



Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

May 2017 Newsletter

Upcoming Events

Woodside Middle School

MAY 18, 2017

Woodside Retirement Open House,
4 PM - 6:30 PM

MAY 19, 2017

Variety Show in Gym, 6 PM - 8:30 PM

MAY 23, 2017

6th Grade Field Trip, Camp Dodge

MAY 24, 2017

6th & 7th Grade Computer Return, 1 PM

MAY 25, 2017

- 5th Grade Awards Presentation in Cafeteria, 9 AM
- 8th Grade Computer Return, 11 AM
- 8th Grade Picnic/Kickball, 12 PM
- 5th Grade Field Day, 12:30 PM

MAY 26, 2017

- 8th Grade Graduation, 8:30 AM
- Last Day of School

MAY 30, 2017

Eagle's Nest Summer Program Begins at Cornell Elementary

JUNE 5, 2017

Summer Food Program Begins at Cornell

JUNE 12-16, 2017

Summer STEM Camp, 8:30 AM - Noon

AUGUST 1, 2017

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

Principal's Message

I am guilty of giving a wealth of my time and attention to what is directly in front of me and focusing on what is deemed as "the next priority." I do not think it is a terrible thing applying most of my energy to push forward because I want be a building leader that provides the very best for each student that walks into the Woodside building. With that being said, in order to improve it is also important to reflect by looking in the rearview mirror and acknowledging the collective progress Woodside has made this school year. In this month's newsletter, I would like to emphasize the growth and celebrate the success Woodside has made this year.



Principal Joshua Heyer

New Schedule - This was the first year of implementing a new 5-8 schedule. This was a big undertaking for everyone, but I am glad we did it. I would like to highlight and personally acknowledge all FLEX teachers. Their dedication and support of our students has allowed the building to differentiate the learning experience and address the unique needs of every student.

Junior High Athletics - Our student athletes are competing at high levels with some of the best athletic programs of comparable size. The Heart of Iowa Conference is rich with athletic tradition and our students are stepping up to the challenge and representing themselves and our district well. Fall and spring sports experienced some great success. I am proud of the increased level of participation in some of our sports and hope the students stick with the sport as well as try another during their remaining secondary career.

Fine Arts Program - The new building schedule has allowed for the inclusion of fifth grade band and choir! As a result, over 55 students were exposed to band or choir one year earlier than in the past. Our performances have been tremendous this year. I am always blown away every time I go to a concert and see the students perform at such a high level.

After School Clubs - If students do not like sports or fine arts, they still have an opportunity to be connected to the school by participating in an after school club. The following clubs are available for our students: **Drama Club**, Student Council, **SOAR Team**, Lego League, Girls Group, **GSA**, and **Journalism Club**. (**Bold clubs are new the last two years.**)

Math Acceleration - In previous years, students have had an opportunity to advance one grade level in math. This meant the student would skip their particular grade level math in order to be advanced. Experts suggest this is not best practices because a gap in the student understanding of math practices could appear. To prevent this from occurring, our ELP teacher is facilitating a compacted math experience for a group of students so they can be accelerated the following year.

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

Continued on page 2...

Principal's Letter continued from page 1...

College Visits - Kathy Erickson and I wanted to start a new tradition for Woodside by taking our students to visit colleges in Central Iowa. The goal is for each student to walk on multiple campuses before leaving Woodside. This year the fifth grade traveled to DMACC, sixth grade visited Drake University, seventh grade went to Iowa Central, and eighth grade spent a morning at Iowa State University. Our hope is to expose students to the countless opportunities their futures may hold and allow them to dream of the possibilities. The college visit tradition was a success, and it will be continued next year!

PBIS Rewards - Following the Eagle Way and demonstrating behaviors that are considered to be Safe, Open-minded, Accountable, and Respectful (SOAR) is the foundation for everything we do at Woodside. We implemented a new management system this year called PBIS Rewards and had partial implementation success. PBIS Rewards allows for teachers to give positive referrals to students. In return students can collect the tickets in their electronic accounts and purchase miscellaneous items. PBIS Rewards is making subtle adjustments to their system this summer that I think students, staff, and parents will appreciate in the years to come.

It has been a great year for Woodside Middle School and it is important for each of us to acknowledge the progress we have made! For the remaining portion of the school year and into early summer, we deserve to celebrate the shared progress made by those that have made the items I've reviewed possible.

I am personally looking forward to this summer so I can analyze the vast improvements we have made as a school, but strategize how we can continue to grow! I have a list of items I want Woodside to enhance and I am looking forward to working with each student, teacher, and family to implement those improvements for the next school year.

Congratulations to the eighth grade class on a successful four years at Woodside. I am excited to see you build on the solid foundation your teachers have given you while at Woodside and so optimistic about what the future holds for you.

Have a wonderful summer Woodside. We deserve it!

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

You're invited!

A RECEPTION HONORING:

MELINDA AESCHLIMAN

MARILYN JUNGMAN

AILEEN MEYER

Cake & Punch

Will Be Served

THURSDAY, MAY 18, 2017

4:00 PM - 6:30 PM

WOODSIDE CAFETERIA

WOODSIDE RETIREMENT RECEPTION



Dear Woodside Parents/Guardians:

To Sixth Grade Parents:

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 seventh grade have both a Meningococcal vaccine and a Tdap (Tetanus, Diphtheria, and Pertussis/whooping cough) booster before school starts this 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 seventh 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 seventh and twelfth grades.

All students entering seventh 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.

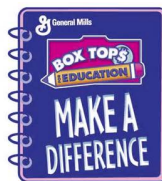
Now is a great time for your child to receive these immunization requirements and beat the back-to-school rush by making an appointment for your incoming seventh grader.

If you have questions, call Vonda Mosher RN at 515-265-3451 or Polk County Health Department at 515-286-3244. Thank you for your cooperation.

WOODSIDE PTO BOX TOPS FOR EDUCATION

Woodside PTO will continue to collect Box Tops for Education until the end of the school year.

Everyone who turns in 25 Box Tops is eligible to win gift cards and is automatically entered in our Grand Prize drawing: a FREE Discovery Flight courtesy of Exec One Aviation which will be given away during the week of May 15.



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! Thank you for your support!

Saydel Booster Memberships

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

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 MEMBERS

Jerry Young
Penny Smith
Cheri Tingley
Caleb Hales
Dia Fenton
Melissa Sensor
Kyle Luttenegger
Julie Rolf

Guidance News

Student Council Update

The Woodside Student Council has had a successful year of building leadership skills and serving our school. We started the year with a retreat at the Iowa State Extension Adventure Learning Center, where we learned about teamwork, communication and leadership. We put those skills to practice throughout the year as we held the Winter Dance for seventh and eighth grades and a Movie Night for fifth and sixth grades, and planned a school-wide fundraiser for the Leukemia and Lymphoma Society. With their hard work and enthusiasm, Woodside students were able to raise \$1513.12 to fight blood cancers! The final event on the Student Council calendar this year is the spring dance with the theme "Under the Sea", which will take place on May 12, from 7 - 9 PM. Mrs. Gallaher and Mrs. Erickson have appreciated being able to work with this great group of young leaders!

Counseling

A goal for us this school year was to increase college and career awareness for Woodside students. The counselor, Mrs. Erickson, has worked to make this a focus of her work. One piece of this was coordinating a visit to a college campus for each grade: fifth grade students visited DMACC on May 11 as part of the Water Festival; sixth grade visited Drake in the fall; seventh grade explored Iowa Central Community College at the end of April; and eighth grade toured the Iowa State University campus in the fall. These visits provided valuable opportunities for students to gain a clearer picture of what the college experience can be.

Woodside initiated a class for fifth through eighth grade students this year called Life Skills. Among other things, one key element of this class for all grades was improving their 21st Century Skills or skills that will be needed in the workplace. Mrs. Erickson's eighth grade Life Skills classes had a specific focus on career awareness and career readiness. Students explored their career interests and values to determine career areas that might be a good fit. They did in-depth research on their chosen career and presented their findings to the class. They heard from guest speakers and had a chance to practice applying and interviewing for jobs. All of this helped them prepare for registering for their ninth grade classes so that they could enter high school "with the end in mind." This was a rewarding experience for Mrs. Erickson, and she is excited to build upon the successes of this year to make this an even more meaningful class for eighth grade students next year.

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 or call 515-264-0866. For more information about the IDPH Bureau of Nutrition and Health Promotion, its programs and grants, visit <http://idph.iowa.gov/NutritionHealthPromotion>.

Woodside Library Completes Reorganization

By Aileen Meyer, District Librarian

It has been a wonderful year in the Woodside library. We have completed our reorganization project making our library not only more accessible but also student friendly. Students agree it is easier to find informational and fiction books with our new system.

Students have been working on the last Innovation Station project of the year, which is building a home of their dreams out of the materials at the station. We appreciate the many students who visited the library during lunch and FLEX time. These students have been engaged in a number of learning activities, including playing reading, playing cribbage, and experimenting with BB8s.

Please note, the last day for checking out a book is May 12 and all books are due by May 19.

As I retire, I want to say a special thank you to the students and staff for visiting the library this year. I wish you an enjoyable summer.

Happy Reading!



Pictured from left: Woodside Library Associates Holly Robinson and Mary Cannaday, District Librarian Aileen Meyer, and Cornell Library Associate Jeanette Plascencia.

Academic Update From Fifth Grade

By the Fifth Grade Team

Students are finishing the module titled A War Between Us during their Wit and Wisdom classes. As a final assessment, students are writing an opinion paper about how conflict continues to affect our world today. The next module for Wit and Wisdom will focus on how sports unite us. Math classes have begun their fifth module - exploring volume. Students have been busy building structures with cubic units and determining volume. Later in the module, we will shift our focus to 2D shapes and their attributes.

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

Woodside Family & Consumer Science Update

This has been a year of change for Family & Consumer Science. The fifth and sixth grade classes began Life Skills instead of FCS. The fifth grade curriculum includes Friendship, Family, Bullying, FLASH, Leadership, Substance Abuse, and Traffic Safety. The sixth grade curriculum includes Digital Citizenship, FLASH, and Technology Literacy.

The upcoming year will also be a year of change. Between seventh and eighth grade, all areas of Family and Consumer Science will be taught. Seventh graders will learn about Personal Relationships, Child Care and Development, Clothing Care, Sewing, Consumer Skills, and related Careers. Eighth graders will learn about Resource Management, Food, Nutrition and Wellness, Interior Design, and related careers. Next year should be amazing! Have a great summer!



The Saydel School Board recognized six retirees and presented each of them with a plaque on May 8. Honored were Melinda Aeschliman, Woodside Special Education Teacher for 27 years of service, Cindy Cahill, District Social Worker, for 23 years of service, Pam Hagen, High School Special Education Teacher, for 11 years of service, Marilyn Jungman, Woodside Success Teacher, for 21 years of service, Aileen Meyer, District Librarian, for 20 years of service, and Jane Prange, District Office Receptionist/Registrar, for 38 years of service.

Special Education Team Implements New Programs

The 8th grade Special Education Team implemented two reading programs during at the beginning of the second semester that address the reading fluency and comprehension needs of our students. Really Great Reading is a program that provides a comprehensive set of tools to diagnose, group and teach students with weaknesses in their foundational reading skills. Achieve 3000 is an online-based reading comprehension program that differentiates instruction based on each individual students lexile level. We have seen great growth with our students during the implementation of these programs. If you have any questions or are curious about how these programs work in our school, please feel free to contact Woodside Principal Joshua Heyer for more information.



Middle School Play Was A Huge Success!

The Middle School students performed the play "Thwacked" recently. It was fantastic and the students performed extremely well. Congratulations to the students, and thank you to Colleen Babcock for her hard work as the instructor.

Woodside Students Sing at ICDA Honor Choir

The sixth grade students from Woodside Middle School recently participated at the South Central Iowa Choral Directors Association (SCICDA) Honor Choir at Newton High School. They were one of 10 schools that brought students to the festival concert. Guest directors were Jennifer Wagner, Highland High School, and Joseph Tangen, Pella Middle School.

Pictured front: Sarah Harkness, Ryle Pecina, Madalyn Miller, Madison Rogers, Jaden Brown, Ryle Pardekooper, Grace Peck. Middle row: Maia Albright, Jaden Tennant, Alyssa Neddermeyer, Kyra Strickler, Maci Lowe, Amber Schippers, Clara Tylavsky. Back row: Graceland Cady, Alexia Wallis, Andre Valdez, Alivia Brooks, Jason Contreras, Bryan Gonzalez, and Katilynn Spicer.



Current Events Happening in Sixth Grade

All: On May 23 the sixth graders, along with teachers and volunteers, will be heading to Camp Dodge to partake in the Leadership Reaction Course. This opportunity will engage students in building their leadership and communication skills. As the year winds down we are all looking forward to a day where we can run and play and use our energy in a productive and cooperative manner. If anyone is interested in helping out with this day of fun, please feel free to get in touch with Linda Reid. She is coordinating the volunteers for this wonderful event. (Email: reidlinda@saydel.net).

Math: We are excited to be wrapping up our final module in sixth grade mathematics. We have worked hard this quarter to strengthen our understanding of collecting and analyzing data. Students participated in gathering data for their own statistical questions and subsequently organized that data into various types of graphical representations such as charts, tables and graphs. In the next few weeks we are going to learn about box and whisker plots and what it means.

Science: The final area of study in sixth grade science is a unit on Weather. After exploring different types of severe weather, students examined the various ways that meteorologists collect data on wind speed, temperature, precipitation, etc. Students were able to demonstrate their understanding of severe weather by creating and presenting on one kind of their choosing. In class we have been working on developing our public oral speaking skills as well as active listening skills as audience participants. We will wrap up science using inquiry to deepen our understanding of the water cycle and other effects of weather on earth.

English/Language Arts: Students have been studying the autobiography, "I Am Malala." They have been exploring student rights and how girls throughout the world deserve a right to an education. Students are working in groups, researching education in different countries. They will then present what they have learned to the class so that they can all participate in comparing and contrasting educational and human rights around the world.

Geography: Australia and the Pacific Realm were areas of study that students just wrapped up and now sixth graders in Miss Reid's classes will be creating and planning a trip. Exploring the world and understanding different landforms and cultures has been a great opportunity for students in sixth grade to develop deeper understandings of how the world is diverse.

Durham Hosts Prize Drawing

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



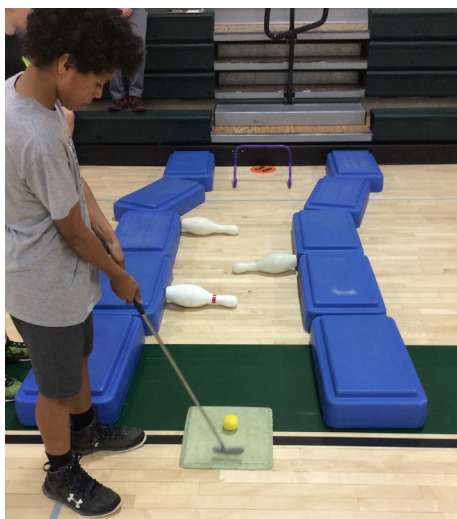
On page 9 in this newsletter, you will find the Transportation Form for 2017-18. Every student who gets their transportation form to the Saydel District Office/ Durham School Services by August 4, 2017, will be guaranteed to be on a bus by the first day of school. Plus, everyone who has the form turned 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!

Woodside Students Learn Target Games

By Travis French, PE Teacher

Recently, the seventh and eighth grade students at Woodside Middle School took part in Miniature Golf activities. In small groups, the students designed their own hole and then put them all together to make seven unique holes for each class to play.

The Mini Golf was part of a larger unit, Target Games, in which students are working on developing various targeting skills (shot selection, shot placement) and applying them to a variety of different games.



SAYDEL Eagle's Nest Summer Program Is Back

May 30 - Aug. 11, 2017

LOCATION: Cornell Elementary School

- *Field Trips & Outdoor Play
- *Bi-Weekly Themes
- *Academic Support
- *Fun With Friends
- *All Districts Welcome
- *Affordable (State Assistance Accepted)
- *Breakfast & Hot Lunch Served June 5-August 11
(Children will need to bring breakfast & sack lunch the first week of camp.)

**Pre-K to 6th Graders
Welcome**

Enrollment packets
available at
Cornell Elementary
or online at
www.saydel.k12.ia.us



Contact Eagle's Nest Coordinator Christine Bailey for details:
515-244-8173, ext. 3207 or baileychristine@saydel.net

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: _____

Junior High Finishes OUTSTANDING Track Season

By Stephen Glenn, Head Track Coach

The junior high track teams wrapped up a highly successful track season in which both teams had record number of participants. The boys won five meets, and the two teams combined to break 13 school records and established numerous personal records. Highlighting the season were many new school records. Eighth grader JD Elefson was able to break the 100 meter (11.81), 200 meter (24.44) and 400 meter (54.59) records! Evan Mundy and Daunte Ellis also broke individual records in the 800 meters (2:15.81) and 200 meter hurdles (27.67) respectively.

In the relays, the team of Austin Chally, Nick Gudin, Matthew Mullins and Daunte Ellis broke the shuttle hurdle relay mark 1:06.82; the 1600 meter medley team of Jarrett Vitiritto, Luke Vitiritto, JD Elefson and Evan Mundy set a new mark of 4:07.40; the 4x200 meter relay team of Austin Chally, Chris Malone, Daunte Ellis and JD Elefson clocked in at 1:44.39; Jarrett Vitiritto, Jake Van Houten, Evan Mundy and JD Elefson set a new record in the 800 meter medley at 1:49.58; the 4x100 meter relay team of Jarrett Vitiritto, Daunte Ellis, Chris Malone and JD Elefson ran a new record time of 50.17; and the 4x400 meter relay team of Austin Chally, Jake Van Houten, Evan Mundy and JD Elefson established a new mark of 4:04.89. JD Elefson also broke the points in a season record, scoring 267.5 points! On the girl's side, the team of Cadence Dhabolt, Mallory VanDerSluis, Daleaney Shinn and Kandice Sotter broke the 800 meter medley record, running a time of 2:08.12. Cadence Dhabolt, Rachel Barton, Daleaney Shinn and Kandice Sotter also set a new FAT timed record in the 4x100 meters clocking in at 56.82.

The boys' team was able to win meets this season at Saydel, West Central Valley, Earlham, Chariton and West Marshall. The team fell just shy of winning the conference

title, losing by a mere point and a half to Roland Story. Daunte Ellis in the 100 and 200 meter hurdles, Evan Mundy in the 800 meters, and JD Elefson in the 200 meters all won conference championships.

Both squads took 4x100 teams to the Drake Relays this spring as well. The girl's team of Cadence Dhabolt, Rachel Barton, Daleaney Shinn, Kandice Sotter and alternate Rylee Carney placed 17th out of 40 participating schools, running a FAT timed school record of 56.82. The boy's squad of Jarrett Vitiritto, Daunte Ellis, Chris Malone, JD Elefson and alternate Jake Van Houten finished 12th out of 40 teams in a school record of 50.17!

The teams also participated in the Junior High Statewide Meet in which both 7th and 8th grade boys' teams placed 4th overall in the 3A and 4A class division. JD Elefson took





The Woodside Boy's Track Team won their meets this season at Saydel, West Central Valley, Earlham, Chariton and West Marshall. This team picture was taken after they won their home meet at Saydel. Congratulations to these Woodside athletes!

2nd place in the 100, 200 and 400 meters in the 8th grade large school division.

Daleaney Shinn and Kandice Sotter finishing 6th in the 8th grade girls large school division. Many other athletes won medals at the state meet.






Other highlights included, the boys 1600 medley team of Jarrett Vitiritto, Jake Van Houten, Nick Gudim and Evan Mundy placing 3rd, Daunte Ellis placing 4th in the 8th grade 200 meter hurdles, Austin Chally finishing 3rd in the 7th grade 100 meters, and 2nd in both the 7th grade 100 and 200 meter hurdles, Rachel Barton taking 6th in the 7th grade discus and the girls 4x200 meter team of Cadence Dhabolt, Mallory VanDerSluis,

Both teams showed much improvement throughout the season, showing improved times and distances. Both teams showed much promise for the future and completed two of the better seasons in recent Woodside track history.

Many members of the team will head to Pella May 23 to participate in the Statewide Pentathlon to conclude their impressive track season!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 	<p>2 Line Jumps Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</p>	<p>3 Play Catch Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>4 Shuttle Run Test your agility! Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>5 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides. Take extra care to wash your hands today!</p>	<p>6 Target Practice Hang up some targets and try and hit them with a ball. Hit it? Move farther away. Hit it? Keeping moving back!</p>
<p>7 4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>8 Arm Hold Challenge Hold your arms out in front of you for a minute, out to the side for a minute, and up by your ears for a minute all without taking a break. Sound easy? Find out for yourself!</p>	<p>9 Box Drills Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards. Go as fast as you can for 1 minute. Repeat 5 times.</p>	<p>10 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>11 Toe-To-Toe Jump Rope Hop on the left foot and touch the right toe, then hop on the right foot and touch the left toe. Hint: keep body over weighted foot.</p>	<p>12 Scissor Jumps Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.</p>	<p>13 Around the House See how many times you can run around the outside of your house without stopping. Check your pulse when you finish.</p>
<p>14 Couch Potato Circuit Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>	<p>15 Soccer Dribble Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.</p>	<p>16 How Fast Can You Go? Pick a distance and see how fast you can run the distance.</p>	<p>17 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>18 4 Walls Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p>19 Tabata Burpees 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>20 Cardio Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</p>
<p>21 Balancing Act Practice balancing on one foot on a step, curb or balance beam at a park. Try bringing your free knee up to a 90 degree angle. Switch sides.</p>	<p>22 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>23 Eagle Pose Hold eagle pose two times on each leg for 20 seconds each.</p> 	<p>24 Stairs Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p>25 Kick City 20 side kicks 20 front kicks 20 back kicks</p>	<p>26 Pendulum Stretches Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.</p>	<p>27 Up and Squat Challenge Any time you get up from your seat today, complete 5-10 squats before moving.</p>
<p>28 Blare some music and dance around the house or play an interactive game like Just Dance!</p>	<p>29 Interval Training Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch</p>	<p>30 Scissor Jacks As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front; raise right arm. 4 sets of 25</p>	<p>31 Go Outside Spend time outside with family or friends today. Leave the cell phones at home and go for a walk. Be sure to wear sunscreen any time you're outside!</p>	<p>National Health Observances -National PE & Sport Week (May 1-7) -May5: World Hand Hygiene Day -National Physical Fitness and Sports Month -National Mental Health Month</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>	

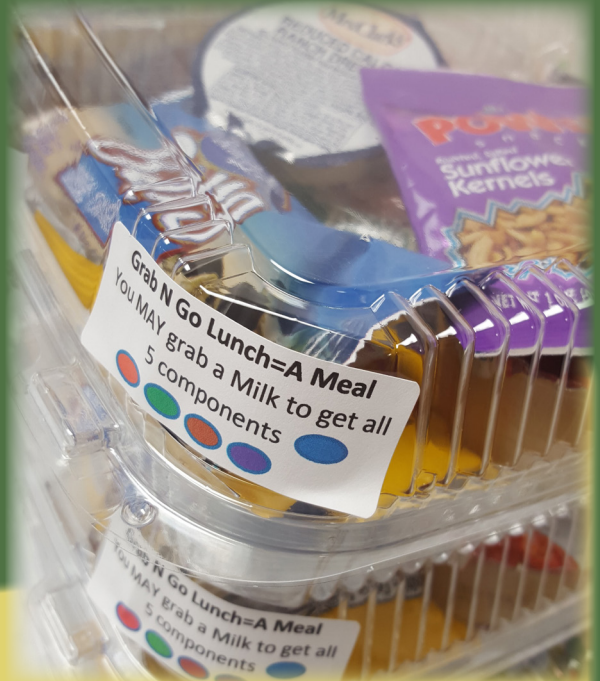
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Summer Meals for Kids & Teens Open to ALL Children 18 & Younger

*Adults may eat for a fee at Cornell location.

June 5 - August 11
Monday - Friday

Cornell Elementary School

5817 NE 3rd Street, Des Moines

Breakfast: 8 AM - 9 AM

Lunch: 11 AM - 12 PM (Noon)

Sunnybrook Mobile Home Park

5975 NE Berwick Drive, Berwick

Lunch: 11:30 AM - 12 PM (Noon)

Questions?

Contact **Jessy Sadler**, Director of Food Services,
at 515-264-0866 or sadlerjessy@saydel.net

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"It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."



Saydel Participates in “Student Voice Rally”

In April, there were 16 seventh and eighth graders, along with 11 high school students that attended the “Student Voice Rally” at the Capitol to share their voice with leaders who make decisions that affect them every day. These students demonstrated their leadership skills by developing and sharing their thoughts about issues concerning Iowa’s education policies with state representatives. They also listened to Governor Terry Branstad and the Director of the Iowa Department of Education, Ryan Wise who spoke to them about educational policies and teacher leadership. Following lunch outside on the Capitol, the high school students delved into “standard based grading” issues while the middle school students engaged in conversations about “student choice in education.” The purpose of this rally was for students to “raise their voices” and speak with legislators about their passions and concerns regarding their educational needs.

Pictured in the front row are Jake Jennings, Ben Kayser, Katherine Tylavsky, Gabby Neddermeyer. Back row is Mrs. Gallaher, Gavin Godwin, James Carolus, Chris Malone, Mrs. McCauley, Evan Mundy, Natalya Wheeler, Megan Ford, Samantha Way, Lauren Vance, Ron Kouski, Seth Plascencia, Justin Scott, Claire Kayser, Emily Lowe.

SAYDEL BOARD OF EDUCATION

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

EDUCATION FOR
 LEADERSHIP;
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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.