



# Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

April 2018 Newsletter

## Upcoming Events

### Woodside Middle School

#### APRIL 20-22, 2018

Musical "Joseph" at HS Auditorium, April 20 & 21 at 7 PM; April 22 at 2 PM

#### APRIL 26, 2018

- 5th Grade CAP Program Visit
- Woodside PTO Meeting, 6:30 PM

#### APRIL 27, 2018

5th & 6th Grade Movie Night, 3 - 5:30 PM

#### MAY 3, 2018

8th Grade Washington, D.C., Trip Meeting, 6 PM

#### MAY 7-11, 2018

- Teacher Appreciation Week
- Spring MAP Testing at Woodside

#### MAY 8, 2018

Music Concert at HS Auditorium, 6:30 PM

#### MAY 10, 2018

Band Concert at HS Auditorium, 6:30 PM

#### MAY 11, 2018

7th & 8th Grade Dance, 7 - 9 PM

#### MAY 14, 2018

- District Retirement Reception at Saydel District Office, 5 - 6 PM
- Regular School Board Meeting, 6 PM

#### MAY 17, 2018

Woodside Retirement Party, 4 - 6 PM

#### MAY 18, 2018

Variety Show at Woodside Gym, 6 PM

#### MAY 24, 2018

5th Grade Awards Assembly, 9 AM

#### MAY 25, 2018

- 8th Grade Graduation, 8:30 AM
- Last Day of School

## 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

Thirty days = 6 weeks = 17% of school remaining before summer break = Still time to grow! The 2017-18 school year has flown by! It is hard to believe we are in the middle of April and the school is making end-of-the-year plans. Even though planning and preparation for end-of-the-year field trips, grade level celebrations, and other Woodside traditions are taking place, we still have a lot of instructional time left to grow our students. Rather than focusing on summer activities or counting down days left in the school year, I encourage families to think about all the ways Woodside students can still engage in a number of great activities taking place at our school yet this spring.



Principal Joshua Heyer

### Fine Arts

A number of events will be taking place in April and May. Woodside students have been working hard for the upcoming musical performance. *Joseph and The Amazing Technicolor Dreamcoat* will have three showings between April 20-22. Vocal and band performances will take place the week of May 7. Finally, the Woodside Variety Show will be May 18, beginning at 6:00 PM. For more information about these events, reference the events section of this newsletter or visit the district website.

### Athletics

The track season is in full swing despite the persistent cold weather. More than 90 students have laced up their shoes for the track season. We host track meets on April 16 and May 4. Baseball and softball practices have recently begun for non-school programs. School-sponsored program sign up (seventh and eighth grade) is taking place and practice information will soon be shared with participants. If you are interested in playing school ball this spring/summer, stop by the front office at Woodside for more information. Games for seventh and eighth grade school ball programs begin May 29 and run through the month of June.

### School Events

Teacher Appreciation Week is May 7-11. Our teachers work extremely hard so that our students can be successful, and their efforts deserve to be acknowledged. Terry Lyons-Brix, Doug Cline, and Carolyn McCauley will be retiring this year. On May 14 and 17, the District Office and Woodside staff are celebrating the combined 50+ years of service between these employees to the district. The public is welcome to join us in these celebrations. Two traditions that I look forward to each year are the fifth grade awards ceremony and eighth grade graduation. The fifth grade awards ceremony will take place May 24 at 9:00 AM, and eighth grade graduation will follow on May 25 at 8:30 AM.

### Summer Activities

Saydel Community Education will be offering a number of programs for our students this summer. Visit the district website at [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us) or look for more information about the programs in the Eagle Express.

# SAYDEL BOOSTER MEMBERSHIPS

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

## **BUSINESS PLATINUM EAGLE**

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

## **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 PLATINUM EAGLE**

Corey Myers  
Scott Myers  
Mark & Beth Shelton

*Thank You*



By Vonda Mosher, Woodside Nurse

Dear Parents/Guardians:

We still have a variety of illnesses going around the school but to a minimal degree. Please continue to remind you student to wash their hands before meals or touching their face, as well as coughing into their elbows.

**To sixth grade parents:** The Iowa Department of Public Health made changes to the Iowa Immunization law which began with 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/whooping cough) booster before school starts in the fall. The Tdap requirement is a booster dose of Tetanus, Diphtheria, and acellular Pertussis containing vaccine for students entering seventh grade. Pertussis (whooping 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 the start of 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 August, 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 is 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 with your physician.

If you have questions, contact me at 515-265-3451 or Polk County Health Department at 515-286-3244.

**To eighth grade parents:** your student will need a dental screening form filled out by the hygienist or dentist and turned into school with their registration.

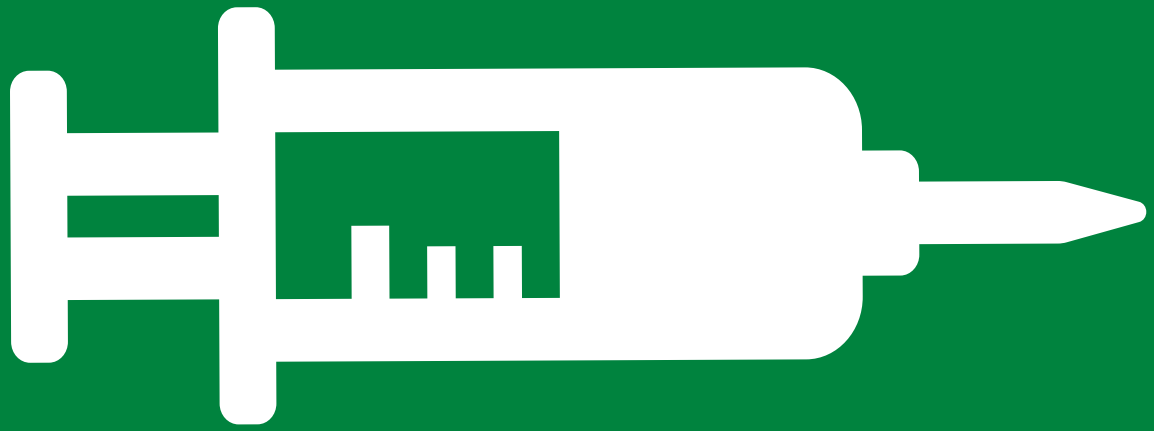
Thank you for your cooperation in these matters.

## KEEP CLIPPING BOX TOPS!

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!





# NO SHOT • NO SCHOOL

Meningitis is a life-threatening illness transmitted among teenagers.

The state of Iowa now requires all incoming 7th and 12th graders to have a meningitis vaccine before fall 2018 classes began.

**If your child is not fully vaccinated, they will not be allowed to attend school, sports and school-related activities starting day 1 of the 2018 – 2019 school year.**

If they have not had the required vaccine, please set up an appointment with their doctor to get their vaccines up-to-date as soon as possible and before the 2018 – 2019 school year.

Schedule an appointment with your doctor today. If you do not have a doctor, talk to your school nurse.

# Flag Etiquette Presentation at Woodside

On April 6, Saydel parent Mr. Amos Dyer gave a presentation to all fifth graders about flag etiquette. Mr. Dyer is a First Sergeant with the Army National Guard in Michigan. He spoke with students about his work in the Army and answered questions about his experiences and responsibilities. Each student was awarded a certificate of patriotism and a mini flag to take home, and each classroom teacher was given an American flag and a copy of *The American Patriot's Almanac*.



## 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.



# BRING YOUR AUTO LOAN TO AFFINITY *AND WE'LL DONATE*

# \$50

# TO SAYDEL SCHOOLS

- RATES AS LOW AS 1.49% APR\*
- NO PAYMENTS FOR UP TO 90 DAYS\*
- WE'LL PAY YOU \$200\* IF WE CAN'T BEAT YOUR CURRENT RATE!

[www.affinitycuia.org/saydel](http://www.affinitycuia.org/saydel)  
(515) 288-7225

\*Annual Percentage Rate. Qualified credit. Current Affinity loans do not apply. Includes auto, motorcycle and boat/RV loans. Rate no lower than 1.49% APR. This is an Affinity Credit Union community outreach promotion and is not directly affiliated with Saydel School District. Restrictions may apply.



# Saydel Retirement Receptions

Monday, May 14, 2018, District Office Board Room

Thursday, May 17, 2018, Woodside Cafeteria



The Saydel community is invited to attend a Retirement Reception on Monday, May 14, 2018, from 5 to 6 PM in the Saydel District Office Board Room to honor the three staff members who are retiring at the end of the school year. Awards will be presented during the Regular School Board Meeting which will begin at 6 PM.

Woodside Middle School will also be hosting a Retirement Reception for these teachers on Thursday, May 17 from 4 to 6 PM in the Woodside cafeteria. The public is invited to attend.

The receptions will be in honor of:

- Terry Lyons-Brix, Woodside FCS Teacher
- Douglas Cline, Woodside 8th Grade Teacher
- Carolyn McCauley, K-8th ELP Teacher



TERRY LYONS-BRIX



DOUGLAS CLINE



CAROLYN MCCAULEY

## Saydel Publishes E-newsletters

If you would like to receive the school newsletters that feature what is happening at Cornell Elementary School, Woodside Middle School & Saydel High School, you can subscribe by emailing [newsletter@saydel.net](mailto:newsletter@saydel.net). Just e-mail which newsletters you would like to receive and then watch for them in your Inbox! We do not share your email address with outside parties.



## SAYDEL Eagle's Nest Summer Program

May 30 - Aug. 10, 2018

6 AM - 5:30 PM

**LOCATION: Cornell Elementary School**

- \*Field Trips & Outdoor Play
- \*Weekly Themes
- \*Academic Support
- \*Fun With Friends
- \*All Districts Welcome
- \*Affordable (State Assistance Accepted)
- \*Breakfast & Hot Lunch Served June 4 - August 10  
(Children will need to bring breakfast & sack lunch the first week of camp.)

**Pre-K to 5<sup>th</sup> Graders  
Welcome**

Enrollment packets  
available at  
Cornell & Woodside  
or online at  
[www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)



Contact Eagle's Nest Coordinator Alivia Bullis for details:  
515-263-3037 or [bullisalivia@saydel.net](mailto:bullisalivia@saydel.net)

**Saydel High School  
Blood Drive  
Wednesday, April 18, 2018  
8:00 AM - 1:00 PM  
Saydel High School, New Gymnasium Foyer  
To schedule an appointment, contact Brenda Brown at  
(515) 262-9325 ext. 1405 or a member of the  
Saydel High School - Student Council.**

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**Do you know how much your donation can help?**

- Cancer patients may use up to five donations per week
  - Burn victims may use up to 20 donations
  - Trauma victims may use up to 50 donations
  - Premature infants may use up to five donations
  - Heart surgery patients may use up to six donations
  - Organ transplant recipients may need up to 40 donations
- 

**To be eligible to donate, you must:**

- Be at least 16 years of age
- Be in good health
- Weigh at least 120 pounds
- Eat a good meal prior to donating
- Present a form of identification at registration.

All 16 and 17-year-olds must have a LifeServe Blood Center Parental/Guardian Permission Form signed by a parent or guardian and returned to

Mrs. Brown by Wednesday, April 18th





## Saydel Students Compete In Mock Trial Contest

Saydel Middle and High School students competed at the regional Mock Trial Contest in Council Bluffs on March 7. Students participating were Reilly Ageson, Gabe Condon, Megan Ford, Gavin Godwin, Jake Jennings, Claire Kayser, Manfredo Mazariegos, Kenneth Michael, Alyssa Monroe, and Ezekiel Olopwi. Reilly Ageson received an Outstanding Witness award for her performance as the defendant. Manfredo Mazariegos received an honorable mention for Outstanding Witness and Reilly Ageson, Megan Ford, and Gavin Godwin received honorable mentions for their roles as attorneys. Pictured back row: Gabe Condon and Gavin Godwin. Second row from top: Ezekiel Olopwi, Manfredo Mazariegos, and Kenne Michael. Third row: Jake Jennings and Megan Ford. Bottom row: Reilly Ageson and Alyssa Monroe.



# SAYDEL RETIREMENT RECEPTION

**Monday, May 14, 2018**

**5:00 - 6:00 PM**

Award Presentations 6:00 PM

Saydel District  
Board Room

You're  
Invited!

**Honoring:**

Terry Lyons-Brix  
Douglas Cline  
Carolyn McCauley

Hosted by Mr. Wheeler &  
Saydel Schools' Board of Directors



# Woodside Middle School Produces Another History Day District Champion

Several eighth grade students from Woodside Middle School took part in this year's District History Day competition at Grand View University on March 31. Representing Saydel were Gavin Godwin, Ezekiel Olopwi, Anahi Ramos-Beltran, Emma VanZandt, Austin Chally, and Jake Jennings. Unable to attend, but still qualifying were Tayler Kouski and Alyssa Treadway. The trip to districts began with the research and creation of historical websites in Doug Cline's eighth grade Civics/US History class. These students earned the privilege to take part in this competition by being selected by various staff members of Woodside Middle School.

History Day is a national competition that begins locally in schools around the world. Students then take part in district competitions for the honor to qualify for state level. From state competition, projects are selected to represent Iowa in the national venue at the University of Maryland. This year's theme is Conflict and Compromise in History.

From this process, Woodside Middle School will have one representative at State, Jake Jennings. His project titled "Brown v. Board: A Change For Education", will compete to be one of two websites to represent Iowa on a national level.

State History Day will be April 30. We are proud of the students from Woodside who represented our school. A very special congratulations to Jake Jennings, this year's district champion! His website may be viewed at <http://91004880.nhd.weebly.com>.



JAKE JENNINGS

## Seventh Grade Studies The Olympics

*By Britne Davis, Seventh Grade Social Studies Instructor*

Seventh grade has been studying the world this year. Each unit looks at a different continent. So far seventh grade has studied Latin America, Africa, and Asia. The seventh graders finished their Asia unit by researching the Olympics, which was conveniently being held in PyeongChang, South Korea. Students spent the two weeks that the Olympics were occurring researching everything about the Olympics. Students found out that the Olympics started in Greece in the year 776 BC to honor the Greek gods. They are now held every four years and split into summer and winter games. Students looked at the different events and venues in PyeongChang and learned about South Korea. The seventh graders also picked a competing country to research and keep track of the medals they were earning. The United States ended the games with 23 total medals (nine of which were gold). Most students are looking forward to watching the Olympics again in 2020 when they are in Tokyo.



**Pictured from left: Nautica Sprague, Dakota Hunter, Olympian Karlos Kirby, Elliott Hay, Mya Helm and Cameron Thomas.**

Students were also able to show their knowledge of the Olympics with a visitor who came to Woodside. Karlos Kirby, a former Olympian, visited the students of Woodside to give them some motivation to do well in school. Kirby competed in the bobsleigh event in the Albertville and Lillehammer Winter Olympic Games. He was very impressed with the background knowledge the seventh graders had about the Olympics.

Next, the seventh graders will start learning about the Middle East. They will end the year with their Europe unit. They will end seventh grade with another research project that will demonstrate their map skills, ability to research, and connection of social studies they have learned throughout the year.

# Saydel Parent Involvement Matrix



View Interactive Links at [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us)  
or click on links below for resources.

## SUPPORT YOUR CHILD AT HOME

- Keep books, magazines and [newspapers](#) in your home.
- [Read with your child and let them see you read.](#)
- Take educational trips ([museums](#), [libraries](#), etc).
- Look for things to do with your child.
- Participate in [Community Education](#).

## SUPPORT YOUR CHILD WITH SCHOOL

- Check your child's grades/attendance on [PowerSchool](#).
- Speak positively about your child's school.
- [Ask your child what he/she learned at school and require a thoughtful response.](#)
- Attend conferences and family fun nights at school.
- Talk to your child about the benefits of education.
- [Keep in contact with your child's teachers.](#)
- Ask your child about [assignments and grades](#).
- Celebrate your child's successes.
- Direct concerns and questions to [school staff](#).
- Talk to your child about [school safety](#).

## FOUNDATION OF SUPPORT

- Praise and encourage your child.
- Ensure your child arrives at school well rested.
- Ensure your child has [transportation](#) and arrives to school and events on time.
- Meet and communicate with your child's friends and acquaintances.
- [Ensure your child is eating a proper diet](#) (breakfast, lunch and dinner).
- Set limits on time with friends, [technology use](#), and work/part-time job schedules.
- Ensure your child's [health care needs](#) are met.

## SUPPORT YOUR CHILD AT SCHOOL

- Take part in after school activities.
- Attend parent meetings.
- Become a school volunteer.
- Get involved in the [Parent Teacher Organizations](#) and [Booster Clubs](#).
- [Understand Special Services](#)

## COMMUNITY TOOLBOX

- [Childcare Resources](#)
- [Healthcare Resources](#)
- [Grief & Loss Resources](#)
- [Housing Resources](#)
- [Mental Health Resources](#)
- [General Community Resources](#)
- [Free & Reduced Lunch Application](#)

# Fifth Grade Academic Update

*By the Fifth Grade Team*

## **Wit and Wisdom:**

Students began their third module of the year in Literacy. The unit is called "A War Between Us" and explores different perspectives of the Civil War. To begin the module, students are using multiple sources to learn about the causes of the Civil War.

## **Math:**

Fifth grade students are having so much fun with fractions -- you don't know the HALF of it! But seriously, students are making tremendous gains in their work with fractions. We have learned how to add and subtract like fractions, compare unlike fractions, make equivalent fractions, and simplify fractions! We will also be tackling adding and subtracting unlike fractions and mixed numbers. That's a WHOLE lot of fraction learning!

## **Science:**

Students recently completed the Day and Night/Changing Moon unit. Next up, we begin discussing matter. What makes up matter? How and why does matter change? How does measuring matter help us identify it? How is matter conserved? Mystery Science, an online resource, will help us answer these questions and more!

# Sixth Grade Classroom News

*By the Sixth Grade Team*

It's hard to believe that we have started the fourth quarter. We have been working on student work ethic and shared with you at conferences how your child ranked themselves on the scale. We will continue to work on this throughout fourth quarter. We hope that your child continues to strive to be successful and carry this trait into their future school and work years.

There are three parts to their work ethic scale. First, they need to be engaged during the lesson. This is demonstrated by participating in tasks and discussions, following pace of the class, and listening to the speaker.

The next area is that they start tasks and assignments right away and stay focused until completed. This also means turning in all assignments when they are due as well as making corrections when allowed. The final area is that they are not a distraction to themselves or others during a lesson and work time. These three areas will help build the foundation of having good work ethic and being successful in life.

The sixth grade teachers have been planning a wonderful field trip that works on leadership, problem solving, and teamwork skills. We are planning to attend the Leadership Reaction Course located at the Camp Dodge Joint Maneuver Training Center.

We will be attending this field trip on May 21. We are leaving school at 8:30 AM and returning at 2:30 PM. There are 12 course stations that the students will attempt to complete. We need parents to run the 12

stations. We would like to have two parents assigned to each station. As a result, we are asking for 24 parent volunteers. If you are volunteering to attend, please know you will not be following your child's rotation. You will see them when they come to your station. You will be receiving an email to volunteer. You will need to ride to Camp Dodge with us on the bus and have a valid government-issued ID to volunteer.

There are safety measures that we need the students to follow as they participate. They may bring a helmet from home if they would like some extra protection. We are asking that students wear old, lace-up shoes. They are not to wear sandals or open-toed shoes. They may wear shorts, but they need to understand they will be crawling on the ground and on wooden boards in the air. There are water hazards that students may fall into if they are not careful. So as a result, please do not send your child in nice clothes. They may want to bring a change of clothes. They will also want to bring a water bottle to make sure they remain hydrated throughout the day.

Because we are taking students to Camp Dodge, demonstrating good behavior is a priority. If students have a major office referral between now and May 21, they will not be able to attend this field trip.

Finally, EVERY child and adult that attends MUST have a signed Iowa National Guard Release of Liability form. We are looking forward to this field trip and have had wonderful outcomes from it for several years. Please understand that if this field trip gets cancelled, it is a result of circumstances out of our control.

Thank you so much for your part in helping make your child's education a success!



# COMMUNITY EDUCATION

## Saydel Community School District now offers Community Education

Course offerings include, but are not limited to:

- Youth Athletic Camps
- Fine Art Classes & Camps
- Adult Fitness Classes
- Adult Education Classes
- Open Gym with much more to come!

To view current course offerings please visit

<https://saydel.revtrak.net>

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Become a Community Education Instructor,

**TEACH a class!**

Instructors needed.

Do you *SCRAPBOOK* or *CROCHET*? Maybe you have a talent and are interested in helping others get started?

Visit the Saydel Community School District website and apply to teach, email [communityed@saydel.net](mailto:communityed@saydel.net) or call (515) 264-0866.

<http://www.saydel.k12.ia.us/>



# Classraam Catering

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.

Snack items	Price	Quantity	Total
Cookies by the dozen (circle one: Chocolate chip, sugar, or carnival)	\$10		
Cupcakes by the dozen (circle one: Chocolate or vanilla)	\$10		
Salsa/ tortilla chips	\$0.75		
Go-gurt: frozen or cold (circle one)	\$0.50		
Popcorn	\$0.75		
Individually wrapped fudge brownie	\$0.75		
Wech's fruit snacks	\$0.75		
WG rice krispie bar	\$0.75		
Sliced apples and string cheese	\$0.75		
Baked chips or Cheetos (circle one)	\$0.75		
Vanilla, chocolate or brownie batter pudding cup (circle one)	\$0.75		
Vanilla or swirl ice cream cups (circle one)	\$0.75		
Vanilla ice cream cone with fudge	\$1.00		
<b>Beverages</b>			
Chocolate, Strawberry, Low fat or skim milk	\$0.45		
Juicy juice box: Apple, berry or fruit punch	\$0.75		
4 oz Apple, orange, or fruit punch juice (circle one)	\$0.45		
Capri sun 100%	\$0.75		

All pricing includes delivery, napkins, and tableware.

Orders must be placed seven (7) working days in advance. Requests for changes and/or cancellations in food and beverage service the day before the event will be charged according to the ability to re-use ordered items.

**All payments need to be received prior to the catering event.**

Please return completed form and payment to the school's main office or mail to:

Jessy Sadler  
5740 Ne 14<sup>th</sup> Street  
Des Moines, IA 50313









Total cost:

### Contact Information:

Class Celebration Date and Time: \_\_\_\_\_ Room/Grade/Teacher: \_\_\_\_\_  
 Student Name: \_\_\_\_\_ Parent/Guardian Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Home Phone: \_\_\_\_\_

### Payment Options (check one):

Pay by cash     Pay by check: Check #: \_\_\_\_\_  
 Parent/Guardian Signature Required: \_\_\_\_\_ Make checks payable to Saydel Food Service  
 FNS Director Signature: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Yoga is a great way to relieve stress. Try Savasana, consider to be the hardest yoga pose! Fully relax &amp; clear your mind.</p> 	<p>2 <b>Star Jumps</b> Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p> 	<p>3 <b>Crane Pose</b> Here's a challenge! Put your hands on the ground, lean forward &amp; balance your knees on your elbows.</p> 	<p>4 <b>4 Walls</b> Face each wall in a room and do a different exercise for 30 seconds -side shuffle -grapevine to left then right -wide stance punches -vertical jumps</p>	<p>5 <b>Target Practice</b> Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p>	<p>6 <b>Tea Cup Tip-ups</b> Place your hands on the ground and gently touch your forehead to the ground balancing your elbows on your knees.</p>	<p>7 <b>World Health Day</b> Did you know regular, moderate-intensity physical activity can help prevent diabetes? Go for a walk with an adult &amp; discuss other ways to prevent diabetes.</p>
<p>8 <b>Commercial Break</b> Can you hold a wall sit for an entire TV commercial break?</p>	<p>9 <b>10 Jump Lunges</b> Complete a right leg lunge, while in the down position jump up landing in a lunge position on the left leg.</p>	<p>10 <b>Tabata</b> Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p> 	<p>11 <b>Fish Pose</b> Hold fish pose for 60 seconds. Take a break and hold for another 60 seconds.</p> 	<p>12 <b>Dribble Challenge</b> Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>	<p>13 <b>Card Fitness</b> Take a deck of cards, flip the top card. Complete exercises based on the suit &amp; number on the card. Face cards are worth 15. Spades- jumping jacks, Clubs- squats, Hearts- mountain climbers, Diamonds- Your choice</p>	<p>14 <b>Wild Arms</b> As fast as you can complete: 10 Arm Circles front &amp; back 10 Forward punches 10 Raise the Roof's Repeat 3x</p>
<p>15 <b>Family Adventure</b> Go for a walk with your family. Vary your speeds sometimes walking a fast and medium pace.</p>	<p>16 <b>Jump rope to music!</b> Can you jump to an entire song without stopping?</p>	<p>17 <b>How Fast Can You Go?</b> Pick a distance and see how fast you can run the distance.</p>	<p>18 <b>Slide, Slide, Sprint</b> Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.</p>	<p>19 <b>Garland Pose</b> Practice your balance with this pose!</p> 	<p>20 <b>Tabata</b> Tuck Jumps 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>21 <b>Commercial Break</b> Can you hold a plank for an entire TV commercial break?</p>
<p>22 <b>Play Catch</b> Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.</p>	<p>23 <b>Chair Pose</b> Hold for 30 seconds, relax then repeat.</p> 	<p>24 <b>Balance</b> Stand on your right leg and lift your left knee at a 90 degree angle. Touch your toe without falling repeat 10 times then switch sides.</p>	<p>25 <b>Jump, Jump</b> Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.</p>	<p>26 Put your favorite song on and make up a dance or fitness routine!</p>	<p>27 <b>Paper Plate Planks</b> In plank position with paper plates under your feet. Complete 30s each: -mountain climbers -in and out feet -knees to chest</p>	<p>28 <b>Step Jumps</b> Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>
<p>29 Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>30 Try Savasana again. Use this to relax and wind down all year!</p> 	<p><b>National Health Observances</b></p> <ul style="list-style-type: none"> <li>National Autism Awareness Month</li> <li>National Distracted Driving Awareness Month</li> <li>Stress Awareness Month</li> <li>April 7: World Health Day</li> </ul>		<p><b>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!</b></p> <p>Yoga photos from <a href="http://www.fortevoga.com">www.fortevoga.com</a></p>		



*Woodside Middle School PTO  
Welcomes you to our*



# *Craft and Vendor Show!*

**Saturday, April 28, 2018**

**9am-2pm**

**Woodside Middle School**

**5810 NE 14<sup>th</sup> Street, Des Moines, IA**

**Join us at the Middle School for**

**Super Spring Finds**

**and visit the Car Show at Saydel High School!**

**To reserve a space (\$25)**

**contact Colleen Babcock**

**At woodsidespringevent2018@gmail.com**

# WOODSIDE DRAMA DEPARTMENT

*Presents*



FRIDAY, APRIL 20 7:00 PM

SATURDAY, APRIL 21 7:00 PM

SUNDAY, APRIL 22 2:00 PM

SAYDEL HIGH SCHOOL AUDITORIUM

5601 NE 7<sup>TH</sup> STREET

ADULTS \$5.00

STUDENTS \$3.00

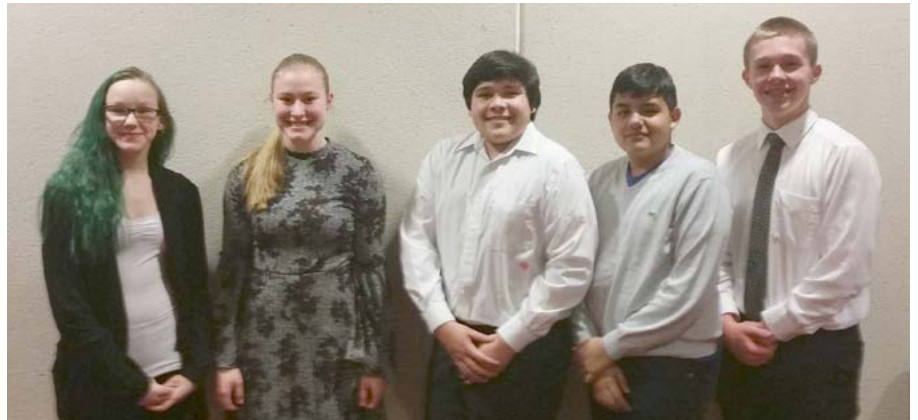


## Band Students Receive “Outstanding Rating” at Solo Festival

Nine band students were given an “Outstanding Rating” at Woodside’s annual solo festival. This is the highest possible rating that a student can earn. Pictured left to right are Nathan Williams, Max Jones, Gavin Godwin, Alyssa Neddermeyer, Jake Jennings, Payton Ballard, Rachel Barton, and Ezekiel Olopwi.

## Woodside Students Perform With Simpson College Honor Band

Five students were chosen to represent Woodside Middle School at the Simpson College Honor Band. Pictured from left to right are Astrid Abbas, Rachel Barton, Ezekiel Olopwi, Jason Contreras, and Gavin Godwin.



## SAYDEL BOARD OF EDUCATION

**Brian Bowman**, Board President  
**Jennifer Van Houten**, Vice-President  
**Julie Jennings**, Board of Director  
**Doug Kayser**, Board of Director  
**Roland Kouski, Jr.**, Board of Director  
**Rob Strickler**, Board of Director  
**Chad Vitiritto**, Board of Director

Superintendent: Dr. 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](http://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](mailto:mckibbenjulie@saydel.net). Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661; 515-264-0866.