



Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

October 2017 Newsletter

Upcoming Events

Woodside Middle School

OCTOBER 16-18, 2017

Book Fair in Woodside Library

OCTOBER 16, 2017

No School, Teacher Professional Development Day

OCTOBER 17, 2017

- Flu Shot Clinic at Saydel District Office, 3-7 PM
- Parent Teacher Conferences

OCTOBER 20, 2017

6th Grade Field Trip to Drake

OCTOBER 21, 2017

4th Annual Monster Dash at Saydel High School Stadium, 9:30 AM

OCTOBER 23, 2017

School Board Meeting, 6 PM

OCTOBER 24, 2017

5th Grade Field Trip to JA Biztown

OCTOBER 26, 2017

- PTO Meeting in Library, 6:30 PM
- Last Day of 1st Quarter

OCTOBER 27, 2017

8th Grade Poetry Reading



NOVEMBER 3, 2017

PTO Fundraiser Delivery

NOVEMBER 22-24, 2017

Thanksgiving 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

I want to take this month's newsletter to write about a topic that can help our students continue to grow into the individuals we want them to be. It is hard being a teenager in this day and age. I admit, I do not fully know the gravity of being a teenager today because I was a teenager in the late 80's.



Principal Joshua Heyer

With that being said, working in schools for almost 20 years, I have witnessed the changes. Being a teenager means my body and emotions are changing! Friendships are evolving. Pressures of school, life, and social media are high. The list could go on. As parents, staff, and a community it is important for us to acknowledge these challenges and help our students navigate through this period of their life so they can be successful.

How do we help? Most of the student-to-student conflicts we deal with at Woodside could have been a non-issue or can be resolved by teaching students tolerance and empathy. Empathy is a simple word, but is hard to fully understand. Webster dictionary states empathy is the ability to understand and share the feelings of another. The research suggests the teenage years are a critical time in their life for developing empathy. Below are several things we can do to help our students on this important topic:

Practice ways to be more tolerant - Discuss current events by analyzing the point of view for both parties.

Ask the right question - When you notice your child being judgmental, ask open-ended questions such as, "What does it mean to put yourself in someone else's shoes" or "How do you think the other person is feeling at this time and why?" "What might be some options to handle the situation?"

Role play problems with different solutions - If a teenager comes to you with a problem, have them go through multiple scenarios so they see the connections between cause and effect.

Take action - Develop a list of things your teenager can do to help develop empathy. Examples include volunteering, giving a compliment to someone they typically would not speak to, or doing something out of the ordinary, expecting nothing in return.

I hope you give some of these options a try. We are working on developing empathy at school and looking forward to growing in this important topic. I appreciate working with each student and family, and I am excited to see the growth we will make throughout the school year.

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
Teddell Electric
Wee's Tees
Power Systems
The Rasmussen Group, Inc.
Complete Plumbing Services
Stone & Gutter

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 & Elizabeth Wheeler

INDIVIDUAL SILVER EAGLE

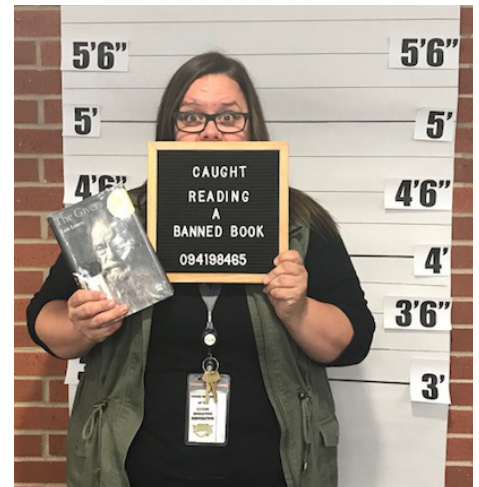
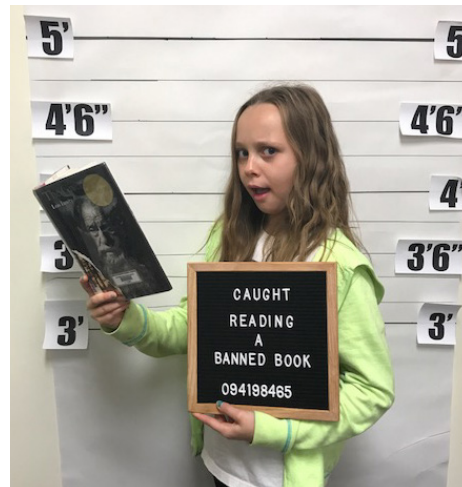
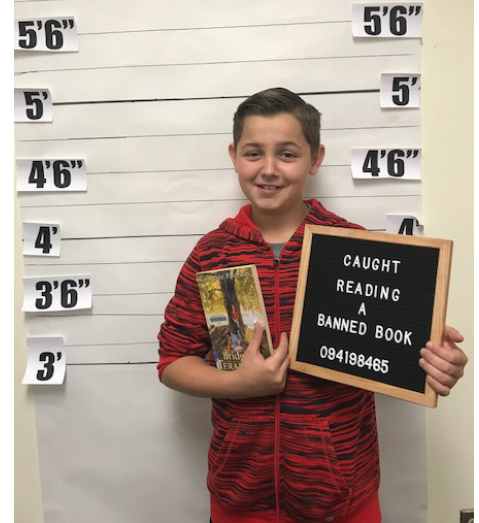
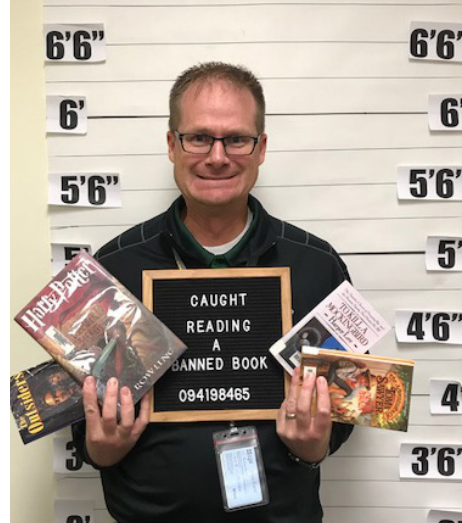
Missy Burr
Joshua & Denna Heyer
Ruth Kouski

INDIVIDUAL PLATINUM EAGLE

Corey Myers
Scott Myers

CAUGHT! Reading Banned Books

Teachers and students at Woodside Middle School and Saydel High School celebrated Banned Books Week recently. This week celebrates the freedom to read. The books that the teachers and students are reading have all been challenged or banned by other school districts, public libraries, and other institutions. We discovered that when you read, words have power!



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

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. 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.

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. The student will also be entered into an end of the year drawing for a Discovery Flight courtesy of Exec 1 Aviation. Thank you for your support!

Woodside Staff Focus

Highlighting staff members new to Woodside Middle School



Name: Mark Walker

Position at Woodside: Special Education Teacher

Family: "I come from a big family with seven brothers and sisters. My parents and siblings all live in the Cedar Rapids area."

Previous work/College Experience: "I went to Luther College in Decorah, IA, for my Bachelor's degree in physical education. I then went to Morningside College to earn a Master's degree in special education. This is my 10th year teaching. I taught three years in the Anamosa Community School District and six years in the Cedar Rapids Community School District before coming to Woodside."

One thing you have enjoyed about working at Woodside: "I enjoy all of the people that are at Woodside. Everyone is so helpful."

One thing you did not realize about Saydel before starting this position: "I did not realize the Saydel District had such great facilities and support."

One thing you want others in the community to know about Woodside: "I want others in the community to know that Woodside is a great place and it is very enjoyable to work here."

Water Rocks At Woodside Middle School

Students at Woodside Middle School enjoyed an assembly in conjunction with Iowa State University recently. The Water Rocks team taught the students about water, natural resources, and agriculture. Weaving science, technology, engineering and math (STEM) with the arts, students learned a new song, learned what a watershed is, and learned about soil properties.



During the presentation, the students participated in a Water Rocks skit. Pictured from left: Woodside students Jaime Lopez, Samantha Way, Rachel Barton, Austin Chally, Gweneth Beltrame, and Water Rocks Representative interviewing Mason Capehart.



Family & Consumer Science News

There has been a change in the seventh and eighth grade FCS curriculum this year. 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.

Singfest Performance

Woodside students attended the Central College 8th and 9th Grade Singfest. The Honor Choir was held October 3, 2017 in Pella, and it featured over 130 students from around Iowa. Performances included a treble clef choir, bass clef choir, performances with the Central College Choirs, and a piece featuring Central College percussion. Pictured front row, from left: Hailie Gumm, Madison Weiland, Christine Delacruz, Rylee Carney, Jake Jennings, Orianna Martin. Middle row, from left: Trenton Foster, Connor Bacon, Kendrick Baker, Brooklyn Jurgenson, Jada Gruhn, Ashley Dobson, Rachel Lile. Back row, from left: Joana Sanchez, Chloe Faux, Gwyneth Beltrame, Payton Ballard, Gavin Godwin, Taylor Kouski, and Ziggy Olopwi.





Woodside Receives Scholastic Award

The fifth grade classroom instructed by Marsha George at Woodside Middle School was recently awarded \$500 and 500 bonus points from the Scholastic Book Clubs and James Patterson's \$1.75 Million Giveaway. The giveaway supports classroom libraries. George's application was chosen from more than 82,000 entries in the 2017 giveaway. Scholastic Book Clubs and James Patterson salute Woodside's commitment to building great classroom libraries. Pictured is the fifth grade class at Woodside Middle School.

8th Grade Literacy Students Are Learning Poetry

By Kellie Meyer, Literacy Instructor

Literacy 8 classes have been diving into poetry this first quarter! In addition to learning how to write and analyze poetry, students are exploring performance using their body language, volume, tone, and pacing to appeal to different audiences. The different structures of spoken word, odes, definition, list, and found poems have been highlighted throughout our novel-in-verse, *The Crossover* by Kwame Alexander. Come see our list poems hanging in the 8th grade hallway! We plan on wrapping up the quarter with some grammar found on ACT/SAT practice websites (verb moods, commas, ellipses, and dashes), and creating our own poetry portfolios that demonstrate a narrative arc based on stories from our own lives. Our annual poetry reading will take place on October 27 in room 104. All are welcome to attend!

5th Grade Academic Update

Wit and Wisdom:

*Fifth graders have been learning about the Nez Perce culture in preparation for their first class novel of the year. Students will be reading *Thunder Rolling in the Mountains* by Scott O'Dell and Elizabeth Hall. As we start the text, we will be learning about citing text evidence accurately. We are looking forward to getting kids reading!*

Math:

We are at the end of our first module of the year! Students have been busy with place value, and learning how to add, subtract, multiply and divide decimal fractions using place value models and relating it to a written method. Students will be using these real life math skills during their day at Biztown as they write checks, make deposits, and keep a checkbook register.

START

**your day the right way
with School Breakfast!**



School Breakfast
will give you **MORE** energy,
keep your body healthy
and help improve your grades!

School breakfast helps kids improve their grades, pay better attention in class, increase school attendance, and improve classroom behavior.

Breakfast is available to *all* students at Woodside Middle School. Make sure your child is participating so that they can grow to their fullest potential.

For more information, please contact Jessy Sadler, Director of Food Services at 515-264-0866 or email at sadlerjessy@saydel.net.

Prices: \$1.70



At breakfast, we are required to offer four components:

- 1-2 ounce equivalent servings of bread/grain
- ½ cup serving of fruit
- ½ cup serving of 100% juice
- Milk

Students are required to take a serving of a fruit to be counted as a reimbursable meal.



Offer vs. serve at breakfast requires students to take 3 of the 4 components. At minimum, we can count a breakfast as reimbursable if a student takes either milk or one 4 oz. juice serving with a combination of the bread/grain and meat components. Without being charged for an extra item, students can take a carton of milk, 4 oz. juice/fruit and a combination of the bread/grain and meat components.

Example 1 of a Reimbursable Breakfast:

Whole Grain Pancakes, ½ cup fruit, and a carton of milk

Example 2 of a Reimbursable Breakfast:

Cereal (1oz container), 1 piece of toast or 1 package of graham crackers, 1 carton of milk, and ½ cup of fruit.

All of our kitchen staff are trained to ensure that each tray holds a reimbursable meal!

Foodservice Office:

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

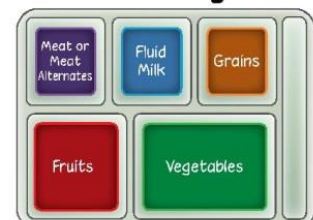
Email: sadlerjessy@saydel.net

Phone: 515.264.0866

Fax: 515.264.0869

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

Build a Healthy Lunch





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 #: _____

Make checks payable to Saydel Food Service

Parent/Guardian Signature Required: _____ FNS Director Signature: _____

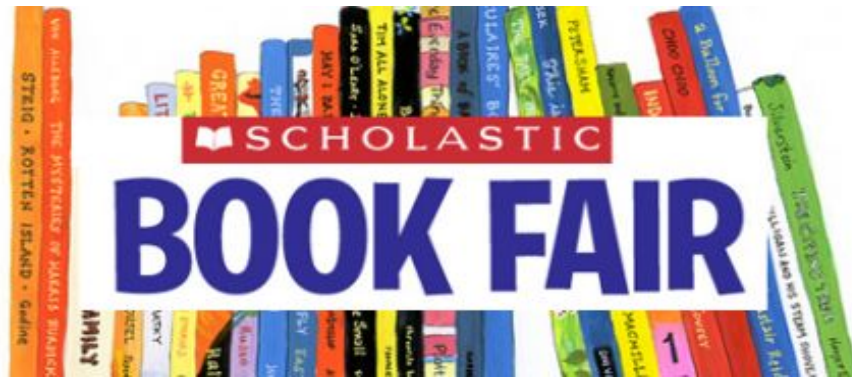
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Over-And-Under With your back to your partner, stand about a foot apart. One person will start with the medicine ball (or any ball.) Pass the ball to your partner through your legs then extend your arms up to retrieve it.	2 Walking Race Pick a distance and challenge a friend to a speed walking race. Remember these safety tips if participating in Halloween festivities: 1. Don't eat any unwrapped candy 2. Stay with your group 3. Remain on the sidewalks	3 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times	4 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	5 High Skips Do five sets of 10 high skips. Really lift those arms and knees!	6 Balloon Tennis Blow up a balloon and with a partner hit the balloon back & forth. Use forehand and backhand	7 Revolved Triangle Pose Hold 30-60 seconds on each side to target hamstrings & shoulders. 	
8 10-10-10 Jog at a slow pace for ten minutes, then walk for ten minutes, then jog at a fast pace for 10 minutes. Be sure to stretch before and after.	9 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	10 Leg Day 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Revolved Triangle Pose for 60s each side	11 Single Leg Jump Rope Jump 10 times on your right foot then 10 times on your left foot. How many times can you alternate before messing up?	12 Foot Fire In a semi-squat position, tap your feet rapidly for 10sec then jump to the right and repeat, then jump to the left and repeat. Complete 3x for 60 seconds.	13 Between the Knees Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.	14 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat. 	
15 Walk and Think How would you feel if a friend was being bullied? Walk for 10 minutes thinking about ways you could help a person who is being bullied.	16 Jump Rope See how many times you can jump backwards in a row.	17 Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.	18 Side Seated Angle Pose  Hold for 30-60 seconds on each side to target the hamstrings and calves.	19 Walk and Think How would you feel if a friend was being bullied? Think about ways you could help a person who is being bullied.	20 Just Dance Put on your favorite song and just dance for the entire song.	21 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps (as high as you can) Repeat 3 times	
22 Walk and Talk Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied	23 Walk and Think Red Ribbon Week is drug prevention week. Take a 10 minute walk, think about reasons why you want to be drug-free. 	24 Line Jumps Find a line on the ground and jump from side to side 10 times. Rest 10 second repeat.	25 Yoga Combo Try all of the poses from this month back-to-back. End with Savasana from last month.	26 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!	27 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.	28 Catch with a Catch Toss a ball in the air, try each challenge before catching the ball: 1. Touch your nose 2. Clap twice 3. High-five someone 4. Spin around	
29 Cardio and Stretch Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Revolved Triangle pose.	30 Side Seated Angle Pose  Hold for 30-60 seconds on each side to target the hamstrings and calves.	31 Attached at the Hip Place a ball between you & partner's hips. Try to walk across the room without letting the ball drop.	National Health Observances: <ul style="list-style-type: none"> Health Literacy Month National Dental Hygiene Month National Bullying Prevention Month Red Ribbon Week Oct. 23-31 				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.

Yoga Images from www.fortevoga.com

Reproduced with permission from the Society of Health and Physical Educators (SHAPE America) <http://www.shapeamerica.org/publications/resources/teacher-tools/teacher-toolbox/activity-calendars.cfm>

Woodside Library is announcing...

It's Book Fair time!



Woodside Families,

We are happy to announce our Fall Book Fair! The book fair will take place and be open during conferences. Our upcoming Book Fair will be a celebration of reading and offer a selection of affordable books, including the newest titles for every reading level. Stop by and buy books for yourself and for the classrooms at Woodside! You could even get some early holiday shopping done!

When: Tuesday October 10th - Wednesday the 18th

Times: During conferences: 4pm - 8pm

Students are welcome to come down to the book fair during school hours with teachers permission.

I am here support you and your family as you establish a joyful, nurturing reading environment in your home. Please give me a call if I can support your family in any way. Remember a portion of our sales go directly back to Woodside to purchase books!

Happy Reading!

Nichole Foxhoven
District Librarian - Saydel Schools
foxhovennichole@saydel.net

CORNELL ELEMENTARY SPIRIT WEAR ORDER FORM



Youth S • M • L ----- \$ 5
 Adult S • M • L • XL --- \$10
 XXL • XXXL ----- \$12

Tee Shirt



Youth S • M • L ----- \$10
 Adult S • M • L • XL --- \$10
 XXL • XXXL ----- \$12

Long Sleeve Tee



Youth S • M • L ----- \$20
 Adult S • M • L • XL --- \$20
 XXL • XXXL ----- \$22

Hooded Sweatshirt



BACK PRINT



FRONT PRINT

Student Name _____ Grade _____ Teacher _____

Parent Information (in case we have questions about your order)

Name _____ Phone or Email Address _____

SHIRT STYLE	Youth Sizes					Adult sizes					Total Shirts	Product Cost	Total Price	
	YS	YM	YL	YXL	YXXL	S	M	L	XL	XXL				XXXL
Tee Shirt - Gold														
Long Sleeve Tee - Gold														
Hooded Sweatshirt- Gold														
Total Amount DUE														

Make checks payable to : **Cornell Elementary PTO**

DUE DATE : Oct. 27th, 2017



Return Form & Payment To: **Cornell PTO**
 Direct Questions to: **GINNY MITCHELL**
 cornelleaglesPTO@gmail.com

Woodside Students Are Busy With “Path To Math”

By Brooke Knudten, Math Interventionist

There have been many exciting things happening in my classroom! I teach two classes, which include math skills and Design & Modeling, which is a STEM (science, technology, engineering and mathematics) class.

In math skills, we’ve been practicing on Khan Academy to make improvements to our MAP scores. Students are independently responsible for working on their individual needs that have been assigned to them. They are working through their own game, which is their “Path To Math”! We also have problem solving days when students can work in groups.

In Design & Modeling, students are learning about the engineering design process. They started the year by working in groups to create a Foot Orthosis using this process. Since then, they’ve been learning about various sketches used in the engineering process and using building blocks to create figures, draw the sketches and dimension them. We will continue learning about this process, which will help us in our final project.



2017-18 Woodside PTO Meetings

- October 26, 2017
- November 30, 2017
- January 25, 2018
- February 22, 2018
- March 22, 2018
- April 26, 2018

Woodside PTO welcomes all parents to participate in the PTO and attend the meetings listed above. Meetings begin at 6:30 pm in the Woodside library. Also, mark your calendars! December 2 will be the Craft/Vendor Fair at Woodside. Contact PTO President Amanda Stone if you have questions or would like to take part in the fair at woodsideeaglespto@gmail.com.

FLU Clinic at Saydel

The Polk County Health Department will hold a **FLU VACCINATION CLINIC** 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.



Woodside Students Tour ISU

Woodside Middle School 8th grade classes visited Iowa State University on September 28 and 29. Students toured the ISU campus, got to see different types of residence halls, and learned about how they can start preparing for college now.

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.