



Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

May 2018 Newsletter

Upcoming Events

Woodside Middle School

MAY 17, 2018

Woodside Retirement Party in
Woodside Cafeteria, 4 - 6 PM

MAY 18, 2018

Variety Show at Woodside Gym, 6 PM

MAY 21, 2018

6th Grade Field Trip to Camp Dodge,
8:30 AM

MAY 24, 2018

- 5th Grade Awards Assembly in
Woodside Cafeteria, 9 AM
- 8th Grade Picnic by Little League
Fields, 12 PM (Noon)

MAY 25, 2018

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

MAY 29, 2018

School Board Work Session, 6 PM

MAY 30, 2018

Eagle's Nest Summer Program Begins
at Cornell Elementary

JUNE 4, 2018

Summer Food Program Begins at
Cornell

JUNE 11, 2018

Regular School Board Meeting, 6 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

This newsletter marks the conclusion of the 2017-18 school year. In previous years I have shared information about the summer slide and what parents can do to overcome the slide. I have also summarized the successes of the school year by highlighting the accomplishments of our students. Both of these topics are still relevant and timely. I hope students partake in reading books and working math problems during the summer to prevent the slide. This year Woodside students created enough lasting memories through their collective and individual successes to fill several pages. I am very proud of them! With that being said, I want to take this moment to say thanks for all you do to help our students succeed. The longer I am in the profession and the more I learn about leading a building, the more I value all the subgroups that play a critical role in shaping the 400 Woodside students each year into productive citizens. To conclude a tremendous school year, it is important to give credit where credit is due and to acknowledge the significant time a number of people have invested in our students to ensure they had a successful school year.



Principal Joshua Heyer

Thank You Woodside Student Body for coming to school each day with a smile and a willingness to lend a helping hand to your peers. Your ability to model the Eagle Way at school, during after school activities, and in the community is valued.

Thank You Woodside Parents for trusting in the school district and making sure your children come to us ready to learn each day. I am very appreciative of your support and desire to work collaboratively to ensure each student reaches his or her fullest potential.

Thank You Saydel Community. You have done so much this year to support our students and staff. The number of donations to help Woodside is inspiring. Donations such as clothing, school supplies, food for staff, and time in classrooms are just a few examples of how the community has helped serve our students this year.

Thank You Support Staff. Custodians, associates, food services, and secretaries make all that we do at school possible. This group of individuals has cleaned up our messes, worked to support student needs, prepared nutritious meals, and kept the building organized this year. Without your hard work and dedication, our students would not be able to learn at the level they have this year.

Thank You Teachers for all that you do! We have a wonderful group of teachers who come to work each day with the goal of making a difference in each student's life. Their hard work and dedication has afforded students increased academic achievement and a development of new passions such as fine arts, extra curriculars, or future career pathways.

Thank You School Board and District Office. The day-to-day operations could not occur without a group of dedicated individuals keeping the district equipped with the best resources possible and developing structures and systems to ensure Woodside is a great place to attend school and work each day.

Thanks again to the Woodside Village for making the 2017-18 school year a success. We could not do it without you. I look forward to building on the successes of this year and working with each of you next year.

Nurse *Notes*

By Vonda Mosher, Woodside Nurse

Notice 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.

Notice 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.

Join us to celebrate the retirement of 3 staff members. We honor your years of service and dedication to our students and community. You will be missed!

Terry Brix - Douglas Cline - Carolyn McCauley

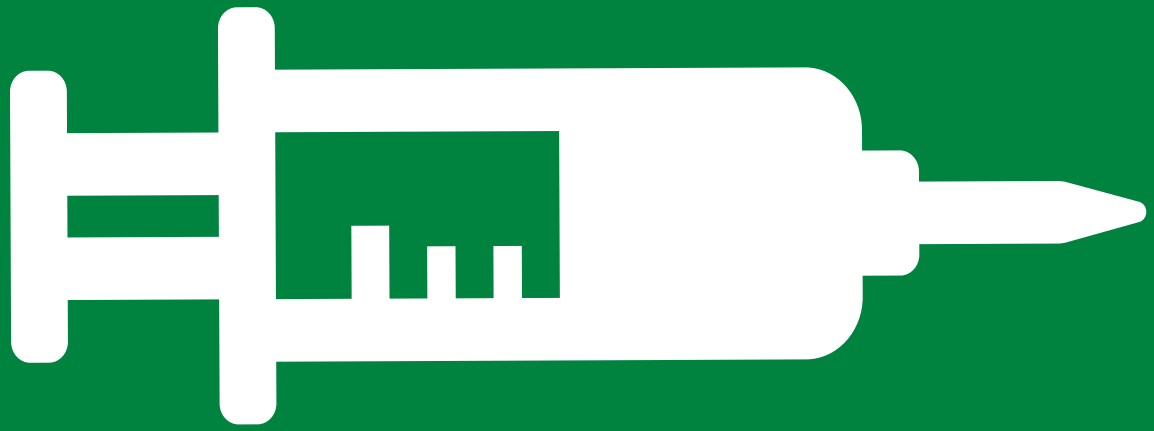
Woodside Retirement Celebration

*Woodside Cafeteria
5810 NE 14th Street, DSM, IA*

May 17, 2018 4:00 - 6:00

Cake and refreshments will be served

All are welcomed to join us in celebrating!



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.

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

Eighth Grade Science Update

By Kathleen Meitl, Eighth Grade Science Teacher

Our eighth grade scientists are wrapping up the year with a unit on astronomy. In the first half of the unit they created videos of models representing how the sun moves across the sky (pictured in top photo), lunar phases, eclipses, and the seasons.



They are now modeling the entire solar system (pictured in bottom photo) to get a sense of the scale of these objects, both in size and distance.

Their final project will be to develop a movie pitch about a collision in space, tying together what they've learned about space objects; their characteristics, motions, and the role physics plays in how they interact.

Throughout the unit they have been asked to write claims explaining all these phenomena and to

back up their claims with evidence from their models, readings, and class discussions. It can be a difficult task to explain in writing what you've learned during a group activity, but students are getting better each time we go through the process.



As I look at the progress most students have made from the start of the year, I am confident they will be transitioning to the high school with the science skills they need to be successful.

HAPPY
SUMMER

KEEP YOUR CAR, CHANGE YOUR LOAN.

AND WE'LL DONATE **\$50***
TO SAYDEL SCHOOLS

PLUS, WE'LL
PAY YOU **\$200***
IF WE CAN'T BEAT
YOUR CURRENT
RATE!

Rates as low as 1.49% APR*

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.

Federally insured by NCUA.





Woodside Drama Shows Their True Colors In Musical “Joseph”

Woodside Middle School’s Drama Department showed their true colors by performing Andrew Lloyd Webber’s “Joseph and the Amazing Technicolor Dreamcoat” in April. The show, which is celebrating its 30th anniversary on Broadway, was re-enacted by a wide range of students in grades fifth through eighth on the Saydel High School Stage. It was a great way for students to create musical fellowship with each other whether out in front as a performer or working back stage “behind the scenes.” Director Colleen Babcock would like to thank the many people who made this amazing opportunity possible for the students at Woodside.



Taylor Kouski is singing about the golden cup.



Jason Contreras (playing Joseph) and Gavin Godwin (playing Pharaoh) are singing about a dream that Joseph had.

Photos by Tricia Zeis Photography.



Woodside student Jason Contreras is pictured here playing “Joseph.” He is singing about his days of freedom.



Jason Contreras wearing his beautiful Technicolor Dreamcoat.



Actors on stage performing music together are pictured from left: Erick Hernandez, Corbin Sheppard, Makayla Wood, Oliver Mazariegos, Andre Valdez, Thomas Johnson, Kendrik Baker, Lucy Peak, Taylor Kouski, Chloe Faux, and Payton Ballard.



Saydel Graduate Shares Anti-Bullying Message at Woodside

Bailey Hodson, a 2016 Saydel graduate, left, visited Woodside Middle School to share her anti-bullying campaign with the students. Hodson, currently a student at Grandview University, will be competing for Miss Iowa later this year.

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 EAGLES
ATHLETIC BOOSTER CLUB
 SAYDEL HIGH SCHOOL 5601 NE 7th St, DES MOINES, IA 50313

Annual Four Person Best Ball Golf Outing

Terrace Hills Golf Course
Saturday, June 9th, 2018
7:45am Shotgun Start [Check-In: 6:30 – 7:30am]

Registration: \$60 per player. Includes 18 holes, cart, lunch and 2 drink tickets.

Captain:	Email:
Player 2:	Email:
Player 3:	Email:
Player 4:	Email:

Prizes:

Men and Women; Winning Team, Longest Drive, Longest Putt, Closest to the Pin and others.

Sponsorship Opportunities:

\$100	Longest Drive
\$100	Longest Putt
\$100	Closest to the Pin
\$200	Tee Box Sponsor
\$500	Free Foursome and Tee Box Sponsor
	Other – If you have another idea for a sponsorship opportunity, please contact Rob.

Make checks payable to: Saydel Eagles Athletic Booster Club

Mail forms to: Saydel Eagles Athletic Booster Club, 5601 NE 7th St, Des Moines, IA 50313 by June 6th.

Questions? Email saydelathletics@gmail.com or call, text us:

Rob Stephenson 770-7445	Shannon Riddlebarger 681-3978	Scott Hecker 720-9861
Jeremy Lowe 240-2141	Jennifer Garrison 419-6000	

For more information and forms go to our Facebook Page: www.facebook.com/saydelathletics

Terrace Hill’s Rain Policy:

As long as the golf course is playable the group can play regardless of weather conditions. If inclement weather is possible we want to make a decision 1 1/2 hours before start time. We look at local radar and make the decision to **start play on time, delay up to one hour or cancel event**. If event is cancelled we try and find an alternative date. If we begin play and inclement weather moves in for a period of time, **we have a 1 hour rule**; if golfers can begin play after 1 hour of suspension they finish their round. If this is not possible we work with the event organizer to determine satisfactory outcome.

Counselor's Corner

By Kathy Erickson, Woodside Guidance Counselor



The end of the year has been busy! Woodside's fifth grade students had the opportunity to learn about keeping themselves "Safe, Strong and Free" during presentations by Blank Children's Hospital's CAP (Child Abuse Prevention) program. Every student learned about resistance to bullying, how to reduce their risk of being abused, and how to let someone know if they need help. Ask your student to demonstrate their "Cap Yell" to signal danger!

As part of our ongoing efforts to increase college and career awareness, seventh grade students took a trip up the street to learn about DMACC. Students had an opportunity to tour the campus and to hear from admissions counselors about all DMACC has to offer and why community colleges are a great option for many students. Woodside students had great questions about scholarships, transfer credits and the college experience. Many students commented that they had no idea about all of the different jobs they could get with a degree from DMACC. We are thankful for this opportunity and to have such a gem of a facility in our "neighborhood."

The eighth grade Life Skills classes have had a challenging semester. They spent several weeks exploring potential careers, culminating in a research project about their chosen career. If these projects predict the future, Saydel grads will be pursuing careers in medicine, construction, engineering and veterinary sciences, among many others! Following their career unit, they learned about job skills and how to be a good employee. Each student completed a job application and participated in a mock interview with an adult staff member, and they rocked it! Several students have already lined up real life interviews for summer jobs! Finally, to end the year, students will learn about healthy relationships and sexual health, using the FLASH curriculum. Students will go into high school knowing a little bit more about "life."



Student Council is ending the year with a lot of fun activities. They are honoring Woodside teachers with treats during Teacher Appreciation Week. The fifth and sixth grade students planned a fun movie night where more than 75 students stayed after school to watch *The Greatest Showman* and (most importantly) eat lots of snacks. Pictured to the left is a snapshot of the fifth and sixth grade movie night.

The seventh and eighth grade spring dance was held on May 11, with all of the profits going to the Parkland Medical Fund, to provide financial support to survivors of the Parkland, FL, shootings.

It's been a great year, and it was nice to celebrate and give back at the same time.

Fifth & Sixth Grade News

By Doug Humiston, Woodside Special Education Teacher

In fifth grade co-taught Math, we are currently working on volume and area. Students are becoming fluent in calculating both volume and area. During fifth grade English/Language/Arts, students have been researching a person who has broken a barrier. The students have the option of creating a poster or writing an essay to share the information they have researched. During flex time, students are currently working on three-digit divided by one-digit division. In sixth grade science, students are now working on geologic activities. They recently learned about earthquakes.

Saydel Parent Involvement Matrix



View Interactive Links at 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](#)

Counselor's Comments on Release of "13 Reasons Why" Season 2

By Kathy Erickson, Woodside Guidance Counselor

Netflix is releasing Season 2 of "13 Reasons Why" this Friday. The first season of this drama was very controversial because of the subject matter -- bullying, rape, teen suicide -- and drew a lot of attention from teens, including Woodside students.

I have mixed feelings about this series. On one hand, it shines a light on topics that many teens are grappling with, often unbeknownst to parents, which can provide them with an opportunity to think about their struggles from a different point of view. And the series does show that actions can have far-reaching, unintended consequences. On the other hand, teens sometimes fail to think critically about the materials they view. On "13 Reasons Why", issues such as drug and alcohol abuse, rape and self-harm are presented from the point of view of the teen characters on the show, who endure these experiences and address them like teenagers, often in dangerous and irresponsible ways. Adult voices are rare on this show, and I fear that teens who watch this series will see the teen characters' choices as inevitable, since there are no other options presented.

I have included a link to the Common Sense Media website that will give you more information about this series, as well as resources that parents can use to determine if this series is appropriate for their children. What you will find is that most experts believe this is complex material meant for mature young adults. While each family will need to decide for themselves whether this series is appropriate for them, nearly all of the reviews recommend that families watch together, if they watch at all. This way parents can help teens think more critically about what they are watching and what it means for them.

<https://www.commonsensemedia.org/tv-reviews/13-reasons-why>

More generally, as summer approaches and students have more opportunities to "binge-watch" on Netflix or see movies in the theater, I encourage you to visit Common Sense Media for more information about what kids are watching. They have detailed information about subject matter, language, violence and sexual content that is good to know before kids watch. This can spark discussions with your teen about things you do and don't feel comfortable with them watching, and why.



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

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>

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 or call (515) 264-0866.

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



SUMMER MEAL

MEET-UPS



FREE!

Summer Meals for Kids & Teens

Open to ALL Children 18 & Younger

*Adults may eat for a fee.



June 4 - August 10
Monday - Friday

Cornell Elementary School

5817 NE 3rd Street, Des Moines

Breakfast: 8 AM - 9 AM

Lunch: 11:30 AM - 12:15 PM



Questions?

Contact **Jessy Sadler**, Director of Food Services,
at 515-264-0866 or sadlerjessy@saydel.net

USDA is an equal opportunity provider & employer.

"It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 400 E. 14th St. Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."






SOCIETY OF HEALTH AND PHYSICAL EDUCATORS®

May 2018

Secondary Physical Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>► National Health Observances</p> <p>National PE & Sport Week (May 1-7) National Physical Fitness and Sports Month Mental Health Month National Teen Pregnancy Prevention Month</p>	<p>1 Line Jumps Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</p>	<p>2 Play Catch 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>3 Shuttle Run Test your agility! Pick a starting point and place 2 small objects 10 yards away. Sprint to pick up each object one at a time.</p>	<p>4 Jab, Jab, Cross Jab twice with your right fist then punch across your body with your left. Complete 10 times then switch sides.</p>	<p>5 Target Practice 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 4 for 10 10 frog jumps 10 sit-ups 10 push-ups 10 second superman hold</p>
<p>7 Arm Hold Challenge 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. Sound easy? Find out for yourself!</p>	<p>8 Box Drills Sprint forward 15 yards, side shuffle left 15 yards, back peddle 15 yards, side shuffle right 15 yards. Go as fast as you can for 1 minute. Repeat 5 times.</p>	<p>9 Mummy Kicks Criss-cross arms from left to right while lightly hopping & kicking your feet from left to right.</p> 	<p>10 Line Jumps Put a piece of tape on the ground and jump back and forth side-to-side as quick as you can for 30 seconds.</p>	<p>11 Scissor Jumps Jump with right leg forward and left leg back alternating the lead foot. Make sure your arms are moving opposite of your legs. Complete 3 sets of 10.</p>	<p>12 Around the House See how many times you can run around the outside of your house without stopping. Check your pulse when you finish.</p>	<p>13 Couch Potato Circuit Complete this while watching your favorite TV show. 10 Chair Dips 10 Sit Ups (feet under the couch for help) 10 Squats</p>
<p>14 Soccer Dribble Dribble a ball 100 times with your feet. Trap the ball and do 100 toe taps on the top of your ball.</p>	<p>15 How Fast Can You Go? Pick a distance and see how fast you can run the distance.</p>	<p>16 Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>17 4 Walls 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>18 Tabata Burpees 20 seconds of work 10 seconds of rest 8 rounds</p>	<p>19 Cardio Speed walk, jog, or run for at least 10 minutes today. Cool down by doing some calf stretches, quad stretches, and pike stretches.</p>	<p>20 Balancing Act Practice balancing on one foot on a step, curb or balance beam at a park. Try bringing your free knee up to a 90 degree angle. Switch sides.</p>
<p>21 Step Jumps Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.</p>	<p>22 Eagle Pose Hold eagle pose two times on each leg for 20 seconds each.</p> 	<p>23 Stairs Run up the stairs in your house/apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p>24 Kick City 20 side kicks 20 front kicks 20 back kicks</p>	<p>25 Pendulum Stretches Stand facing a fence and swing one leg at a time back and forth in front of you like a clock saying "tick, tock" each time.</p>	<p>26 Up and Squat Challenge Any time you get up from your seat today, complete 5-10 squats before moving.</p>	<p>27 Dance Blare some music and dance around the house or play an interactive game like Just Dance!</p>
<p>28 Interval Training Jog for 2 minutes Walk for 1 minute Run for 1 minute Walk for 1 minute Repeat 5 times. Be sure to cool down and stretch</p>	<p>29 Scissor Jacks As you jump, scissor your legs each time. When your right leg is in front, raise left arm. Left leg in front, raise right arm. 4 sets of 25</p>	<p>30 Go Outside Spend time outside with family or friends today. Leave the cell phones at home and go for a walk.</p>	<p>31 Bridge Pose Lie on your back; place your hands and feet on the ground. Push your stomach up towards the sky.</p> 	<p>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!</p>		

Woodside Staff Focus

Highlighting staff members new to Woodside Middle School

Name: Samantha Nolte

Position at Woodside: ELL Teacher

Family: "My husband's name is Mike and we have two children, Thea, age 2, and William, age 1. We also have a dog named Charlie."

Previous work/College Experience: "I graduated from the University of Northern Iowa. Before working at Saydel, I was an ELL teacher for seven years at Marshallown High School."

One thing you have enjoyed about working at Woodside: "I love getting to work so closely with students and other teachers since it's a smaller school."

One thing you did not realize about Saydel before starting this position: "I did not realize the unique demographics of Saydel Schools until I started teaching here."

One thing you want others in the community to know about Woodside: "Saydel is a wonderful place to be!"



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. Just e-mail which newsletters you would like to receive and then watch for them in your Inbox!

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

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.