



SUPERINTENDENT MESSAGE

I hope that this newsletter finds you all healthy and happy; I also hope you celebrated a wonderful Christmas with as many family and friends as you felt comfortable having together. What a crazy year 2020 shaped up to be. While the challenges this year have been great, the lessons we learned about ourselves and what we can do when we all band together will last us a lifetime. Resiliency is a life lesson that I hope we all take away from this year. Our staff and students have demonstrated tremendous resiliency this year in the face of unprecedented adversity. As we look ahead to 2021, there is hope that we will once again be able to enjoy so many of the activities we all took for granted. My hope is that we remember the lessons we learned about ourselves during 2020.

As I reflect on my first 6 months in Winterset, I am extremely grateful for the opportunity to serve this community. While I hear all the time how hard it must have been to transition to a new school district during the pandemic, I am grateful for all of you who have made the transition go better than could have been expected. My children are thriving in our schools, and

we continue to meet new people who are committed to making our schools and community great.

Our schools are the heart and soul of this community, and our families and community members look forward to supporting our students in all of their activities. While this year has forced us to limit those opportunities to a small number of people, we have found new ways for extended families and community members to watch these events, thanks to modern technology and the help of community members like Allen Hansen. Allen and his family have helped with live streaming our events beginning this past summer and continuing throughout the first semester of the school year.

While we realize that nothing can replace the feeling and excitement of watching these events in person, I would encourage you to watch our students compete and showcase their talents online. Our winter sports season is in full swing with all of our teams competing and representing Winterset extremely well. You can find links to the live stream for most of our events by following us on Twitter and Facebook. I have also attached the links to our social media platforms below.

In addition to finding the links to our live streamed events, following us through social media will allow you to see pictures and updates about what is happening within our schools. We have made a concerted effort to showcase the work of our students and staff this year. Those of you who are active on twitter can follow the hashtag **#WintersetHuskyPride** which is the hashtag we are using to tag all things related to Husky Nation.

Like most of you, I long for the days when we can all watch our students perform in packed gymnasiums and auditoriums, but until then, I am thankful for the opportunity that technology has provided us to display our students' talents to our community. While not being able to watch our students is disheartening for many of our community members, I am grateful that our students get the opportunity to showcase their talents reflecting all of the hard work they have put into developing their skills for many years. Extra-curricular activities and athletics are an integral part of our overall educational program they teach our students skills that will help shape them into successful members of our society. Whether you are able to see them compete in person or via the internet, I am sure that I am speaking for them when I thank you for all of your support.

Stay up to date with everything going on in Husky Nation by following us at one of the links below:

Facebook Pages:

District Page: <https://www.facebook.com/wintersetschools>

Elementary Page: <https://www.facebook.com/WintersetElem>

Junior High Page: <https://www.facebook.com/Winterset-Junior-High-112783097191342>

Twitter:

District: @WintersetSchools

Athletics: @WintersetHusky

Elementary: @WintersetElem

Junior High: @WintersetJH

Hashtag: **#WintersetHuskyPride**

Thank you again for all of your support, understanding, and grace this year.

Yours in Service,

Justin M. Gross
Superintendent



When Is It Too Cold For School?

In Winterset we try to quantify just how cold is too cold for school.

Generally, if the National Weather Service Forecast for the morning is for a windchill warning, classes will be canceled. In most cases, the decision will be made the night before. However, we can't always predict what will happen in the morning with our buses. Sometimes in temperatures

warmer than a windchill warning, our buses struggle to start and stay running. In those cases, a decision to cancel or start late is made as soon as possible in the morning.

When Is It Too Snowy For School?

Families should expect less notice when school is canceled for heavy snow. Road conditions are tested and several websites are viewed for information on weather and road conditions. Mr. Gross also consults with other Madison County and neighboring school districts.

Making the decision to start late, cancel or continue school as planned is a difficult decision that takes into account many factors.

Most importantly, we consider our students' safety first.

When WCSD makes a decision to change plans, we utilize our Infinite Campus Messenger System that calls, texts and e-mails parents and staff. We also post the change of plans on our district website and notify local media.

CRISP THANK YOU & REMINDER

A BIG thank you to the generous citizens of Madison County for supporting CRISP's Christmas for Kids program! You helped make Christmas a little brighter for over 220 Madison County children!

Just a reminder that CRISP has a large assortment of coats, hats, gloves, snowpants and boots for those cold winter days ahead.

Please call the CRISP office at 515-462-7009, if you need winter wear assistance.

Lunch Menus

Visit the school website at winterset.k12.ia.us to view the lunch menus for each school.

Elementary Lunch Menu
Middle School Lunch Menu
JH/HS Lunch Menu

NHS INDUCTION : DEC. 13



New members:

April Arand
Kinsey Beebe
Samuel Schrodtt
Alexander Soderberg
Ethan Villa
Josephine Burkett
Lauren Carter
Carissa Gerwig
Mia Kerr
Riley Kious
Caden Kleemeier
Paige McDonald
Ellie Pashek
Ethan Suddarth
Nathaniel Suddarth

Darci Wiseman
Della Wiseman

Current Members:

Abigail Benshoof
Natalie Drake
Morgan Evans
Jackson Kimball
Samantha Lilly
Ava Lowden
Marlie McDonald
Sydney Sheffield
Morgan Wickman

Sponsor:

Lacey Forsyth



WHS Student Council

Our CRISP Adopt A Family was very successful. We ended up "adopting" 8 kids and fulfilling all of their wishes. Usually the money comes from a concession stand, but this year our stand made very little with covid restrictions. So this year, WHS student council members stepped up and used their own money to provide over 35 gifts to area young people.

We also organized and promoted 7 days of dress up for the JH & HS. The other buildings also participated. Flannel day and pajama day were 2 of the more popular days for participation. Additionally we hid more than 40 "elves" around the school for students to find and bring back for a special treat. Our last activity was a candy guessing game that Halle Hoefing and Elise Petsche won by guessing the number correctly.

Another important holiday activity was making sure that every faculty member had a personal holiday card from a member of the student council. Mr. Gross provided the cards and we made a list of all faculty and staff at the high school. Cards were personally delivered in the weeks leading up to break. During seminars and Husky Ready, students also made beautiful cards that were delivered to both North and Azria care centers. Students were able to make them at home or complete them on site. Several silver cord members also made cards that were delivered to area nursing homes and assisted living too. There were other fun seminars for holiday fun too.

Alabaster Christmas store looked different this year because of Covid. Members Sydney and April helped hand out bags with local business gift cards on Dec. 18. We hope to continue the Christmas store next year. On December 16 at 6PM, the

southwest Iowa leadership conference was held. We had 4 members participate in the conference. Mia, Sydney, April, & Ava listened to a keynote speaker and then had breakout sessions with other members of southwestern Iowa councils.

We were not able to have an official social this year for the holidays but on Dec. 2 on a late start day, we decorated the halls, had donuts from The Bakery, and enjoyed oj and chocolate milk. Our January plans are a trip to Meals from the Heartland on January 16. We will take a bus there and help pack meals. There are a few more precautions but we are glad to be able to serve there again.

Holiday Fun



WHS SILVER CORD

Since school started this August, WHS students have submitted 937 hours of community service through over 150 opportunities. The opportunities included Winterset stage, soccer club, live-streaming sports, youth group, Fair, paw pantry, conference guides, making tie blankets, sports camps, and many more.



Cards for nursing homes

December 18 members worked the basketball concession stand to raise money for the Noble-hour software subscription and technical support that helps track hours. There are a variety of Covid safe activities for students and families on our Twitter feed @SilverCordWHS and for students on the google classroom site.

join at any time and meet with Ms. Gibbons to set up their membership. If any community members have ideas for community service or questions, please email her at jgibbons@winterset.k12.ia.us

[terset.k12.ia.us](mailto:jgibbons@winterset.k12.ia.us)

Silver Cord is a community service program at WHS. Students complete 40 hours a year of community service (defined by an activity that contributes to the community and for which the student/family receives no compensation). Students can

WHS Debate

Members of the newly formed debate team have been competing in virtual competitions this year. Advisor is Scott Pate. Members are (L to R)
Max Marshman
Eric Super
Hugo Hanselman
Luke Heithoff
Halle Hoefing
Alexis Davis
Franklin Pastorino



IMPORTANT JANUARY DATES

JANUARY 4TH: CLASSES RESUME
JAN. 15 END OF 2ND TERM: EARLY OUT AT 1

REQUIRED IMMUNIZATIONS & SCREENINGS

All Kindergarten students must be up to date on their preschool shots and have received their 4-year-old boosters of Dtap, Polio, MMR and Varicella.

All 7th grade (and above) students must show proof of having received a Tdap (Tetanus/Acellular Pertusis) vaccination booster AND a Meningococcal vaccination on or after 10 years of age.

All 12th grade students must show proof of receiving 2 DOSES of Meningococcal vaccine; or 1 dose if first dose was received at 16 years of age or older.

All Kindergarten students must have a dental screen performed between the ages of 3 and 6 years old with a dental certificate on file. All 9th grade students must have a current (within the past 12 months) dental certificate on file.

All Kindergarten and 3rd grade students must have a current (within the past 12 months) vision certificate on file.

-Kindergarten, 7th, and 12th grade students must have their respected immunizations per state law.

-All Kindergarten and 9th grade students must have a current Dental screening certificate on file.

-All Kindergarten and 3rd grade students must have a current Vision screening certificate on file.



JANUARY

ATHLETIC CALENDAR

Check for updates at raccoonriverconference.org
or call the high school at 462-3320.

HIGH SCHOOL BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Jan 5	4:30 PM	9/JV/V-G/B	Perry	Winterset
Jan 8	4:30 PM	9/JV/V-G/B	ADM	Winterset
Jan 11	4:30 PM	9/JV/V-B	North Polk	North Polk
Jan 12	4:30 PM	9/JV/V-G/B	Ballard	Ballard
Jan 15	4:30 PM	9/JV/V-G/B	B-F	Winterset
Jan 18	4:30 PM	9/JV/V-G/B	Van Meter	VM
Jan 19	4:30 PM	9/JV/V-G/B	Boone	Boone
Jan 22	4:30 PM	9/JV/V-G/B	Carlisle	Winterset
Jan 26	4:30 PM	9/JV/V-G/B	Carroll	Winterset
Jan 29	4:30 PM	9/JV/V-G/B	Gilbert	Gilbert

JUNIOR HIGH BOYS BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Jan 18	4:15 PM	7 A/B	Perry	Perry MS
		8 A/B	Perry	Winterset MS
Jan 21	4:15 PM	7 A/B	North Polk	Winterset JH
		8 A/B	North Polk	North Polk MS
Jan 25	4:15 PM	7 A/B	ADM	Winterset JH
		8 A/B	ADM	ADM HS-South Gym
Jan 28	4:15 PM	7 A/B	Bond-F	Bondurant-Farrar MS
		8 A/B	Bond-F	Winterset MS

HIGH SCHOOL SWIMMING

DATE	TIME	OPPONENT	SITE
Jan 5	5:30 PM	SE Polk	SE Polk
Jan 9	11:00 AM	DM E-Invitational	DM East HS
Jan 12	5:30 PM	Ankeny Cen	DMACC
Jan 21	5:15 PM	Indianola-Invitational	Ind. YMCA
Jan 26	5:30 PM	Marshalltown-Meet	Ind. YMCA

HIGH SCHOOL WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Jan 7	5:30 pm	JV/V	Gibert	Gilbert
Jan 9	9:30 am	V	Winterset Tournament	Winterset
Jan 11	5:00 pm	JV	Creston	Creston
Jan 14	5:30 pm	JV/V	Ballard	BF
Jan 16	9:30 am	V	Centerville Tourn	Centerville
Jan 18	5:30 pm	JV/V	ADM	Boone
Jan 21	5:30 pm	JV/V	Carlisle	Carroll
Jan 21-22 4, 10		V	Corning Tournament	Corning
Jan 28	5:30 pm	JV/V	Bon-Farrar/E Union	Winterset
Jan 30	10 am	V	RRC Conference	Carlisle
Jan 30	9:00 am	JV	WDM Valley	Valley
Feb 1	5:30 pm	JV	DCG	DCG
Feb 6	12 pm	V	Sectionals	Winterset
Feb 13	12 pm	V	Districts	Creston



Renaissance Winners for Term 2: Gracie Cole, Addie Burkett, Lauren Carter, & Carson Boyle



Optimist Student of the Month:
Ava Lowden

ADMISSION PRICES

Admission prices to all Varsity events will be \$5 for everyone. Sub-varsity events will be \$4 for adults and \$3 for students. Tournaments will be \$5 for everyone. Junior high events will be \$3 for adults and \$2 for students. Covid Restrictions are still in place.

The following information was pulled from a Love and Logic article by Dr. Charles Fay and gives great examples of potential helpful and unhelpful responses to pre/teen's behaviors.

HELPFUL RESPONSES

- Listen to their opinions—display respect and love even if you disagree.
- Trust that they will eventually become very much like you if you maintain a good relationship.
- Encourage them to take on more responsibilities, such as managing their own money, getting ready for school on their own, working things out with teachers/coaches, etc.
- Talk about your political and religious views when they can overhear you talking with others. Keep the tone positive and constructive, interwoven with love for others. Love them the same regardless of what they decide about these topics.
- Do your best to live according to your values. Admit when you fall short of doing so. Be real.
- Provide lots of supervision done with an attitude of love and concern. Try not to leave them alone at home. Require that they come with the family on almost all outings.
- Get to know their friends and build relationships with them.
- Have regular meals together.
- Expect them to serve the family by completing their fair share of contributions.
- Allow them to drive when they are old enough, they have paid at least half of the cost, and they are good at following the rules of the home.
- Provide factual information about sex, including the risks. Do so with empathy and an attitude of high expectations for them. Point out that the people who wait until marriage usually have a lot fewer things to worry about as preteens, teens, and young adults.
- Have them set a reasonable curfew. "Reasonable" is the key. This can be different every night that they go out, but generally it shouldn't be any later than 10 p.m. If they refuse to be reasonable, set the time for them and make it early.
- Set significant limits over technology use. Do so by saying, "I allow the use of digital devices when it doesn't hurt our relationship. This includes causing me to worry about you."

UNHELPFUL RESPONSES

- Argue with them and try to set them straight.
- Worry constantly.
- Rescue and get overly involved in things that they can do for themselves.
- Lecture them in an effort to make them believe what you believe. Let them overhear you being uncaring and critical of others.
- Hold higher standards for them than for yourself.
- Make the mistake of thinking that they no longer need as much supervision as they used to.
- Ignore their friends or treat them like "bad influences."
- Let them "do their own thing" and never expect them to spend time with the family.
- Allow them to avoid their chores.
- Allow them to drive with no restrictions.
- Give them no information about sex, or just resign yourself to the notion that "every teen is doing it." Allow coed sleepovers and let them go to houses where these are probably happening.
- Let them come home at night at whatever time they like. (Through this, you will demonstrate that you don't really care what's going on in their lives.)
- Let them spend most of their time on their devices without supervision. Allow them to bond more with their screens than with you. Spend more time watching your screen than watching and enjoying being with them.

~~~

Dr. Fay notes the importance of the quality of our relationships with our kids, as it is the most important factor in affecting the adjustment of our children. Despite actions that may lead you to believe your pre/teen doesn't want you in their life, remember that in every way, they truly do.

### **Parenting Tip: Limit Your Minimizing Words**

It is not easy to sit with our kids when they're feeling big feelings. It's hard to listen to their fears, complaints, or frustrations without jumping in and offering a solution or trying to make them feel better.

But sometimes, in an attempt to help, we minimize their experience.

We use phrases like:

- Settle down.
- It's not that bad.
- It will be over soon.
- Don't worry about it.
- It didn't hurt that bad.
- You're fine.
- When I was your age... {story about how you had it way worse}.
- What's the big deal?

Instead of minimizing, try empathy.

Empathy means putting yourself in your child's shoes - even if you don't necessarily agree. Even if it seems like they are overreacting. Even if their behavior is confusing or inconvenient.

**When you reply with empathy, your child feels heard, seen, and understood.**

Empathetic phrases may sound like:

- It looks like you need to cry for a while.
- That sounds really difficult.
- I'm here for you.
- It sounds like you're really worried.
- That hurt, didn't it?
- Let's snuggle for a minute.
- Tell me more.
- This is really important to you.

Take some time over the next week to notice when you use minimizing phrases. Be curious, asking questions like: What was it about that situation that made it difficult to use empathy? What did that situation trigger inside you? How did your child react?

Then, see if you can swap some minimizing with empathy!



# KNOW YOUR SCHOOLS

2020-21



Winterset Community  
School District  
Winterset, Iowa 50273

## ACCREDITATION

The Winterset Community School District is accredited by the Iowa Dept. of Education.

## BOARD MEETINGS

The Board meets the 2nd Monday of each month at 5:00 p.m.

## DISTRICT INFORMATION

|                                 |                  |
|---------------------------------|------------------|
| Area                            | 283 Square Miles |
| Taxable Valuation               | \$613,609,381    |
| Combined Funds Expenditures     | \$44,446,771     |
| Bonded Indebtedness             | \$29,795,000     |
| Gen. Fund Expenditure Per Pupil | \$11,576.00      |

## PHYSICAL OPERATIONS CENTER

Ray Dawson, Operations Supervisor

## TRANSPORTATION DEPARTMENT

Ben Messer, Supervisor

923 E. Lane - P.O. Box 30

Telephone: (515) 462-0028

FAX: (515) 462-4497

|                                      |           |
|--------------------------------------|-----------|
| Busess Owned                         | 20        |
| Small Vehicles                       | 13        |
| Number of Routes                     | 17        |
| Avg. Years Experience of Bus Drivers | 7         |
| Average Number of Students           |           |
| Transported Per Day                  | 1,075     |
| Number of Miles Driven Per Day       | 1,146     |
| Total Expenditures                   | \$983,439 |

## DISTRICT ENROLLMENT

|               | Oct. 2010 | Oct. 2011 | Oct. 2012 | Oct. 2013 | Oct. 2014 | Oct. 2015 | Oct. 2016 | Oct. 2017 | Oct. 2018 | Oct. 2019 | Oct. 2020 |
|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Elementary    | 508       | 464       | 487       | 473       | 480       | 485       | 454       | 452       | 447       | 441       | 428       |
| Middle School | 376       | 391       | 358       | 371       | 361       | 381       | 383       | 384       | 372       | 363       | 324       |
| Junior High   | 263       | 256       | 256       | 241       | 274       | 241       | 244       | 282       | 278       | 269       | 259       |
| Senior High   | 487       | 493       | 494       | 509       | 498       | 500       | 507       | 477       | 494       | 513       | 509       |
| Tuitioned Out | 91        | 105       | 111       | 120       | 112       | 117       | 117       | 117       | 128       | 143       | 150       |
| Certified     | 1725      | 1709      | 1706      | 1714      | 1725      | 1723      | 1705      | 1712      | 1719      | 1729      | 1670      |

## BOARD OF EDUCATION

|                                   |              |      |
|-----------------------------------|--------------|------|
| Jeff Nicholl, President           | Term Expires | 2021 |
| Jared McDonald, Vice Pres.        | Term Expires | 2021 |
| Julie Knobloch                    | Term Expires | 2023 |
| Kirk Macumber                     | Term Expires | 2023 |
| Jim Olson                         | Term Expires | 2023 |
| Cammy Leners, Secretary/Treasurer |              |      |

## INSTRUCTIONAL STAFF 18-19 19-20 20-21

|                       |     |    |    |
|-----------------------|-----|----|----|
| Masters Degrees       | 49  | 43 | 44 |
| Bachelors Degrees     | 83  | 83 | 81 |
| Number of Women       | 100 | 96 | 91 |
| Number of Men         | 32  | 30 | 34 |
| Average Age           | 40  | 39 | 39 |
| Avg. Years Experience | 14  | 13 | 13 |

## ADMINISTRATION OFFICES

Justin Gross, Superintendent  
Corey St John, Director of Teaching/Learning  
Cammy Leners, Business Manager  
Kendra Alexander, Special Programs Coordinator  
303 Wambold Drive - PO Box 30  
Telephone: (515) 462-2718  
FAX: (515) 462-2732

## District Wide

Matt Pudenz, Technology Coordinator  
Mike Kaldenberg, Technology Assistant  
Brent Strittmatter, Technology Assistant

## DISTRICT EMPLOYEES

|                                     |            |
|-------------------------------------|------------|
| Superintendent                      | 1          |
| Director Teaching/Learning          | 1          |
| Principals / Associate Principal    | 6          |
| Teacher Leader Coordinator          | 1          |
| Business Manager                    | 1          |
| Activities Director                 | 1          |
| Technology                          | 3          |
| Juvenile Court Liaison              | 1          |
| Operations Supervisor               | 1          |
| Transportation Supervisor           | 1          |
| Teachers                            | 125        |
| Counselors/Social Worker            | 7          |
| Nurses                              | 3          |
| Paraeducators                       | 11         |
| Associates (Teacher / Driver)       | 47         |
| Library Clerks                      | 3          |
| Secretaries / Admin Support         | 11         |
| Custodians                          | 14         |
| Mechanic / Maintenance              | 3          |
| Drivers/Utility                     | 20         |
| Outside Coach / Sponsor / Driver Ed | 29         |
| <b>TOTAL</b>                        | <b>290</b> |

## WINTERSET HIGH SCHOOL

Grades 9-12  
Kent Abrahamson, Principal  
Jeremy Hilbert, Associate Principal  
Randy McDonald, 7-12 Activities Director  
720 Husky Drive  
Telephone: (515) 462-3320  
FAX: (515) 462-2178

## WINTERSET JUNIOR HIGH SCHOOL

Grades 7-8  
Joshua Heyer, Principal  
720 Husky Drive  
Telephone: (515) 462-3336  
FAX: (515) 462-2178

## WINTERSET MIDDLE SCHOOL

Grades 4,5,6  
Kevin Oswald, Principal  
706 W. School Street  
Telephone: (515) 462-3010  
FAX: (515) 462-4149

## WINTERSET ELEMENTARY SCHOOL

Grades PreK-3  
Doug Hinrich, Principal  
Clint Driftmier, Associate Principal  
404 S. 2nd Avenue  
Telephone: (515) 462-1551

## IOWA TESTS RESULTS : READING

|          | All Students | Percent Proficient |             |       |
|----------|--------------|--------------------|-------------|-------|
|          | 16-17        | 17-18              | ISASP 18-19 | 19-20 |
| Grade 4  | 78.3         | 85.0               | 77.0        | N/A   |
| Grade 8  | 77.6         | 82.0               | 69.0        | N/A   |
| Grade 11 | 75.7         | 75.0               | 66.0        | N/A   |

## IOWA TESTS RESULTS : MATHEMATICS

|          | All Students | Percent Proficient |             |       |
|----------|--------------|--------------------|-------------|-------|
|          | 16-17        | 17-18              | ISASP 18-19 | 19-20 |
| Grade 4  | 82.2         | 87.0               | 83.0        | N/A   |
| Grade 8  | 80.4         | 83.0               | 83.0        | N/A   |
| Grade 11 | 89.1         | 82.0               | 69.0        | N/A   |

## IOWA TESTS RESULTS : SCIENCE

|          | All Students | Percent Proficient |             |          |
|----------|--------------|--------------------|-------------|----------|
|          | 16-17        | 17-18              | ISASP 18-19 | 19-20    |
| Grade 4  | 85.3         | 84.0               | Grade 5     | 55.0 N/A |
| Grade 8  | 85.9         | 84.0               |             | 69.0 N/A |
| Grade 11 | 78.4         | 80.0               |             | 59.0 N/A |

## FOOD SERVICE

|                         | 16-17   | 17-18   | 18-19   | 19-20   |
|-------------------------|---------|---------|---------|---------|
| Total Lunches Served    | 197,994 | 190,434 | 193,157 | 167,742 |
| Average # Per Day       | 1100    | 1058    | 1073    | 942     |
| Total Breakfasts Served | 32,266  | 34,738  | 41,690  | 32,766  |
| Average # Per Day       | 179     | 194     | 231     | 184     |

## ANNUAL NOTIFICATION OF NON-DISCRIMINATION POLICY STATEMENT:

It is the policy of the Winterset 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, 303 Wambold Dr., Winterset Iowa, (515) 462-2718.





## Supplemental Security Income (SSI) for Children: What is it, who is it for, and how can **Parents/Caregivers** help?



### How can SSI for children help?

- Stabilizing income for your family and child(ren)
- Income that can be used for supportive services (i.e. therapies, childcare)
- Enhanced health insurance coverage (Medicaid)



### Who is eligible?

- Children (birth to turning age 18) with a physical or mental impairment that causes marked or severe functional limitations
- Children and families with low income and resources
- Note: If a child is unmarried, lives with their parents, and their parents do not receive SSI, a portion of the parents' income and resources may be considered



### How can I contribute and help a child access resources?

- Find a SOAR provider in your community and talk to them about your child's needs
- Provide information about your child's functioning while at school, at home, at the doctor's office, etc.
- Help identify additional sources of medical or educational documentation
- Connect with family peer networks in your area
- If interested in learning more, review or complete the SOAR Online Course: Child Curriculum



### What resources are available?

- Understanding SSI for Children: <https://www.ssa.gov/ssi/text-child-ussi.htm>
- Family Run Organizations: <https://www.fredla.org/>
- SOAR Directory: <https://soarworks.prainc.com/content/contact-us>
- SOAR Online Course: Child Curriculum: The course can be a resource for parents to learn about SSI, the process of applying, and how they can become connected with resources <https://soarworks.prainc.com/course/soar-child-curriculum>

The SSI/SSDI Outreach, Access, and Recovery (SOAR) Technical Assistance (TA) Center is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is a national program designed to increase access to the disability income benefit programs administered by the Social Security Administration (SSA) for eligible adults and children who are experiencing or at risk of homelessness and have a serious mental illness, medical impairment, and/or a co-occurring substance use disorder.

**Connect with your state SOAR contacts:** <https://soarworks.prainc.com/directory>

**Contact SOAR:** [soar@prainc.com](mailto:soar@prainc.com) | (518) 439-7415 x2 | <https://soarworks.prainc.com/>

# Alcohol & Drug Use Increase During Covid19 Pandemic

The coronavirus pandemic has affected millions of Americans who have suffered hardships over the past several months. Some have lost their jobs and others are working from home while balancing their children's virtual education. As the quarantine has progressed, many are missing the normalcy of social gatherings and other activities outside the home. Though it can be hard to accurately pinpoint the latest trends in drug and alcohol use, there's evidence that the pandemic could be incubating unhealthy coping mechanisms.

A survey conducted by The Recovery Village asked 1,000 Iowa adults (ages 18 and older) about their use of drugs and alcohol in the past month. Some questions asked respondents to select each option that applied, so in a few instances, the total percentage will be greater than one hundred.

The survey respondents most commonly used:

- Alcohol (75%)
- Marijuana (44%)
- Prescription opioids (31%)
- Benzodiazepines, such as Xanax (6%)
- Methamphetamine (19%)
- Heroin/Fentanyl (6%)
- Cocaine (6%)

Additionally, the participants were asked why they were prompted to use substances within the last month. Of the respondents:

- 50% were trying to cope with stress
- 25% were trying to relieve boredom
- 44% were trying to cope with mental health symptoms, such as anxiety or depression

The results of the survey are concerning. Once people turn to drugs and alcohol, there is concern that it can turn into a substance use disorder, which can sometimes come with co-occurring mental health disorders.

Here are some tips to help reduce stress brought on by the pandemic:

- Setting limits, for example, setting strict time constraints for work or school, and not allowing those activities to blend into family time.
- Limiting exposure to social media and news reporting. If you must watch the news, then set a specific time and only a specific channel. Don't overwhelm yourself as it will only add to the stress.
- 30 minutes a day of walking to get the heart rate up slightly is all we need, three to four times a week.
- Staying hydrated can help with appetite and snacking, remembering to maintain healthy family goals.
- Set dinner time every night for the family. Include rules such as no devices or reading materials at the dinner table. Talk about what is worrying everyone. Including children is an important part as they too are likely feeling stressed.
- Start a new hobby or revive an old one. This is a great time for creativity. This will help with stress relief and positive thinking. Having a hobby can help you to feel part of a social group and will help you to feel much less isolated. Knitting, crochet, painting, ceramics, maybe a DIY home renovation project.



Information provided by:  
<https://baptisthealth.net/>



# WHS Guidance Department

Visit the Guidance Webpage at [www.winterset.k12.ia.us/Page/1552](http://www.winterset.k12.ia.us/Page/1552).

## 3rd TERM CONFERENCES:

Third term conferences will be Wednesday, February 24th from 3:30-6:30PM.

With January upon us, it is time for Senior parents to get serious about filing the necessary forms for financial aids. The FAFSA (Free Application for Federal Student Aid) opened in October. It is free and is necessary even if you don't think you will qualify for a Pell Grant. You must file the FAFSA on the website: [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

## College Costs - How to hold them down!

The U.S. Department of Education has a Website to give students and families the facts they need to plan and prepare for college. The Student Aid on the Web—a powerful Web tool that encompasses the entire federal student aid process, does everything from assess a student's career interests to help a student apply for financial aid. The website [www.studentaid.ed.gov/](http://www.studentaid.ed.gov/) provides students and parents with free, online tools to help them access information about higher education and learn the facts about its affordability.

With college costs rising every year, it is well to remember the area community colleges. They provide the first two years of college or vo-tech training at bargain basement prices. Remember! Borrowed money still has to be paid back sometime.

Get connected to the most comprehensive online resource on planning and paying for college. Visit the free Sallie Mae Scholarship Service and register to win a Scholarship to help offset your college expenses and take

advantage of their low interest loan rates. [www.salliemae.com](http://www.salliemae.com)

## Testing & Test Scores

Free college admission Test Prep through I Have A Plan Iowa. Iowa College Aid provides free ACT, SAT and GRE test prep to help students strengthen relevant skills, learn test-taking strategies and gain more confidence in their abilities. Visit [www.ihaveaplaniowa.org](http://www.ihaveaplaniowa.org) for more information.

ACT's will be offered at WHS on February 6, 2021 at limited capacity. The deadline to register is January 8th. Please register online at [www.actstudent.org](http://www.actstudent.org)

Some juniors took the ASVAB's in December. This is a very good aptitude test. Our students generally score well and the results will help many to think about some career directions. Our new state Assessments will be given in the spring.

The Des Moines Electrical JATC Program is open to high school graduates or veterans with a GED or have a two-year Associate Degree or higher and be at least 18 years of age. You must have successfully completed not less than one year of high school algebra or one post high school algebra course with a passing grade. This is an excellent opportunity if you are interested in pursuing an exciting, lucrative and rewarding career within the electrical, (commercial), residential and telecommunications industry. For more information, you can contact the National Electrical Apprenticeship Administrative Office at 1-800-572-6191 or you may visit their website at <http://www.dmele-jatc.org/>

## SCHOLARSHIPS

The LOCAL SCHOLARSHIP FORM WAS E-MAILED TO ALL GRADUATING SENIORS. If you missed getting it or need another copy please see Mrs. Wetzel in the guidance office or visit the guidance page of the high school's website. Deadline is March 1. No late entries will be accepted.

Grand Lodge of Iowa Masonic Scholarships will be awarding scholarships to a number of high school seniors who will graduate this academic year from a public high school within the state of Iowa. The exact dollar amount of each scholarship will depend upon the size of investment income from the Scholarship Endowment Fund. In 2016, sixty scholarships of \$2,000 each were awarded. Applications are available at <http://grandlodgeofiowa.org/grand-lodge/awards/>. Deadline is February 1.

Iowa 4-H Foundation Scholarships were designed to encourage Iowa 4-H members to continue their education beyond high school, our current scholarship program offers over 90 scholarships worth more than \$100,000. Scholarships range in value from \$500 to \$10,000. For more information and to apply, visit <https://www.iowa4hfoundation.org/index>.

Elks Legacy Awards are \$4,000 scholarships available to children and grandchildren of Elks members. For more information and to apply, please visit <https://www.elks.org/scholars/scholarships/Legacy.cfm>. Deadline is February 5.

Madison County Farm Bureau Scholarship Applicant must be

from a Madison County Farm Bureau member family. Applications are available on the guidance website. Deadline is February 26.

P.L.A.Y. Scholarships for High School Student Animal Lovers: Students from across the U.S. are invited to apply for P.L.A.Y.'s annual Scholars Helping Collars Scholarship. This \$1,000 scholarship rewards one student who can tell the best story, describing the impact he or she made in the life of a rescue animal or animal welfare cause in general. For more information and to apply, visit <https://www.petplay.com/scholarship/>. Deadline is February 28.

\*ALL Scholarships that come into the guidance office are posted on the guidance page of the Winterset High School's website.

The Lillard-Miller and Eva Rogan Funds were established to help students finance post high school education. The funds are financed through private contributions. Loans are available for up to \$1,000 per year per student and a maximum of \$3,000 per student. No interest is charged, but the loans must be paid back. Applications are available on the guidance webpage and in the guidance office or the administrative office and may be completed anytime now through August.





# Stay Connected with WCSD!



## Upgraded Website:

- [www.winterset.k12.ia.us](http://www.winterset.k12.ia.us)
- District homepage updated weekly
- School homepages are updated frequently with information
- Daily calendar of events for schools as well as athletics/activities is located on district homepage

## Electronic Backpacks:

- Located on both the district and school homepages - includes fliers, newsletters, important and timely information

## Facebook:

- Winterset Community School District:  
**@wintersetschools**
- Winterset Huskies for Athletics and Activities updates:  
**@WintersetHuskies**



## Twitter:

- WintersetSchools: **@WintersetSchool**
- Winterset Huskies for Athletics and Activities updates: **@WintersetHusky**



## Infinite Campus:

- Must have a **portal account** - contact your school's office or the Administration Building to request account

## Madisonian:

- Article by Superintendent every other week