



Saydel High School

Big City Opportunities, Small Town Commitment for Students

January 2017 Newsletter

Upcoming Events

Saydel High School

FEBRUARY 1, 2017

Music Boosters Meeting in Music Room, 6:30 PM

FEBRUARY 3, 2017

Basketball Senior Night in South Gym, 6 PM

FEBRUARY 9, 2017

Parent Advisory Meeting, 6 PM

FEBRUARY 11, 2017

ACT Testing

FEBRUARY 13, 2017

- No School, Professional Development Day
- School Board Meeting, 6 PM

FEBRUARY 20, 2017

8th Grade Parent Meeting in Auditorium, 7 PM

FEBRUARY 21, 2017

HS Festival of Music Concert in South Gym, 6:30 PM

MARCH 1, 2017

Music Boosters Meeting in Music Room, 6:30 PM

MARCH 2 & 7, 2017

Parent Teacher Conferences, 4-8 PM

MARCH 10-17, 2017

Spring Break

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

I often times have conversations with my dad and brothers about what makes those around us successful in our professions (heating and cooling, education, health care and graphic design). We always come back to a central theme. Those that are most successful in all our professions are those that can think and problem solve. While the subjective observations have merit, our work at Saydel is primarily driven by research-supported strategies.

The National Postsecondary Education Cooperative states that thinking and problem solving in high school prepares students to deal with messy, unscripted situations that occur in life beyond school. Thinking and problem solving not only lead to career success, but they also lead to college success. A 2009 study by Nagoka, Roderick and Coca of students' college pursuits, identifies problem-solving skills as being more important than academic skills. These thinking and problem solving skills not only lead to academic success, but behavioral problem solving also allows students to manage new environments and social demands. At Saydel High School, we are working to utilize our content to push student thinking by exposing them to unpredictable situations or making connections to their experiences and previous learning.

As you progress through this newsletter, you will read how we are working to push student thinking toward problem solving. We are promoting this through our teacher professional learning. You will also see information about our 2017-2018 course registration, which we are striving to get more parent input on the classes students choose to develop their problem solving skills.



Principal Kevin Schulte

Seeking Parent Feedback

On Thursday, February 9 at 6 PM, in the high school library, I will be hosting a parent advisory meeting to get feedback on how parents would want to be involved with course registration. I will bring a series of questions and talking points to the table to help guide the development of our parent involvement in this important process for students. All are welcome.

Our Mission:

Everyone's best effort for everyone's best life.

Guidance Events & News

2017-2018 Course Registration

By Shannon Larson, Guidance Counselor



During the months of February and March, Saydel High School students and 8th graders will be registering for courses for the 2017-2018 school year. On Friday, February 17, Mr. Stubbers and I will travel to Woodside to speak with the 8th graders about the many opportunities students will have when entering the high school next year. Eighth grade parents will have the opportunity to attend a high school course registration informational meeting on Monday, February 20 at 7 PM in the high school auditorium. At this time, parents will be able to ask questions regarding the registration process, post-secondary opportunities, and planning for the future.

On Thursday, February 23, Mr. Schulte, Mr. Hales, Mr. Stubbers and I will meet with each grade level in small group settings to discuss the registration process, new courses offered next fall and to discuss the importance of planning for the future. We encourage parents to have conversations with students about taking classes that not only will prepare them for post-secondary endeavors but a wide variety of classes to explore their

different interests. The high school students will be working with their advisory teacher during the registration process. Students will first fill out their selections on paper, then during parent teacher conferences parents will need to meet with their student's advisory teacher to discuss and approve students' course selections.

Once parents have signed the registration sheet, the students will be able to register for their classes electronically. Parent/teacher conferences will be held Thursday, March 2 and Tuesday, March 7 from 4 PM to 8 PM. If you have any questions, please contact me at 515-262-9325, extension 1222.

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.

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. Some examples that are already in the works:

- Area electricians collaborating with our industrial technology teacher to drive student learning experiences.
- Guest conductors for our music courses.
- Mercy College collaboration with our iJAG program to develop a health fair.

Teacher Learning Leading to Student Thinking



By Kyle Luttenegger, Master Teacher

The 2nd cluster cycle of the 2016-2017 school year centers on student thinking. More specifically, it centers on making student thinking more visible. This will be done through the use of thinking strategies that require students to externalize their thought processes and be more metacognitive. Staff members are utilizing strategies from the work of Ron Ritchhart, Mark Church and Karin Morrison and their book, *Making Thinking Visible*.

In cluster, teachers were presented with a variety of strategies to choose from, all of which work to make student thinking more visible. Teachers chose strategies that would best fit in their content area and that would have the greatest impact on students. Connecting new learning to prior learning and providing support when making claims are two of the skills the strategies aim to strengthen. Students are provided a model and examples from the teacher, and then respond in writing and/or discussion.

During their weekly cluster meetings teachers bring student work collected during the week. Student progress is recorded, teachers analyze the work, and adjustments are made in an effort to make the next use of the strategy as efficient and effective as possible. The long-term goal of cycle two is that teachers gain a strategy for their toolkit and that a focus on thinking becomes continual practice.

Saydel iJAG Students Serve at Connection Cafe



Saydel High School's iJAG students participated in a volunteer project recently. They served meals for the homeless at the Connection Cafe. iJAG is a comprehensive school-to-career program. Pictured from left are Hailey Walker, Jacob Hastie, November Fetters, Tessa Brady, Makayla Hill and AJ Carrington.

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

Saydel Vocal Fusion Musical Experience

By Michael Puffett, Vocal Music Teacher



Saydel Vocal Fusion members had an amazing vocal jazz experience on November 5, 2016. They attended the Manhattan Transfer/Take 6 concert at Hoyt Sherman Place. Both groups are well known in the vocal jazz world, and the opportunity to see them at the same time was a rare event. The students marveled at the intonation, balance and programming of the groups. Each group sang some songs they had made famous individually, and some where they combined forces for mind-blowing ten-part harmonies. There was even a section where the groups did covers of the other group's hits. One of the very favorite moments was when Manhattan Transfer sang "Trickle, Trickle." This is a song that Vocal Fusion had performed at the fall concert just two weeks prior. As if the concert were not awesome enough, there was an opportunity afterward to meet the performers. The Saydel students in attendance were Reilly Aagesen, Anneliese Barton, Taylor Conley, Trent Guy, Trent Herrera, Karlee Nelson, Joe Peer, Katie Plascencia, Alitzel Rodriguez, Katie Schmidt, Megan Schmidt, and Keely Woods.

Young Men in Harmony at Saydel High

By Michael Puffett, Vocal Music Teacher

Men from the Saydel HS Choir attended Young Men in Harmony in November. The event was hosted by Des Moines' Pride of Iowa Barbershop Chorus and held at Grand View University.

The day was spent singing barbershop harmonizations of "Hallelujah" and "Coney Island Baby." The guys had the chance to rehearse and perform with other young men from the metro area, as well as members of the Pride of Iowa Chorus. One of the highlights of the day, was listening to the guest quartet, The Guyer Boys, perform. The quartet consisted of a father and his three, 12-year-old, triplet sons.

Everyone was astonished at the level of accomplishment of the guys in the quartet. It was as if listening to a well-polished adult ensemble. It definitely inspired all of the participants to consider what can be achieved by young singers.



Those who attended were Max Druhl, Trent Guy, Trent Herrera, Chris Lile, Joe Peer, Noah Smith, and Nick Sult.



SAYDEL HIGH SCHOOL

STAFF HIGHLIGHT Q&A WITH MICHAEL PUFFETT

Q: Describe your career and educational background.

A: "I attended Wartburg College where I participated in choir, jazz band, and band. Some people don't know this, but I actually started as an instrumental music major. However, after hearing the expressiveness of the Wartburg Choir, I knew that I needed to be involved in choral music. My first teaching jobs were near Waterloo at Union High School and Aplington-Parkersburg High School. After several years, I wasn't sure if I wanted to continue in education, so I got out of teaching. I moved to Iowa City and worked at the University of Iowa Hospital doing computer programming and writing online reports for the hospital department heads and central administration. While doing this, I still kept teaching music, but this time it was to adults in a church choir. It met my needs as a music teacher, but I knew in my heart that I needed to be back in the public schools. After seven years of the computer and church choir gigs, I returned to public education when I was hired at Saydel. This is currently my 12th year here."



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

A: "Did I choose this profession, or did it choose me? I remember from as early as first grade that I was helping other students in my classes who were struggling, or challenging others to get even better. I am from a family of teachers and that sense of responsibility for bringing knowledge to future generations was just part of my life. I remember when I was out of teaching thinking about how I liked my job, but I would ask myself if it really mattered. In other words, if I weren't doing that job, would it make a difference in the fabric of humanity? However, when I ask if teaching matters, it is a resounding, "Yes!" That moment when student's progress becomes apparent to themselves is magical. I never tire of working toward that increased understanding for all of my students."

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

A: "There are many joys in working with the students. However, by design, the students come and go. The thing that is a little more constant is the extraordinary colleagues I have. I have been part of several schools before, but I have never seen teachers work as tirelessly to help each and every student as they do at Saydel. I think sometimes that is overlooked and people start to think that it is just the way schools are everywhere. That is absolutely not the case. Don't get me wrong, I think most every teacher strives to help all of his or her students. However, the teachers at Saydel aren't merely going the extra mile, they are running an extra marathon to help students achieve. It is the support, comradery and love from these extremely dedicated teachers that brings me joy and makes work even more enjoyable."

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

A: "What?! There's life outside of school? Well, for a music teacher that is limited. With the free time I do find, I work with my hands. I live in a Victorian home that is a constant "handyman's paradise." There is also a great deal of yard and gardens that need tending. I enjoy ballroom dancing and am a secret polka lover. I actually played in a polka band when I was in high school. I also enjoy going to car shows. I prefer the original, restored and resto-mods over the hot rods. There is something so elegant about those cars. I personally have a need to preserve bits of history for future generations, and appreciate the craftsmanship that goes into bringing those cars back to life. However, one of my favorite activities is spending time with the teachers who are not just my colleagues, but my friends. They mean more to me than I can express."

Saydel Community School Food Services

A Historical Perspective; Part 1

The National School Lunch Program, funded by the United States Department of Agriculture (USDA), has provided millions of children nutritious meals for the past 70 years. In its first year in 1946, the National School Lunch Program served approximately 7.1 million children daily, and today, it serves more than 31.6 million children lunch daily. Similarly, the School Breakfast Program served 1.8 million children in 1975, and today, it serves 13 million children breakfast every day.

- 1946**--The National School Lunch Program was formally established in 1946 following World War II when President Harry Truman signed the National School Lunch Act. The National School Lunch Program was implemented because young men drafted into the army were undernourished and lacked the strength needed to fight for our country. Therefore, the mission of the NSLP was to “safeguard the health and well-being of the Nation's children.”
- 1954**-- Congress authorized funds for a Special Milk Program for the National School Lunch Program. This Special Milk Program provided a half pint of milk to school children daily to support healthy growth and development.
- 1966**-- The Child Nutrition Act was passed by President Lyndon B. Johnson. This act established a pilot program for the School Breakfast Program. Additionally, in 1968, The Child Nutrition Act was amended to include the Special Food Service Program, which established year-round feeding programs for day cares and a summer feeding program for low-income children.
- 1975**-- “Offer vs. Serve” was introduced to encourage schools to give students a choice in meal selection to improve student satisfaction and to reduce food waste. Also, the School Breakfast Program and was made permanent in 1975.
- 1980s**-- The 1980's were a tough time for the National School Lunch Program and School Breakfast Program as the Reagan Administration cut school funding by one third. Schools were forced to turn to affordable processed foods that were high in fat and lacked adequate nutrition.
- 1994**-- The Healthy Meals for Healthy Americans Act required that all school meals had to conform to the Dietary Guidelines for Americans.
- 1998**-- Congress initiated a pilot fruit and vegetable program.
- 21st Century**-- The mission of the NSLP and SBP has shifted to improving the quality of school food to promote better nutrition in our nation's youth. In 2006, the Fresh Fruit and Vegetable Program, offered for elementary schools, was made available in all 50 U.S. states.

Most recently, The Healthy, Hunger-Free Kids Act of 2010 implemented major updated nutrition standards for the first time in over 15 years. With the newest nutritional standards, the food served in the NSLP and SBP will continue to improve to provide students with the freshest and healthiest food the NSLP has ever seen!

*Be sure to look for March's issue to learn about the newest regulations passed in the Healthy, Hunger Free Kids Act of 2010!

The National School Lunch program Fact Sheet. U.S. Department of Agriculture.
<http://www.fns.usda.gov/sites/default/files/NSLPFactSheet.pdf>. Published September 2013.
Healthy, Hunger-Free Kids Act of 2010 School Meals. U.S. Department of Agriculture.
http://www.fns.usda.gov/sites/default/files/HHFKA_080112.pdf. Published 2010

Foodservice Office:

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

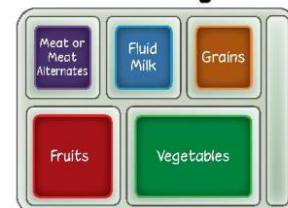
Email: sadlerjessy@saydel.net

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: @saydeldining

Build a Healthy Lunch





SAYDEL STUDENT GOVERNMENT ATTENDS LEADERSHIP CONFERENCE

Saydel High School Student Government members recently attended the Iowa Student Leadership Conference. Students attending were Megan Ford, Gabby Neddemeyer, Alyssa Monroe, Logan Guy, Shelby Weber, Emma Harkness, Kearra Abrams, Jessica Guzman, Sydney Dhabolt, and Colton Van Houten.

BLOOD DRIVE AT SAYDEL

Saydel High School Student Government along with Life Serve Blood Center sponsored a blood drive recently. Peter Walkwitz, and Alexandra Ellsworth were two of the 21 donors who donated blood.



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's Drama Performance "EDGES" Was Huge Success

Saydel High School Drama Department recently presented the musical, "EDGES." The students are thankful to all who supported them by attending this event. "EDGES" is a show about young adults asking questions about their future such as: "Who am I and who do I want to become?" and "Why can't things just be the way they used to be?" The students not only sang the questions, but often the answers. But as we all know, not every question has an immediate answer. After experiencing the fun of being in a drama production and on stage, the students were eager to think about the next show. The performers' experience was not only the most one could hope for, it was a great life lesson. What now will they do when finding themselves at the "EDGES" of life's questions? Students pictured from left: Taylor Conley, Trent Herrera, Katie Plascencia, Reilly Aagesen, Joe Peer, and Megan Schmidt.

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.