



Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

January 2018 Newsletter

Upcoming Events

Woodside Middle School

JANUARY 23, 2018

Woodside Boys Basketball Night at High School, 7 PM

JANUARY 25, 2018

PTO Meeting, Woodside Library, 6:30 PM

FEBRUARY 8, 2018

6-12 Jazz Vocal Fusion at High School Auditorium, 7 PM

FEBRUARY 9, 2018

3rd Quarter Mid-term

FEBRUARY 12, 2018

- No School; Professional Development Day
- School Board Meeting, 6 PM

FEBRUARY 15, 2018

ELP Field Trip to Air Play, 9:30 AM

FEBRUARY 20, 2018

Festival of Music at High School Auditorium, 6 PM

FEBRUARY 24, 2018

- Mother Son Laser Tag at Saydel High School, 6 - 8 PM
- Daddy Daughter Dance at Saydel High School, 6 - 8 PM

MARCH 1 & 6, 2018

Parent Teacher Conferences

MARCH 9-16, 2018

Spring Break

School Hours

WOODSIDE MIDDLE 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

Principal's Message

The weather outside sure has been cold, but it has not cooled down the progress being made at Woodside. The first semester concluded last week, and we are off to a solid start of the second half of the school year. Due to the timing of this newsletter, it seemed appropriate to take a moment to discuss the information provided on report cards. Furthermore, I want to outline how to use the information as a tool to highlight student success as well as how to do individualized goal setting for Woodside students.

Report cards are a source of communication to families so they know how their student is performing in an array of disciplines. Woodside has two report cards which were sent to families this week. The two report cards are academic and Habits For Success, commonly referred as behavior marks. The academic report card currently has traditional letter grades ranging from A-F, while Habits For Success range from marks 1-4. All students should have received letter grades for the four core subjects (Math, Science, Social Studies, and Literacy). Students also take related arts classes at Woodside and will have received a letter grade in these classes. Related Arts classes include P.E. Fine Arts, Family Consumer Science, Spanish, etc. Finally, all students are assigned two FLEX classes. The purpose of the FLEX classes is to support student growth with intervention or enrichment for the student. FLEX classes will not have letter grades provided.

Habits For Success marks are on a 4 point scale. Receiving a 4 means exemplary (exceeding grade level expectations), 3 means Proficient, (meets grade level), 2 means Partially Proficient (progressing toward grade level), and 1 means Not Proficient (below grade level). Teachers provide marks to students in the areas of personal responsibility, working well with others, and productively working toward completing a goal. A copy of the Habits For Success rubric is included on page 2 so you can review in more detail.

Please take the time to have a serious conversation about the report cards with your student. By investing the time in the conversation, students will begin to recognize the grades and marks really do matter. I encourage you to highlight areas where your student had success by asking them why they did well in these particular classes. Common responses may be: "I studied", "I like the subject", or "the teacher is cool." This will help build a foundation for success and characteristics that foster success for your student. After discussing the positive grades and marks, review areas that did not meet your expectation. Again, asking why they feel they did not do well in this class, followed by what they can do to improve is the first step to short-term goal setting. Conclude the conversation with your student by setting a goal for improvement for the second semester.

In conclusion, report cards are a way for the school to communicate with families academic and behavior successes and areas for student growth. Knowing what the report cards mean and engaging in a conversation with your student allows for the report to have meaning. With meaning, we hope to see an intrinsic desire to grow in these important areas. We look forward to the second semester and working with you and your student. Stay Warm!



Principal Joshua Heyer



SAYDEL HABITS FOR SUCCESS

Grade Band: 5-8

Personal Responsibility	Works Well With Others (Face-to-face & virtual interactions)	Productively Works Toward Completing Goals
<p>Exemplary 4</p> <p><i>Consistently</i>, student</p> <ul style="list-style-type: none"> brings materials completes daily task sheet/planner 	<p>Exemplary 4</p> <p><i>Consistently</i>, student</p> <ul style="list-style-type: none"> resolves conflict in a constructive manner respects the rights of self and others participates well in class/group activities uses work time effectively and efficiently in pairs or groups is respectful of property and personal space 	<p>Exemplary 4</p> <p><i>Consistently</i>, student</p> <ul style="list-style-type: none"> accepts and applies positive and constructive feedback to make decisions keeps trying when things become challenging sets and monitors personal goals is actively involved and participates in tasks involving individual/partner/group/whole class completes tasks as assigned and turns into the teacher
<p>Proficient 3</p> <p><i>Usually</i>, student</p> <ul style="list-style-type: none"> brings materials completes daily task sheet/planner 	<p>Proficient 3</p> <p><i>Usually</i>, student</p> <ul style="list-style-type: none"> resolves conflict in a constructive manner respects the rights of self and others participates well in class/group activities uses work time effectively and efficiently in pairs or groups is respectful of property and personal space 	<p>Proficient 3</p> <p><i>Usually</i>, student</p> <ul style="list-style-type: none"> accepts and applies positive and constructive feedback to make decisions keeps trying when things become challenging sets and monitors personal goals is actively involved and participates in tasks involving individual/partner/group/whole class completes tasks as assigned and turns into the teacher
<p>Partially Proficient 2</p> <p><i>Sometimes</i>, student</p> <ul style="list-style-type: none"> brings materials completes daily task sheet/planner 	<p>Partially Proficient 2</p> <p><i>Sometimes</i>, student</p> <ul style="list-style-type: none"> resolves conflict in a constructive manner respects the rights of self and others participates well in class/group activities uses work time effectively and efficiently in pairs or groups is respectful of property and personal space 	<p>Partially Proficient 2</p> <p><i>Sometimes</i>, student</p> <ul style="list-style-type: none"> accepts and applies positive and constructive feedback to make decisions keeps trying when things become challenging sets and monitors personal goals is actively involved and participates in tasks involving individual/partner/group/whole class completes tasks as assigned and turns into the teacher
<p>Not Proficient 1</p> <p><i>Rarely</i>, student</p> <ul style="list-style-type: none"> brings materials completes daily task sheet/planner 	<p>Not Proficient 1</p> <p><i>Rarely</i>, student</p> <ul style="list-style-type: none"> resolves conflict in a constructive manner respects the rights of self and others participates well in class/group activities uses work time effectively and efficiently in pairs or groups is respectful of property and personal space 	<p>Not Proficient 1</p> <p><i>Rarely</i>, student</p> <ul style="list-style-type: none"> accepts and applies positive and constructive feedback to make decisions keeps trying when things become challenging sets and monitors personal goals is actively involved and participates in tasks involving individual/partner/group/whole class completes tasks as assigned and turns into the teacher

SAYDEL BOOSTER MEMBERSHIPS

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

BUSINESS PLATINUM EAGLE

Rising Star Wholesale -- All Iowa Stone
& Gutter

The Results Group, L.L.C.
R Rogers Septic LLC
Jason's Lawn & Tree Care
Goode Greenhouses
Teddell Electric
Wee's Tees
Power Systems
The Rasmussen Group, Inc.
Complete Plumbing Services

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

North Ankeny HyVee

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
Kevin & Kelly Schulte
Rollie C. Madison
Brian & Lori Bowman
Doug & Lisa Wheeler

INDIVIDUAL PLATINUM EAGLE

Corey Myers
Scott Myers
Mark & Beth Shelton

Thank You

Nurse Notes

By Vonda Mosher, Woodside Nurse

Dear Parents/Guardians:

The winter flu bug has been rearing its ugly head at Woodside. We have the stomach flu and influenza making the rounds. Please remind your student to wash with soap and water prior to eating or touching their face and to cough into their elbows to help prevent the spread of germs. Two people in Iowa have died from influenza this winter.

To 6th grade parents: The Iowa Department of Public Health made changes to the Iowa Immunization law which started the 2017/18 school year. This change requires that all students entering 7th grade have both a Meningococcal vaccine and a Tdap (Tetanus, Diphtheria, and Pertussis/whooping cough) booster before school starts in the fall.

The Tdap requirement has been put in place since the 2013/14 school year and requires a booster dose of Tetanus, Diphtheria, and acellular Pertussis containing vaccine for students entering 7th grade. Pertussis (whooping cough) is a very contagious disease that causes violent coughing fits that make it hard to breathe.

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. The vaccine will be required prior to both the 7th and 12th grades. All students entering 7th grade must have proof of having both the Meningococcal and the Tdap vaccines before school starts in August, unless the student has a Certificate of Immunization Exemption. If your student has a medical exemption, they will need a new 2017 exemption form filled out by their physician.

There will be NO grace/extension period for the implementation of this requirement. This means the paperwork needs to be turned in prior to the first day of school.

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 7th grader. If you have questions, call either myself, Vonda Mosher RN, at 515-265-3451 or Polk County Health Department at 515-286-3244.

Thank you for your cooperation in this matter.

WOODSIDE PTO BOX TOPS FOR EDUCATION

Woodside PTO is collecting Box Tops for Education. Each Box Top is worth \$.10 to our school and helps fund some of the purchases we make for classrooms throughout the school year. Keep clipping and sending your Box Tops to school!

For every 25 Box Tops a student brings in, he/she will receive a coupon for 50 cents to use toward an a la carte item at lunch. Thank you for your support!



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

Woodside Staff Focus

Highlighting staff members new to Woodside Middle School



Name: Madeline Flesner

Position at Woodside: 7th Grade Math Instructor

Family: "My parents live in Cedar Rapids, IA, and I have a younger brother, Joe, who attends the University of Iowa. I live with my older sister, Emily, in Ankeny. She is a dentist in Pleasant Hill at Veranda Denistry."

Previous work/College Experience: "I graduated from the University of Iowa. Before coming to Saydel Schools, I student taught 7th grade at Northwest Junior High."

One thing you have enjoyed about working at Woodside: "The staff is very helpful and friendly. They make you feel like you are part of the team right away."

One thing you did not realize about Saydel before starting this position: "I did not realize there were so many supports and resources available to use."

One thing you want others in the community to know about Woodside: "Students have many opportunities to get involved and succeed. They can participate in athletics, band, choir, and after school clubs. Students are also being prepared to think about their futures with college visits to schools across Central Iowa."

Life Skills Class Begins Cooking Unit

By Bobbie Jo Pedersen, Special Education Instructor

Our Life Skills class is currently working on a cooking and baking unit. We are learning how to measure dry and liquid ingredients while remembering what we learned in our fraction unit. We've made things from egg and sausage burritos, pizza and cookies, all in the microwave. For the last four weeks we have cooked, taste tested and sometimes devoured our finished products.

We make two items each week and then compare which we like better. For instance, we made macaroni and cheese from scratch (Yes, we boiled macaroni in the microwave.) and then made it from the quick bowls, which are the ones where we just added water. The macaroni and cheese from scratch definitely won that week; other weeks it's a toss up.

The students truly enjoy this unit. It is a fun way to learn and teach. We decide each week which recipes we would recommend to others.

Woodside Students Perform at Capital Square

Woodside Middle School Jazz Band, under the direction of Mr. Jerry Young, entertained the lunch crowd last month at Capital Square with holiday songs and their festive attire.

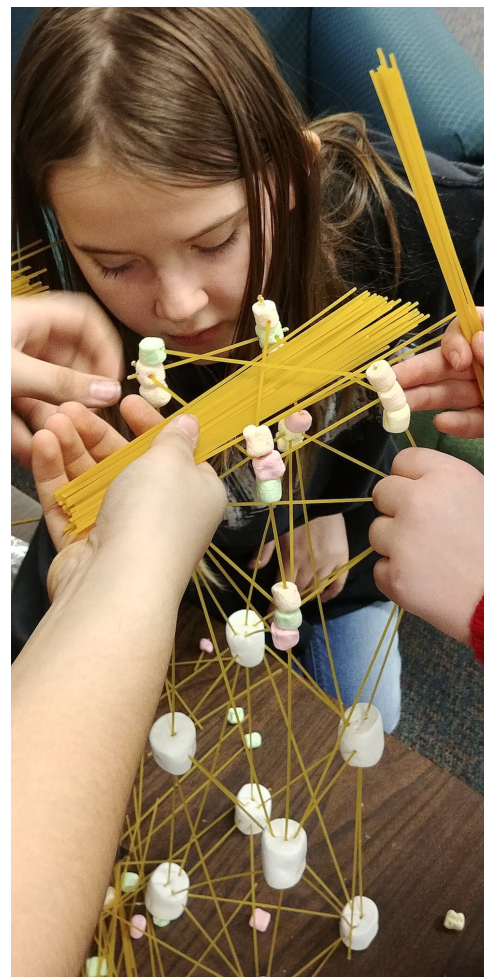


STEM Tower Challenge at Woodside Middle School

Sixth graders at Woodside Middle School recently had a STEM Tower Challenge. They tested their skills at building the tallest tower that will support three free-standing peppermint candies for five or more seconds.

Pictured on the right is Woodside sixth grader Chloe Bates, working to build her STEM Tower.

Pictured on the left is Michelle Medrano and Jayden Stephenson, Woodside sixth graders, working hard to complete their free-standing tower.



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.

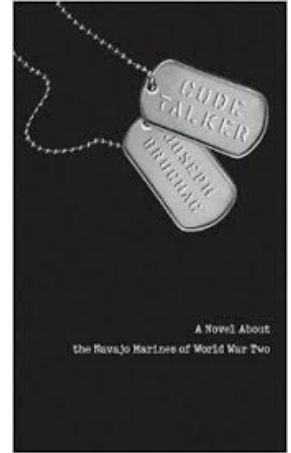
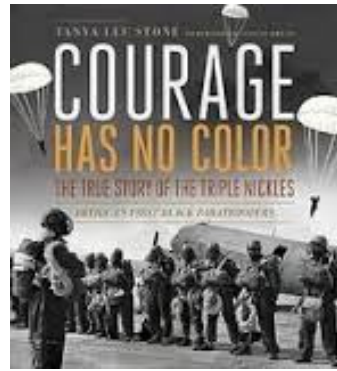
24 Hour Support

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

Seventh Graders Begin New Unit: Americans All

By Hillary Parsons, 7th Grade Language Instructor

The 7th grade language literacy students just started a new unit after winter break called Americans All. This unit is about the racial injustice many ethnic groups experienced in the United States during WWII and how they handled facing the injustice. Students will read about and examine topics such as the Japanese Americans who were sent to internment camps, Native Americans who helped decode messages written in Navajo during the war, and African Americans whose courage helped to create a more integrated military.



Along with reading many different nonfiction articles about the different ethnic groups and their experiences, students will read the novel called *Code Talker* by Joseph Bruchac, which is about a young Navajo boy who enlists in the Marine Corps to decode crucial messages to aid in the conflict against Japan. They will also read the book called *Courage Has No Color: The True Story of the Triple Nickles* by Tanya Lee Stone, which is about America's first black paratroopers.

Eighth Grade Math News

By Katelyn Sandquist, 8th Grade Math Instructor

Students have been busy working with the Pythagorean Theorem and the Distance Formula in 8th Grade math before leaving for winter break. With the start of the new year, students are learning how to solve one, two and multi step equations, along with how to plot equations on the coordinate plane. We are looking forward to a great rest of the school year!

COMMUNITY EDUCATION

COMMUNITY CLASSES:

FINANCE EDUCATION CLASSES

Adults can register for Finance Education Classes. Hosted by Cory J. Dawkins, Senior Partner at Elite Wealth Partners, LLC. Each class offers in-depth knowledge about the topic, including time after class for question/answer. Fee of \$5 per class session.

FEBRUARY 6	6:30 PM	SAYDEL HIGH SCHOOL - CLASS ROOM # 207	\$5
Class Topic: Where should my money be now?			
FEBRUARY 13	6:30 PM	SAYDEL HIGH SCHOOL - CLASS ROOM # 207	\$5
Class Topic: What must I know about Social Security?			
FEBRUARY 20	6:30 PM	SAYDEL HIGH SCHOOL - CLASS ROOM # 207	\$5
Class Topic: How do I create a lifetime income retirement plan?			
FEBRUARY 27	6:30 PM	SAYDEL HIGH SCHOOL - CLASS ROOM # 207	\$5
Class Topic: How do I prepare for college, or a major life purchase?			

[REGISTER ONLINE](#)

REGISTER NOW!

DEADLINE:
COLOR GUARD MINI CAMP
FEBRUARY 2

ONLINE REGISTRATION AT
[HTTPS://SAYDEL.REVTRAK.NET](https://saydel.revtrak.net)

ONSITE REGISTRATION AT
SAYDEL DISTRICT OFFICE,
5740 NE 14TH ST.,
DES MOINES, IA
515-264-0866

EMAIL: COMMUNITYED@SAYDEL.NET

YOUTH ATHLETIC OPPORTUNITIES:

COLOR GUARD MINI CAMP

Students, grades 5-8, can register for the Color Guard Mini Camp. Hosted by Riley Hayes, the Saydel High School Color Guard Instructor. The four day camp will provide an experience for middle school students to learn a routine, to perform at Saydel's Festival of Music Concert, held Tuesday, February 20, 2018 at 6 PM. Fee of \$25 includes a Color Guard Mini Camp t-shirt.

CAMP DATES			
FEBRUARY 8, 13, 15, 20	3:00 - 5:00 PM	WOODSIDE CAFETERIA	\$25
PERFORMANCE			
FEBRUARY 20	6:00 PM	SAYDEL HIGH SCHOOL	
		Festival of Music Concert	

[REGISTER ONLINE](#)



Little Eagle

Winter 2018

When: Thursday, January 25th

Where: Cornell Elementary Gymnasium

Time: 3:30-4:30 pm (K-3), 3:30-5:30 pm (4-6)

Who: Ages K-6th

Cost: \$25 (includes t-shirt & snack)



Cheer Clinic

The Saydel High School Cheer Squad will teach our Little Eagles a variety of fun cheers, chants & jumps to perform at the basketball games on Friday, January 26th.

Students in grades K-3rd will perform during halftime of the Girls Varsity Game. Students in grades 4-6

will perform during halftime of the Boys Varsity Game.

Register ONLINE @ <https://saydel.revtrak.net>

Daddy Daughter Dance

February 24th, 2018
6:00-8:00 p.m. at Saydel High School

Dad... or Dad like friends...are invited to bring their daughter's to this memorable Fundraiser event to support Saydel's 2018 After Prom.

\$15.00 per couple purchased in advance
\$20.00 per couple purchased at the door
\$5.00 additional fee for each extra daughter

Includes: music provided by DJ, snacks, drinks, candy bar and LOTS OF FUN!
There will also be photos available for purchase.

We encourage pre-order of your tickets. Please mail by February 17th, or you may turn in your order to the Cornell or Woodside Office by Wednesday February 21st.

Tickets may be purchased at the door the night of event

Purchase in advance by filling out the form at the bottom and sending it along with your payment to:

Saydel After Prom
Saydel High School
5601 NE 7th St
Des Moines, IA 50313

(checks payable to Saydel After Prom)

REGISTRATION FORM MUST BE RETURNED ALONG WITH PAYMENT
(No tickets will be mailed. Simply check in at the registration table at the dance.)

Dad/Dad like friend _____ **Phone#** _____

Daughter/School _____

Daughter#2/School _____

Daughter #3/School _____

Mother Son Laser Tag

**February 24th, 2018
6:00-8:00 p.m. at Saydel High School**

Mom or Mom like friends grab your boys and come defeat them at After Proms
Fundraiser event of Laser Tag.

**\$15.00 per couple in advance
\$20.00 per couple at the door
\$5.00 additional fee for each extra son**

Includes: music, snacks, drinks, and LOTS OF FUN!
There will also be photos available for purchase.

**We encourage pre-order of your tickets. Please mail by February 17th, or
you may turn in your order to the Cornell or Woodside Office by
Wednesday February 21st**

Tickets may be purchased at the door the night of the event.

**Purchase in advance by filling out the form at the bottom and sending it
along with your payment to :**

**Saydel After Prom
Saydel High School
5601 NE 7th St
Des Moines, IA 50313
(checks payable to Saydel After Prom)**

REGISTRATION FORM MUST BE RETURNED ALONG WITH PAYMENT
(No tickets will be mailed. Simply check in at the registration table.)

Mom/Mom like friend _____ **Phone#** _____

Son/School _____

Son#2/School _____

Son#3/School _____



Classraam Catering

Saydel Community School District

Families can order a fun and healthy treat for their child's classroom conveniently from the Saydel Community School District Program. Classroom treats offered are healthy snacks prepared at your child's school and delivered to their room.

Snack items	Price	Quantity	Total
Cookies by the dozen (circle one: Chocolate chip, sugar, or carnival)	\$10		
Cupcakes by the dozen (circle one: Chocolate or vanilla)	\$10		
Salsa/ tortilla chips	\$0.75		
Go-gurt: frozen or cold (circle one)	\$0.50		
Popcorn	\$0.75		
Individually wrapped fudge brownie	\$0.75		
Wech's fruit snacks	\$0.75		
WG rice krispie bar	\$0.75		
Sliced apples and string cheese	\$0.75		
Baked chips or Cheetos (circle one)	\$0.75		
Vanilla, chocolate or brownie batter pudding cup (circle one)	\$0.75		
Vanilla or swirl ice cream cups (circle one)	\$0.75		
Vanilla ice cream cone with fudge	\$1.00		
Beverages			
Chocolate, Strawberry, Low fat or skim milk	\$0.45		
Juicy juice box: Apple, berry or fruit punch	\$0.75		
4 oz Apple, orange, or fruit punch juice (circle one)	\$0.45		
Capri sun 100%	\$0.75		

All pricing includes delivery, napkins, and tableware.

Orders must be placed seven (7) working days in advance. Requests for changes and/or cancellations in food and beverage service the day before the event will be charged according to the ability to re-use ordered items.

All payments need to be received prior to the catering event.

Please return completed form and payment to the school's main office or mail to:

Jessy Sadler
5740 Ne 14th Street
Des Moines, IA 50313




Total cost:

Contact Information:

Class Celebration Date and Time: _____ Room/Grade/Teacher: _____
 Student Name: _____ Parent/Guardian Name: _____
 Address: _____ City: _____ Home Phone: _____

Payment Options (check one):

Pay by cash Pay by check: Check #: _____
 Parent/Guardian Signature Required: _____ Make checks payable to Saydel Food Service
 FNS Director Signature: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1</p> <p>Code Word While watching TV any time you hear the code word complete 10 jumping jacks. Code word: new year</p>	<p>2</p> <p>Jump rope as fast as you can for one minute, then rest for 1 minute. Repeat 6-8 times.</p>	<p>3</p> <p>Balance Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>	<p>4</p> <p>Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>5</p> <p>4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>6</p> <p>Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>		
<p>7</p> <p>Commercial Planks Can you plank during an entire commercial break?</p>	<p>8</p> <p>Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>9</p> <p>High Knees & Stretch High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>10</p> <p>Shuttle Run Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>11</p> <p>Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>12</p> <p>Partner Challenge Sit back to back with a friend and link arms. Try to stand up without unlinking arms.</p>	<p>13</p> <p>Seated Forward Bend Pose  Hold for 1-3 minutes breathing deeply going deeper into the pose. Rest if need.</p>	
<p>14</p> <p>Exercise DVD Get an exercise DVD or find one on the internet and do it with the whole family.</p>	<p>15</p> <p>Hands & Knees Balance Pose  Hold for 30-60 seconds, switch sides and repeat.</p>	<p>16</p> <p>Long Jump Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>17</p> <p>Army Crawl Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>18</p> <p>Do this: -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds</p>	<p>19</p> <p>Tabata Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>20</p> <p>Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>	
<p>21</p> <p>Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p>	<p>22</p> <p>Cardio & Yoga Do a cardiovascular exercise(s) of your choice for 5-10 minutes then try all three yoga poses holding each pose for 30-60 seconds before switching.</p>	<p>23</p> <p>4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>24</p> <p>Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>25</p> <p>Low Lunge Pose  Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p>	<p>26</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>27</p> <p>Paper Plate Planks In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	
<p>28</p> <p>Dance, Dance Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>29</p> <p>Tea Cup Tip-ups Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>30</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>31</p> <p>Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</p>			<p>NATIONAL HEALTH OBSERVANCES National Blood Donor Month</p>

SAYDEL COMMUNITY SCHOOL DISTRICT
School Emergency Closing Information
2017-18 School Year

Emergency closing information will be communicated through the following:

1. School Messenger (voice & email) by 6:00 AM the day of a closing
2. District Website
3. www.facebook.com/saydelcsd
4. www.twitter.com/saydelcsd

We notify the following television, radio, and Internet news stations for emergency announcements:

- WHO Channel 13
- KCCI Channel 8
- KDSM Fox 17
- KCWI Channel 23.1
- WOI Channel 5
- Kiss 107.5
- WHO 1040 Radio
- The Bus 100.3
- Alt 106.3
- KXNO 1460
- 13Now Smartphone App
- The Des Moines Register

Please note:

While these sites allow us to communicate delays and cancellations, we are not able to provide details through these services. The most detailed information regarding how delays and cancellations affect events, practices, meetings, etc. can be found on our website and School Messenger broadcasts.

Emergency Closing Notes

- ✓ For AM delays, Eagle's Nest delays from its original start time.
- ✓ For PM early release, Eagle's Nest will be open one hour after school dismisses.
- ✓ If there is a delay, AM preschool will be cancelled.
- ✓ Check the school website for information about practices and events for your child.
- ✓ Automatic e-mail & text alerts available from:
www.kcci.com, www.whotv.com, www.woi-tv.com

1-Hour Delay Start Times

- Cornell - 9:35 AM
- Woodside - 8:45 AM
- High School - 8:45 AM
- Eagle's Nest 7:00 AM

2-Hour Delay Start Times

- Cornell - 10:35 AM
- Woodside - 9:45 AM
- High School - 9:45 AM
- Eagle's Nest 8:00 AM

COLOR GUARD

Mini Camp

CAMP DATES: FEB. 8, 13, 15, 20

3:00-5:00 PM - WOODSIDE CAFETERIA

PERFORMANCE: FEB. 20 - 6:00 PM

SAYDEL HIGH SCHOOL

COST: \$25/STUDENT

REGISTER AT SAYDEL.REVTRAK.NET

STUDENTS GRADES 5-8 CAN REGISTER FOR THE COLOR GUARD MINI CAMP HOSTED BY RILEY HAYES, THE SAYDEL HIGH SCHOOL COLOR GUARD INSTRUCTOR. THIS FOUR-DAY CAMP WILL PROVIDE AN EXPERIENCE FOR MIDDLE SCHOOL STUDENTS TO LEARN A ROUTINE WHICH WILL BE PERFORMED AT THE FESTIVAL OF MUSIC CONCERT. A GUARD T-SHIRT WILL BE PROVIDED!

REFINANCE YOUR AUTO AND WE'LL DONATE

\$50*

TO SAYDEL SCHOOLS

- RATES AS LOW AS 1.49% APR*
- NO PAYMENT FOR UP TO 90 DAYS*
- PLUS, WE'LL PAY YOU \$200* IF WE CAN'T BEAT YOUR CURRENT RATE!

www.affinitycuia.org/saydel
(515) 288-7225

*Annual Percentage Rate. Qualified credit. Current Affinity loans do not apply. Includes auto, motorcycle and boat/RV loans. Rate no lower than 1.49% APR. This is an Affinity Credit Union community outreach promotion and is not directly affiliated with Saydel School District. Restrictions may apply.





Woodside Mock Trial Presents at School Board Meeting

Woodside Middle School students re-enacted their mock trial case of the State of Iowa vs. Baskin Robinson for the Saydel School Board on December 11, 2017. Gavin Godwin delivered the opening statement for the defense on behalf of the defendant, Baskin Robinson. Jake Jennings conducted the direct examination of Corky Tressler, a witness for the prosecution, portrayed by Kyrah Strickler.

Pictured from left, back row: Board Members Roland Kouski, Jr., Julie Jennings, Jennifer Van Houten, Brian Bowman, Rob Strickler, and Superintendent Mr. Douglas Wheeler. Pictured front row, from left: Advisor Cheryl Smith, Noah Ford, Gaven Gregor, Max Jones, Jake Jennings, Ella Reevis, Emma Van Zandt, Kyrah Strickler, Gavin Godwin, Advisors Carolyn McCauley and Coach/Attorney Laura Wasson.

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**

Woodside Middle School
 5810 NE 14th Street
 Des Moines, IA 50313
 515-265-3451

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