



Saydel High School

Big City Opportunities, Small Town Commitment for Students

February 2017 Newsletter

Upcoming Events

Saydel High School

MARCH 1, 2017

Music Boosters Meeting in Vocal Room, 6:30 PM

MARCH 2 & 7, 2017

- Parent Teacher Conferences, 4-8 PM in North Gym
- MAP Testing

MARCH 10-17, 2017

Spring Break; NO SCHOOL



MARCH 20, 2017

Golf & Tennis Practice Begins

MARCH 28, 2017

National Honor Society Induction in Auditorium, 7 PM

MARCH 30, 2017

Spring Academic Awards Ceremony in Auditorium, 9:15 AM

MARCH 31, 2017

Variety Night in Auditorium, 6:30 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

Last week, we began our course registration process. This is an important piece of your student's high school career. There are a number of required courses, 31 credits, as well as a variety of electives to fulfill 17 credits. There are number of things to think about as you engage in conversations with your student about the courses they are selecting. What elective courses should your son or daughter take? College Board has suggestions on how to choose high school electives:



Principal Kevin Schulte

1. **Pursue your passions.** Choosing a class in an area you enjoy or want to learn more about can be fun and help reduce stress.
2. **Try something new.** You may discover a new talent or interest.
3. **Take courses post-secondary institutions would recommend.** Colleges want to see four years of foreign language. Apprenticeship programs would want to see you in classes to develop your skills with tools.
4. **Strengthen your transcript.** By taking weighted courses you have the opportunity to show that you have taken challenging courses as well as move your GPA upward.

We continue to ratchet up our course offerings. Once again we are adding several new and challenging courses:

- **Principles of Management and Business Strategies.** These are the last two classes of our High School of Business course sequence. These courses focus on the details of managing and owning your own business.
- **Metals and Welding.** We offered this class this semester, but this will be the first time it is in our registration handbook. This course focuses on sheet metal and welding.
- **Calculus.** This course is the equivalent to a first semester college course. This will likely be a concurrent enrollment course where students can earn both high school and college credit.
- **Principles of Biomedical Science.** This is the first course in our health sciences pathway. Students will be investigating a "death" by designing experiments and solving problems.

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Vaccinations Needed

All 12th Graders Need Meningococcal Vaccine

By Trina Falk, Nurse

The Iowa Department of Public Health has made changes to the Iowa immunization law for the start of the 2017-18 school year. This change requires that all students entering 12th grade have the Meningococcal vaccine before school starts this fall. All students entering 12th grade must have proof of having the Meningococcal vaccine **before school starts in August**, unless the student has a Certificate of Immunization Exemption.

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 and typically affects older teens and young adults.

There will be **no** grace/extension period for the implementation of this requirement. 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 12th grader.

If you have questions, please contact me at 515-262-9325, extension 1104. Thank you for your time and attention to this requirement.

Mock Trial: The Legal Eagles To Compete March 1

By Cheryl Smith, Mock Trial Advisor

For the past two months, nine high school students have been diligently preparing for Mock Trial. On March 1, Saydel High School's Mock Trial team, The Legal Eagles, will compete at the Community Choice Credit Union Events Center.

What is Mock Trial? Mock Trial is a courtroom simulation competition that combines the 4 C's of education: critical thinking, communication, collaboration, and creativity through a hands-on opportunity to examine legal processes and current legal issues.

Students are responsible for preparing a case with three witnesses for both the plaintiff and defense. Students must learn both sides of the case and have to represent each side on competition day. Students are assigned parts; each student has witness roles, lawyer roles, or a combination of both. Students with witness roles must learn their character and know it like the back of their hand. Lawyers have multiple possible roles, including cross-examinations, direct examinations, opening statements, and closing statements. In the end, it all comes together for a realistic court representation for the audience and a challenging and fun competition for the students involved. This year's team consists of Reilly Aageson, Melissa Carrillo, Megan Ford, Claire Kayser, Ron Kouski, Manny Mazariegos, Gabby Neddermeyer, Seth Plascencia, and Katherine Tylavsky.

The Promise of Iowa Campaign

Each year as the legislature comes into session and the topic of education funding arises, the media is flooded with information about our Iowa Public Schools. Iowa Schools serve over 480,000 young people in 333 school districts. The Iowa Association of School Boards launched The Promise of Iowa campaign to tell the story of Iowa's public education system.

In Saydel and across the state our students achieve at high levels under the supervision of caring staff. The Saydel School Board has signed on to support this effort to tell the true story of our schools and our children. You are encouraged to get involved by finding out more information at www.promiseofiowa.org.



Saydel High School Prepares Students for Post Secondary Careers

By David Schubert, Industrial Technology Teacher



This year has been a big year for Saydel High School as we have revamped the industrial technology classes in the Career and Technical Education (CTE) department.

The school met with local business and industry professionals to determine the best direction for the program. With the large demand for workers in

the skilled trades, the district moved to implement a program of study to help students follow that career path.

A goal of the program is to introduce students to a variety of occupations in the skilled trades and prepare them for a job or further education in an apprenticeship program or post-secondary institution. The new program follows a standard national construction curriculum developed by the National Center for Construction Education and Research (NCCER).

The first class in the program is Skilled Trades 1. Skilled Trades 1 is an introduction to the skilled trades and has units of study that include construction materials, hand and power tools, carpentry, basic electricity, and plumbing. Students learn about several skilled trades and the career opportunities within them.

The next class is Skilled Trades 2. This class focuses more on developing carpentry skills and everything involved in building a house. The students learn about site layout, foundations, floor, wall, and roof framing, and building finishing.

“Thanks to donations from Tesdell Electric, students get to work on a full-size model house with standard residential electrical components.”



Electricity is all about residential wiring. The students learn about electrical theory and how to apply it in a house. Thanks to donations from Tesdell Electric, students get to work on a full-size model house with standard residential electrical components. Students learn to wire complete rooms, including multiple fixtures and switches, ground-fault interrupters, arc-fault interrupters, range outlets, dryer outlets, and AC disconnects.

The Power Technology class learns about simple machines, small engines, and hydraulic power. A donation from Kohler provided the class with all new engines. Students will study the engines, and in the process, completely disassemble and reassemble them. The test will be when they try to run their engines.

Another new class this year is Metals and Welding. Students learn about metal and how it is used in the sheet metal and welding trades. Students will create a variety of patterns and form sheet metal into parts. They will also use welding and cutting processes like Gas Metal Arc Welding (MIG) and plasma cutting. The school purchased new welding machines, and a variety of cutting and forming tools for sheet and stock metal.

With all of the new curriculum, class arrangement, equipment, and industry guidance, students should be ready to explore and enter a number of careers in the skilled trades.

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

Festival of Music Review

By Eric Layden, Band Teacher

On February 21, the choirs and bands of Woodside and Saydel High School combined forces for a fantastic night of music!

The choirs started the night off at 6 PM in the High School auditorium. The brand new 5th grade choir began the concert and set the tone for the night. Excellent performances from the 6th grade choir, the 7/8th grade choir, and the High School choir followed. To top it off, all the students combined for the final number, creating a wall of sound that filled the auditorium! While the 5-8th grade choirs were directed by Colleen Babcock, the other three music teachers at Woodside and the High School all took turns on the piano accompanying the different choirs. It was truly a show of the combined talent of the students and the teachers!

After a short break where the Saydel Music Boosters provided cookies, lemonade, and fruit punch to the



families who were attending, The crowds moved into the gymnasium for the bands. Once again, the 5th grade students started off the concert, and the bands continued to entertain the packed gymnasium. The highlight of the band concert was undoubtedly an arrangement of the famous "1812 Overture," played by all 178 band students. The gym's rafters were definitely shaking after that one!

After the concert, an impressed audience member was overheard remarking how much they enjoyed seeing the musical progression the students made from 5th grade to the High School. Another one complimented Woodside and the High School for working together so closely to pull off such a logistically complicated night.

The choirs were directed by Colleen Babcock (Woodside) and Michael Puffett (High School). The bands were directed by Jerry Young (Woodside) and Eric Layden (High School).



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STAFF HIGHLIGHT: LORA MURRAY

Q: Describe your career and educational background.

A: "I started my college career at DMACC, where I completed my Associate of the Arts degree. Transferred to Grand View College where I majored in Art Education, Graphic Design, and Visual Arts. I began substitute teaching at Saydel in 2005, where I found myself in a special education setting. After feeling like I truly found where I belonged, I decided to go back to school for my Masters in Education at Graceland University. I've been in special education ever since, helping those who thought they were lost, find their way."

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

A: "Education is a funny profession. It is the foundation of our society, yet more often than not, finds itself on the back burner. I want to be a part of shaping the future beyond the textbooks, nationwide testing, and data driven decision-making. Guiding individuals to make the most of what they have, and not be afraid to pursue what they don't is my passion."

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

A: "The students at Saydel are an amazing group of people. I love coming to work everyday. The stories they can't wait to tell me, the dreams they want to share...Saydel is so much more than a place to learn; it is a place to live."

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

A: "When I am not at school I am with my family. I love camping, gardening, and reading in my free time. My three boys keep me on my toes!"



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

Negative Balances Reminder:

Reduced or paid students will receive phone calls if an account balance is below \$3.00. Negative balance phone calls go out to all students: Free, Reduced and Paid. Please use these as a friendly reminder as we work hard to keep all accounts current. If you have any questions or would like a F/R application, contact Jessy Sadler, Food and Nutrition Services Director at 515-264-0866.



New this semester is the "Flavor Station". This will consist of offering a variety of different flavors & seasonings on the cafeteria line which complement the menu items offered. Herbs, spices and seasonings add a healthful flair and pack a powerful flavor punch! Our school meal program must meet though federal nutrition standards. These standards ensure that meals are healthy and well-balanced and provide students all the nutrition they need to succeed at school. Nutrient standards for calories, fat, sodium, and sugar are indicated for all foods sold in school during the school day. Specific age level standards for beverages need to be followed for elementary, middle and high school.

This new flavor station is located on the Gold Line. Flavors include: Lemon pepper, all-purpose Mrs. Dash smokey chipotle, and more. Students are encouraged to sprinkle garlic & herb on their vegetables. You be the flavor artist!



National School Breakfast Week March 6-10, 2017

Mark your calendars and make sure to check out all the new breakfast items we will be featuring in March!



Foodservice Office:

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

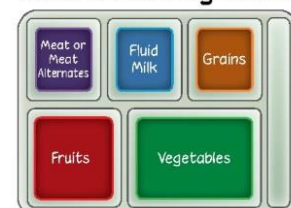
Email: sadlerjessy@saydel.net

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: @saydeldining

Build a Healthy Lunch



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Saydel Students Participate in Wartburg College Meistersinger Honor Choir Festival

Six Saydel singers participated in the Wartburg College Meistersinger Honor Choir Festival on January 22 & 23. Over 700 students auditioned for the honor choir, and Saydel had six selected to be part of the 400 voice festival choir. Seniors Sean Miller, Joe Peer, Alitzel Rodriguez, Megan Schmidt, and Keely Woods, and junior Trent Guy were those selected singers from the recommendations made by their director, Michael Puffett. The festival featured the music of composer, Jake Runestad.

Jake Runestad is one of the most frequently performed and commissioned composers of choral music in the world. His works have been featured at national and regional conferences of the American Choral Directors Association. Runestad was in residence for the entire festival and spent a great deal of time rehearsing the students and helping them see the many facets of the compositions. This makes for a more enriching experience for the singers.

Megan Schmidt commented that it was “a fantastic festival experience. We had a guest composer, Jake Runestad who was wonderful to work with and see how he wanted his music to sound. I learned a lot about how you can interpret music differently.” One of the festival pieces performed was “Nyon, Nyon.” It was written when Runestad was in college and experimenting with the many sounds the voice can make. Trent Guy remembered Runestad mentioning in rehearsal “Make the Nyon Nyons sound like angry cat noises.” Keely Woods recalls Runestad’s words as he addressed the audience during the Festival Concert. He said, “It’s not every day a group of strangers gets to make art and make the world a beautiful place.”

Throughout the festival, the Saydel students heard the various Wartburg Choirs. There were four Saydel alumni performing in three of the choirs. They were Lexi Kuehl ('15) in the St. Elizabeth Chorale, Jack Aagesen ('16) and Brett Guy ('16) in Ritterchor, and Angela Pitt ('16) in the Wartburg Choir. It was a celebrated time to hear those alumni continue with singing in a choir beyond high school.

The festival concert also featured Joe Peer as one of the soloists in concert. Congratulations to all of the singers who were part of the festival.



Meistersinger Honor Choir members with Festival Director Dr. Lee Nelson.



Meistersinger Honor Choir members with composer, Jake Runestad.

CONNECTING WITH THE SAYDEL COMMUNITY

Each teacher has committed to connecting their classroom in some way beyond the high school building. Thus, we are looking for businesses and individuals to connect to our classrooms. Please contact Kevin Schulte (schultekevin@saydel.net), high school principal, if you are interested in connecting with our students and classrooms.

Joe Peer Dazzles Hundreds

Saydel senior, Joe Peer recently received a very distinguished honor. He was selected to be one of only three high school students to perform their choice of solo literature at the Wartburg College Meistersinger Choir Festival in January. Joe's director, Michael Puffett stated, "This truly is a huge honor for Joe." Joe sang Widmung by Robert Schumann and delighted the ears of more than 1,200 audience members. Students were required to submit an audition video a few weeks prior to the festival to be considered for a concert solo. The voice staff at Wartburg reviewed the submissions, and Joe rose as one of those selected. His hours of hard work and extra voice lessons paid off in a big way.

Joe reflected on the experience by saying, "I was chosen as a concert soloist, which means I sang a whole song in front of an audience of several hundred people. This was the first big solo I have ever had, but it was such a thrilling and exciting experience to get up and perform."

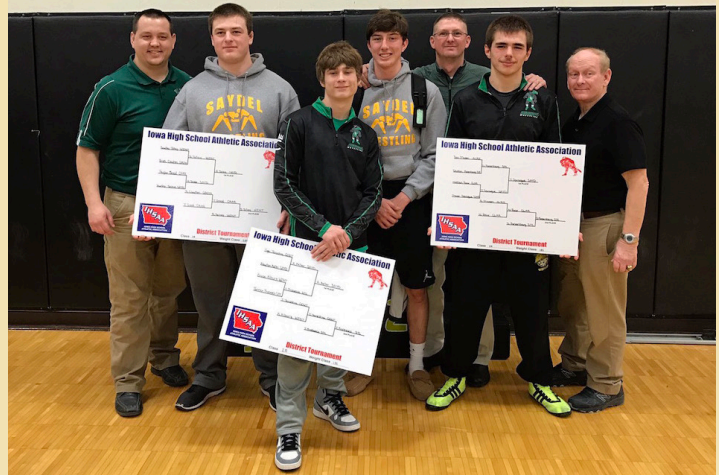


Joe Peer

BARITONE, SAYDEL HIGH SCHOOL

Saydel Wrestlers Qualified For State

Four Saydel High School wrestlers qualified for the state meet this year. Pictured from left are: Coach Tyler Wilson, Hunter Jesse, Klayton Keller, Devon Van Houten, Coach Brian Van Houten, Trevor Sprague and Coach Bill Taylor. Congratulations to these wrestlers!



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.