

# Woodside Middle School 

## Upcoming Events

## Woodside Middle School

MARCH 22, 2017
End of 3rd Quarter
MARCH 29, 2017
6th \& 7th Grade receive 2017-18
course selection information

## APRIL 4, 2017

- 6th \& 7th Grade course selection due
- 5th \& 6th Grade Honor Choir in Newton

APRIL 6, 2017
PTO Meeting, 6:30 PM in Library
APRIL 7, 2017
Boys \& Girls Track Meet in Jefferson, 4:30 PM

APRIL 10-17, 2017
Iowa Assessments
APRIL 10, 2017

- Boys \& Girls Track Meet in Earlham, 4:30 PM
- School Board Regular Meeting, 6:00 PM at Saydel District Office

APRIL 17, 2017
Boys \& Girls Track Meet at Saydel, 4:30 PM

APRIL 21, 2017
4th Quarter Mid-term

## 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

Testing season is quickly approaching at Woodside Middle School. During the spring season, each student will take Iowa Assessments the week of April 10 and Spring MAP test the week of May 8. The purpose of these tests is to help us determine the amount of growth each child has had over a specific duration of time and make informed education decisions for each student. In this month's newsletter, I would like to highlight different assessments given to students, how the district uses the results, and what students and parents can do to prepare for these assessments.


Principal Joshua Heyer

Student growth is measured in multiple formats at Woodside. Summative assessments at the end of a unit are given to students to make sure they have mastered the learning targets for the specific unit just completed by the students. These summative assessments may take multiple forms, including but not limited to tests, projects, poster board research, presentations, skits, or cumulative papers. Summative assessments typically provide teachers good insight into the students thinking and understanding of the most recent learning targets.

To gain an understanding how a student is progressing over a longer period of time and through their current grade, students are given Measure Academic Progress (MAP) test three times a year. The MAP test is a computer online adaptive test, which provides the student, parents, and school useful information how the student is progressing in the content areas Math and Reading. MAP data informs us of student strengths and weaknesses within these content areas as well as how they compare locally and nationally to grade appropriate peers.

Finally, Saydel Community School District administers the Iowa Assessments to all students in April of each year. This test is a mandated test by the state and is designed to measure student growth in comparison to appropriate peer groups. Unlike MAP test, Iowa Assessments are only administered one time a year using a much more traditional paper and pencil bubble sheet to collect student responses. Knowledge and skills measured include Reading, Writing, Language Arts, Mathematics, and Science.

No matter which assessment, (summative, MAP, or lowa) they all play a critical role informing each stakeholder how your child is progressing through each grade. Woodside teachers and administration view assessment results frequently and consider them as a critical piece of information when making programming decisions. Results are reviewed when distributing students into classes at the beginning of each year, deciding student acceleration in mathematics courses, and determining proper FLEX period acceleration and/or interventions classes. Students' performing to the best of their ability on each assessment is essential so we can assure accurate placement in these classes during the school year.

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

To prepare students for the assessments given at Woodside, students and parents can:

- Practice any content area of concern for small amounts of time prior to test. Ex: Read for 20 minutes each night or practice math computation online.
- Discuss previous assessment results with your child and set an attainable goal.
- Encourage your child to do well but don't pressure him/her.
- Students should keep a positive attitude about assessments.
- Make sure that your child gets enough sleep the nights before testing.
- Ensure that your child eats a healthy breakfast and drinks plenty of water.
- Talking about the test with your child prior to and during the assessment times can relieve stress.
- Be a cheerleader for your child. Encourage your child to do his/her best!

These simple tasks can make a lasting difference in your students success on assessments. I am confident each of our students will do their very best while taking assessments this spring. If you have any questions, feel free to contact me at the Woodside office.

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

## Woodside Administers CogAT Screening

At Woodside Middle School, Mrs. Carolyn McCauley, K-8 ELP Coordinator, administered the CogAT (Cognitive Abilities Test) screener to all sixth graders on February 27-28 to help identify students for enrollment in the Saydel District's full-time, 6-8 grade ELP program. Saydel's administration and Board recently expanded opportunities for Talented and Gifted Screening by committing to screen all students in grade levels 3, 6 and 9. The CogAT assessment is a nationally normed assessment of cognitive ability. It is not an achievement test based on curricula that has been taught, but is an aptitude test that measures a student's general and specific cognitive abilities. It measures learned reasoning and problem-solving skills in three areas: verbal, quantitative, and nonverbal, which are closely tied to academic success.


## Woodside Staff Focus

Highlighting staff members new to Woodside Middle School


## Name: Chris Mund

Position at Woodside: 8th Grade Instructional Strategist
Family: "My wife's name is Morgan. We have two children, Chase, who is five years old, and Claire, who is two years old."
Previous work/college experience: "I graduated from Grand View College. Then I taught special education at Saydel High School for eight years. I also have taught K-12 math at Y.E.S.S. Shelter in Des Moines."

One thing you have enjoyed about working at Woodside: "Honestly, I've enjoyed everything so far. The staff and kids are great to work with."
One thing you did not realize about Saydel before starting this position: "After working at the high school for eight years and attending the schools in the district myself, there isn't much about Saydel that I didn't already know."

One thing you want others in the community to know about Woodside: "We have a great group of kids here doing some amazing things. The teachers have done a great job fostering learning and building relationships that will help guide these students as they progress through the high school and beyond."

## Dear Woodside Parents/Guardians:

## To Sixth Grade Parents:

The lowa Department of Public Health has made changes to the lowa Immunization law for the start of the 2017/18 school year. This change requires that all students entering seventh grade have both a Meningococcal vaccine and a Tdap (Tetanus, Diphtheria, and Pertussis/whopping cough) booster before school starts this fall.

The Tdap requirement has been put in place since the 2013/14 school year and requires a booster dose of Tetanus, Diphtheria, and acellular Pertussis containing vaccine for students entering seventh grade. Pertussis (whopping cough) is a very contagious disease that causes violent coughing fits that make it hard to breathe.

Meningococcal disease is a life threatening illness that is caused by bacteria that infects the brain, blood, and spinal cord. It easily spreads in crowded settings. The vaccine will be required prior to both the seventh and twelfth grades.
All students entering seventh grade must have proof of having both the Meningococcal and the Tdap vaccines before school starts in Auqust, unless the student has a Certificate of Immunization Exemption. If your student has a medical exemption-they will need a new 2017 exemption form filled out by their physician.

## There will be NO grace/extension period for the implementation of this

 requirement. This means the paperwork needs to be turned in prior to the first day of school.Now is a great time for your child to receive these immunization requirements and beat the back-to-school rush by making an appointment for your incoming seventh grader.
If you have questions, call Vonda Mosher RN at 515-265-3451 or Polk County Health Department at 515-286-3244. Thank you for your cooperation.

## WOODSIDE PTO BOX TOPS FOR EDUCATION

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

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


Each Box Top is worth $\$ .10$ to our school and helps fund some of the purchases we make for classrooms throughout the school year.

Keep clipping and sending your Box Tops to school! Thank you for your support!

## Saydel Booster Memberships

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

## BUSINESS PLATINUM EAGLE

Chemorse
Rising Star/All Iowa Stone \& Gutter
The Results Group, L.L.C.
Iowa Demolition Inc.
R Rogers Septic LLC
Jason's Lawn \& Tree Care
Goode Greenhouses
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 MEMBERS
Jerry Young
Penny Smith
Cheri Tingley
Caleb Hales
Dia Fenton
Melissa Sensor
Kyle Luttenegger
Julie Rolf


## ELP Students Attend OPPTAG Investigation Series Conference

Ten Woodside ELP students attended the OPPTAG Investigation Series Conference on February 2 at the lowa State campus. The purpose of this conference was to expose middle school students to careers in science, technology, engineering, math, creative arts and community involvement. They were able to discover a wide range of future academic and career paths that await them after high school graduation. Some areas the students chose to explore were meteorology, chemistry, engineering, leadership, anthropology, agronomy, statistics and archaeology. The students also encountered an "all-you-can-eat" experience in the campus dining center, and they enjoyed a tour of the lowa State campus. The ride back to Woodside was full of conversations about their amazing day.

Pictured in the front row: Austin Chally, Caleb Tylavsky, Dorian Packard, Ben Kayser, Clara Tylavsky. Back row is Justin Scott, Gavin Godwin, Alyssa Treadway, Samantha Way, Cy, Mrs. Carolyn McCauley, Alyssa Neddermeyer, and Mrs. Shannon Zuetenhorst.

## Woodside Students Register For High School

The eighth grade students recently spent the day reviewing high school course offerings and registering for the courses they will take their freshman year. It is hard to believe staff is already planning for the 201718 school year. Pictured from left: Jasmine Bieghler, Nick Aageson, Caleb Robberts and Saydel High School Assistant Principal Alex Stubbers.


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## Eighth Graders Study Chemistry, Earth Science \& Astronomy

The eighth grade students just recently finished their chemistry unit that centered on air quality. In this unit students learned chemistry concepts while studying air composition, six main types of pollution, factors that affect air pollution (population, geography \& climate), and how pollution can affect other areas like state parks. They ended the unit by studying alternative energies that could power our state other than burning fossil fuels. After studying them, each student chose which one lowa should use and did a persuasive project supported by evidence from their research convincing us why lowa should switch to that energy. Wind energy was an alternative energy that was chosen the most.

Now they are in an earth science unit called Ever-Changing Earth. In this unit they are studying layers of the Earth, motion of plates (plate tectonics), earthquakes, volcanoes, and plate boundaries. Groups of students are assigned different regions of the world and are analyzing data for their region with each sub topic covered.

Our last unit will be astronomy. They will be focusing on collisions and how scientists know if objects in space will collide. Then they will study the relative motions of the sun, Earth, and moon. This will include lunar phases and eclipses. They will end with studying the components of our solar system and creating a scale model of our solar system in both size of objects and distances apart. (Spoiler alert: we won't be able to model the whole solar system as school property is not large enough.)

## Woodside Students Sing In The ICDA 7th \& 8th Grade Honor Choir



These 14 students from Woodside Middle School participated in the ICDA 7th and 8th Grade Honor Choir on Monday, Feb 27. The event was held at Dallas Center-Grimes High School and featured 300 students from 15 schools. Pictured in back row: Ashley Dobson, Allie Herron, Rachel Barton, Ziggy Olopwi, Alana Banner, Kendrik Baker, Tommy Johnson, James Carolus. Pictured in the front row are Chelsea Webb, Ben Kayser, Jake Jennings, Claire Miller, Samantha Calkins, and Rachel Lile.

## ACADEMIC UPDATE <br> 

By the Sixth Grade Team
|n sixth grade language, students have been reading Blood On The River, written by Elisa Carbone. The students have been studying the discovery of Jamestown and the challenges the settlers had to face. We finished with Blood On The River before spring break. The students recently began reading the book I Am Malala: How One Girl Stood Up for Education and Changed the World.

In sixth grade geography, students have been diving in to different regions around the World. We have covered North America, Caribbean, South America, Europe, Russia, Sub- Sahara Africa, and are currently on Southwest Asia and North Africa region. We will be looking at their landforms, waterforms, population, and resources as well as becoming familiar with their culture.

In sixth grade science, students have been working hard at finishing up their coaster cars. They have begun the unit on Weather Watch.

In sixth grade math, the students are finishing up Module 4, which covers expressions and equations. They are now beginning Module 5, which dives into area, surface area and volume.

## From Inside The Cluster Room:

By Shannon Zeutenhorst \& Traci Lust, Woodside Master Teachers

This year has been full of great learning with the teachers at Woodside. The last six weeks, we have been focusing on answering the essential question: How can we get students to use metacognitive strategies to represent their learning through reflection?

So, what is metacognition? Metacognition is the ability to think about your thinking. Some call it "driving your brain." It is being aware of the choices you make and if they are guiding you to success and if not, making new choices that get you back on track.

We have identified six criteria of highly metacognitive thinkers and they are:

- Have a plan of action for next step/revision/process.
- Self-awareness of new learning
- Able to identify strengths
- Able to identify struggles
- Identify learning strategies and/or process. Able to explain thought process and honestly self-reflect.
- Able to formulate questions around new learning/task

Now that we know what metacognition looks like, how do we get our students to exhibit these qualities? We are focusing most of our work around the book Learning to Choose, Choosing to Learn by Mike Anderson. The author gives strategies for meeting students' needs through purposeful choice. This is another way that teachers can differentiate for their students and in turn allow students to be reflective about the choices they make and if those academic choices are growing them as a thinker and learner.

When planning for choice for our students, teachers are making sure there are opportunities for all students to work in their "just right" zone. This means that students are engaging in learning that is not too hard, and not too easy, but challenges them at just the right level. If a student makes a learning choice that they can do with no assistance and it requires very little thinking that means it is too easy and they are not growing.

On the opposite end of the spectrum, if a student makes a choice and they feel frustrated and have no strategies or resources that can move them forward, then it is too hard. It is now up to the student to communicate this to the teacher and up to the teacher to ensure there are options available for their students that push them to think and go through "productive struggle" that allows for growth, not stagnation or frustration.

This is a shift for students and teachers alike. We will spend the rest of the school year learning about how to integrate reflection and choice into our teaching and also use questioning, modeling and active listening to set the proper learning environment to set our students and teachers up for success. When all of these factors come together, learning becomes enjoyable because the learning and thinking belongs to the students.

## Fifth Graders "Flip" for Science!



Pictured from left measuring their mix are Sam Kost, James Bailey, and Emilie Zeiss.

The smell of cooking pancakes filled the air in fifth grade science classrooms recently! As part of their most recent unit, Chemical Change Cafe, fifth graders worked in groups to mix and observe pancake batter. Then, they headed to the griddle where their teacher cooked their pancakes right in front of them. Students again recorded their observations and noticed evidence of changes in matter.

Finally, they decided whether cooking pancakes was a chemical or physical change. They supported their answer with evidence from the lab. Students previously learned the difference between physical and chemical changes through a baggie lab, stations, and a read aloud, Pancakes! Pancakes! They finished the unit with an assessment called "New Menu Items." Students analyzed other food-related changes to determine whether each represented a physical or chemical change.

Talk with your fifth grader about the changes in matter that happen everyday, and, especially, those that occur in your kitchen. Everyone had a fun day learning in science!

## 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.


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.

## 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

## 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, $1 / 4$ cup unsalted dry roasted peanuts, $1 / 4$ cup of raisins and $1 / 4$ 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.


Build a Healthy Lunch


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| National Health Observances <br> - National Nutrition Month <br> - March 6-10: National School Breakfast Week | SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising! |  | 1 <br> Crabby Clean Up <br> Tidy up while walking like a crab! Carry items on your belly across the room to put them away. | 2 <br> A Quarter's Worth <br> How much is a quarter worth? Complete 25 of the following: <br> Skip <br> Jump <br> Lift Knees <br> Walk backwards | 3 <br> Clap and Catch <br> Throw a soft object up into the air. See how many times you can clap before you catch it. | 4 <br> Be creative and see how many different ways you can jump rope. Can you keep jump roping while doing all the different ways? |
| 5 <br> Walking Race <br> Pick a distance and challenge a friend to a speed walking race. No running! | 6 <br> Sidewalk Chalk Balance <br> Draw different kinds of lines on the ground with chalk. Walk along them one foot in front of the other balancing. | 7 Bear Walk <br> With your bottom in the air, step forward with your right hand \& step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room. | 8 <br> Wild Arms <br> As fast as you can complete: <br> 10 Arm Circles front \& back <br> 10 Forward punches 10 Raise the Roof's Repeat 3x | 9 Sugarcane Pose Hold Sugarcane Pose for 30 seconds on each side. | 10 <br> Limbo <br> Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go? | 11 Crazy 8's 8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can) Repeat 3 times |
| 12 <br> Between the Knees <br> Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees. | 13 Happy Baby Pose <br> Straighten your legs for an added challenge. | 14 <br> Toe Fencing <br> With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped. | 15 <br> Chest Pass <br> Practice your chest passes against a brick wall. Remember to step towards your target. | 16 <br> Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. | 17 <br> Code Words <br> While watching TV any time you hear the code words complete 10 jumping jacks. <br> Code words: green, St. Patrick's Day, lucky, leprechaun | 18 Catch with a Catch <br> Toss a ball in the air, try each challenge before catching the ball: <br> 1.Touch your nose 2. Clap twice <br> 3.High-five someone 4. Spin around |
| 19 <br> Try and sprint from one end of your street to the other. Have a family member time you. | 20 Pretend! <br> Pretend to: <br> -Sit in a chair for 10 seconds <br> -Shoot a basketball 10 times <br> - Ride a horse -Be a frog <br> -Lift a car | 21 Commercial Stroll <br> During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing! | $22$ <br> Walking Race <br> Pick a distance and challenge a friend to a speed walking race. No running! | 23 <br> Dance, Dance <br> Put on your favorite song or turn on the radio. Dance however you like during the entire song! | 24 Arm and Leg Tag A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round. | 25 <br> Read \& Move <br> Pick a book to read and select an "action word" that will be repeated often. When the "action word is read stand up and sit down. |
| 26 Army Crawl <br> Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire. | 27 <br> Do this: <br> -Hop on one leg 30 times, switch legs <br> -Take 10 giant steps <br> -Walk on your knees -Do a silly dance <br> -Sprint for 10 seconds | 28 <br> Set the Menu <br> Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies. | 29 <br> Vertical Jump Jump as high as you can for 30 seconds. Repeat. | 30 Ragdoll Pose Hold Ragdoll Pose for 30 seconds. Repeat. | 31 <br> Pick your favorite activity from this month and do it again! |  |



## Woodside Band Students Earn 1+ Rating at Solo Festival

The Woodside band program held its annual solo festival in February. The highest rating of 1+ was awarded to the students pictured above: Katelyn Comer, Justin Scott, Caleb Tylavsky, Ben Kayser, Clara Tylavsky, Alyssa Neddermeyer, and Samantha Way. Not pictured: Matthew Mullins. Pictured to the right: Ben Kayser and Clara Tylavsky were each named Best in Center performers.


## 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

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.

