



SUPERINTENDENT MESSAGE

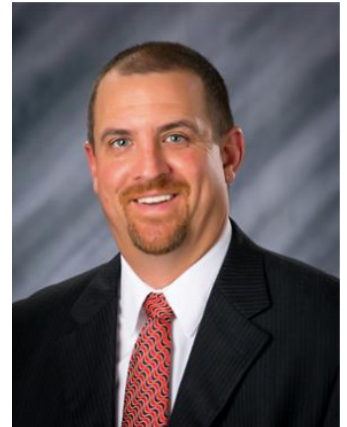
What an outstanding fall we have had so far, our students are excelling in athletics, fine arts, and academics. Our students have been able to enjoy an entire quarter of in-person learning that is closer to the “normal” we are used to. In addition, we are finding ways to recognize our students each and every day through personal affirmations from their teachers and peers. While we have experienced our own set of challenges, when you look at the great things that are happening in our district it is easy to see why Husky Pride is alive and well.

I was struggling with identifying a topic to write about this month and as I reflected on some challenges

we have encountered this fall I felt that it would be good to provide some thoughts on how best to resolve conflict. While our goal is to minimize conflict, the fact of the matter is that it is inevitable. When you bring people with differing opinions together conflict is unavoidable, and it seems like we have forgotten how to address and peacefully resolve conflict when it occurs. We have seen our society become increasingly divisive and that divisiveness is trickling into our schools. I have often argued that schools are a microcosm of our society/ community, albeit a better version of it in my opinion. I can personally say that all of our employees want the

very best for your children and we work intentionally every day to build positive relationships with your students and as a district we will continue to invest in initiatives that focus on these relationships.

So how do we approach conflict in a positive way knowing that it is inevitable? First off, we need to assume the best in others. Oftentimes the perspective we have on an issue is just that, only our perspective. I am not saying that your perspective isn’t accurate, merely that it only represents your perspective on the issue that may or may not align with other’s perspective of the same situation. When we are operating on limited information, it is hard to see the full picture. Instead of jumping to conclusions and assuming the worst, I would ask that you assume the best and seek to understand the perspective of others who were involved in the situation. We are committed to providing the best educational experience



for all of our students, and from time to time we all will make mistakes, teachers and students, and will need to address those mistakes. We ask that you work with us to address those issues so that we can move ahead together in order to best serve your children. Inevitably, there will be times where we simply aren’t able to come to an agreement; however, if we assume the best and work together to see each other’s perspective at least we can move forward from a place where we worked together to understand each other’s perspectives. I would ask that you allow us the opportunity to work with you in these situations.

Continued on next page

November Monthly Highlights

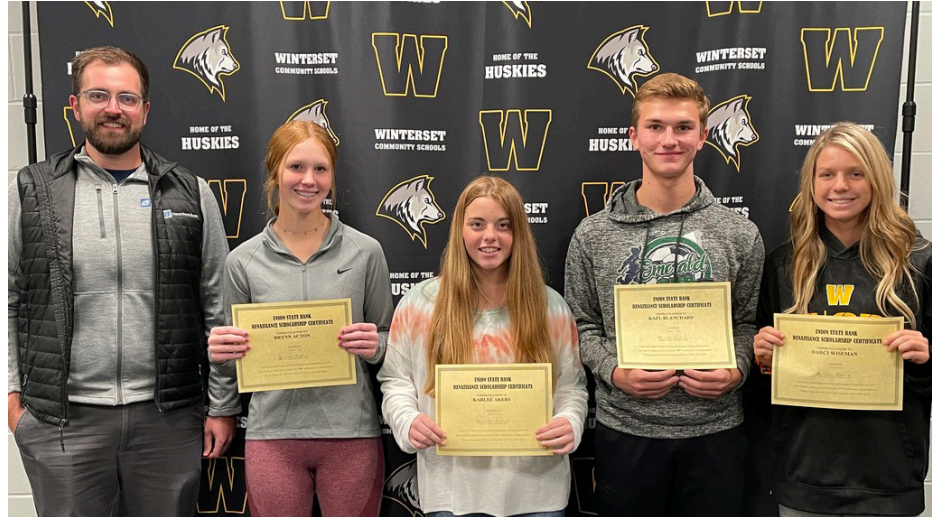
- Nov. 2nd-Elementary Picture Retake Day
- Nov. 2nd & 4th: Jr High Conferences
- Nov. 4th & 9th: NO PRESCHOOL- Preschool Conferences
- Nov. 22-26th: NO SCHOOL-Teacher PD and Thanksgiving Holiday

Our children are always watching and learning from the adults in their lives. When we model for them how to respectfully resolve conflict we are providing them the tools they will need to respectfully resolve conflict on their own. As I have often said, our job as parents is to prepare our children for the path and not to prepare the path for our children. When we invest in helping them see how to respectfully resolve conflict we are empowering them to walk their own paths as adults who are able to see varying perspectives on issues and resolve them in a respectful manner.

Winterset is a great place to raise a family. The pride within this community for our schools and the children who attend them is like no other place I have seen. Working together we can continue to provide an experience for our students that will make them want to return to this community to raise their own children.

Yours in Service,

Justin M. Gross
Superintendent



Term 1 Renaissance recipients Brynn Acton, Karlee Akers, Kael Blanchard, & Darci Wiseman. Students are selected by teachers based on character, volunteer work, leadership & academic commitment on behalf of Union State Bank, presented by Assistant VP Mark Baudler. Congratulations!



HUSKY FOOTBALL 2021

WHS Football won their first round district game on Oct. 29 and will have homefield advantage again Nov. 5 against Decorah for Round 2.

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, before the first day of school.

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 before the first day of school.

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.

Lunch Menus

Use the new school app for the most up to date menus each day.

[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.

OPUS Honor Choir Results

Three junior high school students from Winterset were recently chosen through audition to participate in the 35th annual Iowa OPUS Honor Choir Festival. Annabelle Barrett, Tori Clausen, and Carson Healy were

selected out of thousands of audition applicants. Over 2100 students were nominated by their directors for 720 positions in the four Opus Honor Choirs. They will learn multiple pieces of music to be performed in a concert at C.Y. Stephens Auditorium on the campus of Iowa State University on November 18th at 4:00



FFA UPDATE

As we get into the spooky month of October the Winterset FFA has a lot of things planned. We started off the month with our fruit sales. This year we have a goal of each member raising \$500 in fruit and cheese sales to help us attend leadership workshops, competitions, and conventions. If you are interested in supporting the FFA by purchasing fruit talk to any FFA member or Ms. Miller. Sales will end Nov. 4. As an FFA chapter one of our priorities is to serve the community. We did that Tuesday, October 12th by holding a Feed the Farmers event at BB&P. The farmers got a sack lunch with a cold cut meat sandwich with chips and a cookie provided by Hyvee, and a snack bag donated by the

Iowa Soybean Association. The members that attend really enjoyed giving out lunches to farmers knowing they'd have something to eat with a long day of work. On October 20th, six freshman members attended the South Central Greenhand Fire up Camp! There they learned about all the different things you can do in FFA, communication skills, making decisions, SAE's and meeting new people! Be on the lookout on all of our Social Medias for updates about the Winterset FFA Chapter. Especially our Poinsettia sales that will be coming up at the end of November, early December!

Respectfully Submitted,

Gracelynn Brown
Chapter Reporter



Should I Get Care for My Child?

We all worry about our kids. Sometimes our worries are about whether they are developing in a healthy way. (Should they be talking by now?) Or about whether they are happy — we don't like to see them sad or suffering. And sometimes we worry because a child's behavior is causing problems for them — or for the whole family. One of the challenges of parenting is knowing when a worry should prompt action. How do you know when to get help for a child who is struggling?

We know there is a lot of variation in how kids develop, and a broad range of behavior that's typical and healthy as children grow up. All kids have rough patches here and there, so you don't want to overreact. But when the behaviors you worry about are seriously interfering with your child's ability to do things that are age-appropriate, or your family's ability to be comfortable and nurturing, it's important to get help.

Here are some things experts recommend you consider in deciding whether a child needs professional help.

What are the behaviors that are worrying you? To evaluate your situation clearly, it's important to observe and record specifically the things you are concerned about. Try to avoid generalizations like "He's acting up all the time!" or "She's uncooperative." Think about specific behaviors, like "His teacher complains that he can't wait for his turn to speak," or "He gets upset when asked to stop one activity and start another," or "She cries and is inconsolable when her mother leaves the room."

How often does it happen? If your child seems sad, is that occurring once a week, or most of the time? If they are having tantrums, when do they occur? How long do they last? Since many problematic behaviors — fears, impulsiveness, irritability, defiance, angst — are things that all children do sometimes, duration and intensity are often key to identifying a disorder.

Are these behaviors outside the typical range for your child's age? Kids naturally develop differently from one another, so it can be challenging to separate normal behavior from a serious problem. It's often useful to share your observations with a professional who sees a lot of children, like a teacher, psychologist (*someone with a PhD or PsyD, trained in the study and/or treatment of psychiatric disorders*), or pediatrician.

They can give you perspective on whether your child's behaviors fall outside of the typical range for their age group. Are they more fearful, more disobedient, more prone to tantrums, than many other children? (See our Parents Guide to Developmental Milestones for children five and under.)

How long has it been going on? Problematic behavior that's been happening for a few days or even a few weeks is often a response to a stressful event. It might go away on its own over time. Behaviors that stick around for a month or more are more likely to need treatment.

How much does the problem interfere with your child's life? Perhaps the best way to tell whether your child needs help is whether their symptoms and behaviors are getting in the way of their normal life. Is it disrupting the family and causing conflict at home? Is it causing him difficulty at school or with friends? If a child is unable to do things they want or need to do, they may need help. **Please refer to "Student and Family Resources" under "MENU" and "Community" on the District website for local support services.**

CRISP Winter Wear Program



Is your child in need of a winter coat, boots, snow pants, hat or gloves for the upcoming season? If this will be a hardship for you or your family to provide, please call Community Resources in Service to People (CRISP) at 515-462-9400. CRISP has a good selection of new and gently worn winter wear items. **PLEASE CALL FOR AN APPOINTMENT BEFORE STOPPING IN** so that we may limit the number of people in the

office at one time and better meet your needs. If you are in need of assistance, but are not a current CRISP client, please contact us for information on how to access CRISP services.

IF YOU HAVE COATS, BOOTS OR INSULATED GLOVES TO DONATE, please contact the CRISP office. We take winter wear items year round to replenish our supplies. Both new and gently worn items are accepted.

WHS Best Buddies Club is off to a great start!

We are very excited to welcome new faces into our group! We have met a few times already this year and are excited to have more activities in upcoming months. In September we painted windows on the square for homecoming and rode in the parade. On Oct. 27th we will decorate cookies together in the high school life skills lab. On November 15th we will be having a dessert night for parents and students to get to know our peer buddies at the high school! Please reach out if your child is interested in joining our Best Buddies Club!

Email Lana McDonald, Jaycee Hatten, or Callie Drake

lmcdonald@winterset.k12.ia.us

23jhatten@winterset.k12.ia.us

23cdrake@winterset.k12.ia.us



11 ALL STATE MUSIC QUALIFIERS

Back L-R: Gracie Cole, Kael Blanchard, Ethan Suddarth,
Anna Blader, Lily Applegate, Nathaniel Suddarth
Front L-R: Allie Stolte, David Michael Negley, Serena
Phillips, Josie Burkett, & Lia Miller



CROSS COUNTRY STATE QUALIFIERS

Blake Frease, Senior
Dyllan Kaufman, Junior



WHS Guidance Department

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

THINGS SENIORS NEED TO KNOW

The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude test that covers eight areas including science, word knowledge, mathematics, and mechanical comprehension. It assesses a student's ability to learn new skills and is a predictor of success in training and education programs. Civilian Education Services Specialists who have no recruiting function administers the program. The ASVAB's are offered each fall to juniors and some seniors. The ASVAB's will be offered on November 4th from 8:00 to 11:30am. Please sign up with Mr. Seufert.

College and Post High School Applications: What should I do? Well, we encourage our seniors to send in an application when they are reasonably sure they want to attend a certain school. Be sure you visit the campus. Leave

the completed application with Mrs. Wetzel and she will send it in with the transcripts along with recommendations.

Most Colleges Will Not Require Writing Test Scores: If you're a junior or sophomore and wondering about the new writing tests on college admissions exams, make sure you check with the colleges you are considering attending before you register to take the exams. It's possible that you won't have to take a writing test.

You can now apply online for the 2021-22 NCAA Guide for the College-Bound Student-Athlete. Their web site is www.ncaaclearinghouse.net

March 2 Success is an on-line test preparation course that will provide help with taking standardized tests and improve math and English skills. March 2 Success is free. There is no obligation. March 2 Success will help you prepare for assessment examinations, college entrance examinations, trade school entrance tests,

military entrance test and applying for a job. Go to www.March2Success.com to see a demo and register for the course.

VIRTUAL EVENTS

Earn While You Learn: Exploring Careers in the Building Trades

- Wednesday, November 3 at 5:30 pm - Register or learn more here.

- Perfect for all high school student and parents What Happens After FAFSA: Verification and Special Circumstances

- Wednesday, November 10 at 5:30 pm - Register or learn more here.

- Perfect for high school seniors and parents Employability

- Wednesday, October 6 at 5:30 pm - Register or learn more here.

- Perfect for all high school students and parents

SCHOLARSHIP INFORMATION

Most scholarships are online only, they are posted to the guidance page of the school's website and can be found here! More will

be added, so check back often!

The University of Iowa is offering several scholarships for full-time first-year students who are entering the university for the first time in fall 2022. These scholarships do not apply to incoming transfer students. To see a list of all of the scholarships available and for more information, please visit <https://admissions.uiowa.edu/finances/scholarships-first-year-students> Deadline: varies- apply early!

Prudential Spirit of Community Awards The Prudential Spirit of Community Awards honors students in grades 5-12 for making meaningful contributions to their communities through volunteer service. Applications are now open for 2022 awards. Please visit <https://spirit.prudential.com/apply/2022> to apply. Deadline: November 10.

2022 Elks Most Valuable Student Scholarships. You must be a high school senior and US citizen.

WHS Guidance Department, Continued / *Guidance Webpage*

The top 20 finalists will participate in an all expenses paid Leadership Weekend in Chicago during which they'll interview with the national judges. These 20 finalists will be vying for two first-place awards of \$50,000; two second-place awards of \$40,000; and two third-place awards of \$30,000. The remaining 14 finalists will receive awards of \$20,000. The 480 runners-up will receive fifth-place scholarships of \$4,000. Applicants do NOT need to be related to a member of the Elks. Applications can be downloaded at

www.elks.org/enf/scholars/mvs.cfm. Deadline: November 15.

The Hagan Scholarship up to \$5,000 per semester. Up to 150 new scholarships can be awarded each year. Mandatory workshops are required. Please visit their website for eligibility requirements and more information: <http://haganscholarships.org/> Deadline: November 15.

Hixson Opportunity Award ISU

The Hixson Opportunity Award is a half-tuition grant (estimated value of

more than \$17,000 over eight semesters) to be used at Iowa State University. One hundred high school seniors from across Iowa will receive the award each year. Ideally, recipients will represent each county in the state. If you are a high school senior who demonstrates potential in ways that go beyond class rankings and test scores, you may wish to apply at <https://www.hixson.dso.iastate.edu/>. Deadline: December 15.

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.

2021 Marching Huskies Conclude Successful Season!

Congratulations to the Marching Huskies on a successful 2021 season! The band's 2021 production was entitled "Out of Darkness," and featured music by Simon & Garfunkle, Giuseppe Verdi, Les Miserables, and Ludwig Beethoven. The band finished 3rd in 3A and won "Best Percussion" at the Marching Dutch Invitational, 3rd at the Urbandale Marching Invitational, 2nd at Valleyfest, and 3rd at the Mid-Iowa Band Championships. The 2021 Husky Marching Band consisted of 75 high school musicians and was led by Drum Majors Josie Burkett, Elise Petsche, and Luke Porter.





NOVEMBER/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 29	4:30 PM	9/JV/V-G/B	Creston	Creston
Dec 3	4:30 PM	9/JV/V-G/B	Bondurant-F	Winterset
Dec 6	4:30 PM	9/JV/V-G/B	Norwalk	Norwalk
Dec 7	4:30 PM	9/JV/V-G/B	Boone	Boone
Dec 10	4:30 PM	9/JV/V-G/B	Carlisle	Winterset
Dec 14	4:30 PM	9/JV/V-G/B	Carroll	Winterset
Dec 17	4:30 PM	9/JV/V-G/B	Gilbert	Gilbert
Dec 21	4:30 PM	9/JV/V-G/B	North Polk	Winterset

JUNIOR HIGH GIRLS BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 4	4:15 PM	7 A/B	North Polk	Winterset JH
		8 A/B	North Polk	NP
Nov 8	4:15 PM	7 A/B	Bondurant-F	Bondurant
		8 A/B	Bondurant-F	Winterset JH
Nov 11	4:15 PM	7 A/B	Bondurant-F	Bondurant
		8 A/B	Bondurant-F	Winterset JH
Nov 16	4:15 PM	7 A/B	Gilbert	Winterset JH
		8 A/B	Gilbert	Gibert MS
Nov 18	4:15 PM	7 A/B	Boone	Boone
		8 A/B	Boone	Winterset JH
Nov 22	4:15 PM	7 A/B	Carlisle	Winterset JH
		8 A/B	Carlisle	Carlisle MS
Nov 30	4:15 PM	7 A/B	Bondurant-F	Winterset JH
		8 A/B	Bondurant-F	Bondurant
Dec 6	4:15 PM	7 A/B	Ballard	Ballard MS
		8 A/B	Ballard	Winterset JH
Dec 9	4:15 AM	7 A/B	ADM	ADM- HS South
		8 A/B	ADM	Winterset JH
Dec 13	4:15 PM	7 A/B	Carlisle	Winterset JH
		8 A/B	Carlisle	Carlisle MS
Dec 14	4:15 PM	7 A/B	Norwalk	Winterset MS
	4:30 PM	8 A/B	Norwalk	Norwalk MS

HIGH SCHOOL SWIMMING

DATE	TIME	OPPONENT	SITE
Nov 30	5:30 PM	Newton - Meet	Newton YMCA
Dec 4	10:00 AM	Newton	Newton YMCA
Dec 11	11:00 AM	Grinnell	Grinnell College
Dec 14	5:00 PM	SEPolk	SEP HS
Dec 20	5:30 PM	Ames	Indianola YMCA

HIGH SCHOOL WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 30	5:30 PM	JV/V	I-35, NV, Creston	Creston
Dec 2	5:30 PM	JV/V	Perry	Perry
Dec 4	10:00 AM	V	Tournament	Harlan
Dec 4	9:30 AM	JV	Tournament	Winterset
Dec 9	5:30 PM	JV/V	Norwalk/Oskaloosa	Winterset
Dec 10	3:30 PM	V	Tournament	Central Decatur
Dec 13	5:00 PM	JV	Tournament	Knoxville
Dec 16	5:30 PM	JV/V	ADM/Boone	ADM HS-North
Dec 17	5:15 PM	JV	Tournament	Indianola MS
Dec 18	10:00 AM	V	Tournament	Roland-Story

JUNIOR HIGH WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 16	4:15 PM	7/8	Perry Tournament	Perry
Nov 18	4:30 PM	7/8	Johnston/Waukee	Johnston
Nov 29	4:15 PM	7/8	Tournament	Bondurant
Dec 2	4:15 PM	7/8	Tournament	Creston-BRJones
Dec 7	4:30 PM	7/8	Perry, Saydel	Winterset
Dec 10	4:15 PM	7/8	Tournament	Winterset JH
Dec 13	4:15 PM	7/8	Tournament	Carlisle
Dec 17	4:15 PM	7/8	Tournament	ADM
Dec 20	4:15 PM	7/8	Tournament	Winterset JH

ADMISSION PRICES

**BUY TICKETS ONLINE ON TICKET SPICKET
IN ADVANCE OF THE GAME**

Admission prices to all Varsity events will be \$6 for everyone. Tournaments will be \$6 for everyone. Junior high events will be \$4 for adults and \$3 for students

ACTIVITIES TICKETS

The passes that are available are:

1. Student Pass (\$55)
2. Adult Pass (\$100)
3. Family Pass (\$250)

These passes are good for all Junior High and High School regular season events.

To purchase your tickets & passes for the 21-22 school year go to [Ticket Spicket.com](http://TicketSpicket.com) or download the app.

Activity Passes for the 2021-2022 school year will need to be purchased through Ticket Spicket.

2021-2022 Winterset Community School Calendar

Board Approved (1/11/2021)

Calendar Legend

- Start
- No School
- End of Quarter
- 1hr Late Start

Teacher Contract Days

- 178 Student Contact Days
- 2 Conference Comp Days (11/24 & 4/18)
- 5 Pre-Service Days (8/13-8/19)
- 1 Work Flex Day** (8/20 or 6/1)
- 2 PD Days (11/23 & 2/14)
- 1 Innovation Day*** (10/25)
- 1 TQ Day*** (11/22) 190 Days

***TQ=contract day as long as funded by state

New Teacher Days

- August 2nd (1/2 day, 8am-Noon)
- August 11-12 New Teachers Days
- August 13-19 Teacher Pre-Service

Late Start Wednesdays

School begins 1 hour late every Wednesday for professional development.

*Cancelled school days may be made up, at end of school year (June).

**Teacher Work Day is flexed for returning teachers. Work 1 day either August or June. Notification to principal at check out in the spring.

***Innovation and TQ Days are professional development for certified staff.

****Adjustments may be made to end of 2nd, 3rd or 4th quarter/term if more than two days are cancelled.

August						
M	T	W	Th	F	Hours	Days
2	3	4	5	6		
09	10	11	12	13		
16	17	18	19	20		
23	24	25	26	27	31.5	5
30	31				44.5	7
September						
		1	2	3	63	10
6	7	8	9	10	88	14
13	14	15	16	17	119.5	19
20	21	22	23	24	151	24
27	28	29	30		176	28
October						
				1	182.5	29
4	5	6	7	8	214	34
11	12	13	14	15	245.5	39
18	19	20	21	22	275	44
25	26	27	28	29	300	48
November						
1	2	3	4	5	331.5	53
8	9	10	11	12	363	58
15	16	17	18	19	394.5	63
22	23	24	25	26		
29	30				407.5	65
December						
		1	2	3	426	68
6	7	8	9	10	457.5	73
13	14	15	16	17	489	78
20	21	22	23	24	507.5	81
27	28	29	30	31		
January						
3	4	5	6	7	532.5	85
10	11	12	13	14	562	90
17	18	19	20	21	593.5	95
24	25	26	27	28	625	100
31					631.5	101
February						
	1	2	3	4	656.5	105
7	8	9	10	11	688	110
14	15	16	17	18	713	114
21	22	23	24	25	744.5	119
28					751	120
March						
	1	2	3	4	776	124
7	8	9	10	11	807.5	129
14	15	16	17	18		
21	22	23	24	25	837	134
28	29	30	31		862	138
April						
				1	868.5	139
4	5	6	7	8	900	144
11	12	13	14	15	931.5	149
18	19	20	21	22	956.5	153
25	26	27	28	29	988	158
May						
2	3	4	5	6	1019.5	163
9	10	11	12	13	1051	168
16	17	18	19	20	1082.5	173
23	24	25	26	27	1112	178
30	31					
*+2 PT Conf days = 16					1128	
June						
		1	2	3		

Days

- Aug 2 New Teacher Day (8:00am-noon)
- Aug 11-12 New Teacher Work Days
- Aug 13-19 Teacher Pre-Service
- Aug 19 Elem Family Engagement (4:00-8:00)
- Aug 19 MS Family Engagement (4:00-8:00)
- Aug 19 JH Family Engagement (4:00-8:00)
- Aug 19 HS Family Engagement (4:00-8:00)
- Aug 20 Teacher Work Day – Flex**
- Aug 23 First Day of School
- Sept 6 Labor Day (No School)
- Sept 18 Homecoming
- Sept 20 HS Conferences (3:30-7:30)
- Oct 6 & 13 MS Conferences (3:30-7:30)
- Oct 12 & 14 Elementary Conferences (3:30-7:30)
- Oct 22 End of 1st Quarter (44 days)
- Oct 25 Innovation Day (No School)
2-hour Early Dismissal
- Nov 2 & 4 JH Conferences (3:30-7:30)
- Nov 22 TQ Day (No School)
- Nov 23 PD Day (No School)
- Nov 24 Teacher Comp Day (No School)
- Nov 25-26 Thanksgiving Holiday (No School)
- Dec 8 HS Conferences (3:30-7:30)
- Dec 23-Jan 3 Winter Break (No School)
- Jan 4 Classes Resume
- Jan 12 MS Conferences (3:30-7:30)
- Jan 14 End 1st Semester (89 days)
2-hour Early Dismissal
- Feb 14 PD Day (No School)
- Feb 23 HS Conferences (3:30-7:30)
- March 1 & 3 JH Conferences (3:30-7:30)
- March 9 MS Conferences (3:30-7:30)
- March 8 & 10 Elementary Conferences (3:30-7:30)
- March 14-18 Spring Break
- March 25 End of 3rd Quarter (44 days)
2-hour Early Dismissal
- April 18 Teacher Comp Day (No School)
- April 27 HS Conferences (3:30-7:30)
- May 20 Seniors Last Day
- May 22 Graduation
- May 27 Last Day for Students* (45 days)
2-hour Early Dismissal
- May 30 Memorial Day (No School)
- May 31 Teacher Work Day – Flex**

Event

2021-2022 Winterset Community School – Preschool Calendar Board Approved

CALENDAR LEGEND

- Start/End
- No School
- Wednesdays
- No School

Date						Events
M	T	W	Th	F	Days	
September						
		01	02	03		
06	07	08	09	10		Sept 2 First Day of Preschool
13	14	15	16	17		Sept 6 Labor Day (No School)
20	21	22	23	24		Sept TBD Homecoming
27	28	29	30			
October						
				01		
04	05	06	07	08		
11	12	13	14	15		
18	19	20	21	22		Oct 22 Preschool PD (No Preschool)
25	26	27	28	29		Oct 25 Innovation Day (No Preschool)
November						
1	2	3	4	5		Nov 4 & 9 No Preschool - Conferences
8	9	10	11	12		Nov 22 PK-12 TQ Day (No Preschool)
15	16	17	18	19		Nov 23 PK-12 PD (No Preschool)
22	23	24	25	26		Nov 24 Teacher Comp Day (No Preschool)
29	30					Nov 25-26 Thanksgiving Holiday (No Preschool)
December						
		01	02	03		
06	07	08	09	10		
13	14	15	16	17		
20	21	22	23	24		Dec 23-Jan 3 Winter Break (No School)
27	28	29	30	31		
January						
03	04	05	06	07		Jan 4 Classes Resume
10	11	12	13	14		Jan 14 Preschool PD (No Preschool)
17	18	19	20	21		
24	25	26	27	28		
31						
February						
	01	02	03	04		Feb 3 & 8 No Preschool - Conferences
07	08	09	10	11		Feb 14 PK-12 PD Day (No Preschool)
14	15	16	17	18		
21	22	23	24	25		
28						
March						
	01	02	03	04		
07	08	09	10	11		
14	15	16	17	18		March 14-18 Spring Break (No Preschool)
21	22	23	24	25		March 25 PK-12 PD Day (No Preschool)
28	29	30	31			
April						
				01		
04	05	06	07	08		
11	12	13	14	15		
18	19	20	21	22		April 18 Teacher Comp Day (No Preschool)
25	26	27	28	29		
May						
02	03	04	05	06		
09	10	11	12	13		
16	17	18	19	20		May 20 Last Day for Preschool

Is There A Best Bedtime for Kids? By Katy Read

You know that young children are supposed to [get plenty of sleep](#) each night. But what happens if hectic family routines push your kids' bedtimes back? Does this affect your children's health in the long run?

Most sleep specialists, not surprisingly, are unenthusiastic about late bedtimes—and many point out that this schedule is toughest on Mom and Dad. "In most families, parents just aren't going to have the energy to deal with a 3-year-old at 10:00 p.m.," says Judith Owens, M.D., director of the Pediatric Sleep Disorders Clinic at Hasbro Children's Hospital, in Providence. "Parents need time to themselves."

However, Dr. Owens says there's probably nothing intrinsically harmful about letting kids stay up late, provided—and this is the crucial part—that they go to bed about the same time every night and get enough sleep overall. As Dr. Owens explains in a more clinical way: "The duration and the regularity of the sleep-wake cycle are the most important factors in a child's having a [quality, restful sleep](#)."

Are Late Bedtimes Bad for Kids? Once kids begin to wake up early for daycare, school, or other activities, late bedtimes can lead to insufficient sleep. Kids, like adults, can't function properly when they're tired; they become cranky and inattentive. "Lack of sleep can have really devastating consequences on [the child's mood](#) and performance," Dr. Owens says. It can also tax the body, causing stress that stunts proper physical growth.

But as it turns out, it's quite common for children to burn the midnight oil. "I can't tell you how many families I hear about with little ones up until 10:00 or 11:00 at night," says Jodi Mindell, Ph.D., director of behavioral pediatrics of the Sleep Disorders Center at the Children's Hospital of Philadelphia and author of *[Sleeping Through the Night: How Infants, Toddlers and Their Parents Can Get a Good Night's Sleep](#)* (HarperCollins, 1997). In many homes, hectic family schedules and the reluctance of late-working parents to pack their kids off to bed early are driving the longer days. In other households, sheer parental exhaustion is allowing kids to win the sleep time skirmishes.

And most households don't have the luxury of leisurely mornings. The result, recent research suggests, is an abundance of drowsy kids. In a study by the National Sleep Foundation, 60 percent of children under 18 complained of feeling tired during the day, and 15 percent reported falling asleep in school. A Brown University study of 500 children in kindergarten through fourth grade found that more than a third of them had [sleep-related problems](#).

Is My Child Getting Enough Sleep? It's not always easy to tell whether your child is [getting enough sleep](#), experts say. Tired kids don't necessarily act tired, according to Dr. Mindell. On the contrary, as they struggle against their urge to snooze, they may become overactive.

One clue that a child isn't sleeping enough, Dr. Mindell says, is that he [constantly conks out in the car](#) even on short trips. Eye rubbing, irritability, and aggressive behavior are other tip-offs. A child who needs a lot of prodding to start moving in the morning may be hitting the hay too late.

But the fact that a child gets up on her own isn't necessarily a sign that she's fully rested. "We have very, very strong internal clocks," Dr. Mindell points out. "Some children will wake up at a certain hour no matter what time they go to bed."

[Sleep deprivation](#), paradoxically, can lead to restless sleep and to a child's rising too early. In fact, when parents complain to Dr. Mindell that their child is up with the birds, she routinely advises them to try putting the child to bed earlier. Often, she says, this step helps the child snooze more soundly and stay in bed longer.

What If My Kids Prefer Staying Up Late? If your child seems particularly comfortable keeping late hours, the reasons may run deeper than your household habits. Mary Carskadon, Ph.D., director of the Chronobiology and Sleep Research Laboratory at Bradley Hospital, in Providence, has studied the habits of late-sleeping "night owls" and early-rising "larks" among teenagers. Dr. Carskadon says that younger kids, too, tend toward one schedule or the other. Research suggests that our individual preference for early or late sleep patterns may be partly [rooted in our genes](#), but our environment and age also influence them. (Teenagers are generally more night-owlish than others.)

To tell whether your child has a preference, ask yourself: Does she conk out early, no matter what's going on? Does she seem more energetic and cheerful at certain hours? Even if your child's inner clock seems naturally geared toward later hours, think carefully before you accommodate her preference. Eventually, she'll have to conform to a morning schedule.

How to Shift to an Earlier Bedtime for Kids? Some experts say the sooner children make the shift to a morning schedule, the better. "The longer this late-night pattern goes on, the more difficulty you'll have changing it," cautions Robert Doekel, M.D., a Birmingham, Alabama, sleep specialist. But others suggest it's all right to postpone the adjustment, as long as you do it gradually. If your child is used to turning in at 10:00 p.m. don't wait until the night before the first day of school to enforce an 8:00 p.m. lights out.

And once they do start getting up early, don't let all the attraction and distraction of modern family life keep them up late. Turn off the lights, pull up the covers, and tuck them in for their ten-plus hours of z's. For kids (and for everyone else, actually), sleep is not just beauty rest; it promotes energy, wellness, learning, good moods, and peaceful households. "If kids don't get enough sleep," Dr. Carskadon says, "it affects the whole family's quality of life."

According to the American Academy of Pediatrics, children ages 2 to 3 should get 9 to 13 hours of sleep each night, kids ages 3 to 5 should sleep 10 to 12 hours, and those ages 5 to 12 should sleep at least 8. If your child has to get up early in the morning or you want to give him an earlier bedtime for your own peace of mind, here are tips for making the shift:

- Push back your child's bedtime by no more than 15 minutes a day—or, better, by 15 minutes every two to three days.
- Manipulate your child's exposure to light, which experts say affects the hormones that control our internal clock. To help nudge an internal clock backward, aim for lots of bright light in the morning. Activity and natural light help too. [So head to the playground](#) after breakfast. At the other end, dim the lamps as it gets closer to bedtime.
- Avoid stimulating activities before bedtime, including rowdy play, television watching, and video-game use. Substitute quiet, [soothing rituals](#): a warm glass of milk, a bath, a bedtime story.

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About RSVP

RSVP, Retired & Senior Volunteer Program, is part of a national network of programs called AmeriCorps Seniors that enlists the volunteer service of adults 55 and older to use their skills, talents, and experience to help meet community needs through volunteer service.

AmeriCorps Seniors volunteers who serve in the program choose how, where, and when they want to serve, with commitments ranging from a few hours to 40 hours per week. Volunteers themselves report better health and longevity having served their community.



AmeriCorps Seniors

Our Focus



A plan will be created based on each person's needs, which may include weekly trips to food pantries, home delivered meals, congregate meal sites, trips to apply for SNAP assistance or more.



A volunteer driver program will be available for people to ride on a donation basis. Volunteers will provide trips to medical appointments, the pharmacy and grocery shopping.



Volunteers will make phone calls and visit with individuals at-risk for social isolation. Volunteers might have a meal with someone, go grocery shopping, or might provide weekly trips to worship.

About HIRTA's RSVP

We were awarded a grant to start an RSVP program in Madison and Marion counties. Our goal is to ensure there is a volunteer driver program in each of our seven counties. There are RSVPs in some of our counties, but we want to enhance the existing programs.

HIRTA strives to make an impact on our communities. As part of HIRTA's commitment to creating opportunities for community investment, we welcome volunteers in a variety of roles. We actively recruit volunteers and match them with people in need. This program closely aligns with HIRTA's mission and vision to promote independent lifestyles.



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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

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[@wintersetchools](https://www.facebook.com/wintersetchools)
- Winterset Huskies for Athletics and Activities updates:
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Winterset Community School District

@wintersetchools · Public School

Edit Learn more

WintersetSchools @WintersetSchool · Oct 25
Today, WCSD teachers left the district to collaborate and learn all over central Iowa. Each team had a goal in mind. One example was our amazing kindergarten & second grade teachers who visited Lincoln Elementary today to learn more about Orton Gillingham.

#wintsethuskypride



Twitter:

- WintersetSchools: [@WintersetSchool](https://twitter.com/WintersetSchool)
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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