



# Saydel High School

Big City Opportunities, Small Town Commitment for Students

May 2017 Newsletter

## Upcoming Events

*Saydel High School*

**Have a Great Summer!**

**MAY 26, 2017**

Last Day of School

**JUNE 5, 2017**

Summer Food Program Begins at Cornell

**JUNE 12, 2017**

Regular School Board Meeting, 6 PM

**JULY 10, 2017**

Regular School Board Meeting, 6 PM

**AUGUST 1, 2017**

Online & Walk-in Registration Begins for 2017-18 School Year, 12:30 PM - 6:30 PM

**AUGUST 2, 2017**

Online & Walk-in Registration Begins for 2017-18 School Year, 7 AM - 1 PM

**AUGUST 14, 2017**

Regular School Board Meeting, 6 PM

**AUGUST 16, 2017**

New Staff Begins

**AUGUST 18, 2017**

All Staff Begins

**AUGUST 23, 2017**

First Day of School

**SEPTEMBER 2&3, 2017**

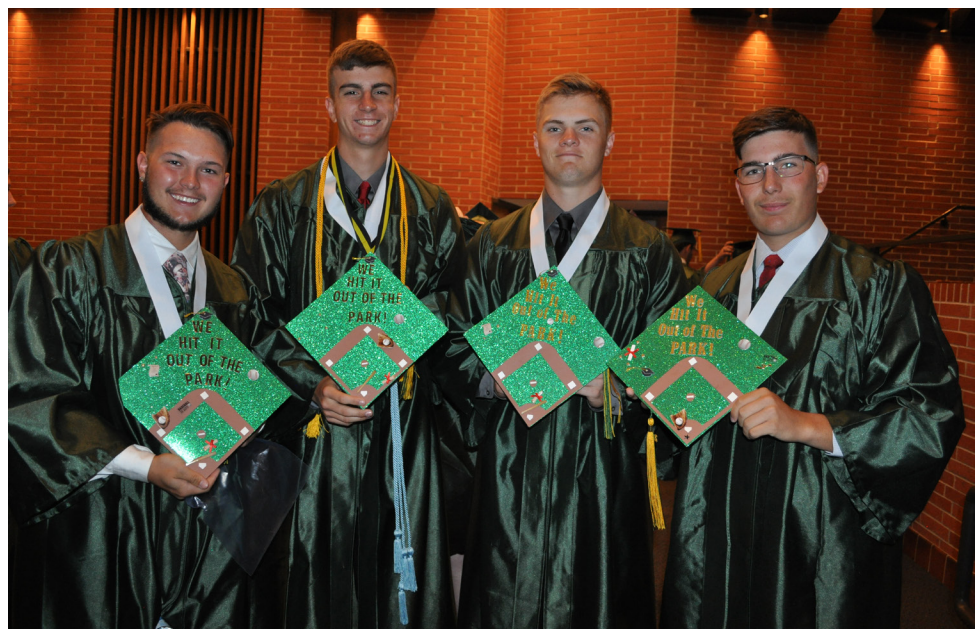
Saydel Alumni Softball Tournament

## Principal's Message

Graduation always brings great celebrations. Time to celebrate accomplishments of the past as well as looking toward the achievements of the future. Prior to graduation, I addressed the Class of 2017 a final time. I shared with them that if they take away one thing from their experience at Saydel that it is that the results they get in life are tied to what they put in. Knowing that all individuals start from different places, each student's success will look different. Success is waiting for us all; we just need to go and get it. Good luck Class of 2017!



Principal Kevin Schulte



## School Hours

**SAYDEL HIGH SCHOOL**

7:45 AM - 2:45 PM

Wed.: 8:45 AM - 2:45 PM

*NOTE: Each Wednesday school begins one hour later for teacher in-service.*

**MISSION: Serving the Unique Learning Needs of Each & Every Student**



# School Never Stops

By Kevin Schulte, Principal

Our work does not stop after May 26. Teachers will be engaging in summer learning to enhance their practice during the 2017-2018 school year. We have a number of teachers that are going to training for new and current classes we will be teaching. These trainings range from enhancing our AP course offerings to further developing support for struggling learners. Our teacher leaders will also be learning and preparing for the 2017-18 school year. This will include designing our professional development as well as setting our school goals.

A few of these learning opportunities include:

- AP training Government
- AP Biology
- Iowa Choral Directors Conference
- Project Lead the Way-Principles of Biomedical Science
- Project Lead the Way-Human Body Systems
- Leadership Team retreat and training

Subscribe to receive all of Saydel's newsletters by emailing [newsletter@saydel.net](mailto:newsletter@saydel.net).

## Saydel Eagles Athletic Booster Club Announcements

- Elections for Athletic Booster Club Board Members will be June 20, 2017. We have two Board members retiring, which leaves only four left. We need a secretary and others to help with our apparel, membership and fundraising chairs. It is difficult to meet the quorum requirement to have an official meeting and being able to carry out any official business with so few members. Visit our Facebook page for more details.
- The Saydel Alumni Softball Tournament (SAST) will be September 2&3. Would you like to help or provide input for our next tournament? Come to one our next meetings or contact us at [saydelathletics@gmail.com](mailto:saydelathletics@gmail.com).

# Summer Planning & Homework

By Shannon Larson, Guidance Counselor



As the end of the school year approaches it's time to reflect on students' accomplishments and think about what students need to do to help prepare themselves for future endeavors.

As a high school student you get a lot of advice on how to be successful. Some may say that students need to get involved in different activities, plan for the future, get good grades, and study hard. It can be

overwhelming. Below are items that should be considered by students and parents to make preparing for post secondary a little easier.

- Continue to review the four-year plan each year, making adjustments as necessary.
- Plan for college credit and AP courses when available. College credit earned in high school is free in most cases and if your student is ready, it is a great way to get a jump-start on a college degree.
- Sophomore year look into taking the ACT Plan Test.
- Begin linking career interests to the education and training required. Begin researching colleges that offer the education and skill training required for those careers.
- Have your student develop a budget for himself or herself, including spending plans and goals for the future. Reinforce savings before spending and start talking about the student's responsibility for college costs.
- Junior year take the ACT test as part of the admission process for college.
- Talk about college financing and create a plan to pay for college, identifying how much each family member will be contributing. Develop a budget to help determine how much your family can afford for college tuition.
  1. Who's paying the bills?
  2. Where will spending money come from?
  3. Are there spending limits?
  4. Are credit cards part of the plan?
- Layout family expectations for college early so there are no surprises.
- What are your grade expectations and what are the consequences if those expectations are not met?
- Is a car going to campus? Whose car and when can it be used?

Success in high school leads to success later in life whether you choose going to college or choosing to go into a career.

## Saydel Booster Memberships

### BUSINESS PLATINUM EAGLE

Chemorse  
Rising Star/All Iowa Stone & Gutter  
The Results Group, L.L.C.  
Iowa Demolition Inc.  
R Rogers Septic LLC  
Jason's Lawn & Tree Care  
Goode Greenhouses  
Teddell Electric

### BUSINESS GOLD EAGLE

Heartland Chiropractic & Wellness Ctr.  
Capital City Equipment Co.  
Iowa State Bank  
Affinity Credit Union

### BUSINESS GREEN EAGLE

Struthers Brothers Kawasaki-Suzuki, Inc.

### BUSINESS SILVER EAGLE

Walker Construction & Painting  
John Sandin Painting  
Decarlo Demolition Company  
Seth Wicks Construction  
Schneider Graphics  
Xtreme Liners of Central Iowa

### INDIVIDUAL GOLD EAGLE

Doug & Lisa Wheeler  
Kevin & Kelly Schulte  
Roland & Shari Kouski  
Randy & Joleen Stephenson  
Kevin Farnsley  
Doug & Susan Cline  
Rollie Madison  
Brett Hersom  
Ric Powell

### INDIVIDUAL SILVER EAGLE

Missy Burr  
Joshua & Denna Heyer  
Ruth Kouski

### INDIVIDUAL GREEN EAGLE

Roland & Shari Kouski  
Brian & Diba VanHouten

### INDIVIDUAL PLATINUM EAGLE

Corey Myers  
Scott Myers  
Kelly & Tana Sprague

### STAFF DUAL ATHLETIC & MUSIC SPONSORSHIPS

Dia Fenton  
Caleb Hales  
Sherry Keegan-Bayeur  
Eric Layden  
Kyle Luttenegger  
Michael Puffett  
Julie Rolf  
Melissa Sensor  
Penney Smith  
Cheri Tingley  
Jerry Young

## Saydel Food & Nutrition Director Jessy Sadler Honored as Public Health Leader

The Iowa Department of Public Health (IDPH) recognized leaders in nutrition and physical activity at a ceremony held April 11, 2017, at the 2017 Iowa Governor's Conference on Public Health in Des Moines. The honorees emulate the IDPH Bureau of Nutrition and Health Promotion vision of "an Iowa where healthy living is accessible, valued and supported by all." The winners must strive to make the bureau's mission a reality by "ensuring that Iowans have the opportunity to live a healthy lifestyle by providing education and resources, building partnerships and supporting communities."

Jessy Sadler of Saydel Community Schools was awarded the Nutrition and Physical Activity Emerging Leader award. "I love my work," Jessy stated. "It entails a great variety of tasks which makes it challenging and rewarding at the same time. It's my responsibility to keep up with the changing federal regulations and be a support system to provide my staff with the training and tools to succeed in their daily work. My goal is to ensure all of our food and wellness programs run with integrity and operate within the codes and regulations. We want to be doing our diligence to provide the highest quality meals we can to students."



Jessy is an innovator in the school setting, making connections between food service and physical education to create a school environment focused on wellness. She works with students, parents and teachers to identify new and creative approaches to promote healthy living in the district. This has included providing healthy foods to students in place of traditional snacks, providing health-related prizes in place of food rewards, and collaborating to provide new after school physical activity opportunities. Additionally, she has championed healthy choices for elementary school parties and ensuring access to drinking water for middle and high school students. Jessy's work aligns with the Bureau of Nutrition and Health Promotion's mission and vision by building partnerships and creating an environment where healthy living is accessible and supported. She has engaged students in her work to create champions within the school, worked with parents to create innovation and partners with teachers for district support. As the district director of food and nutrition, Jessy goes beyond the legal requirements and attempts to meet them in a way that promotes healthy living. For more information about Saydel School District's Food and Nutrition program, visit [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us) or call 515-264-0866.

## FREE Summer Meals for Kids & Teens

Open to ALL Children 18 & Younger

### TWO LOCATIONS:

**Cornell Elementary School**  
5817 NE 3<sup>rd</sup> Street, Des Moines  
**Breakfast:** 8 AM - 9 AM

**Lunch:** 11 AM - 12 PM (Noon)

\*Adults may eat for a fee at Cornell location.

**Sunnybrook Mobile Home Park**  
5975 NE Berwick Drive, Berwick  
**Lunch:** 11:30 AM - 12 PM (Noon)

**June 5 - Aug 11**  
**Monday - Friday**

**FUEL UP™**  
**FOR SUMMER FUN**  
**Eat Smart. Play Hard.™**

Fuel Up is a trademark of National Dairy Council.

# Greetings From The Library

By Aileen Meyer, District Librarian

A lot has happened in the library this school year. We added many new books, including award winners and popular fiction titles. We also added a few items to the Makers Space. Circulation is up significantly. The 2017/18 Iowa Teen and High School Award books have been purchased and are ready to go for next year.

The reorganization of fiction books by genre along with the displays has not only made the library more attractive but also easier to find materials. Thank you to all students who returned their library books on time.

As I retire, I want to give a special thank you to all staff and students at the high school for your support of the library the past three years. Have a wonderful summer and happy reading.



*Pictured reading are Trent Kunitz, Colton Channon and Bailey Stuart.*

## Saydel Students Learn Yoga

Saydel High School used the 1305 Grant awards to promote nutrition education and physical fitness activities. Saydel High School recently offered its one-of-a-kind yoga classes after school. The classes attracted a large group of students, and they all had a wonderful, relaxing time.



## 2016-17 Saydel Music Boosters Sponsorships Received

### PLATINUM EAGLE (\$250+)

Sandy & Greg Barton  
Paul & Dianne Breitbarth  
Andrew & Corinne Nelson  
Power Systems LLC (Business)  
Memory of Paul Smith (1976 Alumni)

### GOLD EAGLE (\$100)

Anonymous  
Max & Cheryl Clark  
Roland & Shari Kouski  
Ric Powell & Family  
Kevin & Kelly Schulte  
Doug & Lisa Wheeler

### SILVER EAGLE (\$50)

James Gilchrist  
Ruth Kouski  
Glenn & Karen Puffett

### GIFTS IN KIND

Wynde Brown  
Ruth Kouski  
Shari Kouski  
Kelly Sprague  
Brenda Williams

### STAFF DUAL ATHLETIC & MUSIC BOOSTERS SPONSORSHIPS

Dia Fenton  
Caleb Hales  
Sherry Keegan-Bayeur  
Eric Layden  
Kyle Luttenegger  
Michael Puffett  
Julie Rolf  
Melissa Sensor  
Penney Smith  
Cheri Tingley  
Jerry Young

# Durham Hosts Prize Drawing

Turn In Transportation Forms by June 16, 2017 & You Will Be Entered To Win!



On page 7 in this newsletter, you will find the Transportation Form for 2017-18. Every student who gets their transportation form to the Saydel District Office/Durham School Services by August 4, 2017, will be guaranteed to be on a bus by the first day of school. Plus, everyone who has the form turned in by June 16, 2017, will have their names put into a drawing to win a family fun pack, consisting of four tickets to the new Cinemark Theater in Altoona, plus a \$30 gift card to Culvers, also in Altoona. Thanks for helping us prepare for the next school year!

## Vaccinations Needed

### All 12th Graders Need Meningococcal Vaccine

By Trina Falk, Nurse

The Iowa Department of Public Health has made changes to the Iowa immunization law for the start of the 2017-18 school year. This change requires that all students entering 12th grade have the Meningococcal vaccine before school starts this fall. All students entering 12th grade must have proof of having the Meningococcal vaccine **before school starts in August**, unless the student has a Certificate of Immunization Exemption.

Meningococcal disease is a life threatening illness that is caused by bacteria that infects the brain, blood, and spinal cord. It easily spreads in crowded settings and typically affects older teens and young adults.

There will be **no** grace/extension period for the implementation of this requirement. Now is a great time for your child to receive these immunization requirements and beat the back-to-school rush by making an appointment for your incoming 12th grader. If you have questions, please contact me at 515-262-9325, extension 1104. Thank you for your time and attention to this requirement.

## Employee & Family Resources Student Assistance Program (SAP) Service Summary

Employee & Family Resources is dedicated to helping students and their families manage life's challenges so they can reach their full potential.

Licensed mental health counselors and clinical workers are available to assist all students and family members experiencing the stress of life's ups and downs. Services are free and are strictly confidential.

### Concerns may include:

- Stress
- Anxiety
- Emotional or mental health
- Family or relationships
- Bullying or peer conflict
- Substance abuse



**EFR EMPLOYEE & FAMILY RESOURCES**

### Convenient In-Person Appointments

Up to three (3) visits per year, per separate issue with qualified counselors. Referrals to additional services if needed. SAP offers services in Spanish and interpreting as needed at no cost to the student or family.

### 24 Hour Support

For immediate support from counselors, call 800.327.4692. Day & evening appointments are available Monday-Friday.

**Saydel Community School District**  
**Transportation Information Form**  
**2017 – 2018 School Year**

Return to Saydel District Office or Durham School Services.

Saydel Fax: 515-264-0869

Durham Fax: 515-265-2998



Please complete this form with as much detail and accuracy as possible; as it will be **used for routing structure and times**. This form is to be **completed every year for each child** and **anytime there is a change** in transportation needs. **This form must be completed and submitted regardless of preferences.** Thank You!

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_

Zip: \_\_\_\_\_ Mailing \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian 1 Name: \_\_\_\_\_

Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Parent/Guardian 2 Name: \_\_\_\_\_

Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*School's ALMOST out  
for the summer...*

**GET YOUR MENINGITIS VACCINE!**

If you are heading into 7th or 12th grade next school year, make sure your parent or guardian schedules an appointment with your doctor for your meningitis vaccine.

You CANNOT come into the school building, go to class or be in any school activity if you haven't had this vaccine.

Ask your school nurse if you have questions.

Have a fun and safe summer!







# **FREE** SCHOOL & SPORTS PHYSICALS 2017

Youth Sports Injury Prevention Clinic for middle school and high school athletes





**Wednesday** / **Thursday**  
**May 10th** / **July 20th**  
5:30 - 8 PM / 5:30 - 8 PM

**Downtown Iowa Ortho & Physio**  
**450 Laurel St. Des Moines, IA**

Don't wait until the last minute! Complete your FREE sports physical before next school year begins. All free-will donations will be donated to participating schools' athletic programs.

Pre-register and receive a free "swag bag"! <https://freesportsphysicals.eventbrite.com>  
(walk-ins also welcome)

**Parent/Guardian must be present in order to provide consent.**

-  Reassessment of old injuries and advice and information on injury prevention
-  Individualized program to correct strength, flexibility, and movement imbalances (Optional - \$10 per test)
-  Thorough musculoskeletal examination
-  Demonstration of sports medicine products (free samples and products available for purchase)

Questions? Contact Allison at [AKlapperich@myphysio.com](mailto:AKlapperich@myphysio.com) or call 515.323.6485



# Saydel High School Students Attend Career Development Conference

iJAG recently held its annual Career Development Conference (CDC) at the FFA Building at DMACC. Students from across the state came together to demonstrate the leadership, communication, and employability competencies they've been working on all year in their iJAG programs. One of the events for the CDC this year was the Junk Game ice breaker activity which focused on team building, creativity and problem solving.



*Pictured above: Hailey Walker, junior at Saydel High School, had fun building her creation in the Junk Game at the conference.*



*Pictured to the left: Saydel High School student November Fetters won first place at the conference for the math and the Junk Game competition. She is posing her wearing her medals.*

## SAYDEL BOARD OF EDUCATION

**Brian Bowman**, Board President  
**Jennifer Van Houten**, Vice-President  
**Melissa Sassman**, Board of Director  
**Henry Wood**, Board of Director  
**Chad Vitiritto**, Board of Director  
**Doug Kayser**, Board of Director  
**Roland Kouski, Jr.**, Board of Director

Superintendent: Mr. Douglas Wheeler  
Board Secretary: Beth Vitiritto



School Board meetings are held at the Saydel District Office on the second Monday of each month at 6 PM

**EDUCATION FOR  
LEADERSHIP;  
LEARNING FOR LIFE**

**Saydel High School**

5601 NE 7th Street  
Des Moines, IA 50313  
515-262-9325

We're on the Web:  
[www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)

It is the policy of the Saydel Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination.

If you have questions or a grievance related to this policy, please contact the district's **Equity Coordinator, Julie McKibben, Director of Student Services**, 5740 NE 14th Street, Des Moines, IA 50313; [mckibbenjulie@saydel.net](mailto:mckibbenjulie@saydel.net); 1-515-264-0866. Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661.