



Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

February 2018 Newsletter

Upcoming Events

Woodside Middle School

FEBRUARY 20, 2018

Festival of Music at High School Auditorium, 6 PM

FEBRUARY 22, 2018

PTO Meeting in Library, 6:30 PM

FEBRUARY 24, 2018

- Mother Son Laser Tag at Saydel High School, 6 - 8 PM
- Daddy Daughter Dance at Saydel High School, 6 - 8 PM

FEBRUARY 26, 2018

- 7th & 8th Grade Honor Choir in Norwalk
- 8th Grade Parent Meeting, Course Registration in High School Auditorium, 7 PM

FEBRUARY 27, 2018

Middle School Solo Festival, 3 PM

MARCH 1 & 6, 2018

Parent Teacher Conferences, 4 - 8 PM

MARCH 9-16, 2018

Spring Break

MARCH 19, 2018

- School Resumes
- Regular Board Meeting, 6 PM in Saydel District Office

MARCH 22, 2018

- PTO Meeting in Library, 6:30 PM
- Third Quarter Ends

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

One way to measure the growth of a building is to review student assessment data. For the last five years Woodside students have completed the MAP test during the Fall, Winter, and Spring testing windows. The results are analyzed by teachers and administrators so informed decisions can be made to support continual growth of the individual students as well as the building. After analyzing the data over time, I am excited to share with everyone the progress Woodside has been making as the overall trend suggests continuous growth.



Principal Joshua Heyer

The average Woodside growth over the last three years from Fall to Winter testing has matched or exceeded the national expected growth with cumulative scores of 32.3, 28.8, and 28.9 compared to a national average of 28.4. Further, six of the eight grade/subject combinations exceeded their expected growth during the 2017-18 fall to winter testing period. This means on average our student growth is outpacing the national average. I have included a summary of the MAP growth over the last five years for all grade levels and subjects for everyone to see the progress the building is making.

Serving as principal of Woodside, I am thrilled to share this news with everyone, but also recognize our work is not complete. Our team has reviewed the data set and is making instructional decisions based on the results. Thanks to the dedication of our students, teachers, and families, I am optimistic the success observed will continue. Students will be taking the Iowa Assessment test the week of April 9 and Spring MAP testing the week of May 7. Look for more information about these spring assessments from the district in the near future. In the meantime, if you have a Woodside student, ask them about MAP testing and celebrate in the growth!

Fall to Winter MAP Growth

	13-14	14-15	15-16	16/17	17/18	National Expected Growth
5th	Growth	Growth	Growth	Growth	Growth	
Math	0.2	4.8	4.8	5.8	5.9	5.8
Reading	4.7	4.5	5.2	4.5	4.9	4.2
6th						
Math	3.0	4.0	1.7	4.2	4.7	4.4
Reading	4.1	3.8	3.8	3.7	3.9	3.2
7th						
Math	1.6	2.5	6.5	4.9	3.3	3.5
Reading	0.5	-0.8	3.3	2.5	0.6	2.5
8th						
Math	1.4	3.8	3.6	2.5	3.4	2.9
Reading	3.0	2.9	3.4	0.7	2.2	1.9
Woodside Total Growth	18.5	25.5	32.3	28.8	28.9	28.4

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
Tesdell 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 Roloffs 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

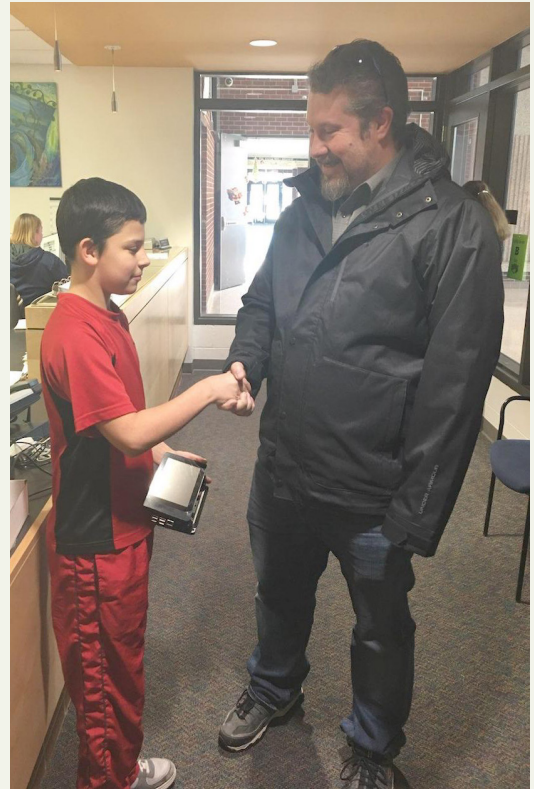
INDIVIDUAL PLATINUM EAGLE

Corey Myers
Scott Myers
Mark & Beth Shelton

Thank You

Woodside Students Learn About Raspberry Pi

Kyle Robberts, a Senior Systems Engineer at FC Stone, visited Woodside's ELP FLEX classes and introduced the students to Raspberry Pi's. A Raspberry Pi is a single board computer that helps to promote the teaching of basic computer science and programming in schools. Mr. Robberts purchased a Raspberry Pi, 7" monitor, and case then proceeded to give it to a very deserving student, Aiden Reeves, as a gift. Aiden's response was one of disbelief. He stated, with a huge smile on his face, "Nothing like this has ever happened to me in my entire life!" Thank you Kyle Robberts for your generosity.



Nurse Notes

By Vonda Mosher, Woodside Nurse

Dear Parents/Guardians:

It continues to be cold and flu season and we are seeing a variety of illnesses experienced by students at Woodside. We have had students diagnosed with influenza, stomach flu and strep throat. Please remind your student to wash with soap and water prior to eating or touching their face. They may need reminders to cough or sneeze into their elbow or use a tissue. If your student is complaining of not feeling well, please check them out prior to sending them school. They need to be fever free for 24 hour without the help of medication before returning to school. If you have questions, please call the school nurse.

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!



8th Grade Course Registration

Parent Meeting Feb. 26 at 7:00 PM

The 8th grade students will begin planning for their high school classes soon!

Here's what you need to know:

- **Friday, February 23:** Ms. Larson and Mr. Stubbers will present information about high school course options to all 8th graders. Students should take materials home and discuss course options with parents.
- **Monday, February 26:** 8th grade parent meeting in the high school auditorium at 7:00 PM
- **Friday, March 2:** Ms. Larson comes to Woodside to do electronic registration for 9th grade classes with the 8th graders.

If 8th graders have questions about course options or need help deciding what classes to register for, please see the Woodside Middle School Counselor Mrs. Erickson.

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

SUGGEST BOOKS FROM MOVIES!

If your child has seen a movie they enjoyed, suggest getting the book to read. They will find out more details about the characters and plot!



Set Goals!

With conferences coming up in March, talk with your child about their progress. Discuss one or two goals for your child to accomplish by then.

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 5th Graders Welcome

Enrollment packets available at Cornell & Woodside or online at www.saydel.k12.ia.us



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

Woodside Staff Focus

Highlighting staff members new to Woodside Middle School



Name: Sara Williams

Position at Woodside: Reading Intervention

Family: "I grew up not too far away in the small town of Williamsburg, IA. As a loyal South Dakotan, my husband Luke promised himself he would never marry a girl from Iowa, let alone move to Iowa. However, this past spring, without any coercing on my part, he took a job in Nevada, IA, and we moved to the area. My husband enjoys his job and has come to love the Iowa life, and after spending seven years out of state, I am thrilled to live closer to my family and friends."

Previous work/College Experience: "While I graduated from Faith Baptist Bible College in Ankeny, I have never actually taught in Iowa until now; my professional teaching career thus far has been in the state of South Dakota. I most recently taught in a high school alternative program in Brookings, and before that, I taught middle school and high school literacy in Mitchell. I learned a lot and appreciated my time in South Dakota, but I am glad to be back in my home state with students who can appreciate my love for the Iowa Hawkeyes."

One thing you have enjoyed about working at Woodside: "I really appreciate the care and support of our school and district staff. There are so many teachers and staff members that have gone out of their way to help me transition into my new position here. I have also enjoyed getting to know the students here at Woodside!"

One thing you did not realize about Saydel before starting this position: "I did not realize that Saydel encompasses several different towns or parts of cities. I appreciate the unique community created here."

One thing you want others in the community to know about Woodside: "I believe you would have a hard time finding another district in the area that can offer the same care and support for the individual student. The staff is dedicated to helping each student thrive and grow both in and out of the classroom."

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
(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.



Daddy Daughter Dance

February 24th, 2018
6:00-8:00 p.m. at Saydel High School

Dad... or Dad like friends...are invited to bring their daughter's to this memorable Fundraiser event to support Saydel's 2018 After Prom.

\$15.00 per couple purchased in advance
\$20.00 per couple purchased at the door
\$5.00 additional fee for each extra daughter

Includes: music provided by DJ, snacks, drinks, candy bar and LOTS OF FUN!
There will also be photos available for purchase.

We encourage pre-order of your tickets. Please mail by February 17th, or you may turn in your order to the Cornell or Woodside Office by Wednesday February 21st.

Tickets may be purchased at the door the night of event

Purchase in advance by filling out the form at the bottom and sending it along with your payment to:

Saydel After Prom
Saydel High School
5601 NE 7th St
Des Moines, IA 50313

(checks payable to Saydel After Prom)

REGISTRATION FORM MUST BE RETURNED ALONG WITH PAYMENT
(No tickets will be mailed. Simply check in at the registration table at the dance.)

Dad/Dad like friend _____ **Phone#** _____

Daughter/School _____

Daughter#2/School _____

Daughter #3/School _____

Mother Son Laser Tag

**February 24th, 2018
6:00-8:00 p.m. at Saydel High School**

Mom or Mom like friends grab your boys and come defeat them at After Proms
Fundraiser event of Laser Tag.

**\$15.00 per couple in advance
\$20.00 per couple at the door
\$5.00 additional fee for each extra son**

Includes: music, snacks, drinks, and LOTS OF FUN!
There will also be photos available for purchase.

**We encourage pre-order of your tickets. Please mail by February 17th, or
you may turn in your order to the Cornell or Woodside Office by
Wednesday February 21st**

Tickets may be purchased at the door the night of the event.

**Purchase in advance by filling out the form at the bottom and sending it
along with your payment to :**

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5601 NE 7th St
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(checks payable to Saydel After Prom)**

REGISTRATION FORM MUST BE RETURNED ALONG WITH PAYMENT
(No tickets will be mailed. Simply check in at the registration table.)

Mom/Mom like friend _____ **Phone#** _____

Son/School _____

Son#2/School _____

Son#3/School _____



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		
Beverages			
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 14th Street
Des Moines, IA 50313

Total cost:

Contact Information:

Class Celebration Date and Time: _____ Room/Grade/Teacher: _____

Student Name: _____ Parent/Guardian Name: _____



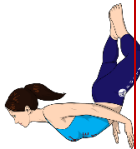

Address: _____ City: _____ Home Phone: _____

Payment Options (check one):

Pay by cash Pay by check: Check #: _____

Make checks payable to Saydel Food Service

Parent/Guardian Signature Required: _____ FNS Director Signature: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>4 How Fast Can You Go? ♥ Pick a distance and see how fast you can run the distance. What's your best time?</p>	<p>5 Leg throws Partner 1 lies on his/her back while partner 2 holds partner one's ankles. Partner 2 will throw partner one's ankles in different directions. Switch after 15 reps.</p>	<p>6 Carioca ♥ Move with your shoulders facing forward. Say to yourself: Side, front, side, back</p>	<p>7 Planks with Push-Ups Hold a plank for 10 seconds, followed by 2 push-ups. Try to complete 6 reps without rest.</p>	<p>1 Cobra Pose Lay down on your stomach and your chest bringing your arms back.</p> 	<p>2 High Skips ♥ Do five sets of 10 high skips. Really lift those arms and knees! Wear red!</p>	<p>3 Tabata ♥ Jump squats 20 seconds of work 10 seconds of rest 8 rounds</p>
<p>11 Exercise DVD ♥ Get an exercise DVD or find one on the internet and do it with the whole family.</p>	<p>12 Slide, Slide, Sprint ♥ Slide to your left for 10 steps, slide to right for 10 steps then face forward and sprint for 10 seconds.</p>	<p>13 Leg Day ♥ 20 forward lunges (each leg) 40 squats 40 calf raises 1 minute wall sit Stretch</p>	<p>14 Frog Pose Hold this pose for 30-60 seconds.</p> 	<p>15 Crazy 8's ♥ 8 jumping jacks 8 tuck jumps 8 high knees 8 scissor jumps</p>	<p>9 Shoulder Shrugs Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.</p>	<p>10 Puppy Pose Hold for 1-3 minutes breathing deeper into the pose. Rest if needed.</p> 
<p>18 Jump, Jump ♥ Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice and try to beat your score!</p>	<p>19 How long can you go? ♥ On a treadmill or outside test your cardio endurance and see how long you can run without stopping. Stretch when done.</p>	<p>20 Tabata ♥ Mountain climbers 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>21 Skier Jump Rope ♥ While jumping rope jump side-to-side while keeping your feet together.</p>	<p>22 Cardio and Stretch ♥ Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>16 Shuffle Squat ♥ Take 4 shuffle steps to your right and squat, then take 4 shuffle steps to your left and squat.</p>	<p>17 Handstands Practice your Hand stands today! How long can you hold them? If you're having trouble start against a wall.</p>
<p>25 Kick City ♥ 20 side kicks 20 front kicks 20 back kicks</p>	<p>26 Just Dance ♥ Put your favorite song on and make up a dance to it!</p>	<p>27 4 for 10 ♥ 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>	<p>28 Core Challenge Plank 10 seconds 10 crunches 10 sit ups Repeat 5 times with no rest!</p>	<p>23 How Fast Can You Go? ♥ Remember your distance from earlier this month? Run it again and try to beat your time.</p>	<p>24 Commercial Break During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?</p>	<p>24 Commercial Break During a TV commercial, hold a seated pike stretch three times for 20 seconds. Can you touch your toes?</p>
<p><i>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!</i></p>						

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

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

1-Hour Delay Start Times

- Cornell - 9:35 AM
- Woodside - 8:45 AM
- High School - 8:45 AM
- Eagle's Nest 7:00 AM

2-Hour Delay Start Times

- Cornell - 10:35 AM
- Woodside - 9:45 AM
- High School - 9:45 AM
- Eagle's Nest 8:00 AM



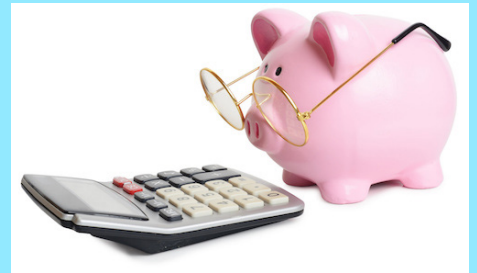
COMMUNITY EDUCATION FINANCE EDUCATION CLASSES

Adults can register for Finance Education Classes. Hosted by Cory J. Dawkins, Senior Partner at Elite Wealth Partners, LLC. Each class offers in-depth knowledge about the topic, including time after class for question/answer. Fee of \$5 per class session.

FEBRUARY 6

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

Where should my money be now?



FEBRUARY 13

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

What must I know about Social Security?



FEBRUARY 20

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

How do I create a lifetime income Retirement plan?



FEBRUARY 27

6:30 PM SAYDEL HIGH SCHOOL - CLASS ROOM # 207 \$5

How do I prepare for college, or a major life purchase?



REGISTER AT **SAYDEL.REVTRAK.NET**



VFW 9662 Honors Woodside Essay Contest Winners

In the fall of each year fifth graders are asked to write a 150 word essay on "What Does Patriotism Mean to Me." It is judged at the district, state, and national levels with monetary prizes. VFW 9662 Auxiliary Representative Elaine Podner announced the winners of the contest at Woodside Middle School recently. Pictured from left: Elaine Podner, Fifth Grade Teacher Jaime Griffin, Second place winner (local level) Sienna Robberts, Third place winner (local level) Corbin Sheppard, First place winner at local level as well as second place winner at district level Daniel Halstead, and Fifth Grade Teacher Marsha George.

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.