# SAMPEL

#### SAYDEL COMMUNITY SCHOOL DISTRICT

### Saydel High School

Big City Opportunities, Small Town Commitment for Students

March 2017 Newsletter

#### **Upcoming Events**

#### Saydel High School

#### MARCH 31, 2017

- · Academic Assembly, Auditorium
- Variety Night, Auditorium, 6:30 PM

#### **APRIL 5, 2017**

Music Boosters Meeting, Music Room, 6:30 PM

#### APRIL 10-12, 2017

**Iowa Assessments** 

#### **APRIL 10, 2017**

School Board Meeting, Saydel District Office Board Room, 6 PM

#### **APRIL 11, 2017**

Financial Aid Planning, Cafeteria, 6 PM

#### **APRIL 22, 2017**

Prom at Zag-Ga-Zig Shrine in Altoona, 8 - 11 PM

#### MAY 3, 2017

Music Boosters Meeting, Music Room, 6:30 PM

#### MAY 17, 2017

Senior Awards Night, Auditorium, 7 PM

#### MAY 18, 2017

Graduation Practice, South Gym, 10 AM

#### MAY 21, 2017

Graduation, South Gym, 1 PM

#### **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

As a science teacher, I enjoy analyzing data in order to find answers or to guide next steps. One of my goals while I was teaching science is that my students would be able to effectively analyze information and make educated decisions based on that information. While I was in an observation last week, I witnessed students in our science classes doing this exact same thing, analyzing data to support claims they were making. This is a key part of developing well-informed citizens.

Not only do well-informed citizens use information to drive their decision-making, but great schools also use data to determine how to best serve their students. Data is used for a variety of purposes at Saydel High School. We use data to guide countless



**Principal Kevin Schulte** 

decisions that impact our students. We will be taking Iowa Assessments this month and this data will be vital for a number of reasons. Most importantly, Iowa Assessment data is used to ensure that we are meeting the needs of our students. These are the ways we use our standardized test data (Iowa Assessments, MAP, CogAT):

- Determine student needs beyond core programming (additional math or reading support, extended learning program, special education)
- Guide teacher decisions about individual students
- Drive our building goals
- Factor into our professional learning decisions
- Analyze the effectiveness of our core instruction
- Evaluate teacher effectiveness and performance based compensation
- Report scores to the state to be utilized for the lowa attendance center rankings
- Utilize for Academic Hall of Fame induction

As you can see, the results of these tests not only impact each individual who takes the test, but also factors into many facets of our work. Encourage your student to put everything they have into the lowa Assessments.

#### **Iowa Assessments**

From April 10-12, your child will be taking the Iowa Assessments. Information about your child's academic achievement is needed to help them excel and succeed. The Iowa Assessments make this possible by providing detailed information about your child in a variety of important content areas including

Continued on page 2...

#### **Principal's Letter** continued from page 1...

Reading, English Language Arts, Mathematics, and Science

- The Iowa Assessments help determine how students are performing on the state curriculum as described in the Iowa Core.
- The Iowa Assessments measure student growth and progress from year to year.
- The lowa Assessments help teachers identify a student's strengths and identify areas that may need additional emphasis. The assessments produce information that enable sound decision-making and provide a focus for teachers to evaluate their instruction.
- The lowa Assessments provide information about your child's performance relative to the school, the state of lowa, and the nation. Using the results of the assessment, we encourage you to work together with your child's teacher to identify and address educational needs. The results will help prepare your child for the next step on their educational path. Results should be available at the end of May, and we will provide assistance in interpreting them.
- If you have any questions about the assessments, you may visit https://itp.education.uiowa.edu/ia/ or contact our guidance counselor, Shannon Larson.

#### Saydel Eagles Athletic Booster Club Announcements

- The Annual Four Person Best Ball Golf Outing is May 13, 2017. Please visit Facebook page: www.facebook.com/saydelathletics for details and to print off a registration form if you would like to participate.
- Elections for Athletic Booster Club Board
  Members will be June 20, 2017. We have two
  Board members retiring, which leaves only
  four left. We need a secretary and others
  to help with our apparel, membership and
  fundraising chairs. It is difficult to meet the
  quorum requirement to have an official
  meeting and being able to carry out any
  official business with so few members. Visit
  our Facebook page for more details.
- The Saydel Alumni Softball Tournament (SAST) will be September 2&3. Would you like to help or provide input for our next tournament? Come to one our next meetings or contact us at saydelathletics@gmail.com.

#### **Test Taking Tips for Parents**

- Encourage your child to do well but don't pressure him/her. It is important for your child to stay relaxed for the test.
- Keep a positive attitude about tests.
- Make sure that your child gets enough sleep the nights before testing.
- Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy. Protein and fiber will help your student stay full and focused.
- Drink plenty of water and eat water filled fruits and vegetables.
- Avoid high sugar foods that may make him/her hyper and/or crashing.
- Make sure your child gets up early enough so that he/she will be on time to school.
- Talking about the test with your child can relieve stress.
- Encourage your child to do his/her best!

#### **High School Testing Schedule:**

#### Monday, April 10 & Tuesday, April 11

1st Hour	/:45 - 8:25		
2nd Hour	8:29 - 9:09		
Testing	9:13 - 10:00		
3rd Hour	10:04 - 10:43		
4th Hour	10:47 - 11:26		
A Lunch	11:26 - 11:56	5th	11:56 - 12:35
B Lunch	12:09 - 12:39	5th	11:30 - 12:09
6th Hour	12:39 - 1:18		
7th Hour	1:22 - 2:01		
8th Hour	2:05- 2:45		

#### Wednesday, April 12

1st Hour	8:45 - 9:15		
2nd Hour	9:19 - 9:49		
Testing	9:53 - 10:58		
3rd Hour	11:02 - 11:32		
4th Hour	11:36 - 12:06		
A Lunch	12:06 - 12:36	5th	12:36 - 1:05
B Lunch	12:39 - 1:09	5th	12:10 - 12:39
6th Hour	1:09 - 1:38		
7th Hour	1:42 - 2:11		
8th Hour	2:15 - 2:45		

#### Academic & Behaviorial Intervention Update

By Alex Stubbers, Interim Assistant Principal



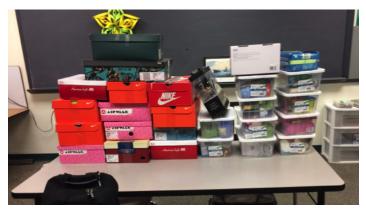
Welcome back from Spring Break! It is the final stretch of the school year, and I wanted to take some time to update you on how the Saydel High School staff has provided opportunities for students to grow personally and educationally through our advisory program.

The purpose of our advisory program is to connect students with each other, staff, and their community. At the beginning of the year, students and

staff spent the first few weeks of the school year getting to know one another. They learned more about their advisories and the role the advisory would play throughout the year.

After our "getting to know you" activities, we had students work on academic and personal goal setting for the semester. Goals were monitored and reviewed several times over the course of the semester with your student's advisory teacher. In October and November, the staff held a mock election for students. Students wrote thank you notes to staff and peers. We also held a Jeopardy competition. Mr. Gebhart and Ms. Johnson's advisories won by a landslide!

December's focus was on community outreach. We spent all of December collecting and assembling over 25 shoe boxes/totes that were delivered to two local youth homeless shelters. We are so proud of our students and the kindness they extended into the community during the holiday season.



After winter break, our focus shifted toward semester test preparations and reviewing semester schedules. In February and March, our focus turns to registering for the 2017-2018 school year. This year, we began a new registration process. Students initially registered in their advisory on paper. The advisors kept the papers for conversations with parents, which took place during conferences concerning student course selections. The Wednesday prior to spring break students then registered online for the following year. Feedback from the process was positive, and we look forward to continuing this process in the future. During advisory we also had some fun competing in a lip-sync battle! This competition was won by Mr. Layden's advisory, with a little of help from Mr. Layden and his green screen!

This spring, we will continue preparations for Iowa Assessments, play hard in a matball tournament, prepare for spring academic awards, and then set our sights on Commencement for our senior class. We look forward to supporting student achievement, fostering positive relationships, and having some fun as a school through our advisory program.

#### **HOIAC Fine Arts News**



By Lindsay Nickol, Art Instructor

On Thursday March 2, 2017, four Saydel High School art students attending the HOIAC Fine Arts Festival. Students gained experience in setting up a large art show, networking with peers from different schools and experiencing the greatness of Jefferson, Iowa. Students experienced the famous Jefferson Bell Tower and courthouse. They were also treated to visits to RVP 1875, a furniture store based solely on handmade furniture made in Iowa during 1875. Lastly students visited a photo studio where they experienced first hand how professional photos are taken and edited.

Congratulations to the following artists who received Judge's Awards: Ada Miklus, Aubreigh Shineflew (two awards), Brandon Webb (three awards), Chevy Kelley, David Parker, Lisa VanZandt, Mikaela Becker (two awards), Salena Leon and Stone Simon.

## Saydel Booster Memberships

#### **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 Tesdell 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 SPONSORSHIPS

Dia Fenton
Caleb Hales
Sherry Keegan-Bayeur
Eric Layden
Kyle Luttenegger
Michael Puffett
Julie Rolf
Melissa Sensor
Penney Smith
Cheri Tingley
Jerry Young

#### **STAFF HIGHLIGHT:**

ELIANA JOHNSON

#### Q: Describe your career and educational background.

A: "I have been given the opportunity to start my career as an English teacher here at Saydel High School. I attended Grand View University and graduated with a double major in English and Secondary Education."

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

A: "I have a drive to guide students not only in their education of English and literature but also in their growth as an individual. My passion for developing relationships with students and discovering their



inner abilities has led me to success in the classroom. Throughout the past two years, I have taught 11th and 12th grade English. I have thoroughly enjoyed the vast experiences I have endured, which is one of the things I enjoy most about Saydel. The diverse interests and backgrounds of the student body make it a special and unique school. Along with the student body, the faculty and support staff has a passion for education that is contagious."

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

A: "Outside of school, I volunteer and participate on the worship team at my church and play on a sand volleyball team with colleagues and other friends. When I am not working, I am socializing with a variety of individuals and seeking to use my experiences in my day-to-day life to benefit my teaching practices in the classroom."

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

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

#### TWO LOCATIONS:

#### **Cornell Elementary School**

5817 NE 3<sup>rd</sup> Street, Des Moines

**Breakfast:** 8 AM - 9 AM **Lunch:** 11 AM - 12 PM (Noon) \*Adults may eat for a fee at Cornell location.

#### Sunnybrook Mobile Home Park

5975 NE Berwick Drive, Berwick **Lunch:** 11:30 AM - 12 PM (Noon)

June 5 - Aug 11 Monday - Friday



Fuel Up is a trademark of National Dairy Council.

## START Leadership Conference Update

By Brenda Brown, Reading Interventionist

Saydel High School Student Government members
Ashley Kouski, Emma Harkness, Jessica Guzman, Logan
Guy, Morgan Ramirez, Taylor Perry, Sydney Dhabolt, and
Alyssa Monroe presented their "Adopt a Family" program
in Council Bluffs, IA, at the START Conference on March 3,
2017.

Student Government members have been doing this community service for over nine years throughout the Saydel District. This is a partnership with Saydel's United Way representative who selects the families Student Government adopts for holidays such as Thanksgiving, Christmas, and Easter.

The students discussed the process, the list they put together, the collection of items, the baskets they created for the families and talked about the empathy as well as the pleasure students experience when participating in this program.







#### 2016-17 Saydel Music Boosters Sponsorships Received

#### PLATINUM EAGLE (\$250+)

Sandy & Greg Barton
Paul & Dianne Breitbarth
Andrew & Corinne Nelson
Power Systems LLC (Business)
Memory of Paul Smith (1976 Alumni)

#### **GOLD EAGLE (\$100)**

Anonymous Max & Cheryl Clark Roland & Shari Kouski Ric Powell & Family Kevin & Kelly Schulte Doug & Lisa Wheeler

#### SILVER EAGLE (\$50)

James Gilchrist Ruth Kouski Glenn & Karen Puffett

#### **GIFTS IN KIND**

Wynde Brown Ruth Kouski Shari Kouski Kelly Sprague Brenda Williams

## STAFF DUAL ATHLETIC & MUSIC BOOSTERS SPONSORSHIPS

Dia Fenton
Caleb Hales
Sherry Keegan-Bayeur
Eric Layden
Kyle Luttenegger
Michael Puffett
Julie Rolf
Melissa Sensor
Penney Smith
Cheri Tingley
Jerry Young

## Jeans 4 Teens Community Challenge

There are 300,000 to 400,000 young people that are homeless on any given day! Please take part in the Jeans 4 Teens Community Challenge and help those in need. All donations will support local area homeless people of all ages.

When: April 1- April 29, 2017

Where: Saydel Community Schools

Totes will be located at Saydel High School, Woodside Middle School, Cornell Elementary

School, and Saydel District Office

How: Drop off as many pairs of jeans any color, any size at one of the four locations throughout the district.

Thank you, Saydel Student Government Members



## **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

#### **Saydel Community School Food Services**

#### **HEALTHY SCHOOL SNACKS**

Snacks play a major role in a child's diet and provide a valuable opportunity for nutrition education. Healthy snacks are important to providing good nutrition and supporting lifelong healthy eating habits.

#### Fruits:

- Fresh fruit-whole or sliced
- Assorted fruit salads
- Dried Fruits
- Applesauce
- Individual fruit cups (packaged in juice)
- 100% Fruit Juice
- 100% Frozen Fruit Bars



#### **Low Fat Dairy/Protein:**

- · String Cheese or Cheese Cubes
- Yogurt
- Cottage Cheese
- Deli Meat
- Sunflower Seeds
- Pepita/Pumpkin seeds



#### Whole Grains:

#### **Vegetables:**

- Raw Vegetables Simple kid-friendly examples: Baby Carrots, Broccoli, Cauliflower, Snap Peas, Sliced Peppers, Celery
- **Dehydrated Vegetables** 
  - Vegetable Chips, Chickpeas
- Edamame (Soybeans)

- Crackers
- Low Sodium Pretzels
- Pita Chips
- Popcorn
- Low Fat Granola Bars
- Baked Corn Tortilla Chips
- Animal Crackers
- Graham Crackers



#### **Snack tips:**

- Snack on fruit and vegetables whenever possible.
- Select appropriate portion sizes.
- For food safety select sealed and prepackaged snack items.
- Combine protein and fiber for a satisfying snack.



#### **Drinks:**

- Water
- · Low Fat or Fat Free Milk
- 100% Fruit/Vegetable Juice







Dip Ideas: Hummus, Salsa, Bean dip, Honey Mustard, Yogurt based dips

**Purchasing School Meals:** The school cafeterias use a computerized cash register system. Every student has an account with an assigned personalized identification number (PIN). When a cashier rings up breakfast, lunch or à la carte items, the total amount of the sale is deducted from the prepaid balance in the account. Parents will receive phone calls if an account balance is below \$3.00. Please use these as a friendly reminder as we work hard to keep all accounts current.

#### **Healthy Snack Alternatives**

- Make your own homemade potato chips by slicing a sweet potato and baking the chips at 350F until crisp.
- Make your own vegetable roll up by cutting carrots, celery or peppers into sticks and wrapping a slice of lowfat cheese around a bundle of them.
- Make your own snack mix.
   Combine 1 cup of toasted oat cereal, ¼ cup unsalted dry roasted peanuts, ¼ cup of raisins and ¼ cup of cranberries. Toss together and enjoy!
- Make your own grapesicles!
   Alternate red and green grapes onto a wooden skewer. Place skewers into freezer for 30 minutes or until frozen. Serve immediately.
- Replace soda with 100% fruit or vegetable juice.



#### **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





## SAYDEL EAGLES ATHLETIC BOOSTER CLUB

SAYDEL HIGH SCHOOL 5601 NE 7th St, DES MOINES, IA 50313

#### **Annual Four Person Best Ball Golf Outing**

#### **Toad Valley Golf Course**

Saturday, May 13<sup>th</sup>, 2017 8am Shotgun Start [Check-In: 7 – 7:30am]

**Registration:** \$60 per player. Includes 18 holes, cart, lunch and 2 drink tickets.

9 1 1 2	
Captain:	Email:
Player 2:	Email:
Player 3:	Email:
Player 4:	Email:

#### **Prizes:**

Men and Women; Winning Team, Longest Drive, Longest Putt, Closest to the Pin and others.

**Sponsorship Opportunities:** 

\$100	Longest Drive
\$100	Longest Putt
\$100	Closest to the Pin
\$200	Tee Box Sponsor
\$500	Free Foursome and Tee Box Sponsor
	Other – If you have another idea for a sponsorship opportunity, please contact Rob.

Make checks payable to: Saydel Eagles Athletic Booster Club

Mail forms to: Saydel Eagles Athletic Booster Club, 5601 NE 7<sup>th</sup> St, Des Moines, IA 50313

Questions? Email saydelathletics@gmail.com or call us:

Rob Stephenson 770-7445 Shannon Riddlebarger 681-3978 Cody Pech 782-6413 Jeremy Lowe 240-2141

For more information and forms go to our Facebook Page: www.facebook.com/saydelathletics

#### **Toad Valley's Rain Policy**

Rain does not constitute stoppage of play. Toad Valley will determine the discontinuance of play based on experience. Should circumstances beyond the control of Toad Valley result in closure of the facility on or during a group's scheduled event day, the following policy will take precedence: 1-3 holes completed – Full Rain Check, 4-12 holes completed – Half Rain Check, 13-18 holes completed – No Rain Check. The event will take place unless the course has closed. If the outing cannot take place, the Tournament Coordinator will still be billed for any additional golf cars, as this is a fixed cost for Toad Valley. There is no additional fee for rain delays.

## 3<sup>rd</sup> Annual Saydel Wrestling

## Car Show

Saturday April 29<sup>th</sup>, 2017

Location: Saydel High School 5601 NE 7<sup>th</sup> St Des Moines, IA 50313

#### Registration 10:00 AM to Noon | Awards at 2:00 PM

#### **Award Categories**

\*Raffle Prizes

- Best of Show
- Kids Choice
- Best Classic '79 or Older
- Best Modern '80 or Newer

\*50/50 Drawing

Best Rat Rod

Address:

- Best Truck
- Best Import
- Student Whip
- Best Motorcycle
- Best Lowrider

#### **Popular Choice Awards**

- Coolest Paint
- Best Engine
- Most Unique

\*Loudest Exhaust Competition (\$5 entry fee)

• I Really Wanted One of These in High School

\*Concession Stand

• Most Likely to Get Pulled Over

\$15.00 Pre-Registration Fee Before
April 25<sup>th</sup>
\$20.00 Registration Fee at the Door

Mail form and \$15 to
Saydel High School ATTN: Saydel Wrestling
5601 NE 7<sup>th</sup> St
Des Moines, IA 50313

Name:	Phone:	

Email:

Make / Model & Year of Vehicle: \_\_\_\_\_\_

Award Category (select one): '79 or Older \_\_\_\_\_ '80 or Newer\_\_\_\_ Rat Rod\_\_\_\_ Truck\_\_\_\_ Import Student Whip Motorcycle Lowrider

Signature\_\_\_\_\_\_ Date\_\_\_\_\_

By signing this form, I hereby discharge Saydel School District and Saydel Wrestling from any all liability from any damages, injuries or other claims that may occur to me or my property at this event. Vehicle Owners personal insurance will cover all liabilities at all times. I agree that any photos or

videos of myself or property may be used for promotional publication. No school allowed on school grounds.

#### All Proceeds Benefit Saydel Wrestling

## Iowa High School Music Association

# Large Group Contest Friday, May 5

## Volunteers Needed!

Make your plans now to help by contacting the Music Boosters at: SaydelMusicBoosters@gmail.com



## Variety of Jobs Available:

Hosts | Concessions | Door Monitors | Set up and many more!

#### Students Celebrate Read Across America

By Brenda Brown, Reading Interventionist

Saydel High School Student Government members; Carly Woods, Shelby Weber, Alex Edison (Cat in the Hat), Rachel Bartleman (Thing 1), Anneliese Barton (Thing 2), Jessica Guzman, Jalynn Wood, and Marissa Ramirez and iJag members: November Fetters, Breanna Banner, Makayla Hill, Jacob Hastie, Destiny O'Connor, Hailey Walker, and Tessa Brady kicked off National Read Across America and celebrated Dr. Seuss's birthday on March 1, 2017

by heading out to several different senior centers throughout the Saydel District to read to our seniors.

Later that same say they went to Cornell Elementary School to read to the younger students in the district. Student Government members in partnership with iJag members have been collecting books since last year to share with all high school students. Books were on display in the library where students could grab a free book and experience the joy of pleasure reading.





#### 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.