



# Saydel High School

Big City Opportunities, Small Town Commitment for Students

December 2015 Newsletter

## Upcoming Events

### Saydel High School

**JANUARY 4**

Classes Resume

**JANUARY 6**

Music Boosters Meeting in Library

**JANUARY 14**

Semester Tests, Odd Periods

**JANUARY 15**

Semester Tests, Even Periods

**JANUARY 18**

Second Semester Begins

**JANUARY 21**

Begin 2016-17 Course Sign-Up

## Principal's Message

Happy Holidays!

This is the time of year to celebrate accomplishments, reflect on 2015 and look to the future. Below are a few of those things for us to remember and work toward.

This year brought many great accomplishments for Saydel High School.

- Two inductees into our Academic Hall of Fame.
- The highest ACT average in over 10 years.
- The highest percentage of students proficient in reading in over seven years.
- 79 academic letter winners
- 52 students recognized for most improved GPA
- Earned Healthier US School Challenge Silver Award
- 15 state qualifiers in three sports



Principal Kevin Schulte

Positive change has also helped spur on growth and in 2015 we experienced a great deal of change.

- Addition of new courses and new learning opportunities: Principles of Engineering (dual enrollment with DMACC), Power Algebra, Graphic Design (dual enrollment with DMACC), High School of Business and Life and Leadership
- Our bell schedule adjusted the length of class periods and the amount of time dedicated to supporting students that have questions needing answered.
- A semester final experience that requires every student to take every final.

The future is where we are headed and need to continue to focus our development efforts.

- There are a variety of enhancements in curriculum enhancements that will provide both more rigorous and relevant learning opportunities for students. For example, we are revamping our computer programming class.
- We will continue to evaluate how student behavior factors into grades.
- Student groups, both Student Government and CIA (Change, Influence, Attitude), will be taking steps to further improve the Saydel student experience.
- We will have developed an effective system to address students struggling with either a skill within the learning or a will for the learning.

## Graduation Update

This year graduation date will be different than in year's past. We will be hosting graduation in the South Gym on Friday, May 27, 2016 at 7:00 PM. This adjustment was made due to state calendar requirements. The district calendar committee determined this was the best date and time that would accommodate families and meet state requirements.

## School Hours

**SAYDEL HIGH SCHOOL**

7:45 AM - 2:46 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**



## *Saydel Student Government Adopts Family for Thanksgiving*

Saydel High School Student Government students adopt a family in the Saydel district every year for Thanksgiving. All of the members donate several items for the family.

## **Music Department Presents Holiday Concert**

Saydel High School Music Department recently presented their annual Holiday Concert. The Concert Choir, Concert Band, Vocal Fusion Choir, and Jazz Bands performed a variety of traditional carols and holiday favorites.





# Saydel Wellness Newsletter

December  
2015

**5** or more fruits & vegetables

**2** hours or less recreational screen time\*

**1** hour or more of physical activity

**0** sugary drinks, more water & low fat milk

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find something you really like!

### WALNUTS

Nuts make a great occasional snacking choice especially for the holidays. Walnuts contain healthy omega-3 fats, antioxidants, fiber, and lots of other healthful nutrients.



## Portion Control

It is very easy to overeat during these gatherings.

Here are few easy tips to remember:

1. Eat before you go. Have a snack so you are not tempted to eat everything in sight.
2. Use smaller plates. Using the appetizer plate will reduce the number of foods you can load on your plate.
3. Go for the veggies and fruits. Fill most of your plate with healthy food so you won't feel like you ate so much.
4. Bring a healthy dish of your own to the party. Share your own healthy tasty recipe. It will inspire others to bring their own healthy dish for their next gathering.
5. Take time to eat your meal. Find a comfy spot, have a seat and enjoy your meal with people. This way, you are having a satisfying meal.

## Healthy Holiday Recipe

Creating a tasty recipe is not difficult. By using produce that is in season, a healthy dish can be accomplished.

### Sweet Potato-Pumpkin Mash

- 2 sweet potatoes—cubed
- 1 lb pumpkin—cubed
- 1/4 tsp cinnamon (or pumpkin spice)



1. Steam sweet potato and pumpkin until fork tender
2. Smash together with a fork or a potato masher
3. Mix in spice
4. Enjoy!

## PLAY HARDER

Ok, so you had a bit too much on Christmas break. Don't be hard on yourself—it happens to be best of us! Make up for it by going a little exercise.



## Saydel Athletic Booster Memberships

Special thanks to the following businesses and individuals who support the Saydel Athletic Boosters through membership.

### **BUSINESS PLATINUM EAGLE**

Chemorse  
Rasmussen Group  
Walker Construction & Painting  
Goode Greenhouses  
Power Systems  
All Iowa Products  
Rising Star Wholesale  
Jason's Lawn & Tree Care  
Karl Chevrolet  
A+ Flat Top Concrete Business  
Tesdell Electric  
Wee's Tee's

### **BUSINESS GOLD EAGLE**

Iowa State Bank  
Capital City Equipment  
Affinity Credit Union

### **BUSINESS SILVER EAGLE**

Baker Group  
Casey's General Store  
Telesupport, Inc.  
Hy-Vee Ankeny Prairie Trail

### **INDIVIDUAL GOLD EAGLE**

Doug & Lisa Wheeler  
Kevin & Kelly Schulte  
Brett Hersom  
Randy & Joleen Stephenson  
Rob & Shelli Stephenson  
R.C. Madison  
Dorothy Walter  
Brian & Lori Bowman

### **INDIVIDUAL SILVER EAGLE**

Zeke & Colette Philipsen  
Judy Gustafson

### **STAFF DUAL ATHLETIC & MUSIC MEMBERS**

Penny Smith  
Dia Fenton  
Sherry Keegan-Bayeur  
Cheri Tingley  
Eric Layden  
Shawn Pavlik  
Joshua Heyer  
Linda Reid  
Melissa Sensor  
Amanda Stone  
Jerry Young  
Jenni McKee  
Dave Braman  
Adam Busch  
Michael Puffett

## Library Adds Makers Space

*By Aileen Meyer, District Teacher Librarian*

Although reading is the priority of the high school library, the staff is working on transforming the library into a place that not only has books on the shelves but also serves as a place where students can sit and engage in a number of learning activities.

There is now an area set aside as a Makers Space, where students can tinker and create. Last month, students were challenged to create the largest freestanding structure possible. After winter break, the students and will be presented with new materials as well as a new challenge.

The library is also hosting a book club after winter break. The students will be reading *Matched* by Ally Condie. Holly Robinson, one of our library associates, will facilitate the book club.

Students may notice many new books displayed throughout the library and are encouraged to suggest new materials to be included in the collection.

Students are also encouraged to use the databases available from AEA. There is a poster in the library listing the digital resources for high school students including the username and password. Both the AEA resources and the library catalog are accessible on the Saydel Website.

## *Students Spread Holiday Cheer*

**Saydel High School Vocal Fusion students spread holiday cheer as they sing carols for the front office during their annual holiday caroling.**



*Enjoy Winter Break with your family  
& have a wonderful holiday season!*



# School Emergency Closing Information

2015-2016 School Year

## Emergency Closing Notes:

- ✓ For AM Delays, Eagles Nest delays from its original start time
- ✓ For PM early release, Eagles 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 on practices and events for your child

### 1-Hour Delay Start Times

- ⇒ Cornell - 9:35
- ⇒ Woodside - 8:45
- ⇒ HS - 8:45
- ⇒ Eagles Nest - 7:00

### 2-Hour Delay Start Times

- ⇒ Cornell - 10:35
- ⇒ Woodside - 9:45
- ⇒ HS - 9:45
- ⇒ Eagles Nest - 8:00

Automatic e-mail / text alerts available from:

[www.kcci.com](http://www.kcci.com)  
[www.who.tv.com](http://www.who.tv.com)  
[www.woi-tv.com](http://www.woi-tv.com)

## Emergency closing information will be communicated through the following:

1. School Messenger (voice & e-mail) by 6:00 the day of a closing
2. District Website
3. [www.facebook.com/saydelcsd](http://www.facebook.com/saydelcsd)
4. [www.twitter.com/saydelcsd](http://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*



## SAYDEL ACTIVITIES DEPARTMENT ACTIVITY PASS

All passes include admission for home games  
(excluding tournaments) for the 2015-16 sports season.

STUDENT PASS - \$25 grades K-12th

SINGLE PASS - \$75

FAMILY PASS - \$150 parents/guardians, school-aged children, including college

SENIOR NON-RESIDENT - \$50 65+ non-residents to Saydel School District

SENIOR RESIDENT - FREE 65+ Saydel School District resident with proof of residency

### ACTIVITY PASS ORDER FORM

*Make checks payable to SAYDEL HIGH SCHOOL*

| NAME(S) | PASS TYPE   | QTY. | AMOUNT |
|---------|---|------|--------|
|         | <input type="checkbox"/> Student, \$25                          |      |        |
|         | <input type="checkbox"/> Single, \$75                           |      |        |
|         | <input type="checkbox"/> Senior, \$50<br>non-resident of Saydel |      |        |
|         | <input type="checkbox"/> Family, \$150                          |      |        |
|         | <input type="checkbox"/> Senior, FREE<br>resident of Saydel     |      |        |

Submit to: **Saydel High School, 5601 NE 7th Street, Des Moines IA 50313**

# Staff Spotlight:

*Highlighting staff members at Saydel High School*

**Name:** Mary Smith

**Position at Saydel High School:** Custodian

Mrs. Mary Smith one of the team members responsible for the work that keeps our high school running smoothly. Her work has an impact on every student that walks through the doors of our high school because the cleanliness of our building plays a positive role on student learning. Mrs. Smith has been serving the district for the past 27 years. Her service has included vital roles such as bus driver and custodian. The 27 years is one example how her roots run deep in Saydel. Not only has she served the district, but she is also a proud graduate of SHS.

**What is the thing you enjoy most about Saydel?**

"I enjoy knowing and interacting with most of the people and kids that come through Saydel. I know the majority of kids because I went to school with the majority of the parents. Living in the district also allows me to interact with a lot of parents as well."

**What do you enjoy doing outside of Saydel High School?**

"During the winter season, it feels like I live at school because the high school never sleeps. I really enjoy spending my time going to races. Most of the races I have attended are of my son racing go-karts. I only attended two of those races last year because he travels all over the country driving sponsored carts. Attending the go kart races will change because my son has started racing midgets sprint cars. The races I enjoy going to most are the flat track motorcycle races in Du Quoin, IL."

## Subscribe to All of Saydel's Newsletters

If you would like to receive the weekly 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 email 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  
**Melissa Sassman**, Board of Director  
**Henry Wood**, Board of Director  
**Chad Vitiritto**, Board of Director  
**Doug Kayser**, Board of Director  
**Roland Kouski, Jr.**, Board of Director

Superintendent: Mr. Douglas Wheeler  
Board Secretary: Beth Vitiritto



School Board meetings are held at the Saydel District Office on the second Monday of each month at 6 PM

**EDUCATION FOR  
LEADERSHIP;  
LEARNING FOR LIFE**

**Saydel High School**

5601 NE 7th Street  
Des Moines, IA 50313  
515-262-9325

We're on the Web:  
[www.saydel.k12.ia.us](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**. Office for Civil Rights, Citigroup Center, 500 W. Madison Street, Suite 1475, Chicago, IL 60661.