



Saydel High School

Big City Opportunities, Small Town Commitment for Students

November 2015 Newsletter

Upcoming Events

Saydel High School

NOVEMBER 21

All State Music Festival, Hilton Coliseum

NOVEMBER 25-29

Thanksgiving Break

DECEMBER 2

Music Booster Club, Library

DECEMBER 4

First Home Basketball B/G Doubleheader, South Gym, 6 PM

DECEMBER 12

First Home Wrestling Tournament, South Gym, 10 AM

DECEMBER 14

School Board Meeting, 6 PM

DECEMBER 21

Winter Break Begins

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

Principal's Message

During my six years in Saydel, there have been a large number of things that have made me proud of our students and community. This fall these instances of pride have been overflowing.

During our career fair and blood drive, we had visitors to Saydel come in contact with a large number of students. While in conversation with these visitors I received some specific, unsolicited feedback.

A nurse at our blood drive shared, "I've interacted with a lot of your students today. You have a great group of students."

At our college fair one of our presenters provided me with this feedback, "Students were great! They were engaged in what I was talking about and it wasn't like other schools I have done this at." We truly do have great group of students.

Our volleyball senior night was another one of the proud moments for several reasons. This evening was the definition of why high school athletics exist. Fans were able to witness the dedication of our three senior girls and see them play their hearts out. Our students who attended the event oozed with Saydel pride. They were loud and rambunctious, while showing impeccable sportsmanship by cheering for Saydel and not against the opponent or officials. Fun, dedication, hard-work, and sportsmanship were what that evening was all about.

My pride for Saydel extends into the classroom. Each and every day, we continue to push to achieve are school goals focused on math and reading. I witness this as I frequently visit classrooms during the day.

After Thanksgiving break, our teachers will begin professional development with focuses on math and reading skills. This professional development will result in your student utilizing strategies to enhance their reading comprehension, problem-solving skills and overall thinking abilities.

In November, all of our students will begin the use of a new online tool, Naviance, to aide with their four-year plan. A student's four-year plan helps provide a "map" of what courses students should plan on taking each semester of their high school career. These courses should align with what they have defined as their post-secondary goal. Naviance will also assist students in exploring all post-secondary options. Talk with your student about their experience with Naviance.

There is much to be proud of within Saydel High School and our great community. I continue to look forward to many more proud moments both in and out of the classroom.



Principal Kevin Schulte



Saydel High School Student Government members Kendall Walker, Ashley Kouski, Molle Sassman, Olivia Erdelt and Lauren Penenger participated in Iowa's 3rd Congressional District 2015 Youth Leadership Summit that was held on November 9.

Growing Our Student Leaders

By Brenda Brown, Reading Intervention Teacher/Student Council Supervisor

Student Government members, Ashley Kouski, Kendall Walker, Molle Sassman, Olivia Erdelt and Lauren Penenger, had an opportunity to participate in Iowa's 3rd Congressional District 2015 Youth Leadership Summit on November 9.

The students were greeted by Congressman David Young. They had a souvenir photo taken and then listened to Iowa House Speaker Select Linda Upmeyer discuss several leadership qualities needed for success.

Students participated in several break-out sessions where they were able to explore topics such as Understanding Your Career Personality, Failure Is Only a Comma, Not a Full Stop, Investing in Your Future, and Leadership From The Middle.

This opportunity was amazing. The students enjoyed the Summit and are already looking forward to attending next year. What an awesome learning experience for all the youth involved. Congressman Young, thank you for the invitation!

College Fair Preps Students for the Future

On October 29, Saydel High School students had the opportunity to attend the high school's bi-annual College Fair. Over 50 colleges were represented and students were able to attend three out of the 36 different break-out sessions. Students met one-on-one with representatives from colleges and universities to discuss admission and financial aid opportunities at their respective institutions.





Saydel Wellness Newsletter

November
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

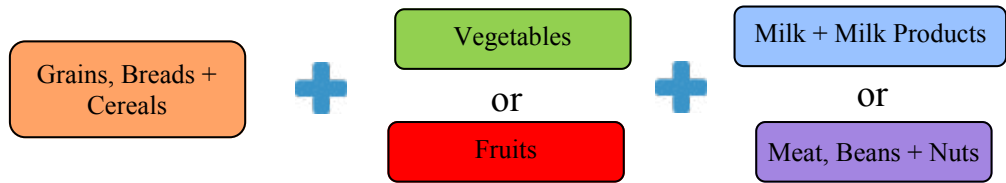
Breakfast Makes Champions

Scientific research continues to show that eating breakfast is one simple habit that provides numerous health benefits. A balanced breakfast ensures long-lasting energy and promotes a healthy eating pattern for the whole day. Studies show that people who consume a morning meal tend to eat fewer calories and less saturated fat and cholesterol.

A good breakfast consists of at least three food groups:

- **Grains, Breads + cereals**– whole wheat bagel, whole grain toast or oatmeal
- **Vegetables OR Fruits**– Bell peppers, orange slices or grapes
- **Milk + Milk Products OR Meat, Beans + Nuts**– Low fat or fat free milk, yogurt, breakfast sausage or walnut

Follow this equation and choose one food from each:



Applesauce French toast

Easy to find ingredients and fun to prepare for families.

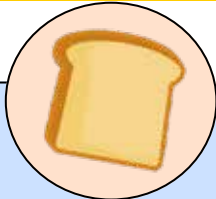
Prep time: 5 minutes Cooking time: 10 minutes

INGREDIENTS

- 2 eggs
- 1/2 teaspoon vanilla
- 1/2 cup non-fat or 1% milk
- 1/4 cup applesauce
- 1 teaspoon ground cinnamon
- 6 slices whole wheat bread
- 2 teaspoons white sugar

DIRECTIONS

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot.



Leftovers Don't Last Forever

Sometimes “leftover night” can be a fun game of take-your-pick for dinner! However, it might not end up so enjoyable if the food is no longer safe to eat.



Follow these tips for safe leftovers:

- Set your refrigerator temperature at 40F or below. When storing hot foods, store them in a shallow container no more than 2” deep, so that the food cools to 41F (or lower quickly).
- Follow the “4-Day Throw Away” rule: If the leftovers are not eaten on the fourth day after storing, throw them away!
- Leave a pen and sticky notes near the fridge. Label leftovers with the date when you prepared them.

Sources: ISU Extension and Outreach Spend Smart. Eat Smart.



“Just Another High School Play”

Presented by Saydel Drama Department



Saydel Singers Selected For All-State Choir



Joe Peer and Angela Pitt dedicated many hours to earn their selection into the Iowa All-State Chorus.

By Michael Puffett, High School Vocal Music Teacher

On Saturday, October 24, three SHS Choir members, Angela Pitt, Joe Peer and Megan Schmidt, placed dozens of hours of work over the last two months on the line when they auditioned to be part of the Iowa All-State Choir. To receive this honor is to achieve the highest choral award that an individual can receive in Iowa.

Their efforts were condensed into a seven minute audition where the stakes were high, and the nervousness perhaps higher. Combine that with the circumstance of auditioning against all of the Des Moines Metro 4A schools and it is easy to see how this truly is a monumental musical challenge.

The auditions were finished, and the anxious waiting to see if anyone would be selected or recalled for a second audition began. The lists were unrolled on the wall that is commonly referred to as the “wailing wall” among choir directors. The search for names ensued and was followed by the screams and tears of joy and disappointment.

What did the lists reveal? That for the first time in a decade, the odds were overcome, and Angela Pitt and Joe Peer found their names hanging from the banners of those accepted to the Iowa All-State Chorus. The last SHS choir member to receive this honor was Nick Wilson in 2005.

Mr. Puffett said that as a director, the greatest reward is seeing how each of the singers grew as musicians as they vigorously tackled the choral literature to achieve a depth of understanding that is typically not possible in Concert Choir.

Thanks to all who auditioned for their extensive and intense efforts and congratulations to Angela Pitt and Joe Peer who will be traveling to the All-State Music Festival on November 20 and 21. For those unable to make the concert, the festival broadcast can be seen on IPTV November 26 at 7:00 PM.

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
Teddell 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, Ic.
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

Saydel Engineering Students Tour Local Businesses



Saydel High School Engineering students tour John Deere.

On Friday, October 23, Saydel Engineering Students took visits at Snyder & Associates and John Deere: Des Moines Works.

On these trips students learned about the diligent and on-going projects that Engineers work on and their role in supporting our world.

Students at Saydel would like to thank Snyder & Associates and John Deere: Des Moines Works for their hospitality and promotion of the engineering career fields.



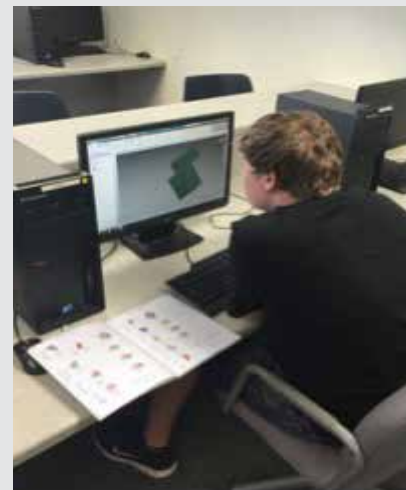
Saydel High School Engineering students visit Snyder & Associates. On the field trip the students learned about the diligent and on-going projects that Engineers work on and their role in supporting our world. Pictured: Joshua Schippers and Jackson Jarrell.



Saydel High School Engineering students visit Snyder & Associates. On the field trip the students learned about the diligent and on-going projects that Engineers work on and their role in supporting our world. Pictured: Caleb McCoy, Devin Walker, and Joshua Schippers.

Tying The Learning Together In Engineering

By Zach Antle, Math & Engineering Teacher



Trent Guy utilizes his project notebook and the Inventor program to develop his puzzle cube.

As we draw nearer to the end of the first semester, student excitement and engagement is through the roof when it comes to engineering activities. Finding connections across curriculums is a major goal of the courses offered at Saydel High School, and that is exactly what IED and POE students are doing.

IED students are continuing to work on their puzzle cubes and are connecting business, math, science, and technology to the design, model, and creation of their product. A big aspect to this project is making sure that all pieces fit together accordingly in order to continuously create a business model that can efficiently produce these desktop novelty items with the least amount of waste.

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
www.who.tv.com
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
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

The Classroom Extends Beyond the Walls of SHS

By Amy Austin, High School Social Studies Teacher

Students in Mrs. Austin's Psychology class and Mr. Alons' Sociology class participated with young people in a nationwide conversation on mental health through Text, Talk, Act. Through text messaging, small groups received discussion questions that led them through a conversation about mental health. The goal of Text, Talk, Act is to bring people together in order to engage in a dialogue about mental health, to eliminate misconceptions, and offer resources for assisting friends in need.

Saydel Community School Food Services

You may have heard some information about the requirements for school meals. These requirements help the Saydel Community School District build on the work we are already doing to provide more fruits, vegetables, whole grains and healthier entrées in our school cafeterias.

Some of the New Requirements Include:

- Increasing the amount of fruits and vegetables
- Reducing the sodium in meals over the next 10 years
- Setting calorie limits for the first time
- Increasing whole grains

A study led by Dr. Craig Johnston, assistant professor at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine, compared food in lunches brought from home versus those offered in the school cafeteria. The study was published in a recent issue of *Childhood Obesity* and discovered that kids who choose the school lunch had healthier foods on their trays compared to the foods that were found in their home lunches.

	% of Home Lunches	% of School lunches
Include Fruit	45.3	75.9
Include Vegetables	13.2	29.1
Dairy	41.8	70
Sugary snacks	60	17.5
Non-100% juice	47.2	0

Your child's school lunch is a well balance meal to fuel their mind and body! Each day your child receives a choice of a fruit, vegetable, low-fat/fat-free dairy, grains (most are whole grain) and a lean protein. Healthy, wholesome choices are offered daily!

To learn more about the new meal patterns please go to <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

Reminder: Reduced or paid students will receive phone calls if an account balance is below \$3.00. Negative balance phone calls go out to all students; Free, Reduced and Paid. Please use these as a friendly reminder as we work hard to keep all accounts current.

Foodservice Office:

Visit www.saydel.k12.ia.us for menus and more information

Email: sadlerjessy@saydel.net

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: @saydeldining

Build a Healthy Lunch





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 non-resident of Saydel		
	<input type="checkbox"/> Family, \$150		
	<input type="checkbox"/> Senior, FREE resident of Saydel		

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

Staff Spotlight: MRS. AMY AUSTIN

Mrs. Amy Austin graduated from Albia High School and she went to UNI where she majored in history education with all social science endorsements. Additionally, she earned her Masters of Science in School Counseling from Buena Vista University. Her student teaching experience at Sudlow Intermediate and West High School in Davenport prepared her for her first teaching position at Davis County High School in Bloomfield, IA. During her 10-year tenure at Davis County, she taught World History and Psychology and also coached softball. This is her second year of teaching at Saydel High School and she is currently teaching American History and Psychology.

Why have you chosen to be a part of one of society's most rewarding and challenging professions?

"I am extremely passionate about working with young adults, teaching, and the subjects with which I teach. From a young age I have always wanted to be a teacher and work with young adults. During high school I spent time as a volunteer assisting in middle school classrooms and loved it. Furthermore, I have been blessed to have had many wonderful teachers throughout my life that inspired me to become a teacher. It is truly gratifying to see students grow throughout the year and I love assisting students to reach their potential."

What is the thing you enjoy most about Saydel?

"I enjoy the people at Saydel High School the most. Great schools cannot exist without great students, teachers, administrators, and staff members and we are lucky to have this combination at Saydel High School. It is especially refreshing to see the smiling faces of the students who are ready to learn every day. The example set by the hard working teachers at Saydel to improve students' learning experiences is inspiring and touching to witness each day. Moreover, the relationships between the people at Saydel High School have created an extremely supportive learning environment for all students."

What do you enjoy doing outside of Saydel High School?

"Outside of Saydel High School I enjoy spending time with my family, friends, and my puppies. I enjoy attending sporting events, traveling, and spoiling my nieces and nephews."

Holiday Wreaths to Support Class of 2017

Please help support the Saydel Class of 2017 and their desire to host a 2017 prom. You can show your support and enjoy a holiday wreath. These beautiful balsam wreaths feature a bow and pine cones and are perfect for adorning the front door of your home. They are offered in two sizes, 18" and 26" for the prices of \$20 and \$30 respectively. These high quality wreaths also make a great gift for a family member or neighbor. They will be delivered on November 23. To order, call Saydel High School at 515-262-9325.



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

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.