

October 24th, 2014



SAYDEL HIGH SCHOOL

Eagle Express

# Saydel Community Schools

## Let's Get Loud!

On October 21, the Saydel High School Choirs presented their Fall Concert. It featured varied repertoire including songs from Broadway, pop and country music. Some of the familiar selections were "*Seasons of Love*" from the musical *Rent*, "*I Hope You Dance*" made famous by country star, Lee Ann Womack, "*That's A'more*" - one of Dean Martin's signature pieces, the jazz standard *Fly Me to the Moon*," and even *Let's Get Loud*" written by Gloria Estefan and recently recorded by Jennifer Lopez.



The choir members gave a strong performance, and reported that they found that when they gave more energy to the audience, especially in "*Let's Get Loud*", the singers could feel that energy being returned from the audience. Concert Choir also gave a Solfege demonstration using the intricate, *The*



*Heavens Are Telling*," which is one of this year's all-state selections. The choir felt that this was a GREAT start to the year, and were thrilled by the surprise standing ovation at the end of the concert.



Saydel High School 2014 Multiple Activities Schedule  
(as of 10-23-2014)

Activity	Time	Versus	Location	Location Detail	Comments
<b>MONDAY, OCT 27, 2014</b>					
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		
Volleyball: Varsity Regionals	7:00pm	Away vs. West Central Valley	West Central Valley High School		1st Round - 3A Regionals
<b>TUESDAY, OCT 28, 2014</b>					
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		
College Plan Night	7:00pm-9:00pm		Saydel - Auditorium		
<b>WEDNESDAY, OCT 29, 2014</b>					
Football: Varsity State Playoff Game	TBD	TBA, TBA	TBA		
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		
<b>THURSDAY, OCT 30, 2014</b>					
Volleyball: Varsity Regionals	TBD	TBA,	TBA		
Little Eagles Wrestling Club	6:00pm-8:00pm		Saydel - Wrestling		
4th Grade Parent Night Math	6:00pm-7:00pm		Cafeteria		
<b>SATURDAY, NOV 01, 2014</b>					
Cross Country: JV/Varsity State Meet	12:00pm	Away vs. Fort Dodge	Fort Dodge		



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DAN ZIEGLER



515-577-2061

ZIEGLERPAINT@YAHOO.COM

# CORNELL PTO SPOOK RUN/WALK

## COME JOIN US IF YOU DARE!



SATURDAY, OCTOBER 25, 2014

SAYDEL HIGH SCHOOL

2:00 p.m.

### REGISTRATION:

- ✿ \$15 REGISTRATION FEE PER PERSON OR \$45 FOR A FAMILY - INCLUDES T-SHIRT(S)
  - Additional charge for plus size t-shirts
- ✿ ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT
- ✿ PACKET PICK UP: 1:00-1:30 p.m. -- RACE START: 2:00 p.m.
  - Cornell students' packets will be sent home with students Friday, October 24<sup>th</sup>
- ✿ HALLOWEEN ATTIRE ENCOURAGED (SAFETY FIRST, PLEASE NO WEAPONS)
- ✿ MAKE CHECKS PAYABLE TO: **CORNELL PTO**

**CONTACT:** Jenn Van Houten - [vanhouj@nationwide.com](mailto:vanhouj@nationwide.com)  
Melissa Cogdill - [cogdillmelissa@saydel.net](mailto:cogdillmelissa@saydel.net)

**TRAINING INFO CAN BE FOUND AT:** <https://suite.io/kimbira-cutlip/2jm32yb>

**INCLIMATE WEATHER:** In the event of bad weather please check the Cornell PTO Facebook page at <https://www.facebook.com/cornelleleempto>. Sorry, no refunds in the event the race is canceled.

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**TURN IN YOUR REGISTRATION TO YOUR CHILD'S TEACHER OR YOUR SCHOOL OFFICE BY FRIDAY, OCTOBER 10, 2014. REGISTRATIONS TURNED IN AFTER THIS DATE ARE NOT GUARANTEED A T-SHIRT**

**\*\*ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT!!**

(Circle shirt size)

PARENT/GUARDIAN NAME: \_\_\_\_\_ **YS YM YL S M L XL XXL XXXL**

NAME: \_\_\_\_\_ **YS YM YL S M L XL XXL XXXL**

NAME: \_\_\_\_\_ **YS YM YL S M L XL XXL XXXL**

NAME: \_\_\_\_\_ **YS YM YL S M L XL XXL XXXL**

PHONE NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### WAIVER (MUST BE SIGNED)

BY ADDING YOUR SIGNATURE, YOU ACCEPT THIS WAIVER AND DISCLAIMER. I, THE BELOW SIGNED, INTEND TO BE LEGALLY BOUND FOR MYSELF AND THE OTHERS ON THIS REGISTRATION FORM. I WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES WE MAY HAVE AGAINST THE RACE, SPONSORS OR REPRESENTATIVES FOR ANY INJURY, ILLNESS, DAMAGE OR LOSS TO US OR PROPERTY THAT MAY OCCUR DURING THIS EVENT. WE CONSENT TO MEDICAL TREATMENT IN THE EVENT OF INJURY, ACCIDENT AND/OR ILLNESS DURING THE EVENT. I ATTEST THAT I AND THE ABOVE PEOPLE ARE WILLINGLY PARTICIPATING AND PHYSICALLY FIT AND SUFFICIENTLY TRAINED FOR THE COMPLETION OF THIS EVENT. FURTHERMORE, I HEREBY GRANT FULL PERMISSION TO USE OUR NAMES AND LIKELINESS AS WELL AS ANY PHOTOGRAPHS AND ANY RECORD OF THIS EVENT IN WHICH WE MAY APPEAR FOR ANY LEGITIMATE PURPOSE, INCLUDING ADVERTISING AND PROMOTION WITHOUT COMPENSATION.

\_\_\_\_\_  
PARENT SIGNATURE

\_\_\_\_\_  
DATE

## Eagle Cross Country

The Saydel Eagle Cross Country Team ran districts in Pella at the Central College Cross Country Course on Thursday. The boys team had high hopes to achieve a team appearance in the state cross country meet, a feat that hasn't been done for 20 years at Saydel. Though they fell 31 points short, the effort was not a loss as they were successful on many fronts.

The Pella district was easily the hardest in the state to get in to the state meet. With 4 ranked teams as well as other traditionally very good running schools, it would take a superb effort to make it in to the top 10 individuals or the top 3 teams.

The girls started off the afternoon running very well, though it was their last meet of the season, they did finish in front of 4 other schools, something they haven't been able to achieve til now. Lyndsay Bianchi finished first out of the Eagles, followed by freshman Ada Miklus. Senior Gabby Richards was third for the Eagles. The girls team will return a solid core of runners for next season with Bianchi (10th), Miklus (9th), Cassie Chubb, (11th), Jordan Johnson (11th), Makenzie Pyles (11th), and Jayda Tolentino (9th) being added to some strong incoming 8th grade runners as well. With consistent off-season training the girls could show some amazing



improvement over the next year.

The boys came in with focus to districts. Eyeing the top 10 and top 3 team finish, they went out and put themselves in a great position, Casey Roberts jumped into the top 10 in 6th place at the 1 mile mark with David Parker

in 13th. At mile 2 Casey had dropped back 1 spot into 7th, but David pushed himself into 8th, a mere 5-6 behind Roberts at that point. The strategy was to get into a position in the top 9 and hold on and they boys did exactly that finishing the last mile out Roberts ended with a 6th place finish and Parker with 9th send-

## Cross Country (cont.)

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ing both runner to the state meet in Fort Dodge.

The team fared quite well also, finishing 5th overall out of the 12 teams, avenging an early season loss to Carlisle as well as beating the 14th ranked team in the state in Mt. Pleasant. Roberts, Parker, Joey Hassett, and Nathan Nelson all set season PRs on the day. The boys also bring back a strong core of runners in Parker (10th), Nelson (9th), Kole Walker (11th), Josh Green (9th), Alex Scott (11th), and Cody Boozell (9th).



The state cross country meet will be held in Fort Dodge on Saturday, November 1. Meet information can be found on the Iowa High School Athletic Association website under "sports"

and "cross country". Wish Casey and David good luck as they embark upon representing Saydel in the state meet, and congratulate all the Saydel Cross Country athletes on an amazing season!

## Saydel Gridiron Club

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We need your support! The mission of the Saydel Gridiron

Club is to support and promote Eagle Football. In case you didn't know, the SGC provides team meals for every high school player on Thursdays during the season and sack lunches for away games. The SGC provides monetary support for items not provided through donations from

family members and friends of the program. In addition, the SGC offers financial assistance to the football program to provide safety and training equipment. The Saydel Gridiron Club is also responsible for tailgating meals during many Eagle home games (pulled pork sandwich meals return on tonight versus Carlisle).

Visit our table, west of the concession, to purchase Eagle Football merchandise and memberships so we can continue to support the football program and our student-athletes! Our merchandise includes the 2014 Me-

dia Guide (thanks to the support of many local businesses), team posters, wrist bands, window stickers, and yard signs. Inquire about how you can help out with various volunteer opportunities!! We invest in the future of our kids! Go Eagles!!! Contact us at [saydelgridiron-club@hotmail.com](mailto:saydelgridiron-club@hotmail.com)

**The SGC would like to extend a special "Thank You" to the Marquenville United Methodist Church for providing last night's team meal. Your generosity is truly appreciated!!**

## Eagle Volleyball

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The Eagles ended their regular season on Monday here at home hosting Eddyville. The Eagles fell to an tough Eddyville team 3 games to zero.

The 10 Senior took their home court for the final time. A bit bitter sweet for these 10 seniors who have put so much blood, sweat & tears into this sport. As a coach it has truly been a blessing to see these young ladies improve every single day! The Eagles finished with a regular season record of 6-24.

On a high note our season is NOT over yet. The Eagles head to Stuart in Monday to play West Central Valley who is 10-10. If the Eagles show up and play their game we will get an-



other Win in the books & head to our second round of regional play. The Eagles are working hard this week in the gym in

preparations for Mondays night game! Come out & support our girls Monday night in Stuart!!

## Set 'em Up—Knock 'em Down!!!

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The Winter bowling season is right around the corner and tryouts are too!! Students interested in being on the East/Saydel bowling team need to attend a meeting at the DM East High School Café on November 6th at 3:15. Tryouts will be on November 10th, 11th, and 14th. Details concerning tryouts will be explained at the meeting.

This is open for any girls or boys in 9th-12th grade. Participants will need to have an updated physical and other required forms on file with the Saydel Activities Office before they can tryout. Call the Activities office if you have questions regarding eligibility. Call Coach Sorensen at 515-720-8188 with any bowling questions.



SAYDEL AFTER PROM FUNDRAISER  
WEDNESDAY, NOVEMBER 5  
5-9 PM

ANKENY PIZZA RANCH  
BY THE SOUTH FAREWAY

Coupons are good for \$1.00 off an adult buffet

Or

\$10.00 for any large single topping carry out pizza  
Pizza Ranch will donate \$1.00 to Saydel After Prom

for each coupon brought in on Nov. 5

Coupons may be copied

Enjoy a night out and help support Saydel After Prom

Group Name:	Saydel After Prom
Date:	Wednesday, Nov 5 <sup>th</sup>
Pizza Ranch Location:	Ankeny

Group Name:	Saydel After Prom
Date:	Wednesday, Nov 5 <sup>th</sup>
Pizza Ranch Location:	Ankeny

**SHARE**  
**THE TIPS**  
**NIGHT** 

❁ 5PM TO 9PM ❁

**ANY LARGE PIZZA \$10**

FUNDRAISER COUPON



**\$1.00 OFF**

REGULAR PRICE  
ADULT BUFFET

**SHARE**  
**THE TIPS**  
**NIGHT** 

❁ 5PM TO 9PM ❁

**ANY LARGE PIZZA \$10**

FUNDRAISER COUPON



**\$1.00 OFF**

REGULAR PRICE  
ADULT BUFFET



# SAYDEL EAGLES ATHLETIC BOOSTER CLUB

SAYDEL HIGH SCHOOL 5601 NE 7<sup>th</sup> DES MOINES, IA 50313

## Family Membership Form 2014-2015

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ **Platinum Eagle** **\$250**

Includes a family pass (admission to all home regular season sporting events). Name listed in all programs.

\_\_\_\_\_ **Gold Eagle** **\$100**

\$25 Saydel merchandise credit. Name listed in all programs.

\_\_\_\_\_ **Silver Eagle** **\$50**

\$15 Saydel merchandise credit. Name listed in all programs.

\_\_\_\_\_ **Green Eagle** **\$25**

Name listed in all programs.

\_\_\_\_\_ **Eagle** **\$10**

Name listed in all programs.

2013/2014 support made possible by your donations & booster club funds

- Boys track uniforms
- Sport team camp fees
- Volleyball uniforms
- Wrestling warm ups





**Saydel Music Boosters 2014-2015**  
*Tradition of Excellence*

Saydel Music Booster sponsorships are available to businesses, individuals, families and organizations interested in providing financial support for the Saydel Community School's Music Program. Donations provide support to the vocal and instrumental programs at Woodside Middle School and Saydel High School. Some of the expenses covered by the Music Boosters include travel for students, clinicians (drum line & color guard instructor, choir & band master classes), accompanists for concerts & contests, honor festival expenses, awards and music camp scholarships.

Continuing the Tradition of Excellence, our performing groups represent our school and community year-round, serving as outstanding examples of student accomplishments and the exceptional educational programs they represent.

All donations to the Saydel Music Booster program are proudly listed in our concert programs and athletic programs for both Woodside and Saydel throughout the school year. Sponsors may elect to remain anonymous at their discretion.

**Donations for sponsorships are TAX DEDUCTABLE!**

Checks may be made to – Saydel Music Boosters

----- Detach and return with check or cash to: -----

*Saydel Music Boosters  
c/o Saydel High School  
5601 NE 7<sup>th</sup> St.  
Des Moines, IA 50313*

Platinum Eagle \$250+       Gold Eagle \$100       Silver Eagle \$50  
 Green Eagle \$25       Eagle \$10       Other Amount (\$ \_\_\_\_\_)

Name: \_\_\_\_\_ Business Individual/Family Alumni  
(Name as it should appear in publications.) (Circle appropriate recognition above)  
(Alumni will appear after your name if circled. Ex Jane Doe – Alumni)

Please **DO NOT** publicize my membership in programs, on the web site, or other publications

Mailing address: \_\_\_\_\_ City, Zip: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_  
(We do not share your email information with any other entity.)

\_\_\_\_\_ Volunteers are always welcome for Saydel Music events.  
Please contact me at the above number as a potential volunteer.

## Cornell Elementary

In Art at Cornell Elementary, students drew from life. Students used a view finder to zoom in on a section of a pumpkin still life. The view finder helped them to fill their page. 4th grade students completed their still life projects by using water color techniques. 2nd grade was introduced to pastel and blending color while 3rd grade had an opportunity to refine those blending

techniques. Kindergarten and 1st grade were great observers. They noticed dirt, bumps, bruises and even flat sides on the pumpkins. They then used a wax resist to finish their projects. After the completion of pumpkin still life projects Cornell art students will be working with clay. Kindergarten will create a radial design necklace. 1st grade will use the

pinch pot technique to create a pinch pot pumpkin. 2nd grade will add many pinch pot pumpkins to create a cluster of clay pumpkins. 3rd grade will use soft slab construction to make a cornucopia, while 4th grade will use various hand building techniques to create a Native American Story Teller.



Principal Mrs. Deb Chiodo and Cornell students, Jayden Cordova, Katy VanHouten, Kyrah Strickler and Conner Brooner were invited to the signing of the Character Counts Weeks Proclamation by Governor Branstad at the Iowa State Capital, Tuesday October 21st.



Front from left to right Mrs. Chiodo Jayden Cordova, Conner, Brooner, Gov. Branstad, Katy Van Houten and Kyrah Strickler.

# Saydel High School

Text, Talk, Act to Improve Mental Health is an initiative to spark a national dialogue about the importance of mental health.

A contest was held on October 6th, 2014 on National Day Without Stigma to support youth involvement in the National Dialogue on Mental Health. Saydel High School was one of three high schools across the nation that received recognition for participating. Through text messaging, students received discussion questions and were given resources to learn how to take care of themselves and a friend in need. Students also discussed issues related to the mental health of young people and decided how they might take action to improve mental health in their families, schools, and communities. For their efforts the school will receive a \$500 prize that Mrs. Austin can utilize for her class.



Spend an evening recalling all of that useless knowledge  
that has been stored away.

Saydel After Prom Presents



Saturday, November 15<sup>th</sup> 7-10pm Doors open at 6:30pm.

Capitol City Baptist Church  
5990 NE 14<sup>th</sup> St. Des Moines (just north of Woodside Middle School)

**\*\* Family, Friends, Neighbors, Coworkers\*\***

Put together a team of up to 8 people who will all work together to answer trivia questions on sports, history and entertainment. Cost is \$10 per person-cash only. If you don't have 8 people we will try to match you up with a team. Munchies will be provided-feel free to bring your own nonalcoholic beverages to drink.

PRIZES WILL BE AWARDED.

This is a fundraiser for after prom sponsored by parents of the class of  
2016.

We hope you will get a team together for a night of fun.  
You will be glad you did!!!

If there are questions please call  
Darla Van Houten at (515) 205 7776 or Penny Smith at (515) 710-3232  
or e-mail

[Vanhoutendarla@saydel.net](mailto:Vanhoutendarla@saydel.net)

## Interested in Coaching???

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Heartland Area Education Agency's next set of coaching classes is scheduled to begin December 18. The classes are hybrid courses, partially online and partially face-to-face, and are scheduled as follows:

- Theory and Ethics of Coaching - online beginning December 18, 2014; face-to-face session January 21, 2015, from 5:00-10:00 p.m. at the Johnston AEA Office (\$60)
- Human Growth and Development - online beginning December 18, 2014; face-to-face session January 25, 2015, from 8:00 a.m. - 1:00 p.m. at the Johnston AEA Office (\$60)
- Physiology - online beginning December 18, 2014; face-to-face session January 25, 2015, from 1:30-6:30 p.m. at the Johnston AEA Office (\$60)
- Care and Prevention of Athletic Injuries - online beginning December 18, 2014; face-to-face sessions January 31, 2015, from 9:00 a.m. - 3:00 p.m. & February 1, 2015, from 12:00 noon - 3:00 p.m. at the Johnston AEA Office (\$135)

If you are interested in taking the coaching classes, please have them register online before December 18. To register, go to [www.heartlandaea.org](http://www.heartlandaea.org) and click on Heartland AEA PD Catalog under the Professional Development heading. Choose the Athletic Coaching category. Payment must be made by credit card or school purchase order to register online.

## Harmony Explosion

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On October 16, the men from the Saydel High School Choir attended the *Harmony Explosion Festival* that was hosted by Des Moines' own Pride of Iowa Barbershop Chorus. The event held at Des Moines Lincoln



High School gave the guys a chance to learn more about barbershop harmony and to work with other area high school guys to put together songs for their evening concert. A truly exciting highlight of the day was having the opportunity to work with the 2012 World Champion Barbershop Quartet, *Ringmasters*.

The evening concert featured the high school choir, the Pride of Iowa Chorus, and the *Ringmasters*. The guys reported enjoying the concert and the opportunity to hear such great music and singers.





# Standardized Testing — The Musical!!!!

The Saydel High School Drama Department will be presenting "Standardized Testing — The Musical!!!!" by Sam Willmott on November 7 & 8 at 7:00 PM in the high school auditorium. It is the story of eight eccentric teenagers who set out to prove their self-worth on the single biggest day of their entire academic lives. Over the course of one test, they create and destroy friendships, learn to express their individuality, and sing their hearts out through an eclectic fusion of musical theatre styles, ranging from lush ballad to sparkling jazz, sultry bossa nova, gospel, funk and everything in between.

The production pokes fun at the exams that high school students have to take by demonstrating that there is more to each of the teenagers than the information that can be captured on a sheet of Scantron bubbles. Progressing through the format of a test structure with a Multiple Choice portion consisting of solos, a fifteen minute break spoken in real time, and a Free Response section where songs build and overlap, the students expose their deepest concerns, aspirations, and sources of suburban teen angst. There are a few terms used during the show that some may consider PG-13 rated.

The cast is looking forward to sharing with you their version of this show, so get a good night's sleep, eat your balanced breakfast and get ready for a No. 2-pencil-tapping good time!

Reserved Seating Sect: C Balc Seat: N101	Saydel High School Presents	Admission K-12: \$3.00 Adults: \$7.00
<h2>ΣΤΑΝΔΑΡΔΙΖΕΔ</h2> <h2>ΤΕΣΤΙΝΓ</h2> <p>The Musical!!!! By Sam Willmott Nov 7 &amp; 8, 2014</p>		
		



Saydel High School  
Presents

ΣΤΑΝΔΑΡΔΙΖΕΑ

ΤΕΣΤΙΝΓ

*The Musical!!!!*

*By Sam Willmott*



November 7 & 8, 2014

7:00 PM

At

Saydel High School

*Advanced Tickets*

*Available Now!*

*Stop at the SHS Main Office or  
call 515-262-9325 ext. 1100*



## Senior Night Tonight!!!

The Eagles will play their fourth and final home football game of the 2014 season tonight as they host the East Marshall Mustangs. Kick-off is scheduled for 7:00 at the newly remodeled Saydel Stadium. The Saydel community will also honor and bid farewell to the seniors involved in fall activities, including 12 individuals who have helped shape the direction of the football program. Tonight is also Breast Cancer Awareness night, so wear pink!

The seniors playing their last game in an Eagle uniform include Marshall Anderson, Justin Carr, Cory Channon, Corey Denning, Brandon Hill, Jeffrey Huber, Tanner Newell, Jace Langholz, Zach McBride, Grant Sherman, and Calyton Sommers. Grant Sodders will be involved in his last game as a manager for the Eagles.

The Mustangs enter tonight's game with a 0-8 overall record



Teammates congratulate Grant Sherman after a long TD.

and finished 0-6 in Class 2A District 6. East Marshall fell to South Tama last week, 42-13. The Eagles are 1-7 overall and finished 0-6 in Class 3A District 7. Saydel was defeated by top-ranked team in Class 3A's last week at Pella.

Eagle Football and the Saydel

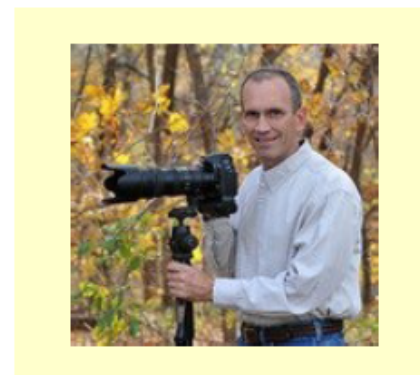
Gridiron Club would like to send a special "thank you" to **American Concrete and Hallett Materials** for providing this week's team meal. Their generosity is appreciated!

Come out and support the Eagles one last time tonight!!

## Pictures???

Do you like the pictures you see in the Eagle Express? Many of these pictures are available for purchase as well. Check out Greg Punelli's website at <http://www.gfpphotos.com/> for these amazing pics. Greg does an awesome job of supporting

Saydel Activities on a volunteer basis. Check out his many Saydel and wildlife photos at the link listed. **THANK YOU GREG FOR YOUR HARD WORK AND DEDICATION TO SAYDEL!!!**







**SAYDEL HIGH SCHOOL**

5601 NE 7th St.  
Des Moines, IA  
50313

Phone: 515-262-9325  
E-mail: [eagleexpress@saydel.net](mailto:eagleexpress@saydel.net)

**S.O.A.R**

**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. Consider using the 2013-2014*

## Did You Know???

- ◆ Coaches/Sponsors submit articles to the Eagle Express.
- ◆ Winter sports season is right around the corner. Does your student-athlete have their physical and other needed forms on file with the activities office?
- ◆ Allison Klapperich from Physiotherapy Associates is the athletic trainer for all varsity sports at Saydel.
- ◆ Sportsmanship starts with YOU! It is OK to be a dedicated fan! **Support your team positively!**
- ◆ Feel free to forward the Eagle Express or invite them to join! Send an email to [eagleexpress@saydel.net](mailto:eagleexpress@saydel.net) to get signed up!
- ◆ There isn't a machine that can pick up sunflower seeds on artificial turf? You have to pick these up by hand!!
- ◆ The new fitness equipment and weight equipment is being used daily in physical education classes to help students become physically fit.
- ◆ New facilities at the high school give our students the opportunity to become healthier in physical education classes as well as before/after school workouts.

