

# West Delaware Newsletter



March 2025

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

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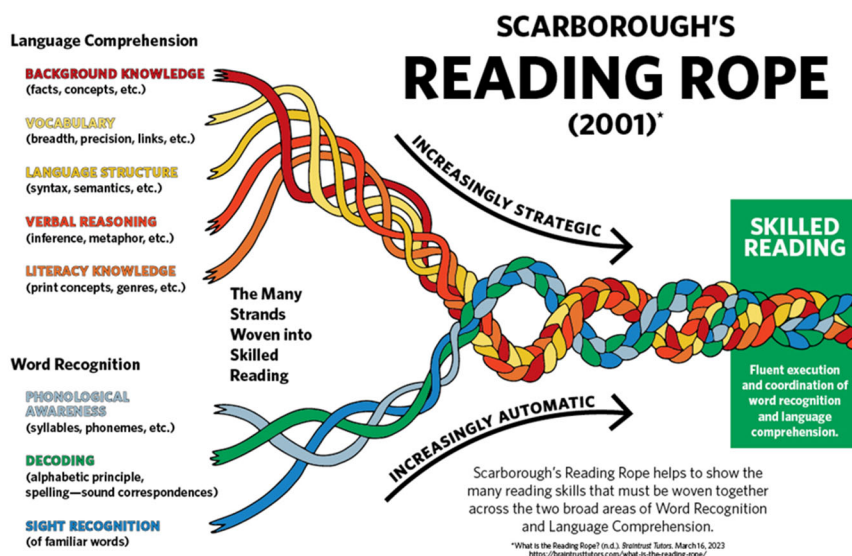
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## Language Essentials for Teachers of Reading and Spelling (LETRS)®

*Submitted by Rudi Hameister, Lambert Elementary Principal*

Last year at this time I shared with you that in November of 2023 the State of Iowa announced that the Department of Education will be investing more than \$8 million in federal relief funding to support the critical work to improve literacy outcomes for all students through evidence-based reading instruction and interventions. The Department partnered with Lexia to offer Language Essentials for Teachers of Reading and Spelling or LETRS® training to 5,000 teachers and 1,000 school administrators at no cost to districts, schools, or educators across Iowa.

Lambert teachers and I are now over halfway through our two years of training. We are learning so much about what it takes to teach a child how to read and read well. We have made a lot of changes to our reading instruction, and we will continue to as we learn more. The following illustration gives you an idea of what we are studying and learning, it's called the Scarborough's Reading Rope:



The point of this illustration is that there are many factors that come into play in learning how to read and they are all important.

As you can see from the Reading Rope vocabulary is a part of reading comprehension. Vocabulary accounts for approximately 50-60 percent of the variance in reading comprehension. Helping your child learn new words is a great way to enhance their reading skills. Typically progressing students must learn hundreds of new words each year. Students in 1<sup>st</sup> and 2<sup>nd</sup> grade need to be learning 800 plus new words every year and students in 3<sup>rd</sup> and 4<sup>th</sup> grade need to be learning 2,000 to 3,000 words every year in order to keep progressing in their reading journey. When students fall behind in their vocabulary acquisition learning must be accelerated in order to close the gap, in other words, they need to learn even more words in order to catch up to their grade level peers.

...continued on page 2

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

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

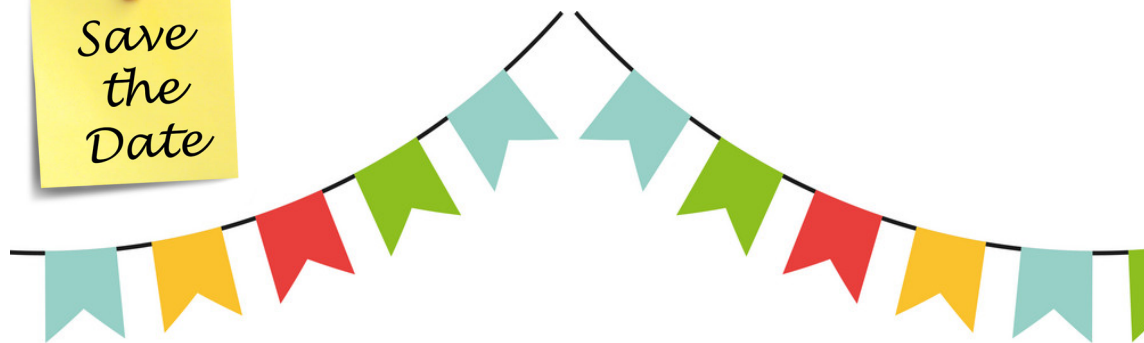
#### Volunteer Coordinator

Jacque Lahr

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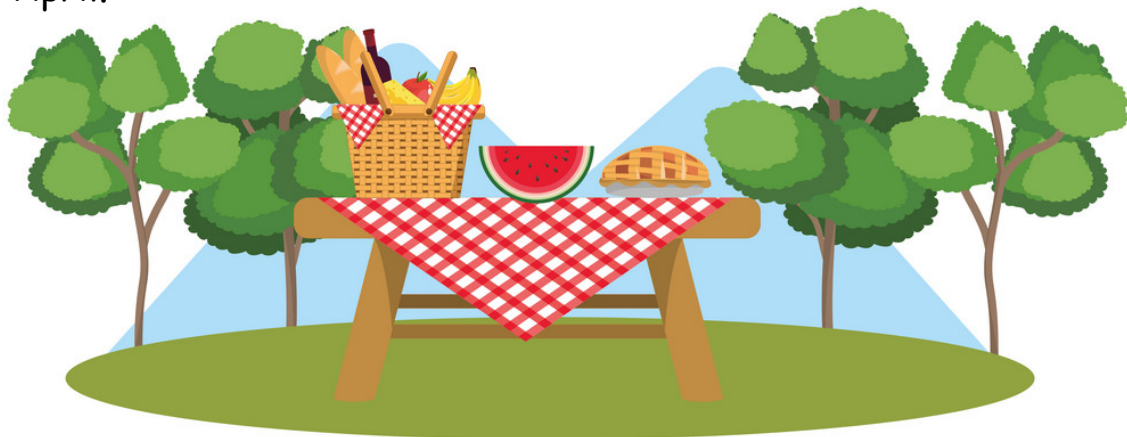
For students to gain the vocabulary necessary to support comprehension, they must learn new vocabulary in a number of contexts indirectly, not just through direct classroom instruction. Home supports are crucial to students gaining vocabulary knowledge. With that in mind I would like to share with you what you can do to help with your child's vocabulary development. First and foremost, read to your child. Most of us need to be exposed to new words 10 to 12 times before we become comfortable enough to correctly use and apply our new vocabulary. As you read to your child consider what words in the text are new or unfamiliar. Ask them about these words, define these words for them, use them in a variety of sentences to help them gain a clearer understanding of this new word. Ask them to use the word in a sentence and see if they can use and apply the word correctly. Never be concerned about reading the same story over and over the repetition can be very helpful to mastering new vocabulary words. Reading aloud to your child also helps them to hear how words are correctly pronounced.

With parent teacher conferences coming up soon, March 12<sup>th</sup> and 13<sup>th</sup>, don't forget to ask your child's teacher what else you can be doing at home to support their reading journey.



Lambert Elementary will host their annual "Lambert Picnic Day" for students and families on Wednesday, May 21st.

More information and details will be sent home with students in April.



# Best of SNO

Two Journalism students earned Best of SNO for their articles recently published in the *Inklings*. Addie Burger wrote the article ["Five Schools Combine for Swimming"](#) and Abigail Kass wrote the article ["All for the Team."](#) Read their articles at [westdelawareinklings.com](http://westdelawareinklings.com).

## West Delaware Friends of Music will be hosting the 14th Annual **Red Carpet Gala** on Saturday, March 8th.

West Delaware Middle School's Sforzando will perform at 10:50am.  
West Delaware High School's WD Forte will perform at 8:30pm.

Join us for a day of music as we host 10 show choirs who will share their talents with us in a state of the art facility.

If you would like to volunteer to help with this event, please follow the link. [volunteersignup.org/F7K9R](http://volunteersignup.org/F7K9R)

Red Carpet Clothing store will be open until  
Monday, March 3rd  
<https://stores.inksoft.com/redcarpetgala/shop/home>



# LEVEL UP YOUR READING GAME AT THE



March 12 & 13, 2025 1:30 - 6:30 PM @ the Lambert Library

Date / Time

Dear Parents and Guardians,

The **Literati Book Fair** is coming, and this one's bound to be a *critical hit* among our students! At the Story Arcade, books are packed full of hidden achievements, and readers gain experience with every page turned. **All purchases benefit our school.** Good luck, have fun, and thank you for your support!

*All payment types are accepted; please make checks out to our school.*





# SCHOLASTIC BOOK FAIR

MIDDLE SCHOOL  
LIBRARY

## ONLINE SHOPPING

March 10-23

[www.scholastic.com/bf/wdms](http://www.scholastic.com/bf/wdms)

All online orders ship home & book  
only orders over \$25 ship free.

## STUDENT SHOPPING

March 10-13

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

## FAMILY SHOPPING

March 12-13

1:30-6:30 p.m.

## eWallet

- Set up an eWallet on the Book Fair website
- Ask family & friends to add funds to the account
- Allow your student to shop the Book Fair with their eWallet funds
- Only available at the MIDDLE SCHOOL Book Fair

**EPI** SCHOOL  
SUPPLIES

Exact pack items & brands  
customized to your school lists.

**Order a Pack Today!**  
**SCHOOL SUPPLIES****Save Time & Money on School Supply Shopping**

## 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](http://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.





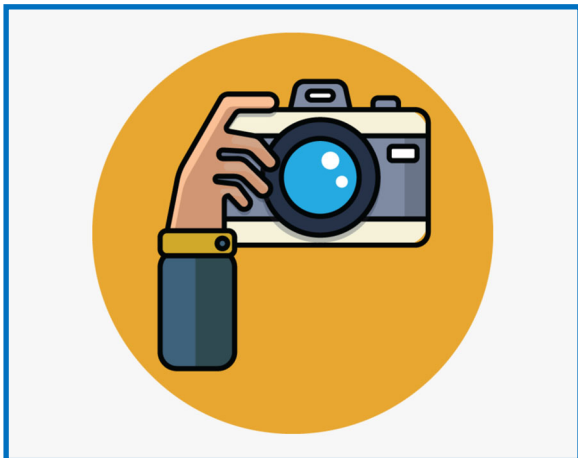
## The Academic Booster Club is looking for volunteers!!

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!

## Spring Picture Day

Lambert Elementary  
March 20th

[https://  
vando.imagequix.com/  
g1001221236](https://vando.imagequix.com/g1001221236)



Middle School  
March 21st

[https://  
vando.imagequix.com/  
g1001221238](https://vando.imagequix.com/g1001221238)





# 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.

\_\_\_\_\_

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

**SENIOR AWARDS NIGHT:** Mark your calendars to attend a special evening highlighting the Class of 2025 on Wednesday, May 7, 2025 at 7 PM. This event not only features our seniors with scholarships they have applied for, but also includes awards and recognitions for what they have been nominated. Academics, Athletics and Music will also be showcased. Your presence is a great way to thank local community who sponsor awards and patron events for WD students.

### EARLY GRADUATION REQUESTS:

Seniors who wish to graduate at Term 3, 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 3 - March 5, 2025

**CLASS OF 2025 SENIORS:** We hope you are having a great start to the second half of your senior year and are ready to conquer the rest of the year! We also hope you are taking some time to look at various scholarship and award opportunities on West Delaware High School's Scholarship page. When searching for FREE money, we encourage you to visit this site often for the fast growing list that are just waiting to be claimed! Many are from local patrons and community members who are ready to put the spotlight on you at Senior Awards Night. Scholarships and awards are posted as they become available so check back frequently!

**2025-2026 COURSE REGISTRATION-** Along with chilly temperatures, February and March brings with it class registration for incoming freshmen and grades 9-11 for the 25-26 school year. We encourage parents and students to talk about what classes they are interested in taking for next year. It is important to keep in mind college and/or career paths after high school and how their course selection impacts those plans.

## 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



# 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 via paper or electronic forms provided by the U.S. Department of Education at [www.fafsa.ed.gov](https://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](mailto:brownsu@nicc.edu)

### **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.

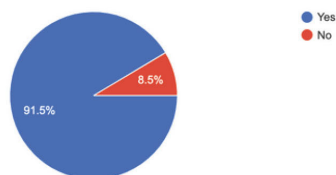
# WHAT'S GOING ON AT THE HIGH SCHOOL?

## STUDENT FEEDBACK

Students recently participated in a quarterly survey about the climate of the building.

I feel connected to at least one staff member (teacher, associate, coach, food service, custodian, etc).

386 responses

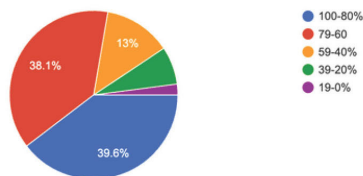


Top reasons students share are impacting the climate:

- Seasonal decorations
- Classroom activities and routines
- Involvement in activities
- Student and staff mindset and interactions
- CORE lessons that work on real-world skills

During a typical day, what percentage of your school time do you encounter positive peer to peer interactions? (for example, holding a door, appropriate language, picking up a dropped book, stepping up and doing what is right/being a leader, etc)?

386 responses



## VIRTUAL LEARNING

Need a reminder about the policies and expectations for virtual learning days?



Students should check:

- Their email
- Teachers' Google Classroom pages
- PowerSchool

**IMPORTANT!**

Students will be marked as present if assigned activities are completed within two days.

## IOWA STATEWIDE ASSESSMENT OF STUDENT PROGRESS (ISASP) TESTING

**March 31-April 4**

Be on the lookout for important information from School Messenger and KMCH to help set your child up for success while taking these important tests!

**SAVE!  
THE DATE!**



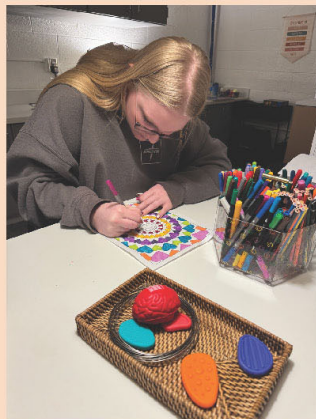
# BRAIN HEALTH RETREAT ROOM



MARCH  
NEWSLETTER

## Student Spotlight

**JORDAN KAISER**  
10th Grade



**FAVORITE CALMING  
STRATEGY:**

Coloring



## Quote from Jordan:

"WHEN I LEAVE THE BHRR I  
AM NO LONGER DEALING WITH  
THE STRESS THAT HAD BEEN  
DISTRACTING ME IN CLASS."



## Monthly Statistics

February total: 130+

School year total: 1,400+



## Upcoming Events

**Father Daughter Dance**

Date: Friday March 7th, 6:30- 8pm

Hosted by: Together We Are Campaign



# Lambert Parent March Newsletter

## MAKING ATTENDANCE A PRIORITY

### Key points about school attendance:

#### Academic impact:

- Missing school leads to gaps in learning, making it difficult to catch up and potentially falling behind in coursework, especially in math and reading.

#### Social development:

- Regular attendance allows students to build social skills, participate in group activities, and develop positive relationships with classmates.

#### Future prospects:

- Students with good attendance are more likely to graduate high school, pursue further education, and secure stable employment.

#### Early indicators:

- Chronic absenteeism, even in early grades, can predict future academic struggles and potential dropping out.

**We  
Miss  
You!**  
When you're  
**ABSENT!**

## ACTIVITIES THIS MONTH

- 7th- SEL Day "At the Movies"
- 7th- Daddy Daughter Dance 6:30-8
- 9th- Daylight savings time
- 12th & 13th- Parent Teacher Conferences
- 17th- St Patrick's Day
- 20th First day of Spring
- 21st- Movie Makeup Day
- 31st- ISASP's begin for grades 3rd and 4th





## *National School Breakfast Week* *March 3-7, 2025*

National School Breakfast Week celebrates the importance of a nutritious school breakfast in fueling students for success. This special observance during the first week of March celebrates the National School Breakfast Program and the many ways it gives kids a great start every day.

### **Clip & Save Breakfast Menu!!!**

#### **Lambert & Middle School Breakfast Menu for the week of March 3-7:**

We serve breakfast at Lambert from 7:30–8:00, Middle School 7:40-8:00.

There is ALWAYS an option of a breakfast to go after the serving times offered. At the Middle School we offer an \*alternate option as well as a main option.

Monday, March 3	Cherry Frudel, WG, Fruit, Juice and Milk, *Tornado, WG
Tuesday, March 4	Pancake on a Stick, WG, Fruit, Juice and Milk *Funnel Ring, WG
Wednesday, March 5	Grape Croissant, WG, Fruit, Juice and Milk *Pancake Sausage Griddle, WG
Thursday, March 6	Breakfast Pizza, WG, Fruit, Juice and Milk *Rainbow Yogurt w/Granola
Friday, March 7	Long John, WG, Fruit, Juice and Milk *Egg, Sausage & Cheese Sandwich, WG

#### **High School Breakfast Menu for the week of March 3-7 served from 7:30-8:05:**

Monday, March 3	Chocolate Filled Donut Bite, WG, Fruit, Juice and Milk
Tuesday, March 4	French Toast Tornado, WG, Fruit, Juice and Milk
Wednesday, March 5	Egg & Cheese Filled Hash brown, WG, Fruit, Juice and Milk
Thursday, March 6	Grape Croissant, WG, Fruit, Juice and Milk
Friday, March 7	Apple Filled Donut Ring, WG, Fruit, Juice and Milk

**Second Chance Breakfast served daily at the High School between 1st and 2nd blocks.** Second Chance Breakfast will have the above options for High School as well as the options listed below:

Monday, March 3	Pancake Sausage Griddle, WG, Fruit, Juice and Milk
Tuesday, March 4	Long John, WG, Fruit, Juice, and Milk
Wednesday, March 5	Breakfast Pizza, WG, Fruit, Juice and Milk
Thursday, March 6	Egg, Sausage, Cheese Croissant, WG, Fruit, Juice and Milk
Friday, March 7	Cinnamon Roll, WG, Fruit, Juice and Milk

You can view the entire month of breakfast and lunch menus, and the nutritional analysis of each item, on our website <http://www.w-delaware.k12.ia.us/food-service>

The West Delaware Music Department &  
Friends of Music are hosting their

AT WILL DONTATION  
**BAKE SALE**  
FUNDRAISER

BEFORE and AFTER each  
concert in MARCH!



CONCERT DATES:

March 3 @ 6:30pm ~ MS Choir  
March 4 @ 7pm ~ Swing Into Spring  
March 10 @ 7:30pm ~ HS Choir  
March 17 @ 6:30 ~ Parade of Bands  
March 27 @ 6pm ~ 2nd Grade Music

Come hear a great concert AND  
satisfy your sweet tooth!



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 STUDENT COUNCIL IS HOSTING A

# THRIFT MARKET

West Delaware  
Commons

All Garments \$1

**March 21, 2025**

**3:30pm-7pm ONLY**

85% PROCEEDS GO TO CAMP COURAGEOUS

STUDENTS will bring in clean, gently  
used clothes and accessories  
between March 17-21.

Please deliver them to the HS  
Conference Room.

CASH & CHECKS ACCEPTED



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

14

WEST  
DELAWARE  
MIDDLE  
SCHOOL

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





# just DANCE

## FATHER/DAUGHTER DANCE

**Dads grab your Disco Girl and join us for an evening of dancing and fun!**

**Snacks, Photos and Face Painting included with admission**

CONSESSIONS AVAILABLE FOR PURCHASE

*grandparents, moms, uncles, or any influential adult are all welcome to accompany students to this event*

COMPLIMENTARY PHOTOS  
PROVIDED BY

**FRIDAY, MARCH 7TH**  
**WEST DELAWARE MIDDLE SCHOOL**  
**6:30-8 PM \$25 PER COUPLE**

**ALL AGES WELCOME**

**ALL PROCEEDS GO TO WEST DELAWARE'S  
TOGETHER WE ARE BRAIN HEALTH CAMPAIGN**

*StudioK*  
PHOTOGRAPHY

**be kind  
to your  
mind**

West Delaware Together We Are



# Welcome to the Counselor's Corner



March Edition

## Risky Behaviors: Parents make the Difference

Taking risks are a normal part of growing up. Risk-taking is the tool an adolescent uses to define and develop his or her identity, and healthy risk-taking is a valuable experience.

Risk taking can be healthy or unhealthy. Examples include:

**Healthy** participation in sports, development of artistic and creative abilities, volunteer activities, travel, running for school office, making new friends, constructive contributions to the family or community

**Unhealthy** dysfunctional relationships, drinking, smoking, drug use, reckless driving, unsafe sexual activity, disordered eating, self-mutilation, running away, stealing, gang activity

### Potential Risk Factors for Unhealthy Behaviors

- Little or no involvement in extracurricular activities
- Few opportunities for positive family involvement
- Poor friend choices or dysfunctional relationships
- Thrill seeking; impulsivity
- Academic failure; low commitment to school
- Behavior not seen as risky
- Negative family attitudes
- Family conflict
- Cutting/self harm
- Antisocial behavior; rebellious
- Find opportunities for your student to partake in healthy risk-taking behavior
- Model healthy risk taking behaviors
- Maintain awareness of peer relationships
- Establish appropriate parent-child communication
- Help students learn how to evaluate risks and anticipate the consequences of their choices
- Build a warm and supportive relationship
- Listen without judgement
- Don't minimize your child's concerns
- Monitor and supervise students activities
- Discuss the importance of peer choices
- Be open minded in parent/student discussions
- Express approval of healthy behavior
- Teach knowledge of risks
- Ask open ended questions
- Set boundaries and provide consequences



Information from  
Ten Tips for Parents: Understanding Your Adolescent's  
Behavior By Lynn E. Ponton, M.D.  
and  
Parents as active players in reducing risky behavior of  
adolescents by Amelia M. Arria, Ph.D.

## 2025 West Delaware Baseball Camp



**Grades PK—2nd**

**March 25th & 27th**

**6:00 pm—7:15 pm**

**Seedorf Gym (HS)**

**Grades 3rd—4th**

**April 14th 3:30 – 5:00**

**April 16th 1:30-3:00**

**Beckman Sports Complex**

**Grades 5th—6th**

**April 21st 3:30 – 5:00**

**April 23rd 1:30-3:00**

**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 \_\_\_\_\_



## 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: \_\_\_\_\_



# Words on Wellness

## Celebrate National Nutrition Month® in March!



This year's National Nutrition Month® theme is "Food Connects Us." Food is more than just a way to fuel the body—it brings us together. It connects us to our families, friends, and cultures. Sharing meals is an opportunity to learn about the food, who made it, and where the ingredients come from. Our food choices are shaped by health, traditions, seasons, and where we live, but the food we eat also affects our health.

This month, celebrate all the ways food can connect us:

- Involve everyone in planning meals and choosing recipes to try together. Check out the Iowa State University [Spend Smart. Eat Smart website](https://spendsmart.extension.iastate.edu/), [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu/), for low-cost, healthy, and easy-to-make recipes.
- Make time to eat together with family or friends without distractions like phones or TV. Try out these [conversation cards](https://store.extension.iastate.edu/product/6605), [store.extension.iastate.edu/product/6605](https://store.extension.iastate.edu/product/6605).
- If you have a spouse, children, or friends nearby, invite them to help with food prep and to enjoy a meal together.

Small changes can lead to big improvements in health. Celebrate National Nutrition Month® by involving family and friends to make meals more engaging and fun. Make one healthy change today! Check out [50 Ideas to Get Involved in National Nutrition Month](https://www.eatright.org), [www.eatright.org](https://www.eatright.org), for more ideas.

Let's fuel our bodies for a healthier future!

Source: [EatRight.org](https://www.eatright.org), [www.eatright.org](https://www.eatright.org)

## Overnight Oats

Serving Size: 1 container | Serves: 1

### Ingredients:

*Peanut butter variety*

- 1/3 cup old fashioned or quick cooking oats
- 2 tablespoons peanut butter
- 1/3 cup nonfat milk
- 1/2 teaspoon vanilla extract
- 1 teaspoon honey

*Tip: Pumpkin and yogurt varieties also available at [Spend Smart. Eat Smart](https://spendsmart.extension.iastate.edu/VZIE31), [go.iastate.edu/VZIE31](https://go.iastate.edu/VZIE31).*

### Directions:

1. Pour all ingredients into a small container (1–2 cup size) with a lid that fits tight.
2. Stir until all ingredients are combined.
3. Seal container with a lid. Store in the refrigerator overnight.
4. Serve for breakfast in the morning with chopped fruit or nuts, if desired.

### Nutrition information per serving:

190 calories, 2.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 40mg sodium, 39g total carbohydrate, 6g fiber, 16g sugar, 7g 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](https://spendsmart.extension.iastate.edu), [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu).





## Free Tax Help for lowans

The IRS Volunteer Income Tax Assistance (VITA) program offers free tax help to low- and moderate-income lowans. This program makes filing taxes simple while ensuring you claim all eligible credits.

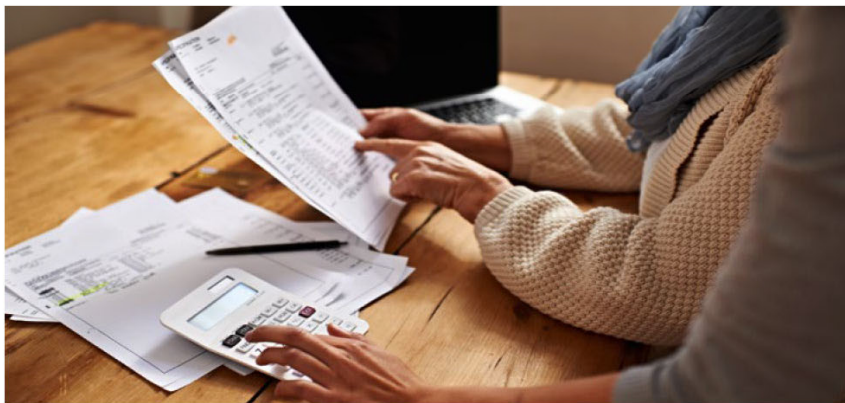
Certified volunteers use secure software to assist with tax returns and help you claim important credits like the Earned Income Tax Credit (EITC), Child Tax Credit, and Credit for the Elderly or Disabled. The service is available to working families, older adults, people with disabilities, and those with limited English skills.

Tax help is offered in person or online, depending on location, through partnerships with organizations like Iowa State University Extension and Outreach. To find a nearby site, visit the [IRS Free Tax Prep website](https://irs.treasury.gov/freetaxprep/), [irs.treasury.gov/freetaxprep/](https://irs.treasury.gov/freetaxprep/), or call 1-800-906-9887.

How It Works:

1. Verify your ID and fill out an intake form.
2. Your tax documents are scanned and sent for preparation.
3. Your return is ready in two weeks.
4. Review and sign your return.
5. Your returns are filed electronically, for free.

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



## Start Simple with MyPlate

The USDA has two new resources designed to help you personalize your health: Start Simple with MyPlate [tip sheet](https://www.myplate.gov/tip-sheet/start-simple-myplate), [www.myplate.gov/tip-sheet/start-simple-myplate](https://www.myplate.gov/tip-sheet/start-simple-myplate) (available in 21 languages); and [app](https://www.myplate.gov/startsimpleapp), [www.myplate.gov/startsimpleapp](https://www.myplate.gov/startsimpleapp). These “Start Simple with MyPlate” resources offer practical tips, ideas, and inspiration based on the five MyPlate food groups—Fruits, Vegetables, Grains, Protein Foods, and Dairy—that can easily fit into busy lifestyles. The suggestions provided cater to different food preferences, health goals, and budgets. By starting simple, you can make realistic, positive changes that support your overall well-being and health. The Start Simple with MyPlate app makes these ideas interactive, helping users build healthy habits.

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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.*



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

**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 -  
PERLER BEADS**

**MAR  
26TH**

**K-5TH GRADE**

**EVERY 4TH WED**

**2-3 PM**

**REGISTRATION REQUIRED!**

**REGISTER NOW:**

**[MANCHESTERLIBRARYIA.ORG](http://MANCHESTERLIBRARYIA.ORG)**

A photograph showing several colorful Perler bead projects on a wooden surface. The projects include a red flower, a blue and green frog, a green and yellow butterfly, a pink and white owl, and a purple and yellow flower. In the background, there are trays of various colored Perler beads.



## 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*

### Your Year of Fun!

To create kind, confident, and competent leaders, our program centers around the outdoors, STEM, life skills, and entrepreneurship. Activities for Girl Scouts are fun and research-backed, with each badge, field trip, and event building independence, creativity, and resilience.

#### Troops are forming now!

After registering as a member of Girl Scouts, she can join events and activities. Events are open to families or troops!

Want to join the fun, too?  
Volunteer today! We have online resources and a team ready to support your journey as a troop leader. Create your Girl Scout's experience!



Scan here to sign up!

Find upcoming events for families & Girl Scouts!

#### Girl Scout Park Mystery

Learn about Girl Scouts and solve the Mystery of the Missing Scout Leader!  
April 1st @ 5:30PM | Tirrill Park, Manchester, IA

#### Girl Scout Park Mystery

Learn about Girl Scouts and solve the Mystery of the Missing Scout Leader!  
April 15th @ 5:30PM | Delhi City Park, Delhi, IA

#### Girl Scouts Escape Room

Join local Girl Scouts for an Escape Room and find the missing girl!  
April 24th @ 6:30PM | Manchester Methodist Church, Manchester, IA

#### Girl Scout Park Mystery

Learn about Girl Scouts and solve the Mystery of the Missing Scout Leader!  
April 28th @ 5:30PM | Edgewood City Park, Edgewood, IA

#### Girl Scout Day Camp

Join new Girl Scouts in your area for an outdoor Adventure!  
June 17-18 9-3PM | Edgewood City Park, Edgewood, IA

#### Unable to attend but would like more info?

Email- StaceyN@girlscoutstoday.org, call/txt 563-583-9160

GirlScoutsToday.org | 800-798-0833

/gseiwi @gseiwi

## MARCH

Spring Brings Hope. Stay in step and march into kindness.  
#Manchesterkind

MANCHESTER PUBLIC LIBRARY

TEEN ADVISORY BOARD HOSTS

## DINOSAUR PARTY!

MARCH 19, 2025

CALLING ALL JR. DINOSAUR EXPLORERS TO THE LIBRARY! THE TEEN ADVISORY BOARD WILL HOST A DINOSAUR PARTY FULL OF FUN ACTIVITIES FOR BOYS AND GIRLS AGES K-3!

THE PARTY WILL TAKE PLACE FROM 2-4PM

## Teen Anime Club



Celebrate the Cherry Blossom

March 12, 2025  
2:00 pm

MPL

Manchester Public Library



# Middle School & Lambert Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March

**1**  
Show Choir at  
West Dubuque

Special Olympics  
Track & Field at  
UNI

**2****3**

5-8 Vocal Concert  
6:30 Hanson Aud

**4**

Swing into Spring  
Jazz Band & Show  
Choir Program  
7:30 Hanson Aud

**5**

Early Out  
1:25 PM  
MS & Lambert

**6****7**

6th, 7th, 8th Band  
NEIBA Large  
Group Band  
Festival at  
Independence

Daughter Dance  
6:30-8 MS Gym  
See flyer on page  
17 for details

**8**

Red Carpet Gala  
Show Choir Event  
in Hanson Aud

NEIBA Jazz  
Festival at  
Independence

**9****10**

School Board Mtg  
6:00 HS Library

**11****12**

Early Out  
1:25 PM  
MS & Lambert

Parent/Teacher  
Conferences  
2:30-6:30

**13**

Early Out  
1:25 PM  
MS & Lambert

Parent/Teacher  
Conferences  
2:30-6:30

**14**

NO SCHOOL

**15**

Special Olympics  
Spring Classic at  
Iowa City

**16****17**

Parade of Bands  
Concert 6:30  
Seedorff Gym

**18****19**

Early Out  
1:25 PM  
MS & Lambert

**20**

Lambert Spring  
Picture Day

**21**

Middle School  
Spring Picture Day

**22****23****24****25****26**

Early Out  
1:25 PM  
MS & Lambert

**27**

2nd Grade Music  
Program 6:00  
Hanson Aud

**28****29****30****31****April 1****April 2**

Early Out  
1:25 PM  
MS & Lambert

**April 3****April 4****April 5**



30

Hawk Highlights

www.w-delaware.k12.ia.us

# High School Activities

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March

						<b>1</b> Individual Speech at Independence  Special Olympics Track & field at UNI
<b>2</b>	<b>3</b>	<b>4</b> Swing into Spring Jazz Band & Show Choir Program 7:30 Hanson Aud	<b>5</b> Early Out 1:15 PM High School	<b>6</b>	<b>7</b>	<b>8</b> Red Carpet Show Choir Even in Hanson Aud  NEIBA Jazz Festival at Independence  District FFA Convention at Waterloo
<b>9</b>	<b>10</b> School Board Mtg 6:00 HS Library  Boys Track at UNI 2:00  HS Vocal Concert 7:30 Hanson Aud	<b>11</b> Girls Track at UNI 2:00	<b>12</b> Early Out 1:15 PM High School	<b>13</b> Early Out 1:15 PM High School	<b>14</b> NO SCHOOL	<b>15</b> Individual State Speech at Starmont  Special Olympics Spring Classic at Iowa City
<b>16</b>	<b>17</b> Parade of Bands Concert 6:30 Seedorff Gym	<b>18</b> B&G Track at Wartburg 2:00	<b>19</b> Early Out 1:15 PM High School	<b>20</b> NHS Rotary Banquet 5:00	<b>21</b> End of 3rd Quarter	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> B&G Track at Grinnell 2:00	<b>26</b> Early Out 1:15 PM High School	<b>27</b> Mountain Climber Award Presentation 6:00	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b> Individual Speech All-State Festival at UNI  B-Soccer at Anamosa 5:00	<b>April 1</b> B&G Track home 4:15	<b>April 2</b> Early Out 1:15 PM High School	<b>April 3</b> B&G Soccer home 5:00	<b>April 4</b> B-Golf at Solon 12:00  Spring Play 7:00 Hanson Aud	<b>April 5</b> Spring Play 1:00 & 6:30 Hanson Aud

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

**Address Service Requested**