# West Delaware Newsletter May 2025



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

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### Join Us in Celebrating Iowa's School Board Members This May

May is **School Board Recognition Month**, a time to honor the dedicated individuals who serve as a *Guiding Light for Student Success* in Iowa's public schools. Sponsored by the Iowa Association of School Boards (IASB), this month-long celebration recognizes the vital role school board members play in shaping education and supporting students.

West Delaware is proud to celebrate the hard work and leadership of our school board members. In partnership with families, educators, and the community, they ensure our schools provide high-quality education and opportunities for every student.

"School board members make a profound impact on students' lives by setting the vision and direction for our district," said Jen Vance, Superintendent. "They dedicate countless hours to meetings, policy development, community engagement, and advocacy—all with the goal of ensuring students have the resources and support they need to succeed."

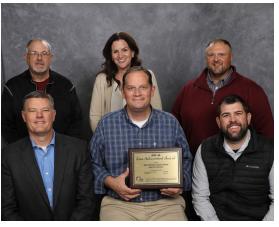
The West Delaware school board plays a critical role in overseeing the budget, establishing policies, fostering a positive school culture, and making decisions that affect the entire community. Each year, board members reaffirm their commitment to guiding our schools forward—developing the next generation of teachers, doctors, business leaders, and even future school board members.

"Our board keeps the district focused on providing equitable, high-quality education for all students," said Jen Vance. "They serve 1,329 students and 245 employees and manage an annual budget of \$30 million."

To show our appreciation, West Delaware will recognize our board members at the regular monthly meeting on May 12th at 6:00 p.m. We invite media, parents, and community members to join us in celebrating their contributions.

We encourage everyone to take a moment to thank our board members for their dedication. Our school board members are Steve Buesing, President, Jamie Vaske, Vice President, Director Luke Imsland, Director Carl Johnson and Director Jon Worden.

First Row: President Steve Buesing; Director Carl Johnson, and Vice President Jamie Vaske Second Row: Director Jon Worden, Superintendent Jen Vance and Director Luke Imsland



www.w-delaware.k12.ia.us

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

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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

# FREE SUMMER FOOD PROGRAM STARTS JUNE 16TH SEE DETAILS BELOW

# Celebrate summer with food, fun and friends!

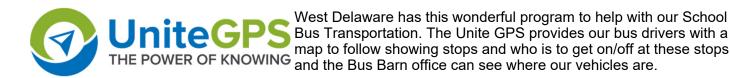


Free summer meals are available for all children and teens 18 and under.

### Join us for a FREE Breakfast and lunch!

- Open to ALL children and teens ages 1-18
- No registration or identification is required

June 16 – August 8 (closed June 30 - July 11) Monday – Friday Breakfast served from 8:00 AM – 8:45 AM Lunch served from 11:30 AM – 12:15 PM West Delaware High School, 605 New Street, Manchester, Iowa 52057 This institution is an equal opportunity provider. www.w-delaware.k12.ia.us Hawk Highlights 3



This is great for parents too, with the UniteGPS Parent App parents can track their student's bus and see where it is.

The Bus Card system through UniteGPS allows the bus drivers, the bus barn staff and school secretaries to see if a child is on the correct bus, where they got on and off and will highlight in red if they are scanning on the wrong bus.

If there would be an issue on a bus we rely on the bus cards to see who is on the bus and use this to contact parents/guardians as quickly as possible. When students do not use their card, our system does not work as well, and the time, money and technology can not help us. Encourage your child to use their card each time they ride the bus.

### If your student(s) will be riding a school bus, they <u>need to register for</u> <u>transportation each year.</u>



Only students that are registered will be entered into our **UniteGPS Student Tracking program**. Student swipe cards will be given out by the Bus Driver the first day students ride the bus, students are asked to attach the swipe card to their backpack/book bag.

By registering each year, you are updating your emergency contact information, pick-up/drop-off locations and receive the correct route information

# IF your student(s) are not registered by the first day off school, the bus will not stop!

Registration can be completed online by clicking on the rural or in-town transportation link.

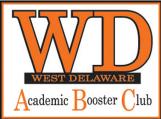
<u>Sign-up for Bus Transportation</u> <u>Application for Paid (In-Town) Bus Transportation (PDF Document)</u>

\*Student(s) that ride more than 1 bus, will need to have to have their schedule submitted at least 2 weeks in advance to impute information into the UniteGPS system. Student(s) are limited to 2 bus stop registrations. Only students registered to ride can ride the bus, we no longer let friends ride home on the bus with students.

If you need assistance or do not have internet access, call the Bus Barn at 563-927-3515 ext. 411.



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# 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 <u>westdelawareabc@gmail.com</u>. 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.

### www.w-delaware.k12.ia.us Hawk Highlights 5

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 fund-raiser 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.



### 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

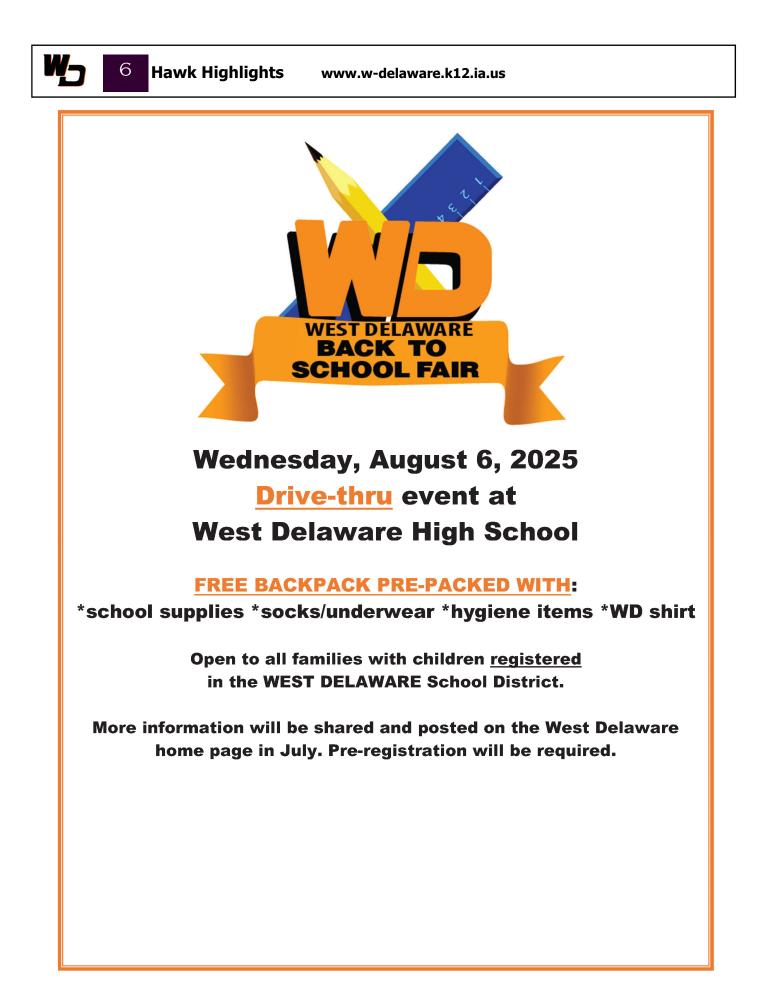
1. Go to www.educationalproducts.com/shoppacks

- 2. Enter your School ID: WES284
- 3. Follow the directions to complete your order.
- 4.Print your online confirmation

Questions? Please contact Heather Stansberry, <u>hkstansb@gmail.com</u>

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







### EAT BREAKFAST AT SCHOOL School breakfast is cool!

Everyday is a perfect day for school breakfast! As the summer approaches, kids are often more restless and distracted at school. You can help to make sure that their last weeks of school are productive by ensuring that they begin the day with a nutritious breakfast. Studies show a good breakfast makes

kids more alert, less distractible and better behaved in school; it even improves their test scores! Let's keep our students focused by making sure they begin every school day with a balanced meal at home or at the school breakfast program.

Learn more about school meals at West Delaware!

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

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

# **Online Free/Reduced Application**



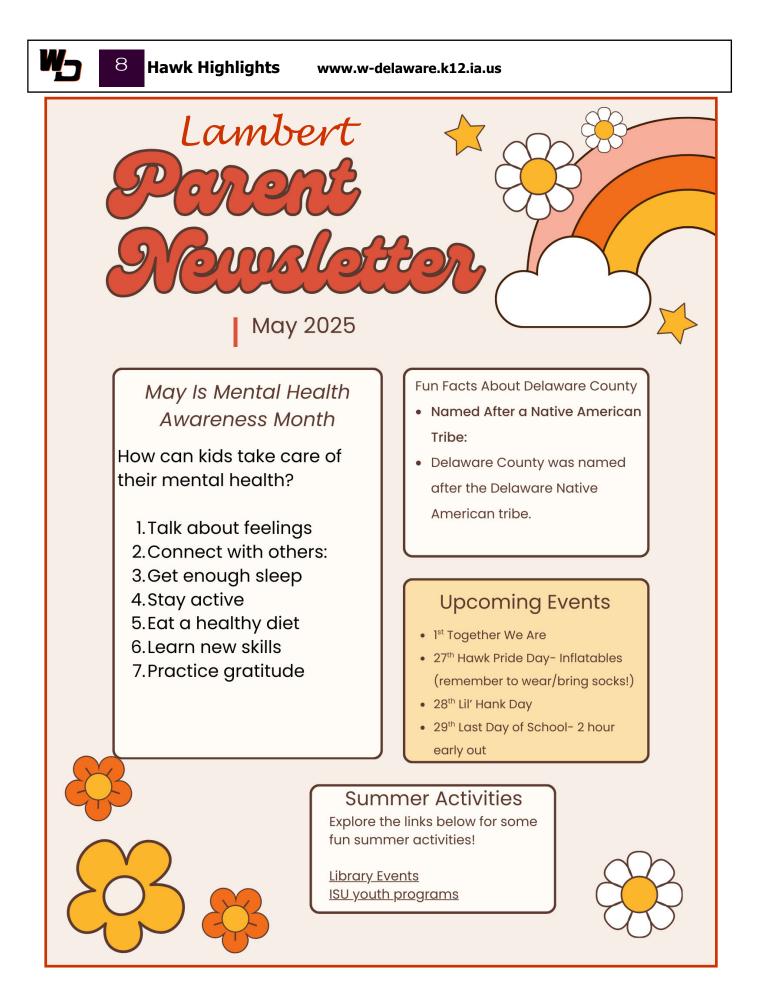
Congratulations to ALL the West Delaware High School art students that submitted artwork to this year's WaMaC art festival held at West Delaware High School on April 23rd and to the following students that placed.

Alternative Media: 3rd Place-Fi by Jaidyn Ronnebaum

- Video: 2nd Place-Dungan Delinquents by Sarah Perez, Hannah Cantwell, Kate Wenger, Kayden Brady, and Jack Hutchinson
- Drawing. Black and White: 1st Place-Strawberry Swirl by Kennedy Loesche
- **Colored Drawing**: 2nd Place-Purple People Eater by Caden Stickney; 3rd Place-Lynx by Kennedy Loesche
- Mixed Media 2/D: 3rd Place-Dream Weaver by Gabriella McDermott
- Mixed Media 3/D: 3rd Place-The Truth as Told by Jaidyn Ronnebaum
- **Opaque Painting**: 1st Place-Kurt by Kira Roths; 2nd Place-Night in Paris by Kennedy Loesche; 3rd Place-Peek-A-Boo by Hannah Cantwell
- Film Photography: 1st Place-Christmas Reflection by Madie Deutmeyer; 2nd Place-Home Sweet Home by Emma Schmidt
- Printmaking: 2nd Place-Depths of the Blue Sea by Hannah Cantwell
- Sculpture: 1st Place-Growing Tyme by Sarah Perez
- Best of Show 2/D: Opaque Painting-Kurt by Kira Roths
- Terry Masters Students Choice Award: Night in Paris by Kennedy Loeschel

The West Delaware High School Art Department was well represented showing the amazing talents of our art students. Only 20 art pieces were allowed from each of the six WaMaC schools and West Delaware students won 16 awards!









Supporting Student Brain Health throughout Summer

Summer vacation is a great time for students and parents alike to reset and recharge. Taking care of our brain health is an essential component to our overall well being. When our brain health is ignored, it can lead to some lasting issues, such as learning difficulties, failing grades, or acting out behaviorally (keystoneaea.org). Sometimes as parents, supporting the brain health our children can feel overwhelming or uncomfortable, but know that you do not need a degree in the mental health profession to support your students overall brain health.

### ENCOURAGE HEALTHY HABITS

Help you student improve their brain health by incorporating some of the following into your everyday routines:

### GET ENOUGH SLEEP

The amount of sleep we get affects our mood. Help your child establish and maintain a sleep routine even over the summer months.

### EXERCISE | EAT HEALTHY

### PRACTICE GRATITUDE

NO HA

Help your child find the positives in their lives. Talk about it as a family and remind them of the grateful things they identify.

### **BE MINDFUL**

Prioritize time to unplug and be present with the world around you as a family. Rest, relax, and refocus.

### Brain Health Corner Mental Health Awareness Month

END THE NOW. brainhealth-now.org

The month of May is a time to increase awareness and understanding of mental health, identify steps we can take to protect our own brain health, and advocate and show support for all people with mental health conditions. Take

some time this month to talk about brain health at home using the calendar on the next page for ideas!

Be sure to listen in to KMCH for brain health information all month long shared by our WD Students!

DON'T FORGET!

MAY 1ST IS TOGETHER WE ARE THURSDAY

## KNOW WHAT TO LOOK FOR

If a child is experiencing struggles with their brain healthy, you may notice changes in their behavior. Some things you can look for as a parent that may be an indicator that your child needs more help include:

- WITHDRAWING FROM OTHERS
- LOSS OF INTEREST IN THINGS THEY ONCE ENJOYED
- SLEEPING MORE OR LESS THAN THEIR NORMAL
- NOT TAKING CARE OF THEIR PHYSICAL NEEDS (HYGIENE)
- TALKING OF FEELING HOPELESS OR HAVING A "NOTHING MATTERS" ATTITUDE
- RECKLESS BEHAVIOR

### SEEK OUT SUPPORT WHEN NEEDED

If you suspect your child is experiencing struggles with their brain health, do not hesitate to ask more.

#### BE DIRECT

Do not put of a conversation about your child's brain health. If you suspect that your child might be struggling, talk to him or her immediately. Don't be afraid to use the word "suicide." Talking about suicide won't plant ideas in your child's head.

### **BE EMPATHETIC**

Ask your child to talk about their feelings and listen. Don't dismiss their problems. Instead, reassure your child of your love. Remind them that they can work through whatever is going on — and that you are there to support them.

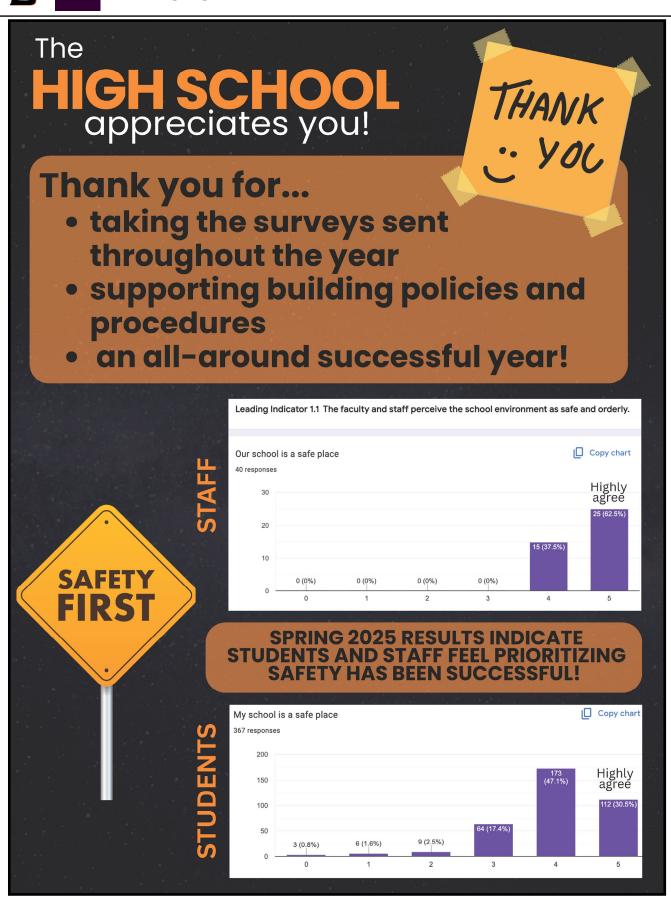
### SEEK OUT SUPPORT

If you think your child is in immediate danger, call 911, a suicide hotline number such as the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255)or our local Foundations 2 Crisis services (319-362-2174).

Information from MayoClinic.org, KeystoneAEA.org



www.w-delaware.k12.ia.us



LAVA

# **WDCVC** West Delaware Community Volunteer Coalition

# Give back to the community that supports YOU!

# Why Volunteer?

- Connect with community leaders
- 🧭 Gain confidence
- 🧭 Develop new skills
- Build your resume for scholarships, college admissions & job applications

# **Open to all WDHS students!**

Document 300+ qualifying volunteer hours
Receive silver cords to wear at HS graduation

**QUESTIONS?** 

https://bit.ly/wdcvc stephaniestocks@w-delaware.k12.ia.us 563-927-3515 ex. 346



www.w-delaware.k12.ia.us

### 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.



### Used Instruments Needed

If you have a band instrument collecting dust at home, a student might be able to get some use out of it! Robyn Wulfekuhle or Jill Hefel can help you sell it to a beginner band student this spring and fall. Please contact the band directors for more information if you're interested. The program also accepts donations of instruments in good condition. robynwulfekuhle@w-delaware.k12.ia.us

or jillhefel@w-delaware.k12.ia.us.

## Join 5th Grade Beginner Band



Parents/Guardians, I want to welcome you into an exciting time in your students development! This spring your 4th grade student will have the opportunity to try out and select an instrument for 5th Grade Band. Information about the band program will be sent home. The 4th graders will get their own personal performance from the 5th grade band and the opportunity to ask them questions. This spring we are hosting a **Band Information Night at the Middle School Band Room on Thursday, May 22nd from 6–7pm.** If you are unable to attend, look for information at the fall Open House. Band is an important decision for you and your student. This is not just a choice about band – although many see band as a class on learning to play an instrument, it is much more than that!

Mrs. Robyn Wulfekuhle, 5/6 Band Teacher West Delaware Middle School Band E-mail: robynwulfekuhle@w-delaware.k12.ia.us Phone : 563-927-3515 ext. 237

# 2024-2025 ACT Test Dates

Register at 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

## **Seniors - Do You Need Help With FAFSA?**

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

FAFSA is a free form that may be completed without professional assistance. Forms are provided at <u>https://studentaid.gov/</u>. 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 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:

<u>NCAA Eligibility Center</u>: High School students who hope to participate in college athletics at the NCAA Division I or II levels, must register at 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.

<u>NAIA Eligibility Center</u>: High School students who hope to participate in college athletics at the NAIA level must register at 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 DI	ELAWARE 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



1. Senior pictures must be received by the yearbook adviser by Nov. 1. Any photos received after that date will not be guaranteed to be included in the yearbook.

2. Senior photographs will be published in the high school yearbook, in the local newspaper, and in a senior composite given to the seniors at graduation. Please make sure your photographer allows for their photograph to be reprinted in these publications as some photography services retain copyright privileges, which limit the usage of a photograph.

3. Senior photos must be submitted digitally. Attach the image to an email to helentemeyer@w-delaware.k12.ia.us.

# 4. All photographs must contain a resolution of at least 300 DPI and be 5 x 7 inches in size. Each photograph must be a vertical, formal head-and-shoulders photograph. Full-body poses are not acceptable. Please avoid distracting backgrounds.

5. Pictures must contain only one person. Pictures must not contain props, such as cars, sports equipment, or pets. Hats, which cover or darken eyes, will not be allowed.

6. Tasteful, modest clothing is required, making off-the-shoulder and strapless clothing unacceptable. The annual staff and school administration will determine whether the attire is appropriate for publication.

7. If you do not plan to have your photographs taken by a professional photographer of your choice, please have your photo taken by Halverson Photography. They will take underclass photographs at the beginning of the school year. Halverson Photography does not require you to purchase any photographs, and the school will receive the digital image. See Helen Temeyer for other cost-free options.

8. Professional photos can take time. Following is a typical timeline: 3-5 weeks to schedule an appointment; 2 weeks to receive proofs of photographs; 3 weeks to select senior photographs; 4 - 6 weeks to process the order.

9. If you have any questions, please contact Helen Temeyer, yearbook adviser, West Delaware High School, 605 New Street, Manchester, IA 52057.(e-mail: helentemeyer@w-delaware.k12.ia.us)

www.w-delaware.k12.ia.us Hawk Highlights

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## **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	
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. <u>A \$50.00 non-refundable deposit is due with the registration form (unless you qualify for free lunches)</u>. 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.

	one preferred): The Driver E ort register for the 2nd session	Education Instructor highly recommen of driver education.	ds that students
Session I: June	Session II: July	Either	
Driver Ed. Schedule: Classroom instruction for all s	students will be held Monday t	through Friday from 7:00-9:00 a.m.	
Driving Times (Circle one p	oreferred):		
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 ( <u>out-of</u>	<u>-town students only</u> ), list the r	names of students you want to carpoo	ol with.

# Notes from the Nurse

A few words from the Health Offices:

As the new school year is wrapping up, please remember to turn in necessary health forms to the health offices by the first day of school next fall. You can refer to the "Health Requirements" section for a list of forms your student may need. Incoming 7th graders must have the 1st meningitis vaccination and incoming seniors must have the 2nd meningitis vaccination by the first day of school. If you are unable to turn in the forms by the first day of school due to insurance reasons, notify Chelsey Pangburn, district nurse, at chelseypangburn@w-delaware.k12.ia.us or 563-927-3515 ext. 206.

If your student will be taking a medication or will have an as needed medication (such as albuterol, inhalers, epi-pen, etc.) at school, a <u>consent form</u> must be signed. All prescribed medications must be brought to school in the original container with the correct directions on it. If your student plans on carrying an inhaler with them, a doctor's note or the bottom portion of the medication consent form completed by the doctor must be on file. Consents can be completed online. Consent to give all over the counter medications (such as Tylenol/ibuprofen/tums) can be completed on PowerSchool.

If your student is ill or has a change in their health history, please let the health offices know. Have a wonderful summer!

Chelsey Pangburn, RN BSN, District Nurse Kathy Dolan, Lambert Health Associate Wayne Timmerman, High School Health Associate

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# Health Requirements for 2025-2026 School Year

Please see for health requirements necessary for students entering the grades listed below. Completed forms should be turned in or faxed (563-927-9115 Attn: School Nurse) before the start of school. Forms can be found under Health Services on the West Delaware website. <u>https://w-delaware.k12.ia.us/Pages/district/health.html</u>

### Preschool

- Physical form completed by doctor's office
- Updated immunization record (or medical/religious exemption form)

### Junior Kindergarten/ Kindergarten

- Physical form completed by doctor's office
- Updated immunization record (or medical/religious exemption form)
- <u>Vision form</u>—may be completed by an eye doctor, medical doctor, nurse practitioner, physician assistant. Screenings are considered valid if done no earlier than 1 year before and no later than 6 months after school starts.
- <u>Dental form</u>—screening may be performed by a licensed dentist, dental hygienist, nurse, nurse practitioner, or physician assistant. Screening is considered valid from age 3 years to 4 months after the start of school.

\*\*If your student attended Junior Kindergarten during the 2022-2023 school year and turned in the required forms, no additional forms are needed\*\*

### 3<sup>rd</sup> Grade

• <u>Vision form</u>—may be completed by an eye doctor, medical doctor, nurse practitioner, physician assistant. Screenings are considered valid if done no earlier than 1 year before and no later than 6 months after school starts.

### 7<sup>th</sup> Grade

• Updated Immunization record (or medical/religious exemption form) with proof of having had a Tdap and Meningococcal (meningitis) vaccine. *Students cannot attend the first day of school without a record turned in.* 

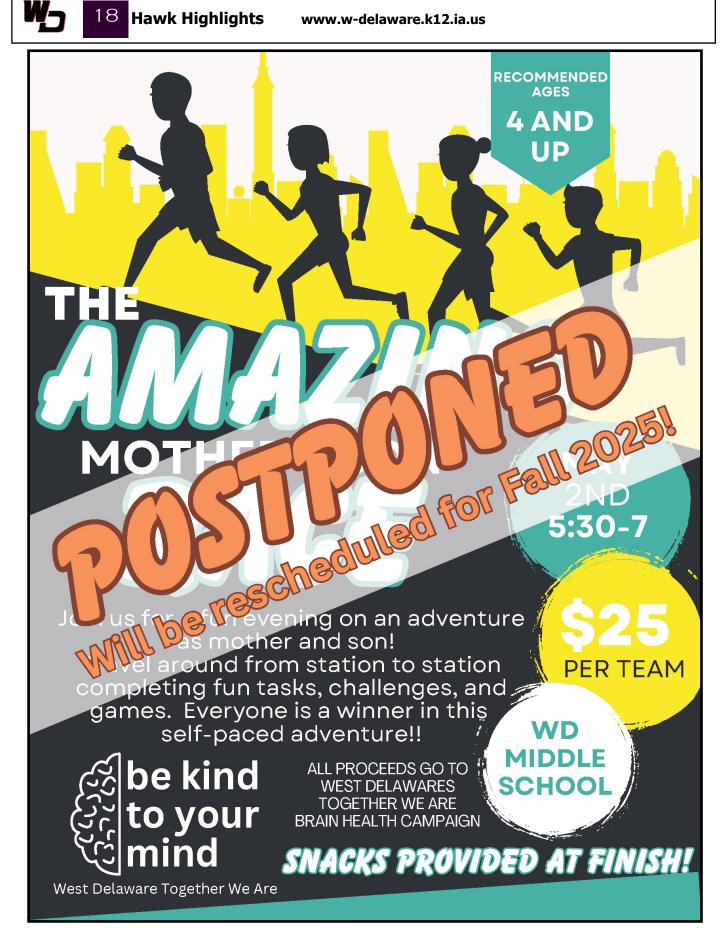
### 9<sup>th</sup> Grade

• <u>Dental form</u>—screening MUST be performed by a licensed dentist or licensed dental hygienist. Screening is considered valid if done no earlier than 1 year before and no later than 4 months after school starts.

### 12<sup>th</sup> Grade

• Updated Immunization record (or medical/religious exemption form) with proof of having had the Meningococcal (meningitis) vaccine. 2 doses of meningitis vaccine are required for students, if born after September 15, 1999; or 1 dose if received when student was 16 years of age or older. *Students cannot attend the first day of school without a record turned in.* 

www.w-delaware.k12.ia.us





**GENERAL SEATING IN FIUDITORIUM FILL SHOWS - \$15 PAY FIT THE DOOR** CATERING BY FAT CHEFS CATERING ~ DESSERTS BY INDULGE AND THE BREAD BASKET SPONSORED BY WD FRIENDS OF MUSIC AND KMCH 94.7

www.w-delaware.k12.ia.us







# **STRIKE OUT THE STIGMA 2025**

### **4PM | WELLNESS RESOURCE AREA OPENS**

Mindfulness activities for all ages featuring local agencies and resources who will provide information on mental health, suicide awareness & prevention, substance abuse, eating disorders, and overall wellness.

### 5:15PM | SPEAKER

Fans encouraged to join athletes and coaches on Perfect Game Field as they hear from mental performance coach Gabe Rummel of The Athletes Health. Gabe will give an overview of the importance of and approach to mental health in sports, leaving participants with practical applications to walk away with.

## 6:15PM | GAMES BEGIN

Features the following teams playing in preseason scrimmages:

### BASEBALL

Center Point Urbana Clear Creek Amana Kennedy Liberty Linn Mar Marion Prairie West Delaware

### SOFTBALL

Benton Community Clear Creek Amana Davenport Assumption Iowa City West Kennedy Liberty Marion Prairie

STRIKEOUTTHESTIGMAIOWA.COM

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING, OR IN CRISIS, HELP IS AVAILABLE. CALL/TEXT 988.

	KS SOCCER C	amp 🚺
	Boys & Girls	
,	- 26 <sup>th</sup>   2025   Monday - Th ted: West Delaware Brown 1	
Sessions Available by A	ge	
Session 1 Entering 1 <sup>st</sup> & 2 <sup>nd</sup> Grade 9:00am - 10:00am \$25 Session 3: Goalkeepers Entering 5 <sup>th</sup> - 8 <sup>th</sup> Grade 2:15pm - 3:15pm	<b>Session 2</b> Entering 3 <sup>rd</sup> & 4 <sup>th</sup> Grade 10:15am - 11:30am \$30 <b>Session 4</b> Entering 5 <sup>th</sup> - 8 <sup>th</sup> Grade 3:30pm - 5:00pm	<b>CAMP FEATURES</b> Footwork & Ball Control Passing & Shooting Teamwork & Movement Scrimmages & FUN! Camp gift at conclusion!
\$25 *Keeper gloves NOT provided	\$35	ion Due: Fri, June I3th
Child's Name:	6	irade Next Fall:
Session (circle): Session 1	Session 2 Session 3: Goal	keeper Session 4
Parent Name:	Address:	
Phone Number:	Email:	
claims on account of any injuries, whi	ichools, Hawk Soccer Camp, and the WD C ch may be sustained to your child while at iedical treatment or assistance that may b	tending, or traveling to and from
Parent Signature:		Date:
Please mail co	ompleted registration form by June 13 Hawks Soccer Camp 1018 Doctor St. Manchester, IA 52057	3th, 2025 to:
	,	
	ues Payable to - West Dela WILL be accepted, but will NOT guarantee	

# <u>Please Return By August 4, 2025</u>

# for completion this Fall 2025

# BROWN FIELD WALL OF PRIDE

Please PRINT how your brick will be worded (2 or 3 lines, 20 spaces per line limit)

### Family Wall on West Sideline

\*\*\* 6" x 12" Stone on wall going north towards bleachers \$125.00

12" x 16" Stone on Piers going north toward bleachers \$500.00

12" x 24" Stone on top row of family wall going north towards bleachers \$750.00

### South End Zone/Street

\*\*\* 12"X16" Stone on Piers going east from ticket booth facing field \$500.00

\*\*\* 12"X16" Stone on Piers going east from ticket booth facing street \$750.00

All proceeds go towards improvements at Brown Field and other athletic facilities.

Make payment to: Booster Club -FB Wall

Send to: West Delaware Athletic Booster Club PO Box 251 Manchester, IA 52057

\*\*\* Currently available for the 2025-2026 School Year







CONVENIENT - Redeem anywhere, anytime within 14 days of purchase



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



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



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

# dren and Youth nformation

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
- living in hotels, motels, trailer parks, or camping grounds due to a lack of
- Invitig in notes, indust, indust, but parts, or compile grants are consistent or data and alternative adequate housing
  Inving in a public or private place not designated for, or normally used as, a regular sleeping accommodation for human beings
  Inving in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar places;
  Inving in cars of the daya circumstances and who are migratory

- living in one of the above circumstances and who are migratory

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

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



# Words on Wellness

### The Link between Sleep and Obesity



It's obvious that sleep is important to everyday health, but did you know that it also plays a role in managing weight? Sleep deprivation has long been linked to an increased risk of becoming overweight. Researchers have found that getting less than seven hours of sleep results in weight changes and may lead to weight gain, either by increasing food intake or decreasing energy burned. The effects of lack of sleep can be a hormone imbalance in your body that promotes overeating and weight gain. Leptin and ghrelin are hormones that regulate appetite. When you are not getting enough sleep, the production of these hormones is altered to create increased feelings of hunger. Researchers suggest that obesity may change metabolism and/or sleep-wake cycles in such a way that causes sleep quality to deteriorate.

How to get a good night of sleep:

- 1. Stick to a sleep schedule to always get the sleep you need.
- 2. Create a restful environment-a cool, dark, quiet setting is best.
- 3. Limit daytime naps to 30 minutes or less.
- 4. Include physical activity in your day—regular activity can promote better sleep.
- 5. Manage worries and stress by jotting down concerns before bed.
- 6. Avoid things that stimulate your brain, such as screen time, at least 30 minutes before bed.

# Mushroom Quinoa

Serving Size: 1/2 cup | Serves: 6

### Ingredients:

- 1 cup uncooked quinoa
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 package (8 ounces) fresh sliced mushrooms
- 1 onion, diced (about one cup)
- 2 cloves garlic, minced
- 1/2 teaspoon dried herb (basil, oregano, thyme)
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon salt
- Optional: shredded cheese (mozzarella, parmesan, Swiss)

### Directions:

.....

- 1. Cook quinoa according to package directions. Reserve 1 1/2 cups for this recipe. Store remaining quinoa for use in another recipe.
- 2. Heat oil in a skillet over medium-high heat. Add mushrooms, onion, garlic, dried herb, ground black pepper, and salt. Cook 6 minutes, until mushrooms and onions are tender, stirring often.
- 3. Stir reserved 1 1/2 cups quinoa into a skillet of cooked vegetables.
- 4. Top with shredded cheese, if desired.

### Nutrition information per serving:

100 calories, 3.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 105mg sodium, 14g total carbohydrate, 2g fiber, 2g sugar, 4g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit <u>Spend Smart. Eat Smart.</u>, spendsmart.extension. iastate.edu.

### IOWA STATE UNIVERSITY Extension and Outreach

### **Update on Food Allergies**

26 Hawk Highlights

The number of people with food allergies is increasing, and the number of foods to which people are allergic is also growing. In the United States, nearly 4% of people have a food allergy. In 2021, the FASTER (Food, Allergy Safety, Treatment, Education, and Research) Act was signed into law, making sesame the ninth major food allergen in the United States. The most common food allergies in children are allergies to peanuts, milk, shellfish, and tree nuts. The most common food allergies in adults are allergies to shellfish, milk, peanuts, and tree nuts. An antibody drug, Xolair, is a drug that can help reduce allergic reactions to multiple foods. Also, Peanut Allergen Powder is the first oral immunotherapy drug for treating children ages 4–17 with a confirmed peanut allergy.



### Handle with Care: Fruits and Vegetables

Excess moisture can cause most fruits and veggies to spoil prematurely. Avoid prewashing leafy greens and berries, but if you must, make sure the produce is dried thoroughly before storing. Wrap dried leaves in a clean towel to absorb excess moisture and store in a plastic bag in the fridge. Make sure berries are dried thoroughly before storing in the fridge in an air-tight container. It's helpful to give berries space by using flat containers with abundant surface area. Storing cut vegetables, like carrots, celery, and potatoes, in water can help prolong their freshness.

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# Here for you. Now. Always.

Iowa State University Extension and Outreach

### <u>AnswerLine</u>

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

Spend Smart. Eat Smart.® spendsmart.extension.iastate.edu

Health and Human Sciences extension.iastate.edu/ humansciences

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

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





Share your thoughts with us! go.iastate.edu/BBYBJQ



Hosted by: Chirth Community Church



### **COMMUNITY EVENTS & ANNOUNCEMENTS**

These announcements are provided as a courtesy to our community. The events are not sponsored or affiliated with West Delaware





### 2025 Summer Reading Program Activities

Join us each week at the Manchester Public Library for summer reading program activities from 1:30 - 2:30 p.m.!

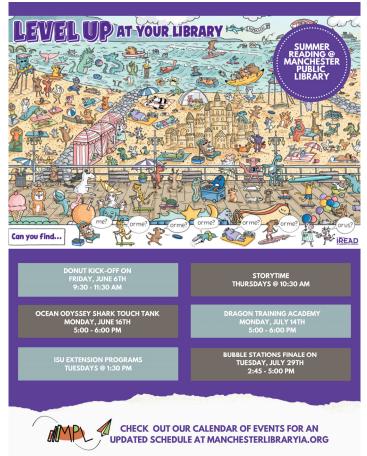
June 10: Take a Chance: Learn about probability and design your own board game!

June 17: Tricky Towers: Learn about the engineering design process and complete tower building challenges! June 24: Robot Craze: Get hands-on with a variety of robots from Bee Bots to Hex Bugs to Sphereo Indis! July 15: Blast Off: Learn all about being an astronaut and create your own straw rockets!

July 22: Roller Coasters: Learn about gravity and complete roller coaster design challenges!

These lessons are best for youth who have completed kindergarten through 4th grade

**IOWA STATE UNIVERSITY** Extension and Outreach



**W**-

# **Middle School & Lambert Activities**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> B-Track at CPU 4:15	<b>2</b> Middle School Walk-a-Thon	3
4	<b>5</b> G-Track at Cedar Falls 4:30 5th & 6th Spring Music Concert 6:30 Hanson Aud	<b>6</b> B-Track at Vinton 4:15 G-Track at CPU 4:15	7 Early Out 1:25 PM MS & Lambert	8 8th Grade Field Trip to Galena 4th Grade Music Concert 6:00 Hanson Aud	<b>9</b> B&G Track at Independence 4:15	10
11	<b>12</b> School Board Mtg 6:00 HS Library 7th & 8th Spring Music Concert 6:30 Hanson Aud	<b>13</b> B-Track at Marion 4:15 G-Track at Vinton 4:15	14 Early Out 1:25 PM MS & Lambert	<b>15</b> Grades 5 & 6 Mid –Hawk Relays	<b>16</b> Rain date for Mid-Hawk Relays	17
18	<b>19</b> 5th grade field trip to Camp Wapsie	20	21 Early Out 1:25 PM MS & Lambert Lambert Picnic Day	22	23 Special Olympics Summer Games in Ames 8th Grade field trip to Adventureland	24
25	26 NO SCHOOL	27	28 Early Out 1:25 PM MS & Lambert	29 LAST DAY OF SCHOOL Early Out 1:25 PM MS & Lambert	<b>30</b> Teacher Work Day	31

30 Hawk Highlights www.w-delaware.k12.ia.us

Sunday	High Monday	Sch Tuesday	<b>OOL</b> Wednesday			Saturday
2				<b>1</b> Esports 4:00 G-Track at Cascade 4:00 B&G Soccer home 5:00	2 B JV Golf at West Dbq Noon B-Track at Starmont 4:30	<b>3</b> Prom Grand March 3:00 Hanson Aud Prom Dance 8-11 Fairgrounds After Prom 11-2 Commons/Gym
4	<b>5</b> B-Golf at Shellsburg 9:00 G-Golf at Solon 9:00 Esports 4:00 B&G Track at Independence 4:30 B&G Soccer home 5:00	<b>6</b> Music Concert and Music Awards 7:30 Hanson Aud	7 Early Out 1:15 PM High School Senior Awards Night 7:00 Hanson Aud	8 B&G-Track at Mt. Vernon 4:00 Esports 4:00 G-Golf at Vinton 4:00 B&G Soccer at Independence 5:00	<b>9</b> B-Golf at Norwalk 9:30 Large Group Band & Vocal Festival at Decorah 4:00	<b>10</b> B-Track 8th Grade MS Boys State at Waukee 9:00
11	<b>12</b> B-Golf at Grinnell 9:00 G-Golf home 9:00 B&G JV Track at CPU 4:00 B&G Soccer at Vinton 5:00 School Board Mtg 6:00 HS Library Var Baseball in Marion 6:00	<b>13</b> B&G Soccer at Monticello 3:30	14 Early Out 1:15 PM High School B-Golf Sectionals TBD	<b>15</b> G-Golf at CR Prairie 9:00 B&G-Track at Assumption 4:00	<b>16</b> Dinner Show 6:30 Hanson Aud (see flyer on page 15)	<b>17</b> Dessert Show 1:30 Hanson Aud (see flyer on page 15) Dinner Show 6:30 Hanson Aud JV/Var Softball at Ed-Co 9:00
18	<b>19</b> G-Soccer regionals TBD B-Golf Districts	<b>20</b> JV/Var Baseball at Monticello 5:00 B-Soccer substate	21 Early Out 1:15 PM High School G-Soccer regionals B-Soccer substate G-Golf regionals Level 2 BB home	<b>22</b> JV/Var Baseball at Anamosa 5:00 State Track in Des Moines Level 3 Baseball at Waverly 5:00	23 Special Olympics in Ames JV/Var Baseball home 5:00 State Track in Des Moines	<b>24</b> State Track in Des Moines
25	26 NO SCHOOL	27 JV/Var Softball at Cascade 5:00 G-Soccer regionals TBD B-Golf State Tournament in Cedar Falls	28 Early Out 1:15 PM High School Var Baseball home 5:00 Level 3 Baseball at Benton 3:00	29 LAST DAY OF SCHOOL Early Out HS - 1:15 PM Var SB home 5:30 Var BB at Waverly 5:00 Level 2 BB & Level 3 SB at Benton 3:00 Girls State Golf at Solon G-Soccer regionals	<b>30</b> Teacher Work Day Girls State Golf at Solon Level 2 SB at Independence Noon	<b>31</b> Graduation 10:00 Seedorff Gym

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

Address Service Requested