



# Woodside Middle School

Big City Opportunities, Small Town Commitment for Students

December 2015 Newsletter

## Upcoming Events

### Woodside Middle School

**DECEMBER 14, 2015**

\*Jazz Band at Capital Square During Lunch Hour

\*School Board Meeting, 6 PM at District Office

**DECEMBER 16, 2015**

Deadline to Sign Up Students for Eagle's Nest Winter Break Camp

**DECEMBER 18, 2015**

5th Grade Winter Creation, 8:30 AM

**DECEMBER 19 - JANUARY 3, 2016**

Winter Break, No School



**JANUARY 4, 2016**

School Resumes

**JANUARY 7, 2016**

Woodside PTO Meeting, 6:30 PM in Woodside Library

**JANUARY 15, 2016**

Last Day 2nd Quarter

## 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

For the December Newsletter, I would like to share with you Woodside's effort toward addressing the climate and culture building goal for the 2015-16 school year. Addressing climate and culture was the third goal I glossed over in my welcome letter to parents at the beginning of the year. Todd Whitaker, author of *School Culture Rewired*, indicates school culture is the deeply embedded assumptions, beliefs and values of a school. I compare school culture to the roots of an oak tree which have grown for many years. Roots of a tree grow strong and are difficult to remove once they have a firm hold. The same would be true for the culture of a school building. Just like removing solid roots of a tree, molding and strengthening school culture takes time, energy, and a commitment to the cause.



Principal Joshua Heyer

With efforts to continue to grow the established cultural roots of Woodside, all staff members and students have embraced the "Eagle Way." The Eagle Way is the foundation of our behavior system throughout the district. Teachers have identified Safe, Open-Minded, Accountable, and Respectful (SOAR) behaviors in which everyone should follow in classrooms and common spaces at Woodside. To ensure the Eagle Way is implemented with fidelity and positive culture grows within the school, other initiatives are taking place in our building. Those initiatives include:

- Rewarding positive behaviors with our PBIS tickets and grade level stores. Students receive tickets for positive behaviors and can redeem for various prizes.
- The creation of a staff climate and culture committee (C3). Meetings for the C3 team occur on a monthly basis to discuss ways to improve climate and culture for students and staff.
- Positive behavior referral system has been established. Staff can recommend students of the month with a simple form. The student and parents are informed of the honor and they are placed in a monthly drawing. Two students are selected from each grade and allowed to eat lunch at Montana Mike's Steakhouse.



- Acknowledgement of student successes by having quarterly student assemblies. At the assemblies, students are highlighted in front of their peers. Plus we try to have some fun!

- Establishment of the SOAR student group. This is a student led group looking for ways to improve Woodside. The students have made signs for Red Ribbon Week and helped clean up trash in the building.

Woodside staff and students are working diligently to enhance the culture at Woodside. Many school cultural roots have been growing for years at Woodside. We want to continue to feed those cultural roots and strengthen their existence while growing new prosperous roots. The initiatives outlined above are just a few examples of how we are strengthening our school culture. The more energy we put into growing the culture at Woodside, the stronger the building will become and all stakeholders will have a rewarding experience while working with our school. The school culture we are growing collectively at Woodside will produce healthy "trees" full of life and opportunities for years to come.

The Woodside staff wishes you a safe and wonderful winter break.

# 6th Graders Create Weather Instruments & Learn About Severe Weather



*By Wendy Smith, 6th Grade Math, Science & Social Studies Teacher*

In 6th Grade Science, we are currently working on our second challenge from the PBIS curriculum. This challenge is from the Weather Watch PBIS book, and the students end project will be to develop a plan for responding to severe weather events. Students are learning how to read weather maps and tables, adding to their vocabulary and continuing to work as student scientists. Students will continue to work to understand weather and climate and how both relate to severe weather events.

Students have recently created their own weather instruments to create their own weather stations to collect data. They created barometers, anemometers, temperature shelters, and wind vanes. After they created these weather instruments we placed them outside and the students have been collecting data daily. The students pictured above are creating weather instruments.

## EAGLE'S NEST NEWS...

**Eagle's Nest will be OPEN during Winter Break,  
pending on number of students who sign up.**



**Hours: 6 AM - 5:30 PM**

Cost is \$20 per child.

**Register by Dec. 16**

Register by emailing [baileychristine@saydel.net](mailto:baileychristine@saydel.net) or  
calling 515-265-3451 ext. 2449

**Eagle's Nest will close at 3:30 PM on Christmas Eve & New Year's Eve**



# 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 a 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 Thanksgiving Day. Don't be hard on yourself—it happens to the best of us! Make up for it by going a little exercise.



# Happy Holidays

## 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, 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

## FCS 7th Graders Experiment In Stain Removal Lab

*By Terry Brix, Family Consumer Science Teacher*

The 7th grade FCS students recently tested Stain Removal products during the Stain Removal Lab. Each group tested a different product on the same 10 stains. They used the same methods and time for all the stains. The groups evaluated their stain samples and graphed the results. The graphs showed how well each stain was removed by their stain removal product. The students presented their results to the rest of the class. They were then able to compare the results of each stain removal product and determine which product they thought was the best.

## Eagle Innovators FLL Team Learn Benefits Of Composting!



The Eagle Innovators FLL team has researched bananas and how they are disposed of at schools after a lunch. They came up with a plan to create a compost pile that can be used to supplement the school garden. The League consists of nine Woodside students. This provides students an opportunity to problem solve multiple tasks and work as a collaborative group to come up with innovative solutions. The team has an opportunity to showcase this year's learning by competing in local regional competitions.

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



## Cheerio Christmas Trees

### Ingredients:

- 6 cups of whole grain Cheerios
- 6 tablespoons butter
- 4 1/2 cups mini marshmallows
- Green food coloring (optional)
- Mini M&Ms (red and green)

### Directions:

1. Line a cookie sheet with waxed paper
2. Pour the cereal into a 4-quart bowl.
3. Set the bowl aside. Place the butter and marshmallows in a 3-quart saucepan.
4. Heat over low heat, stirring constantly, until the mixture is smooth. Remove the saucepan from the heat.
5. Stir in the food color until the mixture is evenly colored.
6. Pour the marshmallow mixture over the cereal and stir until the cereal is evenly coated.
7. Lightly spray your hands with cooking spray.
8. For each tree, shape about 1/4 cup of the cereal mixture into a Christmas tree shape on the cookie sheet. Press the M&Ms into the trees to decorate.
9. Refrigerate until firm, about 1 hour.
10. Store the trees in a loosely covered container.



### A little Christmas Humor

**Who gives puppies Christmas presents?**

*Santa Paws*

**What do snowmen eat for breakfast?**

*Snowflakes*

**What did the gingerbread man put on his bed?**

*A Cookie Sheet*

**What do elves learn at school?**

*The Elf-abet*

### Did You Know?

There are so many apple varieties in the world that if you were to eat an apple a day, it would take you over 27 years to try them all!



### Foodservice Office:

Visit [www.saydel.k12.ia.us](http://www.saydel.k12.ia.us) for menus and more information

Email: [sadlerjessy@saydel.net](mailto:sadlerjessy@saydel.net)

Phone: 515.264.0866

Fax: 515.264.0869

Follow us on Twitter: @saydeldining

### Build a Healthy Lunch



# HAPPY HOLIDAYS



# Figuring Sales Tax

## 8th Graders Shop Using Black Friday Ads

By Katee Sandquist, 8th Grade Math Teacher

The 8th grade students worked on finding sales tax the Tuesday before leaving for Thanksgiving break.

The purpose of the activity was for students to remember sales tax will be added onto their total and they need to make sure they have enough money in their budget.

Students picked a budget out of a bucket and then shopped for their families and friends using Black Friday ads and Holiday Sale flyers from different stores. Students received varied budgets from \$20-\$5000.

They also saw how the price of an item also affects the amount of sales tax. The students enjoyed picking out gifts and also learning about sales tax.



Pictured are students Carter Strumpfer, Janice Cabrera, Ryan Hynick and Stormie Michael.

# Co-Teaching With Eureka

By Doug Humiston,  
Instructional Strategist

I have been co-teaching the new Math curriculum named Eureka with Mallory Stubbers since mid-October.

The title of our first module is "Place Value and Decimal Fractions." We have been learning about multiplication patterns, decimals, exponents, and metric conversions. At the start of each lessons, students are involved in a variety of fluency routines. One of their favorite routines is called a "Sprint," where students have one minute to complete as many problems as they can. Then, after checking their work, students set a personal goal for their next round. They take the sprint again to see if they have improved.

Co-teaching has gone well; we are a new co-teaching team and have taken turns presenting the content to students. We've also done parallel teaching, where students are split into groups and taught the same content in a smaller group setting. We look forward to using more co-teaching structures as we learn the curriculum better to meet the needs of all students in the room. All students have benefitted from having two teachers in the room.

## Eagle's Nest Change Effective Jan. 1

Starting January 1, 2016 Woodside Eagle's Nest will be provided at Cornell only. We will only be providing care for Pre-K through 6th grade. We will bus 5th and 6th grade Eagle's Nest kids back and forth from Woodside. If you have any questions, please contact Christine Bailey at 515-244-8173, Ext. 3207.



Thank you Affinity Credit Union for sponsoring the Coats 4 Kids Drive in October!



All coats collected were donated to Saydel Community School District to help keep our kids warm this winter!

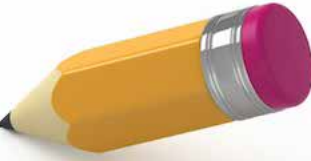


# Thanksgiving Day

The 5th grade classes joined forces for Turkey Stations and engaged the students in a morning of fun. The teachers set up different rotations with a turkey theme. The students read about turkey facts, solved math problems and graph results to create a turkey picture, used tangrams to design the most creative turkey, and enjoyed a tasty cookie decorated to look like a turkey to name a few of the activities. The stations are led by parent volunteers and 8th grade student helpers. It has been a tradition for years bringing all 5th graders together to be able to work as a group and allow parents some fun exposure to the classroom.



Thanks!



## MONTANA MIKE'S STEAKHOUSE for sponsoring the Woodside Middle School STUDENTS OF THE MONTH



Pictured are Mr. Young, Carolyn Rose, Gabby Neddermeyer, Lexi Hamilton, Natalya Wheeler, Braydon Zeutenhorst, Trevor Mundy, Dylan Thompson, and Alex Majerus.

Principal Joshua Heyer recently congratulated the many students nominated for the honor of Student of the Month. Students were nominated as recognition for displaying behavior that is reflective of the "Eagle Way" and following the SOAR expectations.

The Students of the Month for October were treated to a limo ride, courtesy of community member Doug Sassman. The limo took them to lunch, courtesy of Montana Mike's Steakhouse.

### OCTOBER Students of the Month

Carolyn Rose  
Gabby Neddermeyer  
Lexi Hamilton  
Natalya Wheeler  
Braydon Zeutenhorst  
Trevor Mundy  
Dylan Thompson  
Alex Majerus



Watch for the November winners of Student of the Month in the January Woodside Middle School newsletter.



# News & Events from Woodside PTO

By Amanda Stone, Woodside PTO Vice President

The Woodside PTO is on break until January, but you can still find us busy working at the concession stand!

Speaking of the concession stand, we have started a new and exciting incentive for our 8<sup>th</sup> grade students who are going on the trip to Washington, D.C. If a student and their parent (or other adult person) would like to volunteer to work the stand, you can earn \$25 toward your trip!

This is good for up to two students per scheduled game. If you are interested or have any questions, please contact Amanda Stone at [stoneamanda@saydel.net](mailto:stoneamanda@saydel.net) and she will get you on the list to receive our volunteer sign up emails.

The PTO continues to support our students and teachers in various ways. We recently donated items for the 5<sup>th</sup> graders and their Turkey Stations and the Snowman Stations are fast approaching!

By donating, our already busy teachers don't have to worry about whether or not they have all the items they will need. They can focus on finding parent volunteers. If you have a 5<sup>th</sup> grader, you should consider joining them on December 18 for the Snowman Stations - it is definitely a fun time!

We purchased shirts for our Lego League Students. We are fortunate to have these group opportunities available to our students and we are happy to support them!

Please join us Thursday, Jan. 7 at 6:30 pm in the Woodside Library to kick off 2016!

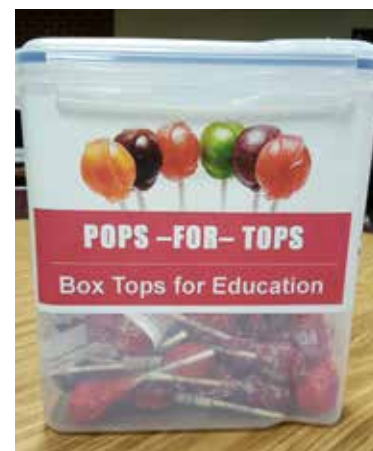
At the November School Board meeting, our President, Julie Jennings along with the Cornell PTO President, Ginny Mitchell, were given Certificates of Appreciation for all the hard work they do for our schools!



From left: Superintendent Mr. Douglas Wheeler, Cornell PTO President Ginny Mitchell, Woodside PTO President Julie Jennings, and Saydel School Board President Brian Bowman.

## Box Tops for Education Pops For Tops

Keep collecting your Box Tops for Education!



Every time a student brings 25 Box Tops in a Ziploc baggie to the Woodside Office, they will get a Tootsie Pop, courtesy of Woodside PTO. Clip your Box Tops today!

The **2015-16 PTO Board** members are:

- Julie Jennings - **President**
- Amanda Stone - **Vice President**
- Melissa Smith - **Treasurer**
- Connie Tague - **Secretary**
- Sandy Barton - **Box Tops Coordinator**
- Linda Ford - **Conference Meals Coordinator**
- Amanda Kouski - **Fundraiser Coordinator**
- Open Position - **Concession Stand Coordinator**

# iREAD Students Present Projects

*By Kelsey Coy, Reading Interventionist*

Seventh and eighth grade iREAD students prepared current event projects and shared them with their classmates. They used all the strategies we worked on for the first trimester of school to share the topic, main idea, and relevant details of an article they found interesting.

They also shared their thought process behind choosing those elements of the articles. It was a great way to close out our first trimester of iREAD! Great job to all seventh and eighth graders who participated!



## Woodside Students Are Busy Learning Spanish

*By Cammy Newton, Spanish Teacher*

We are five class periods (on an A/B schedule) into the second trimester for 7th and 8th grade Spanish students.

They have already acquired about 40 words and phrases used to make small talk with one another, and they have learned the proper vowel sounds in order to pronounce those words and phrases.

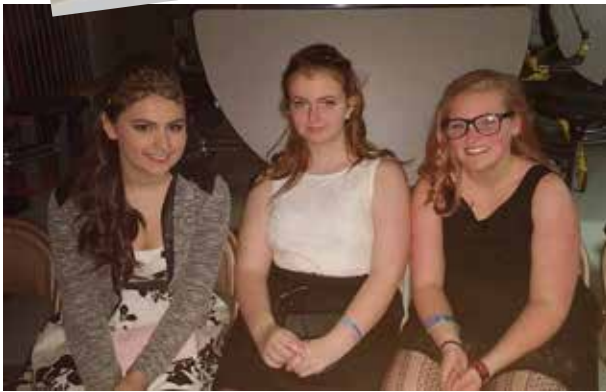
Throughout the trimester, activities will involve speaking and writing in the target language and learning some cultural aspects of Spanish-speaking countries.

This allows them to get a taste of what great things can come from knowing a second language. Soon, students will learn numbers, days of the week and months of the year, the interrogatives song, and how to describe themselves.

Pictured are 7th graders and 8th graders writing short Spanish conversations.



# MIDDLE SCHOOL MASQUERADE MEMORIES 2015



*The Middle School Masquerade Dance was sponsored by Woodside Student Council.*



# Students Enjoy Viewing Pilobolus at Civic Center

Woodside ELP students recently took a field trip to see Pilobolus at the Civic Center. This photo shows the students by the Chinese Pavillion where they enjoyed their lunch. It was a great outing chaperoned by Carolyn McCauley, Saydel K-8 ELP Coordinator.

# JA Biztown 2015 Snapshots!

Fifth grade students enjoyed their field trip to JA Biztown. JA Biztown is sponsored by Junior Achievement of Iowa, and provides real-life application of the Iowa Core financial literacy, employability skills, and political-science civic responsibility standards. Thank you to all of our parent volunteers who helped with this field trip.



# 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*

# Staff Spotlight:

*Highlighting staff members new to Woodside*

**Name:** Mahnaz Shojaie

**Position at Woodside:** ELL Teacher

**Family:** "My daughter is a senior at Ames High School. She wants to pursue journalism. My son is in 8th grade at Ames Middle School. He is in track and is planning to go to medical school."

**Previous Work/College Experience:** "I have a degree in Teaching English as a Second Language and Education from a foreign institution. I also have done some ESL studies at Iowa State University. I worked as a senior high school teacher for the National Organization for Development of Exceptional Talents. During my career I worked with all groups of students from 1st graders to 12th graders."

**One thing you have enjoyed about working at Woodside:** "Getting to know my students and the amazing staff who inspired me with their dedication and patience."

**One thing you did not realize about Saydel before starting this position:** "The rapid growing change of our ELL population. Interestingly Saydel ELL population grew from 30 to 73 in one school year!"

**One thing you want others in the community to know about Woodside:** "That we have such professional, experienced and dedicated staff who try hard every day to make our school a better place for our students."



## Sign Up to Receive All of Saydel's e-newsletters



Thank you for reading the Woodside e-newsletter!

Would you also like to receive the e-newsletters that feature what is happening at Cornell Elementary School and Saydel High School?

You can subscribe to get these e-newsletter by emailing [newsletter@saydel.net](mailto:newsletter@saydel.net).

Community members & grandparents are welcome to sign up too!

### SAYDEL BOARD OF EDUCATION

**Brian Bowman**, Board President  
**Jenn 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 6PM

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](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.