

# Woodside Middle School 

## Upcoming Events

## Woodside Middle School

## DECEMBER 8, 2017

$7^{\text {TH }} \& 8^{\text {TH }}$ Grade Dance at Woodside Cafeteria, 7:30-9:30 PM

DECEMBER 11, 2017
Regular School Board Meeting at Saydel District Office, 6 PM

DECEMBER 13, 2017
Jazz Band Performing at Capitol Square
DECEMBER 23, 2017 -
JANUARY 2, 2018
Winter Break; NO SCHOOL
JANUARY 3, 2018
School Resumes
JANUARY 4, 2018
$5^{\text {TH }}$ Grade Culture Day at Woodside Library

JANUARY 10, 2018
Last Day of First Semester
JANUARY 11, 2018
Second Semester Begins
JANUARY 15-19, 2018
Winter MAP Testing
JANUARY 25, 2018
PTO Meeting at Woodside Library, 6:30 PM

## 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

Three years ago the Saydel School Board supported the addition of Chromebooks for all grades at Woodside Middle School. At the beginning of the 2015-16 school year, Chromebooks were given to each student with the expectation for students to utilize the computer as a tool to enhance the learning experience. Since the adoption of the computers, teachers have used professional development to learn how to incorporate the Chromebook in their instruction.

Today, great resources such as Schoology, Google applications, Khan Academy, Newsela, Pear Deck, and many more are being used on


Principal Joshua Heyer a daily basis by our students and teachers. A result of increased usage of Chromebooks on a daily basis requires the students to be accountable for their Chromebooks so learning is not prohibited. Below is a list of ways students and parents can continue to support the school's effort to enhance the learning experience through the inclusion of technology.

- Charge the Chromebook each night. A fully charged battery is needed for success at school. Remind your child before they go to bed each night to plug the computer in. A large number of students are bringing uncharged computers to school and hoping they can charge the device first hour.
- Bring the Chromebook to school. In the morning rush, students are forgetting their computers at home. Remind your child to grab their Chromebook on the way out the door each morning. We have a limited number of loaner computers in the library each day.
- Keep it in your sight. We have several computers turned in to the front office on a daily basis. Students need to be accountable for the device the school is loaning to them.
- Fragile! It is a computer. Even though we have robust cases on the computers to prevent accidental drops, the computers are fragile and will break. Replacement parts can cost $\$ 20$ to $\$ 50$, so taking care of the computer as if it was your cellphone, Xbox, or family television is requested.

Thank you for allowing the Woodside staff to work with your child each day and trusting us to help instill accountability during the teenage years. As we enter the Winter Break, the Woodside staff wishes you a safe and restful holiday season. Thank you in advance for your support of our continual effort to enhance the learning experience at Woodside through the inclusion of the Chromebook. Your efforts at home to address the bullet points above is appreciated.

## SAYDEL BOOSTER MEMBERSHIPS

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

## BUSINESS PLATINUM EAGLE

Rising Star/All lowa Stone \& Gutter
The Results Group, L.L.C.
R Rogers Septic LLC
Jason's Lawn \& Tree Care
Goode Greenhouses
Tesdell Electric
Wee's Tees
Power Systems
The Rasmussen Group, Inc.
Complete Plumbing Services
Stone \& Gutter

## BUSINESS GOLD EAGLE

Heartland Chiropractic \& Wellness Ctr. Capital City Equipment Co.
Iowa State Bank
Wicks Homes LLC
Sassman Glass \& Mirror
Walker Construction \& Painting

## BUSINESS GREEN EAGLE

North Ankeny HyVee

## BUSINESS SILVER EAGLE

Schneider Graphics
Struther Brothers Kawasaki-Suzuki American Rolloffs Inc.
Pearson Dirtwork \& Trucking Inc.
Pizza Ranch (Ankeny) Ferrellgas

## INDIVIDUAL GOLD EAGLE

Doug \& Sue Cline Kelly \& Mary Scott Kevin \& Kelly Schulte Rollie C. Madison Brian \& Lori Bowman
Doug \& Lisa Wheeler
INDIVIDUAL SILVER EAGLE
Missy Burr
Joshua \& Denna Heyer
Ruth Kouski
INDIVIDUAL PLATINUM EAGLE
Corey Myers
Scott Myers

## Thare $y_{\text {ou }}$



Seventh graders Jason Contreras and Alyssa Neddermeyer and eighth grader Rachel Barton were selected to perform at the SCIBA District Honor Band Festival in November. Congratulations to these talented students.

## Woodside Band News

The Woodside band has had a great start to the year. There are nearly 150 students working hard every week to develop their talents. The seventh and eighth grade bands have already had a strong performance. They combined their efforts with the high school band to play for the pregame ceremonies at Senior Night in October. It was a thrill to hear the power of so many students playing together.

Ten eighth graders spent the first two months of the year (and half of their summer) marching and performing with the high school band. These students represented Woodside well in their actions and their efforts. Their dedication is a great example to us all. Thank you to Astrid Abbas, Peyton Ballard, Rachel Barton, Gavin Godwin, Jake Jennings, Taylor Kouski, Rachel Lile, Ziggy Olopwi, Gabe Smith, and Samantha Way. You sacrificed a lot of sleep, but your achievements made us all proud to be Eagles!

## WOODSIDE PTO BOX TOPS FOR EDUCATION

Woodside PTO is collecting Box Tops for Education. 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!

For every 25 Box Tops a student brings in, he/she will receive a coupon for 50 cents to use toward an a la carte item at lunch. Thank you for your support!


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

# Woodside Staff Focus 

Highlighting staff members new to Woodside Middle School


## Name: Kelly Scott

Position at Woodside: Special Education Teacher \& 7th Grade Volleyball Coach
Family: "I have an amazing wife, Mary, and four wonderful daughters who all still live in the area, so I am spoiled. Jessie is 26 years old, Lauren and Rachel are both 24 years old, and Elle is 22 years old."

Previous work/College Experience: "I graduated from the University of Iowa. Go Hawks! I taught elementary PE in Las Vegas, NV, for three years and then in Iowa City, IA, for nine years. I've coached track and volleyball for 20+ years, and I recently retired from full-time service in the Iowa Army National Guard."

One thing you have enjoyed about working at Woodside: "I enjoy working with the very friendly and supportive staff and faculty! These are a great bunch of folks!"
One thing you did not realize about Saydel before starting this position: "I did not realize what the 'del' stood for in Saydel. It's Saylorville and Delaware Township."

One thing you want others in the community to know about Woodside: "This is a school that genuinely cares for and works tirelessly to support each student."

## Did You Know?

PowerSchool and Schoology have parent portals so you can monitor your child's academic progress. If you are interested in observing graded assignments, PowerSchool will allow you the ability to monitor your child's grades. If you want to observe classroom resources such as some PowerPoints, worksheets, notes, or class discussion questions, Schoology is a good resource as it is the district's learning management system. If you need assistance logging in to either one of these parent portals, please contact Joshua Heyer or Chris Stammerman at 515-265-3451.

## 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 EMIPLOYEE E 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 Scholastic Book Fair

Students at Saydel enjoyed shopping at the Scholastic Book Fair recently. The fair was a celebration of reading and offered a selection of affordable books, including the newest titles for every reading level.

# Design Your Dream House 

## Seventh Grade Math News

By Madeline Flesner, Math Instructor

Students in seventh grade math just completed a project in which they designed their dream home. Students applied their knowledge of proportions, scale drawings, area, unit rate, and research skills while completing this project. The task was broken down into three phases. Phase one consisted of students brainstorming possible floor plans and then deciding the dimensions of the actual rooms and the scale drawing dimensions of their rooms. The second phase required students to create a scale drawing, or blueprint, of their dream home. During the final phase, students researched flooring options and calculated the cost of putting different types of flooring in the rooms of their house.

Students also researched houses with similar numbers of bedrooms, bathrooms, and square footage as their dream home to get an estimate of the cost. They were shocked at how expensive homes can be!

This project was a great way for me to assess students' learning while also allowing students to show me their creative sides; something I don't always get to see in the math classroom. I had a wide variety of dream homes created including; tiny homes, mansions, tree houses, RVs, and houses containing arcades, shark tanks, petting zoos, and pools. The students enjoyed the freedom and real world application of this project, answering the "when will I ever use this?!" question they love so much! I hope to incorporate more projects like this throughout the school year.


# ETS Students Enjoy Tour of Ellsworth Community College 

Eighth grade ETS students visited Ellsworth Community College recently. The students learned about nursing, education, criminal justice and agriculture programs.

## Woodside Students Learn About Raspberry Pi

Kyle Robberts visited the FLEX classes at Woodside Middle School on December 1 and introduced Woodside ELP/Enrichment students to Raspberry Pi's. A Raspberry Pi is a small single board computer that can be used to learn programming, and is not edible! He started out by asking the students about their technology knowledge and skills.

With his guidance and their general curiosity, they began practicing to show deeper knowledge and competence with coding and demonstrating new skills on old Nintendo Gaming System. The Raspberry Pi's were used to enhance students computational thinking and the students increased their learning by doing. Students pictured are Gavin Godwin, Alyssa Treadway, Samantha Way, Jake Jennings, and Gumer Carrillo.


## Fifth Grade Students Create Native American Dwellings



The fifth grade students at Woodside Middle School have been studying Native Americans of North America. They have learned many things about what life was like living in the four regions of North America. Their final project included making a model of a dwelling and showing what a village looked like. Students pictured with their projects, from left, are Alex Ramirez, Ryan Van Houten, and Jomar Leon.


## Sixth Grade News

The sixth grade students are starting their second novel of the school year, Inside Out and Back Again by Thanhha Lai. To gain background knowledge for this book, the students are learning about the Vietnam War. They are reading a brief overview about the Vietnam War and finding the main idea of the sections by identifying the who, what, where, when, and why.

## Be a superhero and fuel your body right

Winter can be cold! A great way to stay warm is to eat foods that warm your body. Root vegetables such as carrots, potatoes, sweet potatoes, and hearty winter greens like kale and cabbage tend to keep you warm in winter. Vegetables cooked with whole grains keep you warm in winter as they are easily digested. Apart from vegetables, there are certain spices that also help to keep your body warm. Examples are ginger, garlic, coriander, cinnamon, turmeric, cloves, cumin, fennel, mustard seeds, and peppercorn. Try adding these foods to your daily diet and you'll be able to enjoy your winter to the fullest.
Avoid white-bread sandwiches, processed chips, cucumbers, and cold water after meals. Why? Processed and cold foods are burned as energy quickly, leaving you colder in the long run.

Q: My child does not like milk. How can I make sure he/she is meeting his calcium and vitamin D needs?
A: Because your child does not need to take a milk at lunch, there are many different options to try and meet calcium needs. Six ounces of yogurt and 1-1/2 ounces of cheese per day are great sources of calcium and your child will still meet the daily dairy group needs. Other great sources of calcium are broccoli and fortified orange juice. There are many main dishes you can add milk or cheese to such as macaroni and cheese, grilled cheese sandwich, pizza, a salad with 2 ounces of almonds or an oriental dish with tofu. Homemade waffles, pancakes, or French toast are all great ways to add more milk into a diet. Cold cereals and variety of bread are fortified with calcium as well. A variety of foods from all food groups will help to meet your child's calcium and vitamin D needs!

## A little Christmas Humor

Who gives puppies Christmas presents?
Santa Paws
What do snowmen eat for breakfast?
Snowflakes
What did the gingerbread man put on his bed?
A Cookie Sheet
What do elves learn at school?
The Elf-abet


Did you know that we offer variety of cold and hot breakfast items each morning for only $\$ 1.70$ ? Each breakfast consists of a main item, a whole grain, a cup of fruit or vegetables and a low-fat or fat-free milk. Visit www.saydel.k12.ia.us to check out our new winter breakfast items.

## 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


## Saydel Community School District

Families can order a fun and healthy treat for their child's classroom conveniently from the Saydel Community School District Program. Classroom treats offered are healthy snacks prepared at your child's school and delivered to their room.


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 31 Give your favorite activity this month another try and write down 2-3 physical activity goals you would like to accomplish in 2018. | 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! |  | NATIONAL HEALTH OBSERVANCE <br> Safe Toys and Gifts Month (preventing blindness) |  | 1 <br> Keep a food journal of everything you eat this month. <br> Eat sweets in moderation! | 2 <br> It's holiday season! <br> Help hang up lights and decorations both indoors and outdoors. |
| 3 Exercise Circle Have every member of the family come up with two exercises for everyone to do. Do 20 reps of each exercise. Vary the muscle groups. | 4 <br> Play a game of football, basketball, table tennis, racquetball, or volleyball with some friends! | 5 Over-And-Under Pass the medicine ball (or ball of similar weight) with a partner through the legs and then overhead. Do 15 reps and switch positions. | 6 <br> Hold your arms out in front of you for a minute, out to the side for a minute, and up by your ears for a minute all without taking a break. <br> Sound easy? Find out for yourself! | 7 Agility Ladder Drills Make a ladder on the ground with tape or chalk. <br> - High knees (1 foot per square from front of ladder) <br> - In-In-Out-Out (from front and side of ladder) - 2 In-2 Over-2 Out (from front and side of ladder) Repeat all 5 exercises 5x | 8 Hold Boat Pose three times for 15 seconds. Practice a pose from last month, too! | 9 <br> Interval Training <br> Jog for 2 minutes <br> Walk for 1 minute <br> Run for 1 minute <br> Walk for 1 minute <br> Repeat 5 times. Be sure to cool down and stretch! |
| 10 Community Service! Go buy a safe toy(s) (particularly one that promotes fitness like a soccer ball or hula hoop) with your family. Deliver it to a needy family or giving tree! | 11 Stadiums! <br> Go to your local high school bleachers and jog up and down them. How many times can you go without stopping? <br> No bleachers? Use stairs! | 12 <br> Arms Day <br> 20 triceps dips 15 push-ups <br> 10 wide-arm push-ups 5 diamond push-ups | 13 <br> Blare some music and dance around the house or play an interactive game like Just Dance or Wii Sports! | $14$ <br> Jump rope as fast as you can for 1 minute, then rest for 1 minute. <br> Repeat 5 times. | 15 <br> Find a healthy holiday dessert recipe and make it for your family or friends! | 16 <br> Bundle up <br> Take a night-time stroll with the family and look at all the amazing holiday lights and decorations! |
| 17 Take a group fitness class or do a workout video of your choice! <br> Another option is to do step-ups to music for 10 minutes! Get the whole family involved! | 18 <br> Side Plank Competition! <br> See which family member can hold a side plank the longest. <br> Do both sides. | 19 Jumping Lunges! <br> Really lift those arms and explode off the ground! <br> Repeat three times for 30 seconds. Try and beat your best score! | 20 Practice all the jump rope moves we've learned so far: backwards jump, single leg jump, scissor, heel-to-heel, and toe-to-toe. <br> Can you connect them all? | 21 Watch a holiday movie with the family! <br> Do conditioning exercises during the commercials (squats, crunches, jumping jacks, push-ups, etc.) | $22$ <br> Enjoy a day sledding or having a snowball fight. No snow? Be creative and make up a game with your family! | 23 <br> Any time you ride in a car today, park as far away as possible from your destination. Get some extra walking steps in! |
| 24 Box Drills! <br> Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards. <br> Go as fast as you can for 1 minute. Repeat 5 times. | 25 Dolphin Pose Like downward dog, but on your forearms. Hold Dolphin Pose three times for 15 <br> seconds. | 26 Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat. <br> Do 3 sets of 10 reps. Stay low on the shuffles and keep your feet apart when squatting. | 27 Hundred Hold! <br> Lay on your back and slightly lift your back/shoulders and legs off the ground. Pump your arms vigorously within a 6 inch range. Complete 100 reps twice. | 28 <br> Gather up some friends or family members and have sprint races on the high school track. Who can go the fastest? Be sure to cool down and stretch afterwards! | 29 Compression Ball Push-ups! <br> Do 10 push-ups with a squishy ball under one hand. <br> Switch hands and repeat. | 30 Dribble a basketball 200 times with your right hand, then 200 times with your left hand. Make it a competition with your friends! |

## Turkey Station Time Returns at Woodside!



## Woodside Students Experience JA BizTown



Fifth grade students from Woodside Middle School enjoyed participating in JA BizTown recently. The program combines in-class learning with a daylong visit to this fully-interactive simulated town facility. The program helps students connect the dots between what they learn in school and the real world.


Fifth Grade Teachers from left Katie Mary, Jaime Griffin, Mallory Stubbers and Marsha George are pictured here wearing their Turkey Station $t$-shirts.

## Walk Safe This Winter



As the weather starts to change and the cool air moves in, winter is right around the corner. I would like to give a quick reminder about some safe winter walking tips.

Be careful on snow and ice, Follow these 5 golden rules.:

1. Always wear proper footware.
2. Don't jump or slide.
3. Stop and watch for hazards.
4. Give yourself plenty of time to get where you need to go.
5. Take short steps or shuffle for stability.

## SAYDEL COMMUNITY SCHOOL DISTRICT

## School Emergency Closing Information 2017-18 School Year

Emergency closing information will be communicated through the following:

1. School Messenger (voice \& email) by 6:00 AM 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.

## Emergency Closing Notes

$\checkmark$ For AM delays, Eagle's Nest delays from its original start time.
$\checkmark$ For PM early release, Eagle's Nest will be open one hour after school dismisses.
$\checkmark$ If there is a delay, AM preschool will be cancelled.
$\checkmark$ Check the school website for information about practices and events for your child.
$\checkmark$ Automatic e-mail \& text alerts available from:
www.kcci.com, www.whotv.com, www.woi-tv.com

1-Hour Delay Start Times
$\rightarrow$ Cornell - 9:35 AM
$\rightarrow$ Woodside - 8:45 AM
$\rightarrow$ High School- 8:45 AM
$\rightarrow$ Eagle's Nest 7:00 AM

2-Hour Delay Start Times
$\rightarrow$ Cornell - 10:35 AM
$\rightarrow$ Woodside - 9:45 AM
$\rightarrow$ High School- 9:45 AM
$\rightarrow$ Eagle's Nest 8:00 AM


## Woodside Mock Trial Teams Compete

On November 10, there were 18 students that competed at the regional Mock Trial Contest. The Green Team consisted of Liberty Chally, Jason Contreras, Noah Ford, Gaven Gregor, Max Jones, Oliver Mazariegos, Grace Peck, Ella Rivas, and Cara Vitiritto. Several students received Outstanding Attorney awards for their performances: Liberty Chally, and Grace Peck. Outstanding Witness awards were given to Kyrah Strickler and Gavin Godwin. Ziggy Olopwi was named as Outstanding Attorney and Outstanding Witness. The attorney coach was Laura Wasson. The Gold Team advanced to the playoff round of competition on November 13. The Gold Team (pictured here) consisted of (from left) Kyrah Strickler, Gavin Godwin, Jake Jennings, Jaden Tennant, Alyssa Neddermeyer, Emma Van Zandt, Jada Gruhn, Gumer Carrillo, Ziggy Olopwi, and Coach Carolyn McCauley.

## SAYDEL BOARD OF EDUCATION

Brian Bowman, Board President Jennifer Van Houten, Vice-President Julie Jennings, Board of Director Rob Strickler, 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; 515-264-0866.

