  
HS Commons,  
Gym, Auditorium



**West Delaware County Community School District  
701 New Street  
Manchester, Iowa 52057**

**Address Service Requested**