



Saydel High School

Big City Opportunities, Small Town Commitment for Students

October 2016 Newsletter

Upcoming Events

Saydel High School

NOVEMBER 1

Blood Drive in South Gym Atrium,
8 AM - 1 PM

NOVEMBER 2

Music Boosters Meeting in Music
Room, 6:30 PM

NOVEMBER 7

Girls Basketball Begins

NOVEMBER 10 & 11

Musical "Edges" in Auditorium, 7 PM

NOVEMBER 14

Wrestling & Boys Basketball Begins

NOVEMBER 16

Athletic Booster Meeting in
Conference Room, 6 PM

NOVEMBER 17

IHSMA All-State Music Festival in
South Atrium

NOVEMBER 23-25

No School; Thanksgiving Break



School Hours

SAYDEL HIGH SCHOOL

7:45 AM - 2:46 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

Why do we choose to take advantage of some opportunities and not others? I have been thinking about the opportunities that I have been fortunate enough to take advantage of as a part of our great community.

I enjoy the opportunity to attend our athletic events to cheer on and support the Eagles. Taking the opportunity to meet with and talk with parents has helped me gain insight in their wants and needs for their students. Taking the opportunity to talk with staff about their lives outside of school helps me better understand each person I'm coaching. I relish the opportunity during lunch to talk with students about their progress in classes and plans for after high school. Opportunities are things we work to seize but also need to be provided. Providing opportunities for students beyond the classroom is an important piece for the development of our students, community and school.

As you continue through this newsletter, you will read about various student activities. These activities provide a great opportunity for students to expand their knowledge and skills. This increased learning is great to witness, but more importantly, these activities provide a great connection to an adult at school. Students taking advantage of these opportunities have experienced a positive correlation with attendance, GPA, standardized test achievement and post-secondary success.

Please encourage your student to get involved beyond the typical school day. Their participation in extra-curriculars, volunteer opportunities or a job is not only good for their personal growth, but also great for our community.



Principal Kevin Schulte

Forget to order a 2016 Yearbook?

If you forgot to purchase a 2016 yearbook from the 2015-2016 school year, there are still a few for sale. They are \$45 and may be purchased from Mrs. Keegan-Bayeur in Room 202.

Contact Mrs. Keegan-Bayeur by email at keeganbayeursherry@saydel.net with questions.



Our Mission:

Everyone's best effort for everyone's best life.

Guidance Events & News



By Shannon Larson, Guidance Counselor

During the months of October and November, I will be meeting with seniors individually to go over post-secondary plans, the college application process, financial aid and scholarship information. If parents/guardians would like to meet with me to go over this information please contact me at 515-262-9325 extension 1222.

It's that time of year for juniors and seniors to sign up to take DMACC classes for the spring semester. This is a great opportunity for students to get a head start on the whole college experience plus no additional tuition cost for students. Students can begin their college career and start taking core college courses now. The deadline for enrollment is Friday November 18. Students may schedule an appointment in the guidance office.

Finally, I would like to remind parents that they are able to complete the 2017 FAFSA (Free Application for Federal Student Aid) form. The national program is restructuring and providing more control to individual state programs. This year FAFSA Ready Iowa will hold events from October 1, 2016 through March 1, 2017. Listed below are the locations, and times.

FAFSA Ready Iowa Event Times & Locations

Iowa College Access Network: DMACC Campus, 2006 S Ankeny Blvd, Building 5, Ankeny, Iowa
10/1/2016 - 3/25/2017 -- By appointment

East High School, 815 E 13th Street - Library, Des Moines, Iowa
11/16/2016 from 1 PM - 8 PM

Forest Avenue Library, 1326 Forest Avenue, Des Moines, Iowa
11/4/2016 from 1 PM - 4 PM

DMACC Southridge Campus, 1111 E. Army Post Rd., Des Moines, Iowa
12/2/2016 from 1PM - 8 PM

DMACC Southridge Campus, 1111 E. Army Post Rd., Des Moines, Iowa
1/27/2017 from 1 PM - 8 PM

DMACC Southridge Campus, 1111 E. Army Post Rd., Des Moines, Iowa
2/24/2017 from 1 PM - 8 PM

DMACC Southridge Campus, 1111 E. Army Post Rd., Des Moines, Iowa
3/2/2017 from 1 PM - 8 PM

Mock Trial Introduces Students to Legal System

Mock trial is designed to introduce students to the legal system by providing a challenging, academic competition. Participating in Mock Trial offers students an opportunity for personal growth and achievement while emphasizing the importance of research, presentation, and teamwork. In addition to teaching students about contemporary public issues and the legal system, Mock Trial gives students the opportunity to build partnerships with mentors and professionals from the community. We will have an informational meeting about Mock Trial on Tuesday, November 16 from 3:00-3:30 PM in Mrs. Smith's Room 407. Prior experience is not necessary--all are welcome.

Student Government

By Brenda Brown, Reading Interventionist



Our student government is voluntary and not elected, which leaves it open to anyone that wants to be a leader through this avenue. We not only focus on school events, but we also participate in leadership development conferences. Ten Saydel Student Government members will be attending the IASC-Iowa Association Student Councils at the Iowa Event Center Monday, October 31 to do social networking, listen to some amazing guest speakers, acquire some inspiring leadership skills and ideas, along with watching other appealing government

members share their success stories, ideas, and photos. Student Government also has a great event approaching, blood drive. Members are currently signing up students and staff up all week long for their annual fall blood drive on November 1. If you are interested in donating please let a member know. It is going to be an amazing week ahead!

FIRST Tech Challenge Team Constructs Robot

By Matthew Bannerman, STEM Master Teacher

Saydel High School students have joined the Velocity Vortex FIRST Tech Challenge (FTC) season and are hard at work constructing their robot! Our team is working to design, construct and program a robot that will compete in a sports-like game against other teams. The program encourages students to explore and pursue their interest in STEM (Science, Technology, Engineering, and Mathematics) fields, as well as focus on teamwork and good sportsmanship. We will be participating in competitions from November to February in order to qualify for the state championship in late February.



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

Saydel High School Art Club

By Lindsay Nickol, Art Teacher

The Saydel High School Art Club focuses on the arts through individual and community-based project learning. Student artists have the opportunity to create and explore their own ideas through exploration of various art materials and techniques.

Members are also in the process of developing and creating a large painting to donate to the school. The piece of arts purpose will be to promote the arts while brining more color to our school walls! In addition, the art club received a grant where students decided to purchase a new potters wheel for club and daily purposes helping expand ever-popular pottery program.

In the future, the club would like to continue to expand its opportunities though guest speakers, field trips and other experiences. Please contact me at nickollindsay@saydel.net if you have connections to these opportunities.

Japanese Culture Club News

By Andres Mata

For over two years now Saydel's, Japanese Culture Club (or "Anime Club" as many prefer to call it) has been running strong. Many may think that we're simply a gathering of nerds sitting in a dark room watching our "Japanese cartoons."

However being a man with a passion for Japan, I've seen to it that the students get to experience much more than that. In our brief time together, we've prepared Japanese cuisine in cooking labs, gained appreciation for the beauty of nature with flower viewing parties, learned of the hardened sacrifices and honor of the samurai, composed our own unique haikus, and most importantly of all, we had fun doing it!

Going on our third year now, the Japanese Culture Club will continue to provide opportunities for students to experience a culture and way of life that they may have never had the chance to experience before, in ways that are always new and exciting!

Arigatou gozaimashita!

Congratulations Seniors!



David Parker, senior, qualified for his third straight state cross country meet. David competed against the state's best runners October 29 in Fort Dodge.



Anneliese Barton, senior, was selected as an all-state instrumentalist on the French Horn. She will be performing at the all-state music festival on November 17-19.



Joe Peer, senior, was selected as an all-state vocalist for the 2nd consecutive year. He will be performing at the all-state music festival on November 17-19.



Senior Night at Saydel High School



Saydel High School Staff Highlight

Q&A With Stephen Glenn

Q: Describe your career and educational background.

A: "I am currently in my 16th year of teaching. I have taught middle school and high school special education at West Central Valley (Stuart), Van Meter, Grinnell and Saydel. I have also worked at Southwestern Community College as a baseball coach and recruiter. I graduated from Buena Vista University in 2001 with a degree in Elementary Education and a minor in coaching. I have subbed a bit in an elementary classroom, but have never had a full time job as an elementary teacher. I have enjoyed each and every place I have been, and am happy to be working with high school and middle school students. My advice is, always be ready for the unexpected! Although you may have a plan laid out perfectly in your head, it doesn't always work out exactly as you think it will. You just have to take the advice of REO Speedwagon and "Roll with the changes!"

Q: Why have you chosen to be a part of one of society's most rewarding and challenging professions?

A: "Like many kids I had big aspirations to become a professional athlete when I was younger. However, after realizing that I wasn't going to be any bigger than 5'6" 100 some pounds, I thought I'd better look in a new direction. I got into coaching at a young age and really enjoyed not only the sports and competition aspect of it, but the teaching aspect as well. I liked being able to show the young athletes things that they had never seen before. I also liked answering their questions and teaching them things they wanted to learn. I thought, hey I could make a living doing this and really enjoy it. So I decided to become a teacher and coach. I love getting to know each and every student and athlete I come into contact with. It is fun to see how different people are, how people learn and what they want to learn. I have also really enjoyed the relationships I have made with not only students and athletes, but co-workers as well."

Q: What is the thing you enjoy most about Saydel?

A: "What I have enjoyed most about being at Saydel? The students. In the short year plus I have been part of the Eagle staff I have seen a shift in culture. The kids want to be challenged, and want to be successful. They really want someone to put time and effort into them, and if they get that they will more than return the favor. Saydel is the biggest kept secret in the Des Moines area. It is hidden, and not very well known, but it has a spectacular campus and a caring staff. There is a lot to be proud of in this district. I feel some really special things are coming in the near future for the Saydel Eagles! There are a lot of student/athletes daring to be great, and putting forth a solid attitude and effort! This will pay off in the near future!"

Q: What do you enjoy doing outside of Saydel High School?

A: "What do I enjoy doing outside of Saydel High School...is kind of an oxymoron. I don't do much that isn't Saydel related. I coach year round, starting in the fall with junior high and high school cross country, in the winter I coach varsity girls basketball, in the spring I coach JH boys and girls track, and in the summer I am very involved with bettering those programs as well as announcing a few of the Eagle's baseball games. I really enjoy coaching, and focus a lot of my time and effort into it. I have a passion for being the best coach I can possibly be. I am always researching new and innovative things in all my sports. I love numbers and stats, and really enjoy making end of the season highlight videos!

More importantly than my coaching, however, I enjoy spending time with my wife of four months Sara and the newest addition to our family Maybelline! We really enjoy going to concerts and shows. In the next seven months we are going to see two of my three all time favorite artists, John Cougar Mellancamp and Green Day! We also like to make movie and activity bucket lists. On weekends I enjoy watching the Iowa Hawkeyes football games and Chicago Cubs baseball games. Netflix and the DVR also get used very often in our household. Friends and family are very dear to us and we try to spend as much time as we can with both groups. If I have any time left over, which I always make sure I do, I like to play sports video games. I have four video game systems set up in my house (Original Nintendo, Sega Genesis, PS2 and PS3). My current game of choice is MLB Power Pros on the PS2. This summer I was able to win the World Series with the Cubs on that game, lets hope that this was a sign of things to come in real life! Go Cubs, Go Hawks and Go Eagles!"



Slow Cooker Sweet Potato Casserole

Do you need a super simple, healthy, crowd-pleasing Thanksgiving side? Try this recipe in your slow cooker to save valuable oven space and make your house smell fantastic.

Ingredients:

- 3 1/2-4 pounds sweet potatoes (roughly 5 medium)
- 2 medium apples
- 1/2 cup water
- 1/4 cup honey
- 2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/2 teaspoon salt
- 2 tablespoons unsalted butter (optional)
- 1/2 cup milk
- 1/2 cup coarsely chopped pecans, lightly toasted



Directions:

1. Scrub and peel sweet potatoes and apples, chop them both into 1-inch cubes and place in slow cooker. With apples and potatoes in slow cooker, add water, honey, cinnamon, nutmeg, and salt. Cover and cook on high for 3-3 1/2 hours until potatoes are very soft.
2. Mash potatoes with potato masher or forks until as smooth as you'd like. An electric mixer can be used if you desire a very smooth consistency.
3. Add butter (if using) and milk and stir until well combined. Sprinkle on toasted pecans.
4. Ready to serve! Turn your slow cooker to the "keep warm" setting and enjoy your meal!

Directions for toasting nuts: Toast pecans on rimmed cookie sheet in a single layer at 350 for 5-10 minutes or until golden brown. Chop into smaller pieces after toasting.

Kristine Smith. "Healthy slow cooker sweet potato casserole." Web log post. Kristine's Kitchen. N.p., 2 Nov. 2015. Web. 26 Oct 2016.

Simple Swaps for Healthier Holidays

- Try your favorite dip recipe with yogurt. Using a greek yogurt in place of full fat creams (like sour cream or cream cheese) can cut the calories in half and add in healthy probiotics naturally found in yogurt.
- Stick with the oven roasted sweet potatoes VS candied yams.
- Choose the whole-wheat dinner rolls over white dinner rolls. Extra fiber in the grains will keep you full longer.
- Opt for sugar-free cider and hot cocoa VS the full sugar variety.
- Choose home-made over store bought. Cooking food at home puts YOU in control of what you eat. Don't guess what ingredients are in your food.

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

Build a Healthy Lunch





Homecoming 2016





SAYDEL ACTIVITIES DEPARTMENT ACTIVITY PASS

All passes include admission for home games
(including Saydel tournaments) for the 2016-17 sports season
plus NFHS broadcasting of games

STUDENT PASS - grades K-12th \$35

SINGLE PASS - \$115

SEASON PASS - \$60

FAMILY PASS - school & college-aged children, parents/guardians \$200

SENIOR NON-RESIDENT - 65+ non-residents to Saydel School District \$60

SENIOR RESIDENT - 65+ Saydel School District resident with proof of residency FREE

ACTIVITY PASS ORDER FORM

Make checks payable to SAYDEL HIGH SCHOOL

NAME(S)	PASS TYPE	QTY.	AMOUNT
	<input type="checkbox"/> Student		
	<input type="checkbox"/> Single		
	<input type="checkbox"/> Season		
	<input type="checkbox"/> Senior non-resident of Saydel		
	<input type="checkbox"/> Family		
	<input type="checkbox"/> Senior, FREE resident of Saydel		

Submit to: **Saydel High School, 5601 NE 7th Street, Des Moines IA 50313**



Photo by Mindy Davin Photography

Saydel Marching Band & Color Guard Success

The Saydel High School Marching Band and Color Guard competed in ValleyFest & Showdown XXXVII in West Des Moines where they earned 5th Place 3A Conference. This year they have also earned Division 1 Rating at IHSMA; 2nd Place 3A Conference in the Mid Iowa Competition; 4th Place 3A Conference in the Five Seasons Marching Invitational; and 1st Place 3A Conference in the North Central Marching Invitational.

SAYDEL BOARD OF EDUCATION

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

Superintendent: Mr. Douglas Wheeler
 Board Secretary: Beth Vitiritto



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

**EDUCATION FOR
 LEADERSHIP;
 LEARNING FOR LIFE**

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

We're on the Web:
www.saydel.k12.ia.us

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.