



Saydel High School

Big City Opportunities, Small Town Commitment for Students

January 2016 Newsletter

Upcoming Events

Saydel High School

FEBRUARY 3

Music Booster Club, 6:30 PM in Library

FEBRUARY 5

Coaches vs. Cancer Basketball Games

FEBRUARY 9

Basketball Senior Night, 6 PM

FEBRUARY 15

8th Grade Parent Meeting, 6 PM in Auditorium

FEBRUARY 18

Grading for Growth Parent Meetings, 5:30 PM & 6:30 PM in Auditorium

FEBRUARY 18-20

State Wrestling Tournament, Wells Fargo Arena

FEBRUARY 24

K-12 Art Exhibit at Ankeny Art Center

Graduation Update

This year graduation date will be different than in year's past. We will be hosting graduation in the South Gym on Friday, May 27, 2016 at 7:00 PM. This adjustment was made due to state calendar requirements. The district calendar committee determined this was the best date and time that would accommodate families and meet state requirements.

School Hours

SAYDEL HIGH SCHOOL

7:45 AM - 2:45 PM

Wed.: 8:45 AM - 2:45 PM

NOTE: Each Wednesday school begins one hour later for teacher in-service.

MISSION: Serving the Unique Learning Needs of Each & Every Student

Principal's Message

The season for course selection for the 2016-2017 school year is upon us. Think back to your high school experience and reflect.

- How did a high school course spark an interest?
- What high school courses prepared you for life after high school?
- How did your course selection then impact your current situation?

The choices of high school courses can and will have a large impact on our students' lives. I know that my experience in my science classes led to sparking my interests. This undoubtedly led to my pursuit of science education and still influences my work as principal.



Principal Kevin Schulte

Throughout the next couple weeks students will be evaluating their transcripts, considering their future plans and selecting courses for next school year. This is an important process. Please engage your student in conversation about their course selections.

If you are wondering what options are available for your student you can view our course registration handbook online on the Guidance section of the High School webpage (<http://www.saydel.k12.ia.us/students/HighSchoolGuidance.cfm>). This resource not only provides the offerings, but also descriptions of the courses offered both in and out of Saydel High School. You will find almost any opportunity to fit your student's needs within our offerings.

New Course Offerings

Principles of Marketing and Principles of Finance

These courses have been added as the next step for our High School of Business Implementation. These are the intermediate phase of our High School of Business implementation.

AP Language and Composition

This is an added advanced option for students. The intent with adding this course is to provide students with the opportunity to take an AP English class both junior and senior year.

Contemporary Affairs

Our social studies department identified a gap in our history curriculum (recent history), which this course is intended to cover. As a result, this will replace Economics as a social studies requirement for 12th graders. The department also identified the need not to lose the financial literacy component embedded in Economics. This course has been designed to fit in the financial literacy components within the appropriate unit of Contemporary Affairs.

Scientific Research and Design

This independent study course is designed to develop student thinking and help extend student learning based student interests. Students would be working to identify an issue, design an experiment and present their findings.

Pro Start 1 and Pro Start 2

Research into these courses began in 2014. These courses align with National Restaurant Association curriculum to help prepare students for careers within the restaurant management industry. These courses not only focus on food handling and preparation, but also on restaurant development and management.

Grading For Growth

The teachers below have been chosen to participate in a pilot study for Grading for Growth, which is often called standards-based or standards-referenced grading in other districts. This group of innovators was already implementing grading reform during first semester and has agreed to continue implementing under district guidance. Please look for emails and communication home from them during second semester regarding Grading for Growth.

High School Pilot Study Teachers

Brett Hersom
Mike Yeoman
Shawn Pavlik
Karissa Guillen
Kari Fokken
Megan Hibbs
Dia Fenton
Brenda Brown



Winter Dance Fun

Students at Saydel High School had a lot of fun recently at the Winter Dance. It was a night to remember!

Grading Policy Improvements

This semester we have made adjustments how we determine a student's semester grade.

Past Practice:

Our semester grades have been determined by calculating 40% of your student's 1st quarter grade, 40% of your student's 2nd quarter grade and 20% from the final. This practice has always created some confusion about what a student's semester grade is and also distracts from the fact that our learning builds on things from early in the semester.

The beginning of new quarter does not create a fresh slate even though our past practice may have reflected that. Also, having 1/5 of your student's grade determined from a single assignment placed an uneven weight for student grades on that one test/project.

New Practice Beginning 2nd Semester:

This adjustment will provide students and parents a clearer picture of the grade that will appear at the end of the semester.

Grades will be determined through two components:

- 90% of the grade will be from scores from the entire semester and
- 10% of the grade will be from the semester final.

This means that parents will no longer see two separate quarter grades in PowerSchool. Instead, parents will only see a single semester grade.

We will continue with progress reports every 4.5 weeks.

Subscribe to All of Saydel's Newsletters

If you would like to receive the weekly newsletters that feature what is happening at Cornell Elementary School, Woodside Middle School & Saydel High School, you can subscribe by emailing newsletter@saydel.net. Just email which newsletters you would like to receive and then watch for them in your Inbox!



Need Help Paying for College?

By Shannon Larson, Guidance Counselor

The Saydel guidance department would like to let parents and students know that there will be several opportunities for students and families to receive assistance in filling out the 2016-2017 Free Application for Federal Student Aid (FAFSA). The FAFSA is the required form to apply for federal and state financial aid programs. The form can also be required for aid offered by colleges and universities as well as private scholarship programs. The earlier you are able to fill out the FAFSA improves your opportunity to receive federal aid and scholarships. You will also need to check with the colleges and/or universities that your student wants to attend to be aware of their FAFSA deadline.

Across the Des Moines Metro area there will be several locations in which families may go to receive help in filling out the online form. There is no cost to attend one of these events. To save time for the event, it is suggested that families pre-register. Pre-registration information may be found at the following website:

http://www.iowacgs.org/en/201415_events/2015_fafsa_completion_events/

Listed below are some of the Des Moines Metro locations:

- DMACC Campus 2006 S Ankeny Blvd, Building 5 Ankeny
Appointment required – Call 877-272-4692
 - o 2/05/2016 from 8 am-4:30 pm
 - o 2/12/2016 from 8 am-4:30 pm
 - o 2/19/2016 from 8 am-4:30 pm
 - o 2/26/2016 from 8 am-4:30 pm

The following sites do not require an appointment:

- AIB College - 2500 Fleur Drive, Des Moines
 - o 2/19/2016 from 2 pm-6 pm
- East High School – 815 E 13th St, Des Moines
 - o 2/10/2016 from 3 pm-8 pm
 - o 2/11/2016 from 3 pm-8 pm
- Forest Ave Library-1326 Forest Ave
 - o 2/13/2016 from 1 pm-4 pm
- Lincoln High School-2600 SW 9th
 - o 2/17/2016 from 1 pm-6 pm
- Central Library – 1000 Grand, Des Moines
 - o 2/21/2016 from 1 pm-4 pm
- DMACC Urban Campus – 1100 7th St
 - o 2/26/2016 from 9 am-12 pm
- Grandview University – Krumm Bldg
 - o TBD

Course Registration

By Shannon Larson, Guidance Counselor

During the months of January and February Saydel High School students and 8th graders will be registering for courses for the 2016-2017 school year. On January 27, Mr. Schulte, Mr. Busch, Mr. Stubbers and Ms. Larson met with each grade level in small group settings to discuss the registration process, new courses offered next fall and to discuss the importance of planning for the future.

We encourage parents to have conversations with students about taking classes that not only will prepare them for post-secondary endeavors but a wide variety of classes to explore their different interests. The high school students will register for courses during their academic support time on February 4 and 5. Throughout the month of February, students will be able to adjust their course selections.

Grading Is Changing at Saydel Community School District



www.saydel.k12.ia.us



Please attend ONE of the
Parent Information Sessions

February 18
5:30 pm OR 6:30 pm
at Saydel High School Auditorium

Saydel is striving for
100% parent participation.
Please sign in when you arrive.

What Is a Reimbursable Meal?

A reimbursable meal is a federal formula which helps each district determine whether they receive a monetary reimbursement from the Federal Government for each meal given to students. This does not include adult meals or a second full meal for a student. In order to get that reimbursement, the USDA guidelines and the “Offer versus Serve” program must be followed. The lunch and breakfast programs are a little different, so let’s just start with lunch:

Lunch:

At lunch, we are required to “offer” students five components with each meal. Students are required to take three of those five components in order for us to count it as a “reimbursable meal”. Students are also required to take a serving of a fruit *or* vegetable for us to count it as a reimbursable meal.

The components offered are:

- Milk (must be skim or 1% for flavored milk)
- Meat/meat alternate (meat, cheese, cottage cheese, yogurt, beans/legumes)
- Bread/grains (All Grains served must be “whole grain rich” including breading, cookies, cereal, pretzels, etc.)
- Fruit /vegetables (There is a requirement for certain subcategories of vegetables according to their color and nutritional content.)



There are different requirements for different age groups for certain components. For example, at the High School level, we need to offer 10-12 bread/grain servings each week. At the Middle School we need to offer 8- 10 bread/grain servings each week. At the Elementary level, we are required to offer 8-9 servings of bread/grain items each week.

	Breakfast Meal Pattern			Lunch Meal Pattern		
	Grades K-5 ^a	Grades 6-8 ^a	Grades 9-12 ^a	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food^b Per Week (Minimum Per Day)					
Fruits (cups) ^{c,d}	5 (1) ^e	5 (1) ^e	5 (1) ^e	2½ (½)	2½ (½)	5 (1)
Vegetables (cups) ^{c,d}	0	0	0	3¼ (¾)	3¼ (¾)	5 (1)
Dark green ^f	0	0	0	½	½	½
Red/Orange ^f	0	0	0	¾	¾	1¼
Beans/Peas (Legumes) ^f	0	0	0	½	½	½
Starchy ^f	0	0	0	½	½	½
Other ^{f,g}	0	0	0	½	½	¾
Additional Veg to Reach Total ^h	0	0	0	1	1	1½
Grains (oz eq) ⁱ	7-10 (1) ^j	8-10 (1) ^j	9-10 (1) ^j	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	0 ^k	0 ^k	0 ^k	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups) ^l	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)	5 (1)

What Is a Reimbursable Meal? *Cont.*

Example 1 of a Reimbursable Lunch: The main item is WG spaghetti and with meat sauce. We put the pasta and meat sauce on the student's tray. Because it contains a bread/grain component and the meat component, the student then only needs to take a serving of a fruit or vegetable to meet the minimum requirement for a reimbursable meal. They also can take a carton of milk or other item offered as part of the regular lunch, such as one breadstick, and not be charged.

Example 2 of a Reimbursable Lunch: The main item is chili. The chili counts as the meat/meat alternate item. Students would have to take 2 more components for us to count that as a reimbursable meal. They could choose from an 8 oz. carton of milk, a serving of fruit, a serving of vegetables, or a serving of a bread/grain item. Again, one of the three components on their tray has to be a serving of a fruit or vegetable.

Breakfast:

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

Build a Healthy Lunch



School Emergency Closing Information

2015-2016 School Year

Emergency Closing Notes:

- ✓ For AM Delays, Eagles Nest delays from its original start time
- ✓ For PM early release, Eagles 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 on practices and events for your child

1-Hour Delay Start Times

- ⇒ Cornell - 9:35
- ⇒ Woodside - 8:45
- ⇒ HS - 8:45
- ⇒ Eagles Nest - 7:00

2-Hour Delay Start Times

- ⇒ Cornell - 10:35
- ⇒ Woodside - 9:45
- ⇒ HS - 9:45
- ⇒ Eagles Nest - 8:00

Automatic e-mail / text alerts available from:

www.kcci.com
www.who.tv.com
www.woi-tv.com

Emergency closing information will be communicated through the following:

1. School Messenger (voice & e-mail) by 6:00 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



SAYDEL ACTIVITIES DEPARTMENT ACTIVITY PASS

All passes include admission for home games
(excluding tournaments) for the 2015-16 sports season.

STUDENT PASS - \$25 grades K-12th

SINGLE PASS - \$75

FAMILY PASS - \$150 parents/guardians, school-aged children, including college

SENIOR NON-RESIDENT - \$50 65+ non-residents to Saydel School District

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

ACTIVITY PASS ORDER FORM

Make checks payable to SAYDEL HIGH SCHOOL

NAME(S)	PASS TYPE	QTY.	AMOUNT
	<input type="checkbox"/> Student, \$25		
	<input type="checkbox"/> Single, \$75		
	<input type="checkbox"/> Senior, \$50 non-resident of Saydel		
	<input type="checkbox"/> Family, \$150		
	<input type="checkbox"/> Senior, FREE resident of Saydel		

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

Staff Spotlight:

Highlighting staff members at Saydel High School



Name: David Musser

Position at Saydel High School: Special Ed Teacher

Describe your career and educational background.

"In college I studied Art and Theater, earning a BA degree in Theater, and a Bachelor of Fine Arts in Painting from the University of South Dakota. While there I also studied Art Education and acquired my Teaching certification. During college, I worked summer internships at the Des Moines Metro Opera, working backstage for two seasons. After graduation I worked for several years as an Exhibits Production Coordinator, designing and installing museum exhibits for the Arizona Historical Society and the Discovery Museum in Sacramento, CA. I also worked cataloging and installing works of Art at the Des Moines Art Center. As a Teacher I have worked for Des Moines Public Schools, and at the Iowa State Training School."

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

"I initially sought training in Education as a plan B. Art and Theater are both difficult fields to find work in, so teaching was my fall back option. Years later, while working as a Substitute Teacher, I had the opportunity to work with a group of Special Education students at an alternative school for students with behavior concerns. I found that I really enjoyed working with that population of students, and felt that I could make a difference. That's when I fell in love with teaching and pursued training in Special Education from Drake University. I have now been working as a Teacher or Substitute Teacher for the past 16 years."

What is the thing you enjoy most about Saydel?

"I really enjoy the people here at Saydel, both students and fellow staff. I enjoy seeing how active the students are, many staying after school for various sports teams, or making banners to cheer the teams on. Often I see students practicing guitar in the corridors, or getting super involved in Anime club. I very much appreciate the fact that Saydel has created an environment that allows students to explore their interests in this manner. I also appreciate how welcoming and supportive my fellow staff members have been."

What do you enjoy doing outside of Saydel High School?

"Outside of school I typically spend time with my family. When not running my children to activities such as ballet or Cub Scouts, I typically am playing video games with my son or doing art projects with my daughter. I still enjoy painting and various artistic pursuits, and I am an avid reader. I particularly enjoy reading books on history, historic fiction, mystery novels and books for teens or young adults. Currently I am reading Harry Potter and the Sorcerer's Stone aloud for my family each night."

SAYDEL BOARD OF EDUCATION

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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.