



SUPERINTENDENT MESSAGE

As we are quickly approaching the winter break, the uncertainty around what the rest of the year will look like is understandable. We continue to see how COVID is impacting our community and school district. While I can understand the frustration that we all have regarding the most recent Governor's proclamation, I want to commend our students and staff for making adjustments and doing what we can to keep our students onsite learning and engaged in extracurricular activities. Our staff and students have proven to be problem solvers and have demonstrated resilience this entire year, which is a life lesson that will stick with them for years to come.

I realize that with the uncertainty around what the rest of the year will look like comes many questions. While we aren't able to predict what will happen over the next few months, we are doing what we can to be prepared. I want you to know that we are being proactive and have spent the last couple of weeks revisiting our continuous virtual learning plans. The plan that we submitted to the state back in July was written in June, and as such, we have learned a great deal already this year about what works and what doesn't work with virtual learning. The fact that we have been serving several of our students virtually this entire year has allowed us to revise and update our plans based on what we have learned. Should the need arise to where we

would need to transition to virtual learning, we will work with you to make the transition as smoothly as possible. For those of you who have had students who have been attending virtually or have needed to quarantine this year, you are already familiar with how the process will work.

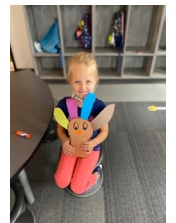
Many of our teachers have already had students practicing how to access the course content virtually while they are still in class. Our students are learning how to access the content and contact their teachers for assistance. Please understand we are taking these steps to be prepared, and no decision has been made to move to virtual learning at this point. We will continue to monitor the situation and will make decisions on a building or even classroom level if the need arises. Like you, I am hopeful

that we are preparing for a scenario that doesn't occur, but should the need arise we will be prepared and so will our students. Thank you for your continued support and understanding as we continue to adapt and change as the conditions around the pandemic have changed.

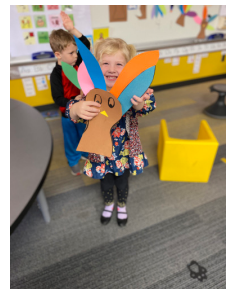
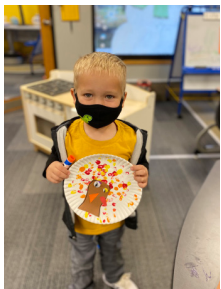
Yours in Service,

Justin M. Gross
Superintendent

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HAPPY HOLIDAYS FROM PREK



The Winterset Senior High Chapter National Honor Society Induction will induct 17 new members on December 13th at 2 p.m. in the Henry C. Miller Auditorium at the high school.

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. Dr. Meade 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.



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

Free & Reduced-Price Meals Applications

- Log into your Parent Portal
- Click on More, then click on Meals Benefits
- Complete Free & Reduced Form, click Submit

You will receive confirmation in your Parent Portal inbox once the application is processed. Questions: Call the administration office at (515) 462-2718.

SCHOOL FEES

Attention parents: This year's school fees were due October 15th. You may pay them through your **Parent Portal**, at any of the school offices or at the administration office.

CHANGE OF ADDRESS/PHONE

When you have a change of address or phone number, please contact the school or the administration office. It is important for the school to have updated information on our students for messages and emergency situations.

STUDENT/PARENT HANDBOOKS

The Winterset Student/Parent Handbooks are posted **on the district website under the Parent tab**. We have produced a district-wide handbook that aligns to board policies and current state law. The handbook includes addendums for each school, covering building specific expectations. Paper copies are available in each school's office. All students are expected to follow the policies, procedures and expectations. Please take the time to review the handbooks with your child.

CRISP Winter Wear Program - WE NEED YOUR HELP!

CRISP is out of kid's ski gloves! We have plenty of the lightweight knit gloves and mittens, but could really use some of the heavier gloves. If you see a good sale or find some on clearance after Christmas, please consider purchasing a pair (or two!) for CRISP. This is also a GREAT way to use Kohl's cash!

We are also getting low on snow pants and some snow boot sizes (especially women's size 5-9 and men's size 8 and 9). If you have snow pants or boots that you no longer need at your house, please consider donating them to CRISP.



REQUIRED IMMUNIZATIONS & SCREENINGS

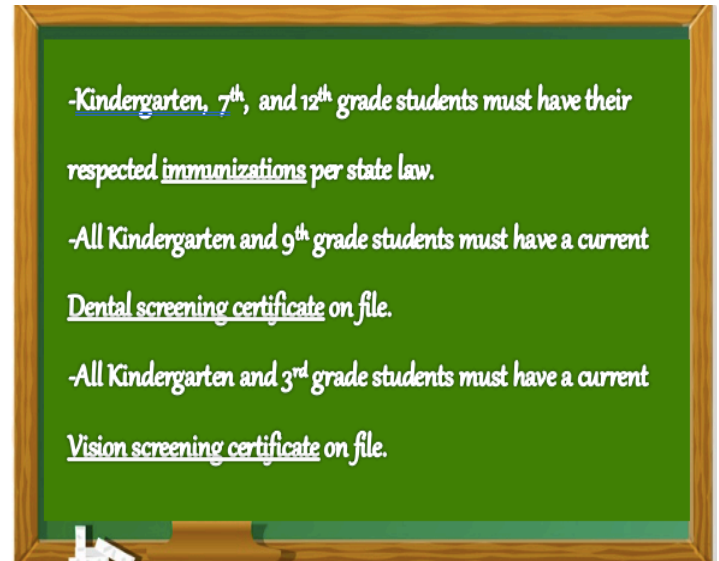
All Kindergarten students must be up to date on their preschool shots and have received their 4-year-old boosters of Dtap, Polio, MMR and Varicella.

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.



WHS STUDENT COUNCIL UPDATE

This November started off very busy for the Student Council. We decided to make a video to honor veterans in



the Winterset community. Student Council members reached out to veterans, enlisted graduates of Winterset, and Seniors that plan on enlisting. Some members even went to a meeting in order to interview American Legion members. We heard many great stories from veter-

ans and met new people in our community. The video was shared with all the schools and shown on November 11th. The video not only showed interviews of veterans but students from all the schools thanking veterans, a clip of taps, and a quilt of valor presentation. KCCI interviewed students and showed portions of the project on TV

The video is here: <https://youtu.be/uElrAcbMUK0>

This month the Student Council also started planning for our Holiday week. We discussed dress up days, special seminars for students, decorations, and some fun Christmas activities. The Student Council has also started preparing for Adopt-A-Family Since November.



This where the council is given lists made by kids that don't get a "normal" Christmas. Members choose items on the lists and then shop for them. It is something we do every year and hope to continue doing. This year we have adopted 6 children.

The Student Council was also lucky enough to have a couple speakers this month. One speaker came to speak with all High School students about Mental Health. They wanted to educate students on

signs of mental health issues and ways to get help for family, friends, and yourself. The other speaker, Liz Hensley, came to talk about national adoption month: November. She shared ways the student council could support adoption and fostering. We had a can drive for the Paw Pantry and donated over 150 items. It has been a very busy holiday season for the council!

By Samantha Lilly

FFA FALL UPDATE

The Winterset FFA had a successful October and has adjusted its activities well to meet social distancing protocols. Since the chapter was unable to host its annual Haunted House, the chapter hosted a drive-in movie and pumpkin carving at the Madison County Fairgrounds. The movie "Halloweentown" was shown and the event hosted over 25 cars. The Winterset FFA would like to thank the Winterset FFA Alumni for assisting with this event as well as the community members who showed up to

support our chapter. During October and November, members were busy selling fruit and cheese and poinsettias. We would like to thank the community for all of their support throughout the fall. Thank you to the Winterset community for your continued support of the FFA!



Winter
Holiday
Break
begins on
Dec.22 (no
early out
that day)
and school-
resumes on
Jan. 4

WE ARE GOING BACK! EF TOURS RETURNS TO ECUADOR IN 2022

During Summer of 2022, Dennis Shaw will be heading back to Ecuador on his 8th trip through sponsorship of EF tours. Dennis, along with his colleague Blair Ganem, traveled to Ecuador in 2014 for their first student trip. Other trips through EF Tours have included Peru, Spain, Belize, the Dominican Republic, and Scotland/Ireland.

This trip to Ecuador provides travelers the opportunity to tour ancient ruins, visit the famous equator, tour amazing cathedrals and government buildings, explore waterfalls, volcanoes in the central Andes, hike around mangroves in an ecological reserve, and experience rich culture through interaction with the indigenous people of

the region. Travelers may learn how to dance salsa, travel in unique ways of the Andes, dine with local families for dinner, and especially grow your experience of learning. To learn more and see a more detailed potential itinerary, visit <https://www.eftours.com/educational-tour/experience-ecuador?query=Experience+Ecuador>

There will be a couple student/parent launch meetings in December. There will be a face to face launch on Wednesday Dec. 9th 6:30 pm in the junior high commons. For those who would prefer to social distance more, there will be an online Google Meet meeting on Thursday Dec. 10th 6:30 pm. To access this meeting, go to

Google Classroom and enter the class code, 26n54ul, to join the Experience Ecuador classroom. The live link for the meeting will be at the top of the classroom page.

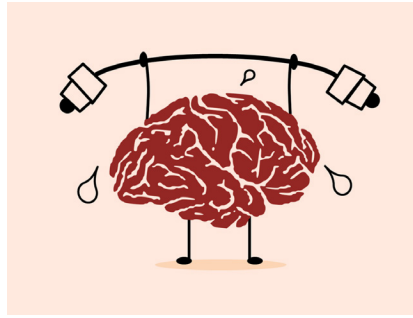
If travelers enroll before the end of December by paying the registration fee, they will receive a \$200 discount. Any returning traveler, those who have traveled before with EF Tours, will receive a \$300 discount if registered by the end of December.

This meeting will cover basic information about the importance of travel in general, specifics for this trip, potential travel dates, a tentative itinerary, price quotes and payment options. Please consider attending this meeting, as it is a chance to give students an added opportunity to extend their education and learning beyond the classroom. Prior to the

meeting, students can pick up an informational packet from Mr. Shaw and attend various seminars for more information. Students should see the announcements for these dates.

The goal of EF Tours is to provide students with an educational experience through gaining new perspectives and building skills for the future. This trip is a supplemental opportunity and is not funded or sponsored by the Winterset Community School District. You may contact Dennis at dshaw@winterset.k12.ia.us with additional questions.





FREE ONLINE Student Support Groups with Mental Health Professional

Do you have a young person 12-18 years old that would benefit from a student support group led by a licensed mental health professional? Parents/Guardians can register their child for a weekly ONLINE group designed for students to connect with other students and a mental health professional to talk, vent, and get some great strategies and techniques to manage stress, isolation, and the general rollercoaster of 2020. There are limited spots so hurry and register!

This opportunity is from Polk County CARES Act funds so priority is given to students residing or going to school in Polk County.

Register now:

Tuesdays 5-6p (11/17-12/22): <https://www.tickettailor.com/events/pleasepassthe love/452877>

Wednesday 6-7p (11/18-12/23):

<https://www.tickettailor.com/events/pleasepassthe love/452883>

Our Contact Information

Please Pass the Love

4801 Franklin Ave.

Des Moines, IA 50310

5154419419

<http://www.pleasepassthe love.org>



CONGRATULATIONS!!!!
2020 IHSMA ALL-STATE BAND
Kael Blanchard-Soph, Trumpet (1st year)
Josie Burkett-Jr, Clarinet (1st year)
Lia Miller-Jr, Clarinet (2nd year)
Nate Suddarth-Jr, Horn (2nd year)
Ethan Suddarth-Jr, Horn (3rd year)

#wintersethuskypride



CONGRATULATIONS!!!!
2020 IHSMA ALL-STATE CHOIR
Morgan Wickman (12)- 2nd Year
Ethan Villa (12)- 2nd Year
Anna Blader (11)- 1st Year
David Michael Negley (10)- 1st Year

#wintersethuskypride



WHS Guidance Department

Visit the Guidance Webpage at www.winterset.k12.ia.us/Page/1552.

The FAFSA, a free application for federal and state grants, is available online only. This is a free Internet site with easy-to-follow screens, extensive on-line instructions, and a search engine for selecting institutional Title IV Codes. It will also edit student information as it is entered, ensuring better data quality and reduced rejection rates.

www.fafsa.ed.gov

IS YOUR COLLEGE STUDENT THINKING ABOUT TRANSFERRING? Iowa Regent universities and community colleges have joined to create a Web portal dedicated to assisting students with the transfer process- www.transferiniowa.org. This one site can assist students and offers lots of answers about the transferring process.

Senior Tips for Winter

Finalize your financial aid plan. Review your financial aid package from the schools you applied to, determine the net cost of attendance, and use this information as you make your final decisions. Learn more about estimating the cost of college and comparing your offers.

Say thank you. Write handwritten notes to everybody that helped you with your applications.

Avoid the senior slide. Let-

ting your grades drop can affect scholarship opportunities and college admission decisions. Remember, colleges determine admission based on your class rank, GPA, test scores, school involvement, and your coursework (it's important to take challenging classes throughout your senior year).

SCHOLARSHIPS AVAILABLE (These and more are listed on the guidance page of the high school's website)

Barbara Lotze Scholarship for Future Teachers is a scholarship offered by the AAPT Executive Board and is for future high school physics teachers. Successful applicants receive a stipend of up to \$2,000 and may be granted to an individual for each of four years. For more information and to apply, please visit <https://www.aapt.org/programs/grants/lotze.cfm> Deadline: December 1, 2020

ISU Engineering Scholarships has an application period from October 1, 2020- December 1, 2020 for qualified students. In order to receive an invitation to apply for scholarships, students must have applied for admission to Iowa State University. These scholarships are stackable with financial

awards a student may potentially receive through the Office of Admissions.

The Christina Hixson Opportunity Award is a 4-year grant for ½ tuition and fees to be used at Iowa State University. 100 Iowa high school seniors will receive this award. The student must demonstrate financial need as determined by filling the FAFSA, have faced challenges of personal and/or financial hardship, be a resident of Iowa, admissible to Iowa State University and the student must possess the potential to succeed. Apply at <https://apps-dso.sws.iastate.edu/scholarship/hixson/app>. Priority Deadline: December 15, 2020

Distinguished Young Women Scholarship Last year, participants received more than \$2.2 million in cash scholarships through this program. They also work with over 100 colleges and universities to provide college grants. Before you apply, be aware that in order to qualify or win any of the scholarships offered, you must participate in a program. This includes attending a rehearsal(s) and being a part of an on-stage performance. For more information and to apply, visit <http://distinguishedyw.org/scholarships/our-scholarships/>. Deadline: December

15, 2020

E. Wayne Cooley Scholarship- The E. Wayne Cooley Scholarship Award was established in 1993 as a tribute to the man who served as Executive Director of the Iowa Girl's High School Athletic Union from 1954-2002. In order to qualify, each girl that applies must have a GPA of 3.75, ACT score of 23, participated in at least two sports each year of high school, earned at least one varsity letter, be an Iowa resident, and plan on attending an Iowa college or university. See Mr. McDonald for more information. Deadline December 31, 2020

Naval Reserve Officers Training Corps (NROTC)- The purpose of the Navy ROTC Program is to educate and train qualified young men and women for service as commissioned officers in the Navy's unrestricted line, the Navy Nurse Corps and the Marine Corps. Selected applicants are awarded scholarships through a highly competitive selection process, and receive full tuition, books stipend, educational fees and other financial benefits at many of the country's leading colleges and universities. Upon graduation, midshipmen are commissioned as officers in the unrestricted line Naval Reserve or Marine Corps Re-

WHS Guidance Department, Continued / *Guidance Webpage*

serve. For more information and to apply, please visit <https://www.netc.navy.mil/Commands/Naval-Service-Training-Command/NROTC/Apply/>. Deadline: December 31, 2020

The Ge-Reagan Foundation Scholarship Program is available again this year. This national program awards college scholarships to high school seniors who embody characteristics of President Ronald Reagan at school, in the community, in the workplace and at home. Recipients receive \$10,000 renewable scholarships- up to \$40,000 per student. For more information and to apply visit www.reaganfoundation.org/scholarships. Deadline January 3, 2021

ClaimAid Consulting Corporation and the IASB are offering two scholarships. The first is a \$2,000 one-time grant award for a graduating special education senior who is planning to attend college. The second is a \$2,000 one-time grant award for one graduating senior who is planning to

study education, specifically Special Education. Apply at <https://www.claimaid.com/iowa-scholarships/>. Deadline: January 15, 2021

Mensa Foundation Scholarship Program- The U.S. scholarship program covers all of the country and awards more than \$130,000 every year. The program bases its awards totally on essays written by the applicants. Consideration is not given to grades, academic program or financial need. To apply, visit <http://www.mensafoundation.org/what-we-do/scholarships/>. Deadline: January 15, 2021

JFK Profile in Courage Essay Contest- The John F. Kennedy Library Foundation invites U.S. high school students to describe and analyze an act of political courage by a U.S. elected official who served during or after 1917, the year John F. Kennedy was born. First-place winner receives \$10,000. Second-place winner receives \$1,000. Five finalists receive \$500 each. For more information and to apply,

visit <https://www.jfklibrary.org/Education/Profile-in-Courage-Essay-Contest.aspx>. Deadline: January 17, 2021

JUNIORS

Juniors Tips for Winter Attend college fairs. Be prepared when talking to college representatives. Identify important factors in choosing a college. Two-year or four-year? Location? Cost? Atmosphere? Variety of study programs available? Entrance fee requirement? Create a college list to compare the colleges you're interested in attending. Register for the right classes. Meet with Mr. Seufert to help schedule your core classes. Review your coursework and plan for the rest of high school. Take a close look at college prerequisites (particularly around foreign language and science) and make sure your schedule includes the classes you need for college. Take advantage of the TIR. Consider taking the ACT in December, April or June when you can order a Test

Information Release (TIR) and review all of the questions and your answers. You can learn from your mistakes and improve your score the next time you take the ACT.

The Coolidge Scholarship is an annually awarded, full-ride, presidential scholarship that covers a student's tuition, room, board, and expenses for four years of undergraduate study. To learn more and apply, visit <https://coolidgescholars.org/>. Deadline: January 2021

LOANS

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.



Congrats to Girls Cross Country Team for qualifying for state and placing 12th!

Members: Darci Wiseman, Dyllan Kaufman, Micah Yeager, Sami Craven, Morgan Sutton, and Abby Benshoof

Mason Back also qualified individually for boys' state.



DECEMBER ATHLETIC CALENDAR

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

HIGH SCHOOL BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 30	4:30 PM	9/JV/V-G/B	Creston	Winterset
Dec 4	4:30 PM	9/JV/V-G/B	Bondurant-F	B-F
Dec 7	6:00 PM	9/JV-Boys	Norwalk	Winterset
Dec 8	4:45 PM	JVG/V-G/B	Boone	Winterset
Dec 11	4:30 PM	9/JV/V-G/B	Carlisle	Carlisle
Dec 15	4:30 PM	9/JV/V-G/B	Carroll	Carroll
Dec 18	4:30 PM	9/JV/V-G/B	Gilbert	Winterset
Dec 22	4:30 PM	9/JV/V-G/B	North Polk	North Polk

JUNIOR HIGH GIRLS BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Dec 14	4:15 PM	7 A/B	Carlisle	Winterset JH
		8 A/B	Carlisle	Carlisle MS
Dec 15	4:15 PM	7 A/B	Norwalk	Winterset JH
	4:30 PM	8 A/B	Norwalk	Norwalk MS
Dec 17	4:15 PM	7 A/B	Perry	Perry MS
		8 A/B	Perry	Winterset MS

HIGH SCHOOL SWIMMING

DATE	TIME	OPPONENT	SITE
Dec 15	5:00 PM	Waukee	Waukee YMCA
Dec 21	5:30 PM	Ames	Indianola YMCA

HIGH SCHOOL WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Dec 1	5:30 PM	JV/V	I-35, NV, Creston	Truro
Dec 3	5:30 PM	JV/V	Perry	Winterset
Dec 5	10:00 AM	V	Harlan Tournament	Harlan
Dec 10	5:30 PM	JV	Norwalk	Norwalk
Dec 14	5:00 PM	JV	Knoxville Tourney	Knoxville
Dec 17	5:30 PM	JV/V	ADM Meet	Boone
Dec 18	5:15 PM	JV	Indianola Tourney	Indianola
Dec 19	10:00 AM	V	Roland Story	Roland Story

JUNIOR HIGH WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Dec 14	4:15 PM	7/8	Tourney	Carlisle
Dec 17	4:15 PM	7/8	Tourney I	ADM-North
Dec 21	4:15 PM	7/8	Winterset Tournament	Winterset

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. Only 2 spectators per athlete; voucher required.

Congrats to these athletes for post-season honors:

Football- All State
Dawson Forgy (11th): 2nd team
Blake Bellamy (11th): 3rd team

Football- All District
1st Team Defense:
Nathan Avery
Blake Bellamy- Linebacker
Tyler Brown- DB
HUnter Farr- At Large

2nd Team Defense
Dakota Swanson- Linebacker

1st Team Offense
Dawson Forgy- Runningback
Joel Akers- Lineman
Duggan Tolley-Lineman
Christian Barker- Rec/TE
Hunter Gresham- PK

2nd Team Offense
Austin Tindle- Rec/ TE

District Honorable Mention
Caden Kleemeier
Beau Knobloch
Riley Hoven
Brady Barringer

Volleyball- All State & All District
Lauren Carter (11th): 2nd team

**Varsity Volleyball Team: Distinguished
Award for a team GPA of 3.825!**

RACCOON RIVER CONFERENCE HIGH SCHOOL WINTER SPECTATOR INFORMATION



	Admission Method	Live Stream	Masks Required	Concessions Available
	Online Ticket Link Will Be Sent To Opponents 			



Click On Image To Be Directed To Ticketing Service

[Click for the interactive link](#)



Cash Sales Only

[https://docs.google.](https://docs.google.com/.../1G.../htmlview)

<com/.../1G.../htmlview>



Click On Image To Be Directed To Live Streaming Service



Winterset Community Schools

HS Game Night Spectator Guidance-Winter Sports (updated 11/20/20)

The focus for our game night spectator guidance is to find the safest way possible to allow parents and a few others to watch our games in person. All home basketball games and wrestling meets will be live streamed on the Winterset Huskies YouTube channel, <https://tinyurl.com/Winterset-Huskies-YouTube>. The link will be communicated via the Winterset Huskies Twitter account (@WintersetHusky), the Winterset Huskies Facebook Page (Winterset Huskies), and on the Winterset Huskies Activity Web Page (www.wintersetcschoolteams.com). This will enable viewing of the game for those that are unable to attend.

Admissions:

- **BASKETBALL and WRESTLING:**
 - Admission will be granted to 2 spectators per athlete, competitor, or performer.
 - Athletes will receive 2 vouchers each to distribute. The voucher will enable the user to either purchase a ticket OR use their Winterset activity pass, Booster Club pass, or senior citizen pass.
 - Ticket protocol for away games will be communicated via Infinite Campus at least 1-2 days prior to the game.
 - All spectators over 2 years old must wear masks and maintain 6 feet distance from other spectators.
 - If cash is used, the exact amount is highly recommended.

General Spectator Information per Governor Reynold's Proclamation:

- Spectators are responsible for their own health screenings. If you are not feeling well, showing any signs or symptoms of COVID-19, or have been around someone who is COVID-19 positive, stay home.
- **Masks are required for all spectators for the duration of the contest.**
- **Spectators are only allowed to attend the game that their son or daughter is competing in.**
- **On completion of your son or daughters game, we ask your cooperation in leaving the facility.**
- Frequent Hand Washing and good hygiene practices are recommended.
- No student section will be allowed.

Seating Recommendations:

- Spectators should social distance from anyone outside their family. We encourage family units to sit in pods.
- We ask that you **NOT** sit in a row or area marked with blue tape.

Other Considerations:

- Concessions will be provided. Please follow signage and social distance. It is recommended that food and beverages are kept out of the gym to support safety mitigations.
- Pets are not permitted inside the facility. Service animals with appropriate credentials are permitted and welcome.
- Media must wear a mask and maintain 6 feet of distance when interviewing coaches and athletes.
- No outside food or drink is permitted. Each spectator may bring in one unopened, sealed bottle of water.



PRIMARY HEALTH CARE

NON-PROFIT COMMUNITY HEALTH CENTERS,
SERVING CENTRAL IOWA FOR
OVER 30 YEARS!

NEW WALK-IN CLINIC

NOW OPEN. NO APPOINTMENT NEEDED.



PHC will see patients
regardless of ability to pay.



Open, affirming, and
culturally competent team of
medical providers and staff.



Interpreters, health benefits
specialist, and family support
workers available.

PHC WEST SIDE WALK-IN CLINIC

7555 Hickman Road
Urbandale, Iowa 50325

(515) 225-7201

phciowa.org/west-side-walk-in-clinic

CLINICAL SERVICES

General Medical & Preventative Care

- check-ups
- physicals
- immunizations
- chronic disease management

Integrated Behavioral Health Services

- depression and anxiety screening
- psychiatric medication management
- substance use evaluations

Supportive Services

- insurance enrollment assistance
- community resources referrals

11/13/2020

What Is ADHD? Hidden Symptoms and Advice for Parents & Educators

ADDITUDE *Inside the ADHD mind*

ADHD & Symptom Tests > ADHD In Children

ADHD SYMPTOMS IN CHILDREN

Your Child's ADHD Is an Iceberg

Attention deficit disorder is multi-faceted, far-reaching, and largely hidden. What caregivers and educators see poking above the surface are just a fraction of ADHD symptoms. This is critical to keep in mind, and to guide your daily teaching and learning tactics.

BY PENNY WILLIAMS

Let's imagine that your child's attention deficit disorder (ADHD or ADD) is an iceberg. I'm not the first to make this analogy, but I don't see it enough so I'm repeating it — and asking you to literally start by visualizing an iceberg.

As much as 90 percent of the mass of an iceberg sits under water — under the surface where we cannot see it.

Think about this: It was an iceberg that sunk the “unsinkable” Titanic. The mass of ice below the surface destined catastrophe. The ship's crew couldn't see the iceberg in its entirety, and it proved fatal. What was under the surface was very important; it required a change in direction. Yet, because it was obscured, the ship stayed the course and it was disastrous. This is a fitting analogy for ADHD and for parenting kids with [ADHD](#).

The 10 percent we easily see above the watermark are the hallmark symptoms of ADHD: inattention, impulsivity, and hyperactivity. They're important, of course, but they're not the whole picture of ADHD. What's under the surface is just as (if not more) important when raising or teaching kids with ADHD.

Unanticipated facets of ADHD lie under the surface. These traits are too often mistaken for character flaws, personality defects, or moral or ethical deficits. They're not any of those things. They're part and parcel of the ADHD brain.

[\[Free Download: Secrets of the ADHD Brain\]](#)

Let's look at each of these hidden layers of ADHD.

- 1. Poor Self-Esteem and Self-Confidence** Struggling with ADHD can damage anyone's self-esteem. For parents, that means your child needs more of your help building self-confidence. Craft lots of opportunities for successes, no matter how small. Create activities and environments where your child can shine, despite his developmental delays.
- 2. Developmental Delays** Children with ADHD develop 2-3 years more slowly than their peers. We see this impact in maturity, social skills, executive functioning, emotional dysregulation, and self-regulation. Keep this in mind as you create appropriate (and achievable) expectations for your child. This will help you craft ways for her to succeed.

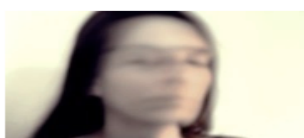


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Warning Signs of Psychosis in Teens

Catching kids before they're in crisis can improve outcomes.

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What Is Premenstrual Dysphoric Disorder (PMDD)?

When PMS symptoms are seriously impairing.

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Signs of Depression During the Coronavirus Crisis

Kids may need help to bounce back.

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Treatment for Depression

Therapy, medication and pointers on finding a good clinician.

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Changing Negative Thinking Patterns

Now, more than ever, it's important to recognize unhealthy thinking.

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How to Help Self-Critical Children

Bolstering kids who are too hard on themselves.

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As we head towards winter, still dealing with the pandemic, it's more important than ever to keep an eye out for signs of depression, especially in teenagers. With so many things important to teenagers disrupted — school, seeing friends, sports, and other activities that shape identity — many kids are struggling, even those without a history of depression or anxiety. This week we've rounded up childmind.org resources to help parents recognize the signs of depression in teenagers and get them effective treatment. Our experts also offer tips on how to support the healthy coping skills kids need — like avoiding negative and self-critical thinking patterns — to stay resilient and optimistic in this tough time.

Caroline Miller, Editorial Director |

<https://childmind.org/>

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Upgraded Website:

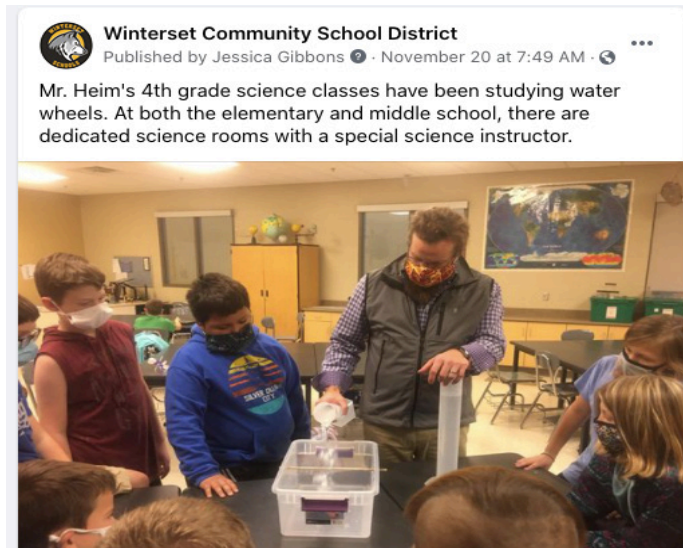
- www.winterset.k12.ia.us
- District homepage updated weekly
- School homepages are updated frequently with information
- Daily calendar of events for schools as well as athletics/activities is located on district homepage

Electronic Backpacks:

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

Facebook:

- Winterset Community School District:
[@winterset.schools](https://www.facebook.com/winterset.schools)
- Winterset Huskies for Athletics and Activities updates:
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PE classes learned to cast a fishing line and then took their new skills outside.
[#wintersethuskypride](https://twitter.com/WintersetSchools/status/1311111111)



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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