



SUPERINTENDENT MESSAGE

I had the opportunity recently to attend the first annual Iowa BEST: Behavioral, Equitable, Social-Emotional, Trauma-Informed-Health in Schools Summit with a group of educators from across our district. During the 2-day event hosted by the Iowa Department of Education and the University of Iowa, we were able to network and collaborate with educators and mental health professionals from across the state about how we can better support the social-emotional, behavioral, mental health (SEBMH) needs of our students. As I am sure you are all aware, there is growing concern across

the state, based on the trauma and behaviors we are seeing from students. What we learned is that we have several things in place to support our students and we need to continue to build upon and expand these services to better serve our students. We made a significant investment in training our staff in Capturing Kids Hearts (CKH) this fall in an effort to provide them with tools to help them build relationships with our students, which is foundational in supporting their SEBMH needs. We are committed to focusing on this work as a district moving forward.

We also recently surveyed

our parents asking them in what areas they could use support as parents, and not surprising the top two areas that were identified were dealing with difficult behavior and managing social media. I want to thank all of our parents who took the time to provide us with their perspective on the most pressing issues they are facing while raising their children. We understand that it will take us all working together to support the healthy growth and development of our students and your children. Based on the feedback we received, we are planning our first (of what we hope are ongoing) positive parenting nights which is scheduled for Wednesday, January 19th. We are currently working with local healthcare and mental health providers to create an engaging evening around the topic of disruptive behavior in order to provide strategies and support for parents whose children



may be displaying challenging behavior. We will be sharing more information about this event as it draws closer. We are planning to provide childcare, a meal, and transportation as needed to ensure that parents are able to attend.

I wanted to also highlight one area that was discussed at the Iowa BEST summit regarding the impact of mainstream media and video games on our children. I wanted to share a few of the topics that were discussed by Dr. Douglas Gentile, a professor at ISU who led a session entitled Media's Effect on Social-emotional
Continued on next page

December Monthly Highlights

Dec 8th-HS Conferences 3:30-7:30

Dec 23-Jan 3 Winter Break

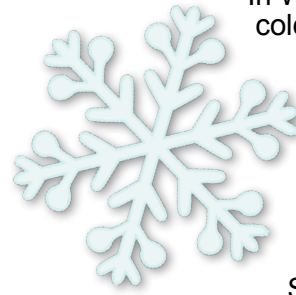
Jan 4th Classes Resume

Learning. Dr. Gentile made a compelling argument regarding the impact that the media and video games has on children's behavior and choices. The average school age student spends 31 hours per week watching TV, 13 hours playing video games, and another 10 hours on a computer engaged in non-school related activities. Do you know what your kids are watching, the games they are playing, and what they are accessing on their computer? Dr. Gentile shared that when parents begin to monitor their children's exposure to television and other media that within 6 months, you will see an increase in their weekly average hours of sleep, and improvement in school performance. When parents lower the amount of violent media that students are exposed to, there is an increase in prosocial behavior and a decrease in aggressive behavior. So what can you do as a parent, the first thing would be to not allow a TV in your children's bedroom. Instead of allowing your child to watch whatever they want on TV by themselves, watch TV together where you can discuss what they are watching and how it doesn't portray reality. Setting screen time limitations and going outside with your kids to play are all strategies that can help you become more involved and aware of the type of media your children are being exposed to and the potential negative impact it may have on their healthy development. We are all in this together.

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.



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.

Winterset Community School District presents:

Positive Parenting: Cozy Conversations

Please join us for informational sessions
and conversations surrounding:
CHALLENGING BEHAVIOR
&
MENTAL HEALTH

Wednesday, January 19th
From 6:00-8:00

At Winterset High School
Chilli and Hot Cocoa Bar
Childcare provided

Please go to:
<https://tinyurl.com/WCSDPositive>
to RSVP and let us know if you need
transportation!



Nov. 19: GLOBAL DAY OF PLAY AT ELEMENTARY



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.

Congrats to these WHS Students!

All State Band

Josie Burkett
Gracie Cole
Kael Blanchard
Nathaniel Suddarth
Lia Miller
Allie Stolte
Ethan Suddarth

All State Choir

Serena Phillips
David Michael Negley
Anna Blader
Lily Applegate

All State Cheer

Elaina Mick
Elise Petsche
Isabella Pastorino

All District FB

1st Team Defense-Nathan Avery, Blake Bellamy,
Kael Forsyth, Reilly Hoven
2nd Team Defense- Brady Barringer, Eli Adkins
Honorable Mention- Dakota Swanson
1st Team Offense- Dawson Forgy, Dugan Tolley,
Joel Akers, Beau Knobloch
2nd Team Offense- Luke Briney, Hagan Hanselman
Honorable Mention Offense- Caden Kleemeier

All District VB

Lauren Carter

2nd Team All State VB

Lauren Carter

1st Team All State Football

Blake Bellamy
Dawson Forgy
Beau Knoblock

Congrats to these Teachers!

The Teacher of the Quarter Award, created & organized by Mindy Cochran, the local Homes for Heroes realtor, is a way to recognize the exceptional staff in WCSD. Colleagues submit nominations for staff members they feel have gone above and beyond in serving our community and our students.

Here are our first ever recipients from each building.



Jason Darling, MS



Corey Bradly, JH



Jessica Gibbons, HS



Danette Tracy, Elem





WHS Guidance Department

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

THINGS SENIORS NEED TO KNOW

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

Winterset High School will be hosting a FAFSA Completion Night on December 8th during our conferences. Seniors and their parents can get free FAFSA assistance during this special event offered by the high school counseling office and the ICAN®.

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. Letting 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.

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

ISU Engineering Scholarships has an application period from October 1- December 1 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 filing 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>. Deadline: FAFSA must be completed by December 1

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 1

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,

WHS Guidance Department, Continued / *Guidance Webpage*

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

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

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

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

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

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 19

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.

WHS Guidance Department, Continued / *Guidance Webpage*

Use the QR Codes & Links to book an appointment with Mr. Seufert or Mrs. Olson!



Mrs. Olson

<https://mrshayleyolson.youcanbook.me>



Mr. Seufert

<https://mseufert.youcanbook.me>

Google Classroom:

9th Grade Students and Parents:

Join this Google Classroom for grade specific information from the Guidance Department! Here you can find information regarding Course Registration, College and Career Planning, and much more!

Class of 2025 Code: 5j3bscm

10th Grade Student and Parents:

Join this Google Classroom for grade specific information from the Guidance Department! Here you can find information regarding Course Registration, College and Career Planning, and much more!

Class of 2024 Code: tcifbe5

11th Grade Students and Parents:

Join this Google Classroom for grade specific information from the Guidance Department! Here you can find information regarding Course Registration, College and Career Planning, FAFSA, Scholarships, and much more!

Class of 2023 Code: omgo7jk

12th Grade Students and Parents:

Join this Google Classroom for grade specific information from the Guidance Department! Here you can find information regarding Course Registration, College and Career Planning, FAFSA, Scholarships, Graduation, and much more!

Class of 2022 Code: aly6cjw

APPLY FOR FINANCIAL AID FOR COLLEGE EVENT!

FAFSA Completion Night

Receive professional help filing your Free Application for Federal Student Aid (FAFSA) at a FAFSA Ready Iowa Completion Event.

Download a list of documents needed to bring to file at www.ICANsucceed.org/whattobring.

DATE:

December 8th 3:30-7:30

(during conferences)

LOCATION:

Winterset High School
720 Husky Drive

Call today to reserve your seat!



This event is part of the FAFSA Ready Iowa Initiative. Learn more at ICANsucceed.org/fafsareadyia



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
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
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
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
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
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 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



WELCOME TO AMP!



QUESTIONS? CONTACT:
SARAH WIEDENHOEFT, AMP
STATEWIDE COORDINATOR
AT 515-291-1178 OR
|SWIEDENHOEFT@YSS.ORG



WHO WE ARE



AMP is a statewide group that seeks to welcome any teen age 13-21, in Iowa, who is placed outside of their home.



AMP is FREE and meets monthly providing the life skills youth need to become healthy, independent, and successful adults while having fun!



AMP holds mini camps around the state for all AMP councils to attend.



AMP's motto is, " Nothing About Us, Without Us". Members guide the programming and also weigh in on changes that need to be made in the system that are then presented to our Legislature.



AMP councils are located in: Council Bluffs, Mt Pleasant/Burlington, Des Moines, Waterloo, Dubuque, Sioux City, Ottumwa, Cedar Rapids, Ames & Fort Dodge

CHECK OUT OUR WEBSITE FOR MORE INFORMATION:
WWW.WEAREAMPIOWA.COM

How to Help Kids Who Are Too Hard on Themselves by Katherine Martinelli

We hear kids say negative things about themselves all the time: “I’m so stupid!” “Nobody likes me.” And, of course, “I’m fat.” Or “I’m ugly.” Sometimes these things are throwaway lines, or fishing for reassurance. They may be harmless. But what experts call negative self-talk can also reflect an unhealthy tendency in kids to think the worst of themselves, and that can lead to—or be a sign of—something more serious.

What is self-talk? Self-talk is essentially our inner monologue, explains Rachel Busman, PsyD, a clinical psychologist. It can be a way of narrating what is happening around you, practicing language, and guiding yourself through a task.

While self-talk is often constructive, it can also go the other way. We all engage in self-critical behavior from time to time, and it isn’t an immediate cause for concern. But it’s useful to think about why your child might be talking herself down, and when it might reflect a problem.

Globalized thinking Kids often make statements about themselves that reflect “all or none thinking,” explains Lisa Brown, PsyD, a private practitioner and psychologist at the Rodeph Sholom Day School in New York. For example, when a child doesn’t do well in one soccer game and exclaims, “I stink at soccer!” When this kind of globalized thinking persists, she says, it “can affect how children think and feel about themselves in general.”

Perfectionism “Children who set impossibly high standards for themselves,” says Dr. Brown, “are prone to engage in negative self-talk.” These perfectionists can be so hard on themselves that they run themselves down trying to reach their goals.

Too cool for school Sometimes the self-deprecating “I’m so going to fail that test!” or “I’m so fat!” can be a form of social protection. For older kids in particular, “the social sphere becomes really important,” says Dr. Busman. In certain social circles it may not be cool to be smart, and obsessing over appearances may be a way to fit in with the popular kids. Or maybe the child is trying to beat others to the punch by making negative statements first.

Attention-seeking “Sometimes,” says Dr. Brown, “children may engage in negative self-talk, verbalized out loud, in an attempt to manipulate others or in an effort to get attention.” For example a child may try to guilt parents by talking about what a horrible child he is and how he deserves to be punished.

Lack of resilience In some cases, self-critical thought can be an indication of lack of resilience or “grit,” as some psychologists refer to it. “If children regularly respond to disappointments with negative self-talk that is out of proportion to the particular disappointments,” says Dr. Brown, “this can lead to avoiding certain experiences as well as a lack of motivation to persevere in the face of difficulties.”

Bullying If a child is being picked on, it can be easy for her to internalize the insults aimed at her. Shawna Palomo, mom to a 17-year-old daughter, says her daughter’s negative self-talk emerged when she was 13. “[They made fun of her,](#)” recalls Palomo. “After a while, [she would believe all the bad stuff](#) her classmates were saying about her. She would always say how ugly she was.” Her daughter complained that her lips and nose were too big, her hair too curly. “It’s hard watching your child battle these demons,” laments Palomo.

When to worry In isolation, negative self-talk is natural and not cause for concern. But it can also be evidence of low [self-esteem](#), a [learning disability](#), [anxiety](#), or [depression](#). Dr. Busman offers these signs to look out for:

The negative self-talk is persistent and pervasive.

It is not based in reality. For example, your son gets invited to play dates but still frets that no one likes him, or he always aces spelling tests but remains anxious that he will fail.

It is impacting a child's relationships or schoolwork.

Your daughter's eating and/or sleeping patterns have changed.

She's making persistent, vague "I don't feel well" statements in the absence of physical symptoms.

Palomo noticed many of these signs in her daughter as the negative self-talk led to depression.

"She would not care about her appearance, then it went to the extreme where her appearance was all she cared about." She didn't do her homework, lost weight, and wanted to stay in bed all day.

What parents can do to help Here are some ways to free children from negative thinking and steer them away from destructive self-talk:

Listen and validate. It can be tempting to ignore it when a kid first expresses negative feelings, but Dr. Busman says she "would recommend never just brushing off those kinds of comments, even if they're kind of silly or not based in any reality." Instead, offer a safe place for your child to come with concerns and try to find out what is going on.

Offer a realistic approach. Both Dr. Busman and Dr. Brown advise against battling critical self-talk with overly optimistic "positive thinking," and recommend a more realistic approach. So if a child says she's sure no one will talk to her on her first day at a new school, you don't want to say, "The first day of school is going to be great and you're going to make a million friends." Instead, you might offer: "The first day of school might be a bit scary, but as you settle in you will likely make friends and grow to love it."

Put it in context. Dr. Brown notes that adults can help by talking with kids in a way that "contextualizes their experience" and offers a "broader perspective." Help them identify specifically what upset them, she explains, or made them make such a self-critical statement, and acknowledge that one bad experience doesn't equate being the worst at something.

Model realistic and positive self-talk. Try to stop saying self-critical things about yourself, too. Don't fixate on mistakes you've made, or [worry out loud about your weight](#). We want to model [positive self-esteem](#) for our children. Dr. Busman also suggests offering stories from your own life to relate to your child. "Whether it's an embellished example or entirely factual," she says, "you're modeling non-anxious coping and more realistic self-talk."

Correct the record. Dr. Brown also notes catching yourself in the midst of making a negative statement can create a valuable teachable moment. Say you burn something and yell in frustration, "I'm a terrible cook!" Continue the conversation in front of your child with something like "actually, I'm a pretty good cook most of the time, I just messed up this dish but I'm not going to let that stop me from cooking in the future."

Touch base with school. If your child is in school, check in with his teachers about what you're hearing. Getting their perspective can help you see a more complete picture. Dr. Busman notes that this kind of information can also be useful later should you end up having a professional evaluation.

Seek professional help. If the behavior is persistent and negatively impacting your child's life, or if it's linked to other troubling shifts in mood and behavior it might be time to obtain a diagnostic evaluation to help determine what is causing the problem. Dr. Busman calls this a "mental health check-up," and it can help pinpoint what is going on and how it can be treated.

Five Tips to Turn Around a Stressful Day By Mental Health First Aid USA on 10/19/21

It's impossible to avoid stress. Whether it's impending deadlines for school or work, a packed to-do list or an argument with a loved one, everyone experiences stress from time to time. How you handle the stress is what makes a difference, and your response can impact the trajectory of the rest of your day and week.

Even though you might want to crawl into a hole and sulk, finding ways to cope and take care of your mental health in the middle of or after a stressful day can pay off. In fact, [research](#) shows that in just 60 to 90 seconds, it's possible to reset our bodies and minds to get on the right track after experiencing stress. All it takes is having tried-and-tested strategies that work for you both in the moment and after a difficult event or hard day.

Self-care strategies can not only provide immediate benefit, but also have a lasting positive effect on your overall mental wellbeing. Research shows that regularly practicing self-care can help reduce feelings of stress and anxiety, help you face challenges head-on and increase your resilience. Regular [physical exercise](#) in particular can be an efficient way to process stress and can help improve your mood, your sleep, and your memory and thinking skills.

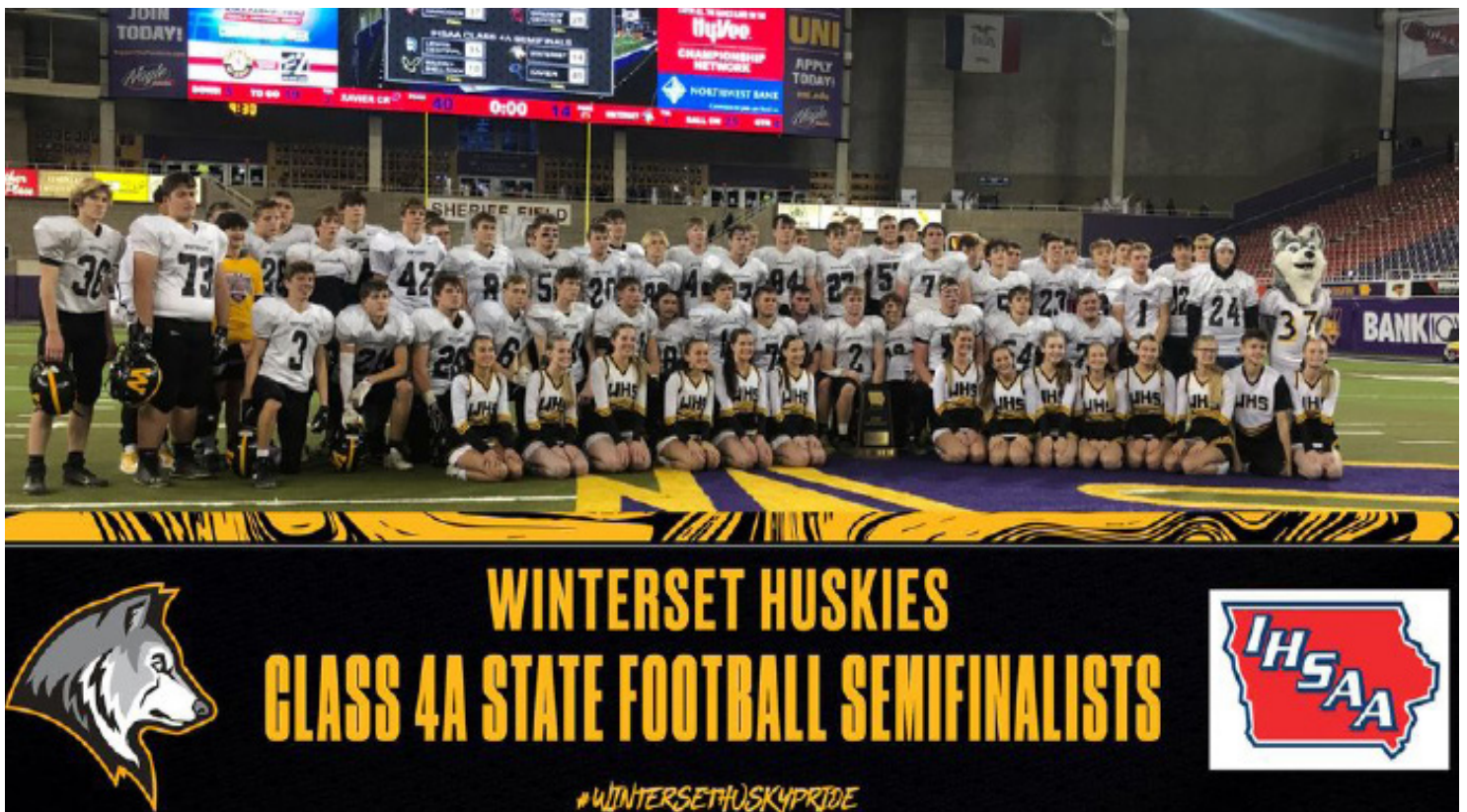
If you're not sure where to start, don't worry! We've got you covered. Use these quick tips to turn around a stressful day and make the most of what's ahead.

- **Find healthy ways to cope.** Avoid using substances like alcohol or other drugs to manage stress. Instead, try activities that can improve your physical and mental wellbeing, like working out, spending time with loved ones or journaling. [Laughter](#) has long been recognized as having both emotional and physical benefits; watching a video or TV show that makes you laugh can help defuse negative feelings.
- **Reflect on your day.** Before you go to sleep, think about your day and reflect on what went wrong. Was there a way to prevent it? Could you have reacted differently? According to [Harvard Business Review](#), by reflecting on your day and setting clear expectations, you can learn how to better handle stressful circumstances if you face them again.
- **Practice gratitude.** [Research](#) has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. Remind yourself of everything you're thankful for rather than focusing on everything that went wrong. This could be your family and friends, the roof you live under or the nice weather outside. Writing them down or saying them out loud can help you [stay positive during difficult times](#).
- **Change your routine.** A change of scenery can help shift your focus onto something else. Rather than preoccupying your mind with the source of your stress, taking a walk, hiking or just putting yourself in a different location can help you think of something else and relax.
- **Focus on self-care.** Knowing how to take care of yourself is vital. Your mental health should be your top priority, so be kind to yourself! According to Mental Health First Aid, disconnecting from technology and focusing on things that make you happy and give you energy can help you get through a stressful day.

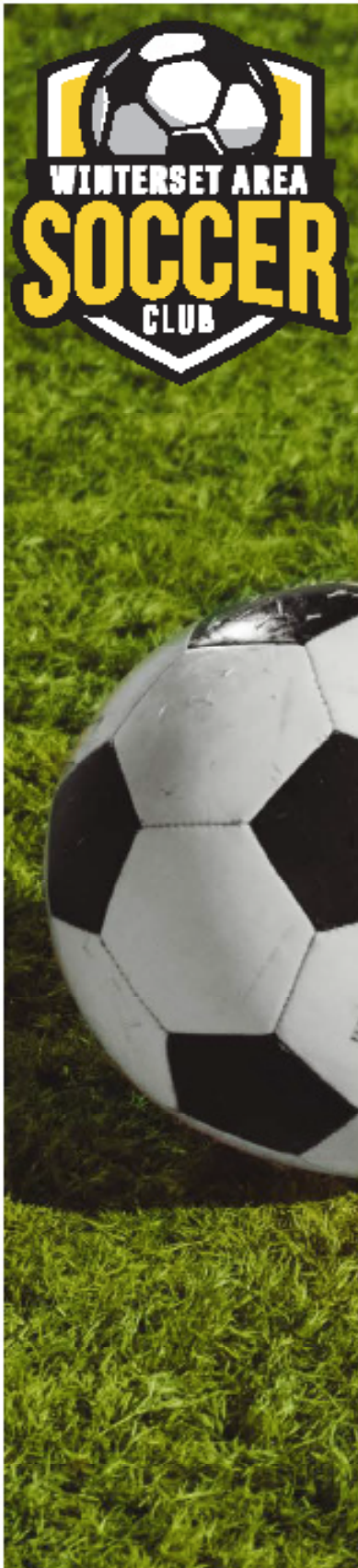
There may be times when you can't fix your bad day — and that's OK too. The most important thing is that you take care of your mental and physical health in any way you can. Mental Health First Aid (MHFA) can help. Check out our other blog posts for more tips on how to support yourself through tough times and practice self-care:

1. [Self-care: Where Do I Start? – Mental Health First Aid](#)
2. [Two Types of Self-care and How They Can Positively Impact Your Mental Health](#)
3. [How to Take Care of Yourself When You're Feeling Overwhelmed](#)
4. [How to Create Your Own Self-Care Plan](#)
5. [4 Self-Care Tips for How to Deal with Anxiety – Mental Health First Aid](#)

CONGRATS HUSKY FOOTBALL!



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REGISTER NOW

for the Spring Soccer Season

DEADLINE FOR REGISTRATION MARCH 1

Register online at:

https://wascsoccer.demosphere-secure.com/_registration

FFA NEWS

Over the past month members have been busy with fundraisers, a food drive, and attending the 94th National FFA



Convention. On October 23rd we held our second annual Drive-in movie at the fairgrounds. Those in attendance had the opportunity to complete coloring sheets, carve pumpkins, watch Hocus

Pocus or Halloween. We want to thank all those who attended and helped make this event a success this year. The Winterset FFA Chapter took six members to the National FFA Convention October 26th-30th. Throughout the week members were able to tour the St. Louis Arch, Budweiser Brewery, Indiana Caverns, Louisville Sluggers, Indianapolis Zoo, and Churchill Downs. We were also able to spend a couple of days at the convention center where we got to listen to the keynote speaker,



Courtenay DeHoff, attend leadership workshops and walking through the career fair and colleges. They also got to spend some time in the shopping center and meeting members from across the United States. The chapter wants to take time to thank all of the teachers, parents, alumni, and community members for all of their support

through our fruit sales and poinsettia sales fundraisers this month. We ended



November with a canned food drive competition at the high school and Jr. High where we were able to collect over 300 canned goods to donate back to our community.

Respectfully Submitted,

Gracelynn Brown

HS STUDENT COUNCIL NEWS

During the month of November, Winterset Student Council began planning for the many festivities that will take place in the upcoming 2021 winter season. We want to make as large of an impact on the community of Winterset as possible during this holiday season, which is why we decided to dedicate the majority of our time together planning for winter. On 11/11, we held a whole council meeting to introduce various committees and activities that will take place during the ending of 2021. We have prepared five winter committees for 2021, each led by different members of the council and with the purpose of making the weeks before Christmas

Break as magical as possible for the student body and staff! The first committee is the Winter Social Committee, led by junior Molly S. The Winter Social is an opportunity for the whole council to have a day of fun in between the chaos. The 2nd committee is the Class Year Shirts Committee, which is led by senior and VP Darci W. Darci and her fellow committee members work with Jones Creek Apparel to create t-shirt designs, colors, and prices for kids in grades K-12 to connect Winterset Schools this holiday season. The 3rd committee is the Winter Dress Up Committee, led by junior Avary D. Dress-

up day themes and dates will be announced on social media and school announcements soon! The fourth committee is the Winter Decorating Committee, which is led by freshman Rhaina H. Members will decorate the halls during learning seminars. The final committee is led by senior Riley K. Riley and her fellow committee members will plan fun festivities for the annual winter assembly and learning seminars. In addition to these hardworking committees, Winterset Student Council is participating in Adopt A Family, Alabaster, & Meals From the Heartland to give back to the community during the loving holiday season. Adopt A Family, led by

senior Lauren Carter, We adopted a family of five & the whole council has been very generous by signing up to find as many of this family's Christmas wishes as possible. safter school. This year's coordinating of Alabaster is headed by junior Molly S. Lastly, junior Halle H is organizing a group of council members to participate in Meals from the Heartland on January 15th, 2022. Students will take a school bus to the West Des Moines location on that Saturday morning and earn Silver Cord hours as well. The Winterset Student Council is looking forward to spreading holiday cheer throughout our schools and community in the 2021 winter season!

By Lauren Carter

Stay Connected with WCSD!



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:
[@wintersetschools](https://www.facebook.com/wintersetschools)
- Winterset Huskies for Athletics and Activities updates:
[@WintersetHuskies](https://www.facebook.com/WintersetHuskies)



WintersetSchools @WintersetSchool · Nov 18
Amima Asif, our Pakistani exchange student, gave a presentation on her home country as part of International Education Week. Cultural Awareness Club members learned about the history, languages, food, sports and festivals of Pakistan and listened to the national anthem!



Twitter:

- WintersetSchools: [@WintersetSchool](https://twitter.com/WintersetSchool)
- Winterset Huskies for Athletics and Activities updates: [@WintersetHusky](https://twitter.com/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