



Saydel High School

Big City Opportunities, Small Town Commitment for Students

September 2017 Newsletter

Upcoming Events

Saydel High School

SEPTEMBER 25, 2017

- Picture Retakes in South Atrium
- Governor Reynold's FAFSA Presentation, 9:30 AM
- Regular School Board Meeting & Board Work Session, 6 PM

SEPTEMBER 26, 2017

Class Ring Presentation for Sophomores, 11:15 AM

OCTOBER 3, 2017

Volleyball Senior Night, South Gym, 6 PM

OCTOBER 5, 2017

- Cross Country Senior Night in Saydel Stadium, 4 PM
- Music Booster Meeting in Music Room, 6:30 PM

OCTOBER 6, 2017

Football, Cheerleading and Marching Band Senior Night in Saydel Stadium, 7 PM

OCTOBER 9, 2017

- Senior Class Meeting, Graduation Information in Auditorium, 10 AM
- Regular School Board Meeting, 6 PM

OCTOBER 11, 2017

Blood Drive in South Gym Atrium, 7 AM - 3 PM

OCTOBER 12 & 17, 2017

- Early Dismissal, 12:30 PM
- Parent Teacher Conferences, 4 PM - 8 PM

OCTOBER 16, 2017

No School, Teacher Professional Development Day

Principal's Message

At the beginning of the year, we place a large emphasis on relationships, expectations, routines, and celebrations. This work pays dividends throughout the entire year. Education research indicates a strong association between student-teacher relationships and student engagement. As we have begun the year, teachers have made this a focus with students through a variety of methods in their classrooms. Building these relationships not only helps with the classroom environment, but also allows the teacher to make more relevant connections to the learning.



Principal Kevin Schulte

Through the core parts of PBIS (See more information in PBIS article in this newsletter), we are working to develop a culture where we teach expectations, intervene early with students not meeting expectations and continually recognize students who are meeting expectations. Using these core principles of PBIS, our goal is to empower the positive leaders to further build on our positive culture.

As a part of recognizing our positive leaders, we have made it point to also celebrate our great accomplishments. Through a variety of methods we are working to recognize our positive leaders and outstanding students.

Great Students; Great Things

- Craig Garrison (12) was named second team, class 3A all-state for baseball.
- Trent Guy (12) has been elected student government president.
- The football team is 4-1 and off to their best start in over 20 years

Students With Most Improved GPA

SOPHOMORES

Julian Hiatt
 Mayson Shelton
 Shawn Garrison
 Philena Crooks
 Morgan Uhl
 Carli Ghiselline
 Sheila Weber

JUNIORS

Karime Solano
 Darlene Gillespie
 Madison Jones
 Emily Chiles
 Jordan Reher
 Destini Taylor
 CodyFitch
 Taylor Conley

SENIORS

Trent Kuntz
 Bryce Poore
 Destiny O'Connor
 Selena Leon
 Joshua Henderson
 Breanna Banner
 Lucas Graham

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

Continued on page 2...

Principal's Letter
continued from page 1...

Students Earning Over a 4.0 GPA

SOPHOMORES

Casey Campbell
Megan Ford
Ronald Kouski
Allie May
Gabriella Neddermeyer
Seth Plascencia
Carolyn Rose

JUNIORS

Kearra Abrams
Darian Garcia
Manfredo Mazariegos
Haley Nystrom
B'Elanna Trulove

SENIORS

Peter Walkwitz
Lisa Van Zandt
Sarah Stocker
Jayda Tolentino
Hannah Bowman
Dalton Silver

Academic Letter Winners:

SOPHOMORES

Dalton Ballard
Makail Brooks
Casey Campbell
Riley Erickson
Megan Ford
Cal Gebhart
Roland Kouski
Ronald Kouski
Hanna Long
Allie May
Madisen Moss
Gabriella Neddermeyer
Karlee Nelson
Ericka Palapa
Seth Plascencia
Austin Pyles
Kylie Rink
Carolyn Rose
Drew Swank
Morgan Uhl
Hayden Van Houten

JUNIORS

Reilly Aagesen
Kearra Abrams
Gracie Bear
Melissa Carrillo
Marissa Chally
Sydney Dhabolt
Alexandra Ellsworth
Darian Garcia
Anastasia Green
Emily Harden
Cash Lee
Andrew Malone
Manfredo Mazariegos
Alyssa Monroe
Jaelynn Myers
Haley Nystrom
Jade Olsen
Katie Plascencia
Leslie Rogers
Magenta Stanton
Alexandrea Thompson
B'Elanna Trulove
Brandon Webb
Logan Williams

SENIORS

Breanna Banner
Cody Boozell
Hannah Bowman
Alexis Carney
Craig Garrison
Lucas Graham
Joshua Green
Jackson Jarrell
Caden Kozleski
Jacob Kuehl
Taylor Newell
Katie Schmidt
Aubriegh Shineflew
Colton Signs
Dalton Silver
T.J. Stephenson
Sarah Stocker
Jayda Tolentino
Lisa Van Zandt
Peter Walkwitz

FLU Clinic at Saydel

The Polk County Health Department will hold FLU VACCINATION CLINICS at Saydel CSD.

Thursday, Oct. 12 at Cornell Elementary from 3 - 7 PM

Tuesday, Oct. 17 at Saydel District Office from 3 - 7 PM

Most insurance accepted. For uninsured adults, the fee is \$20. Children under 19 may be eligible for free vaccine if uninsured, underinsured, Medicaid enrolled, or of Native American/Alaskan origin. No one will be turned away for inability to pay.

Questions? Call Saydel District Office, 515-264-0866.

NIET Appoints Traci Lust as 2017-18 Educator Advisory Board Member

The National Institute for Excellence in Teaching (NIET) has appointed Saydel's Traci Lust as one of 11 educators and district leaders to its Educator Advisory Board for the 2017-18 year. Traci is Saydel's TAP Executive Master Teacher and Elementary Master Teacher. During the year, these Educator Advisory Board Members will assist NIET with its ongoing mission to advance educator effectiveness through policy, research and service. Activities will include providing input on NIET's technologies and developments -- from K-12 to higher education -- participating in conferences, and engaging with NIET staff on the most important issues facing the education community today.

Schoology News

SCHOOLY NEXT 2017, a conference hosted in Chicago, IL, from July 23-26, was attended by two of our own high school staff, Eliana Johnson and Lindsay Dew. Throughout their experience, they gained a vast array of knowledge that will not only benefit the organization of their and the staff members curriculum online but will also help to engage students visually and assist them in experiencing their education with the ability to attain feedback in an intentional and timely manner.

One of two major advances staff have been taught is how to bring their Schoology Course to life through images, banners, and other digital media. Although this may not seem worth the time, it can easily express what students should mentally prepare for throughout each unit by simply creating and embedding an image. Furthermore, it helps to keep students engaged in content. Using various forms of media to add to their understanding of content can drastically improve their mental state when learning in a classroom environment.

The second major advance staff have been instructed upon is regarding the compatibility of GoogleApps and Schoology. Staff members are able to create assignments within Schoology that allows students to have all documents digitally and to work on them through Schoology itself. This may help students stay organized as their work remains in the folder it is submitted in and it doesn't require them to have multiple tabs open on their browser.

Not only is organization a positive but because it is digital and uses Google documents, students are also able to see and review feedback that is provided instantaneously. Rather than having to wait until a paper is returned in class after a long weekend, students are able to reflect upon feedback and make changes and improvements accordingly to their work.

Through these advances, staff at Saydel High School are looking forward to the growth and engagement in student learning. Schoology is becoming a vital tool in their experience while teaching them how to utilize technology in their education.

Subscribe to receive all of Saydel's newsletters by emailing newsletter@saydel.net.

Saydel Booster Memberships

Thanks to the following businesses and individuals who support the Saydel Athletic Boosters through membership.

BUSINESS PLATINUM EAGLE

Rising Star/All Iowa Stone & Gutter
The Results Group, L.L.C.
R Rogers Septic LLC
Jason's Lawn & Tree Care
Goode Greenhouses
Tesdell Electric
Wee's Tees
Power Systems
The Rasmussen Group, Inc.

BUSINESS GOLD EAGLE

Heartland Chiropractic & Wellness Ctr.
Capital City Equipment Co.
Iowa State Bank
Wicks Homes LLC
Sassman Glass & Mirror
Walker Construction & Painting

BUSINESS GREEN EAGLE

Struthers Brothers Kawasaki-Suzuki, Inc.

BUSINESS SILVER EAGLE

Schneider Graphics
Struther Brothers Kawasaki-Suzuki
American Rolloffs Inc.
Pearson Dirtwork & Trucking Inc.
Pizza Ranch (Ankeny)
Ferrellgas

INDIVIDUAL GOLD EAGLE

Doug & Sue Cline
Kelly & Mary Scott

INDIVIDUAL SILVER EAGLE

Missy Burr
Joshua & Denna Heyer
Ruth Kouski

INDIVIDUAL PLATINUM EAGLE

Corey Myers
Scott Myers

Bell Schedule Adjustment

By Alex Stubbers, Associate Principal



The first big change made comes as a shift away from our modified block schedule on Thursday and Friday back to a more traditional eight period schedule. One reason we moved away from the block scheduling was to add in a Flex or intervention time to each day of the week except Wednesday.

After attending at MTSS conference last spring, our MTSS team and administration looked at the needs of our students. We determined it was in our students' best interest to add in a 26 minute intervention four days a week to allow for more frequent intervention in a timely manner.

Additionally, this change allows our students to receive help from multiple teachers without sacrificing time with each teacher. This change effectively doubles the amount of intervention time students could receive. Students are able to receive help from English teachers on Monday, Math teachers on Tuesday, Science teachers on Thursday and Social Studies teachers on Friday. Elective teachers are able to request students on specific days for interventions as well.

The second change that comes with our interventions is the addition of Flex classes, which students are able to sign up for on a five week basis. If students are not requested by teachers for intervention, but do not want to sit with their advisory, we are encouraging students to sign up for the Flex class. Flex classes are being developed based on student and teacher interests and include classes such as: robotics, football chalk talk, genius hour, ACT preparation, mock trial, and photography 101. Students who take these classes receive no credit or grade for them; they are offered for the enjoyment of learning. Please encourage your student to sign up for a Flex class today!

Great Teachers, Great Learning Among The Elite

This July,
Cheryl
Smith
participated
in a Summer
Institute
sponsored by
the National
Endowment
for the



Humanities titled "Tales from the Chihuahuan Desert: Borderlands Narratives about Identity and Binationalism." Cheryl was chosen from a national teacher pool and attended the two-week Institute with 24 educators from around the country. While in the El Paso/Juárez area, Cheryl focused on learning about the multicultural region and the stories from the people who inhabit bi-cultural spaces. She is excited to bring these experiences back to the classroom.

Grab Your Favorite Costume & Run In the Monster Dash!

October 21 beginning at 9:30 AM at Saydel High School Stadium

Join us for the 4th annual Monster Dash 5K/1 Mile walk/run which will take place October 21 at 9:30 am. Runners can sign up online with shirts guaranteed to all signing up on or before October 9. Both road races will begin and end at Saydel High School in Des Moines, IA. Runs will be timed with results posted the day of race. Runners are encouraged to wear their favorite costumes with prizes going to the best costumes.

All runners will receive a long sleeve dry fit shirt. All finishers will receive a medal in recognition of their efforts. Packet pickup will occur the day of the race from 8:30 am through 9:15 am. Run if you dare! Race event information and photos will be posted to <https://www.facebook.com/events/1501109363545290/>
Race results will be posted at www.onlineresults.com.

Registration fees are \$15 for students and \$22 for adults.
Sign up online at <https://secure.getmeregistered.com/monsterdash>

Thank you Monster Dash sponsors: Capital City Equipment, Skywalk Global, and Rogers Septic LLC.



ACT & SAT Preparation

By Shannon Larson, Guidance Counselor



Saydel High School will be giving the PSAT on October 11 2017. Juniors may take this test to qualify for the National Merit Scholarship competition. Sophomores may take the test as practice for their junior year, but their scores are not entered in the National Merit competition.

Day: Wednesday
Date: October 11, 2017
Time: 1st – 4th Hour
Location: HS Library
Cost: \$16.00

National Merit Scholarships are some of the most prestigious scholarships offered in the United States. The only way to be considered for one of these scholarships is to take the PSAT.

Juniors and sophomores may register to take the test by bringing the test fee to the guidance office by Friday, October 6. (Make checks payable to Saydel High School) We only have 25 tests, so registration is limited to the first 25 students to return payment.

Reading Support

By Brenda Brown, Reading Interventionist

Fundamentals of Reading and Writing students had a few laughs getting to know one another the first day of school with some “ice breaker” activities. They quickly began creating classroom guidelines, discussed district routines, and developed a learning environment together.

Students began reading the novel Bar Code Tattoo by Suzanne Wenn just a few weeks ago. Students are picking the chapters apart, finding local news, CNN news, Des Moines Register articles, and YouTube to align with Informational standards while making connections to the book through literature standards. They are creating journal entries daily based on what and how their minds comprehend the different characters.

The biggest “ah-ha” moment in the first three chapters is how quickly our world is moving to a moneyless society-and students are watching this transform right before their eyes. Happy reading freshmen!

Governor Reynolds Promoting FAFSA at Saydel

The Saydel Guidance Department is excited to announce Saydel High School’s partnership with Iowa College Aid in the Iowa FAFSA Completion Initiative. The Free Application for Federal Student Aid (FAFSA) is the form that families fill out to apply for federal grants, loans, and work-study funds for college students.

The importance of completing the FAFSA is seen in the strong correlation between FAFSA completion and college enrollment as well as in its necessity for students to receive financial aid. Through the Iowa FAFSA Completion Initiative, the Iowa College Aid will work with Saydel High School as a resource to help those that need to complete the FAFSA and identify those who have not. On September 25 our governor, Kim Reynolds will be holding a press conference at Saydel High School in which she will be kicking off the FAFSA Completion Initiative and speaking to seniors about the importance of FAFSA completion.



Saydel High School will be hosting two FAFSA completion nights in which parents will be able to receive help in filling out the FAFSA online. The dates will be Thursday, October 12 and Tuesday, October 17 from 5 pm to 8 pm in room 212 at the high school. Detailed information regarding what parents will need to bring that night will be sent in a letter home.

Saydel Homecoming



Saydel Homecoming Royalty Court pictured from left, front row: Taylor Newell, Carissa Boley, Alexis Carney, Katie Schmidt and Hannah Bowman. From left, back row, Trevor Sprague, Cody Boozell, Craig Garrison, Chase McClure, and T.J. Stephenson.



Homecoming Queen Katie Schmidt and King Cody Boozell.







A C T I V I T I E S



Saydel was on ABC News Friday Night Blitz 9/1/17



Cross Country Runners Receive Medals for Placing at the Colfax-Mingo Invitational 9/7/17



Saydel High School Celebrated Homecoming Week 9/15/17

Varsity Volleyball hosted Middle School Night on 9/19/17

Marching Band and Color Guard attended their first invitational at Johnston High School 9/16/17





Students Enjoy Game of the Week Pep Rally

The WOI ABC 5, Saydel Game of the Week, Friday Night Blitz Community Pep Rally on Friday, September 1 at 5:30 am was a tremendous success. Coaches, community members, staff, parents and students joined in the exciting event at the Saydel High School Stadium. The television segment featured a wide variety of Saydel's activities, clubs, and fall sports programs. Thanks to everyone involved in the performances and interviews! The students were fired up for the game against West Central Valley that night. Saydel took the victory at the Saydel Stadium, 33 to 21. Great job Eagles!



Saydel Community School Food Services


The Healthy Hunger Free Kids Act of 2010 (HHFKA) mandates several changes to school lunch programs identifying age-appropriate portion sizes and healthy ranges for fruits, vegetables, grains, meats/meat alternates and milk. The HHFKA is complex, so we've simplified the main points for you in the charts below. Keep in mind these guidelines are intended to provide one-third of your child's daily nutritional and energy needs. Saydel's food and nutrition department remains committed to providing the best combination of nutrients available to your child.

Daily Meal Component Offerings

Meal Components	Grades K-5	Grades 6-8	Grades 9-12
Fruits	1 cup	1 cup	1 cup
Veggies	1 cup	1 cup	1 cup
Grains	2oz	2oz	3oz
Meat/ Meat Alternate	2oz	2oz	2oz
Fluid Milk	1 cup	1 cup	1 cup

All Saydel's School Nutrition meals must meet the minimum requirements as defined by the HHFKA. There are no maximum limitations on these meal components but the meal must fit within the weekly calorie range for that grade level.

Weekly Vegetable Offerings

Veggie sub-groups	Grades K-5	Grades 6-8	Grades 9-12
	5 cups/week	5 cups/week	5 cups/week
Dark Green	1 cup	1 cup	1 cup
Red/ Orange	1 cup	1 cup	1 1/4 cup
Legumes	1 cup	1 cup	1 cup
Starchy	1 cup	1 cup	1 cup
Other	1 cup	1 cup	3/4 cup

Foodservice Office:

Visit www.saydel.k12.ia.us for menus and more information

Email: sadlerjessy@saydel.net

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: [@saydeldining](https://twitter.com/saydeldining)

Lunch Tray Example 1



Grab-n-go option

Lunch Tray Example 2



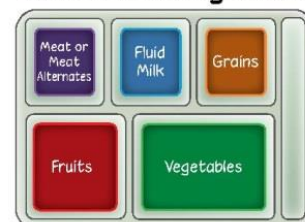
Daily salad options

Lunch Tray Example 3



Burrito bowl with fresh kiwi halves and apple

Build a Healthy Lunch



Positive Behavioral Intervention & Support

By Alex Stubbers, Associate Principal

As a new school year gets underway, a focus for the high school is on improving our current PBIS system. The focus of PBIS is to define, teach, and reinforce appropriate student behaviors to create a positive school environment. The district defines student expectations using the acronym S.O.A.R.: safe, open-minded, accountable, and respectful. By teaching and reinforcing SOAR expectations, we work proactively with students to build and maintain a positive school culture. Over the summer and first few weeks of school, we worked to identify positive student leaders in the school. The PBIS team and administration are working alongside students to ensure all work toward the same goal.

An additional way we are working to reinforce positive student behavior is by partnering with our activities department to provide students with free admission to activities. The second week of school, our PBIS team identified students who had no absences or office referrals. These students were awarded free admission to that Friday's football game against West Central Valley. Moving forward, students from each grade level will be nominated by staff on a biweekly basis to receive free admission to activities during those two weeks. Students will receive a card showing which staff nominated the student and the positive behaviors for their nomination. As the school year continues, we look forward to implementing additional ways to promote and reinforce positive student behavior to build a positive school environment.

Great Academic Achievement

By Kevin Schulte, Principal

On the Tuesday of Homecoming Week (9/12), we hosted an academic awards celebration. Students played a major role in the planning of this great event. I would like to thank the following students for helping lead the celebration in a variety of ways:

Video selection: Christopher Malone, Evan Mundy and Seth Plascencia

Music selection: Kenny Michael, Reilly Aagesen, and Karlee Nelson

Script writers: Cody Boozell, Hannah Bowman, Jaedyn Gill, Sydney Dhaboldt, Trevor Sprague, Kassidy Thurman and Natalya Wheeler

Emcee: Hannah Bowman, Sydney Dhaboldt, Trevor Sprague, Kassidy Thurman and Natalya Wheeler

Award distribution: Jayda Tolentino

SAYDEL BOARD OF EDUCATION

Brian Bowman, Board President
Jennifer Van Houten, Vice-President
Julie Jennings, Board of Director
Rob Strickler, 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

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; 1-515-264-0866.** Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661; 515-264-0866.