

SEPTEMBER 2019

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# Twin Cedars



# Community School

N e w s l e t t e r

*From the Desk of Mr. Roby*

Once again, summer vacation has flown by and another school year has begun. It was exciting for me to see all our students back last week and I look forward to having another wonderful year with; in my opinion, the best school district/students in the state of Iowa. As always, please don't hesitate to contact me when issues arise involving your son or daughter.

We welcome our new science teacher Arianna Jamieson.

This summer, a handful of band students going into grades 7th through 9th participated in a summer lesson band camp complete with pop, snacks, the school song, and breakfast pizza.



It is the policy of the Twin Cedars Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, David Roby, High School Principal, 2204 Hwy G-71, Bussey, IA 50044, 641-944-5245, droby@twincedarcsd.org.

## **Minutes of Meeting**

### **Twin Cedars Board of Directors**

**August 12, 2019**

**5:00 PM**

The regular meeting of the Twin Cedars Board of Directors was held on the above date.

President Kelly Carlson called the meeting to order at 5:00 PM. Directors Heather Dunkin, Paul Haselhuhn and Stephanie Sterner were in attendance. Director Jolinda Fairchild arrived at 5:03pm. Dave Roby and Kim Roby were also in attendance.

A motion was made by Director Sterner and supported by Director Haselhuhn to approve the agenda as presented. The motion carried unanimously.

A motion was made by Director Dunkin and supported by Director Sterner to approve the July 9, 2019, regular meeting minutes as presented. The motion carried unanimously.

Financial reports were reviewed and filed for audit.

A motion was made by Director Haselhuhn and supported by Director Sterner to approve the bills as presented. The motion carried unanimously.

### **Communications**

There was no communication from citizens or through board members.

### **Administration Reports**

Mrs. Roby passed out copies of the Professional Development schedule for the staff for next week. High school teachers will have an all day Mental Health First Aid meeting on Wednesday.

Mr. Roby presented the student handbook updates. There were no major changes. Knoxville will be hosting the "I Love You Guys Foundation". There will be Twin Cedars staff attending this. Twin Cedars will have one foreign exchange student and possibly two. Football, volleyball and cross country practices have begun.

Mr. VanderSluis had some pre-registration numbers for the elementary. Registration is tomorrow. Meet your teacher night and 7th grade orientation will be August 22nd. School Board election dates – August 26th is the first date to turn in paperwork. September 19th at 5:00 pm is the cut off to turn in the paperwork. He also discussed the Legislative Priorities for 2020.

### **New Business**

Mr. VanderSluis said the roof is scheduled to be done in September. He will make sure it is scheduled around Homecoming. The back doors to the locker rooms have been replaced at the high school. We weren't able to find a company to clean the stage curtains so Mark used the lift and vacuumed them. They look much better than they did before, but we may need to look into replacing these. There was discussion on a concession/garage for the football/baseball field. A work session will be scheduled to discuss potential projects and how these project will be prioritized.

### **Action Items**

A motion was made by Director Dunkin and supported by Director Sterner to accept the resignation from Mark Schroeder as Athletic Director. The motion carried unanimously.

A motion was made by Director Haselhuhn and supported by Director Dunkin to approve the contract for Trent Verwers as Athletic Director @\$3,388 Step Base for 2019-20 school year plus \$1,100 for Summer AD 2020. The motion carried unanimously.

A motion was made by Director Sterner and supported by Director Haselhuhn to approve the changes to the Elementary Handbook as presented with the changes discussed. The motion carried unanimously.

**Announcements**

The next board meeting will be Monday, September 9th at 5:00. Work session will be August 27th at 5:00pm.

**Adjourn**

A motion was made by Director Dunkin and supported by Director Fairchild to adjourn the meeting at 6:46 PM. The motion carried unanimously.



# Bumps & Bruises Clinic

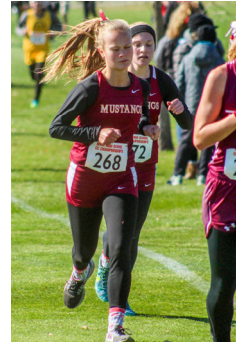
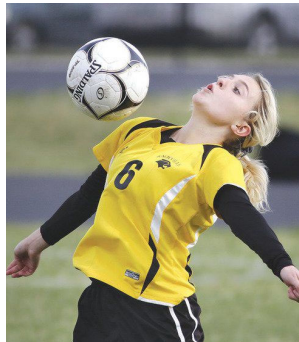
Every Saturday — 7:00-7:45 am; Regular Football Season  
21st Century Rehab/Physical Therapy - KHC

It's that time of year again when our area athletes are prepping for the start of football, volleyball, soccer, and cross country.

When it comes to sports, winning may be important, but staying safe and healthy is also a priority. Every hit, kick, block, and score is accompanied by a risk of injury.

If an athlete sustains an injury on a Friday night or during the week at a game, or at practice, many may not know where to get help for the injury.

This is why 21st Century Rehab in partnership with Knoxville Hospital & Clinics holds a **Bumps and Bruises Clinic** every Saturday from 7:00-7:45 am, during the regular football season, in the Physical Therapy Department at KHC.



*Providing our area athletes with access to sports medicine professionals so they can return to their sport quickly and safely is our priority. No appointment necessary, walk-ins welcome!*

# FREE!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1	No School	2 Breakfast wrap	3 BEC biscuit	4 Egg patty & toast	5 Donut	6 7
8	Assorted pop tart	9 Sausage breakfast pizza	10 Pancakes & bacon	11 Mini waffles	12 Donut	13 14
15	Mini pancakes	16 Sausage, egg & cheese sliders	17 Egg patty & Nutri Grain bar	18 Breakfast boat	19 Donut	20 21
22	Assorted pop tart	23 Cinnamon roll	24 Bacon scramble breakfast pizza	25 Pancake on a stick	26 Donut	27 28
29	Mini pancakes	30				

## SEPTEMBER LITTLE SABERS BREAKFAST

2019

1 2 3  
4 5 6 7 8 9 10  
11 12 13 14 15 16 17  
18 19 20 21 22 23 24  
25 26 27 28 29 30 31



1 2 3 4 5  
6 7 8 9 10 11 12  
13 14 15 16 17 18 19  
20 21 22 23 24 25 26  
27 28 29 30 31

AUGUST 2019

OCTOBER 2019

\*All breakfast served with fruit &/or juice cup and choice of 1% white, fat free chocolate or fat free skim milk.

\*\*Other daily option is cereal bowl.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
											
1	No School	2	Turkey or Ham wrap Cheese Lettuce Tomato Cucumbers Apples	3	Hot dog Tator tots Baked beans Fruit crisp Side kick	4	Chicken & cheese quesadilla Spinach w/ strawberries Banana, Churro Cauliflower	5	Grilled cheese Tomato soup Goldfish crackers Celery w/sun Butter, Pears	6	7
8	Bbq rib sandwich Broccoli w/cheese Coleslaw Berry blend	9	Chicken alfredo Breadstick Romaine & spinach salad Red peppers	10	Taco sandwich Lettuce Cheese, Carrots, Tomatoes Applesauce Cookie	11	French toast sticks Sausage Tri tator Cauliflower Juice cup	12	Garlic cheese bread boat Romaine salad Steamed carrots Melon	13	14
15	Turkey gravy Mashed potatoes Hot roll Steamed green beans Oranges	16	Breaded chicken patty sandwich Spinach & strawberry salad, Corn Apples	17	Corn dog Baked beans Fresh carrots Pineapple Cookie	18	Pizza Romaine salad Steamed corn Mandarin oranges Ice Cream bar	19	Mac & Cheese Cauliflower Cucumbers Watermelon Sept Bday Cake	20	21
22	Spaghetti w/meat sauce Garlic breadstick Romaine/spinach salad Fresh carrots, Pineapple	23	Chicken strips Baked beans Fresh broccoli Strawberries	24	Pulled pork sandwich Coleslaw Fries Apples Cookie	25	Walking taco Cheese Lettuce Tomatoes Steamed corn Oranges	26	Cheese pizza crunchers Spinach & strawberry salad Cucumbers Grapes	27	28
29	Popcorn chicken, Fresh broccoli Baked beans Mand oranges w/ pineapple	30									

## SEPTEMBER LITTLE SABERS LUNCH 2019

1	2	3	1	2	3	4	5				
4	5	6	7	8	9	10	11	12			
11	12	13	14	15	16	17	18	19			
18	19	20	21	22	23	24	25	26			
25	26	27	28	29	30	31	27	28	29	30	31

**AUGUST 2019**

**OCTOBER 2019**

\*2<sup>nd</sup> & 3<sup>rd</sup> Main Dish Daily Options:

Uncrustable or yogurt w/granola

\*\*Garden bar is an "extra" and does not count as one of the daily fruit or vegetable options.

\*\*\*All lunch served with choice of 1% white, fat free skim chocolate or fat free skim strawberry milk.

\*\*\*\* Make sure you have 3 items on your tray. One of those choices MUST be a fruit or veggie.

\*\*\*\*\*This is an equal opportunity provider\*\*\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1	No School	2 Breakfast wrap	3 BEC biscuit	4 Egg patty & toast	5 Donut	6 7
8	Assorted pop tart	9 Sausage breakfast pizza	10 Pancakes & bacon	11 Mini waffles	12 Donut	13 14
15	Mini pancakes	16 Sausage, egg & cheese sliders	17 Egg patty & Nutri Grain bar	18 Breakfast boat	19 Donut	20 21
22	Assorted pop tart	23 Cinnamon roll	24 Bacon scramble breakfast pizza	25 Pancake on a stick	26 Donut	27 28
29	Mini pacakes	30				

## SEPTEMBER TC SABERS BREAKFAST

# 2019

1	2	3	1	2	3	4	5
4	5	6	7	8	9	10	11
11	12	13	14	15	16	17	18
18	19	20	21	22	23	24	25
25	26	27	28	29	30	31	31

**AUGUST 2019**

**OCTOBER 2019**

\*All breakfast served with fruit &/or juice cup and choice of 1% white, fat free skim chocolate or fat free skim strawberry milk.



\*\*Other daily main options:

Cereal bowl, Pop-Tarts, or yogurt cup w/granola

\*\*\* You must have 3 items on our plate and 1 of those items MUST be a fruit. A juice cup will count

\*\*\*\* Menu subject to change\*\*\*\*

\*This institution is an equal opportunity provider\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
1	No School	5	6	7	8	7
8	Bbq rib sandwich Broccoli w/cheese Coleslaw Berry blend	3	4	5	6	14
15	Turkey gravy Mashed potatoes Hot roll Steamed green beans Oranges	10	11	12	13	21
22	Spaghetti w/meat sauce Garlic breadstick Romaine/spinach salad Fresh carrots, Pineapple	23	24	25	26	28
29	Popcorn chick Fresh brocc, Baked beans, Mand oranges w/pineapple	30				

## SEPTEMBER TC SABERS LUNCH 2019

1	2	3	4	5	1	2	3	4	5
6	7	8	9	10	6	7	8	9	10
11	12	13	14	15	11	12	13	14	15
16	17	18	19	20	16	17	18	19	20
21	22	23	24	25	21	22	23	24	25
26	27	28	29	30	26	27	28	29	30
31					31				

**AUGUST 2019**

**OCTOBER 2019**

\*3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Main dish Daily Options:  
Turkey sub, Yogurt w/granola or Salad Bar.

\*\*Garden bar is an "extra" and does not count as one of the daily fruit or vegetable options.

\*\*\*All lunch served with choice of 1% white, fat free skim chocolate or fat free skim strawberry milk.

\*\*\*\* Make sure you have 3 items on your tray. One of those choices MUST be a fruit or veggie.



# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <ul style="list-style-type: none"> <li>Labor Day</li> <li>NO SCHOOL</li> </ul>	3 <ul style="list-style-type: none"> <li>4:30 PM Football: Boys JV Game vs Tri-County (Away)</li> <li>4:30 PM Cross Country: Girls Varsity Invitational vs Albia (Away)</li> </ul>	4 <ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> </ul>	5 <ul style="list-style-type: none"> <li>CrossCountryGirl...Ottumwa(Away)</li> <li>9:15 AM Jostens "Senior Challenge"</li> </ul>	6 <ul style="list-style-type: none"> <li>7:00 PM Football: Varsity Game vs Seymour (Away)</li> </ul>	7
8	9 <ul style="list-style-type: none"> <li>5:30 PM Volleyball: Girls Varsity Game vs Diagonal Community Schools (Home)</li> </ul>	10 <ul style="list-style-type: none"> <li>5:30 PM Volleyball: Girls Varsity Match vs Seymour Community Schools (Home)</li> </ul>	11 <ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> </ul>	12 <ul style="list-style-type: none"> <li>5:30 PM Volleyball: Girls Varsity Match vs Moravia Community Schools (Away)</li> </ul>	13 <ul style="list-style-type: none"> <li>7:00 PM Football: Varsity Game vs Colo-NESCO (Home)</li> </ul>	14 <ul style="list-style-type: none"> <li>9:00 AM Volleyball: Girls Varsity Tournament vs Ankeny Christian Academy, Murray Community, Pleasantville (Home)</li> </ul>
15	16 <ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Match vs Melcher-Dallas (Away)</li> <li>4:00 PM Football: Boys JH Game vs Melcher-Dallas (Home)</li> <li>5:00 PM Football: Boys JV Game vs Melcher-Dallas (Home)</li> <li>5:30 PM Volleyball: Girls Varsity Game vs Moulton-</li> </ul>	17 <ul style="list-style-type: none"> <li>4:30 PM Cross Country: Girls Varsity Invitational vs Oskaloosa (Away)</li> </ul>	18 <ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> </ul>	19 <ul style="list-style-type: none"> <li>4:30 PM Cross Country: Girls Varsity Invitational vs Lynnville-Sully (Away)</li> </ul>	20 <ul style="list-style-type: none"> <li>7:00 PM Football: Varsity Game vs Meskwaki (Away)</li> </ul>	21 <ul style="list-style-type: none"> <li>9:00 AM Volleyball: Girls Varsity Tournament vs Cardinal, Moulton-Udell, Seymour, Twin Cedars Community Schools (Away)</li> </ul>
22	23 <ul style="list-style-type: none"> <li>4:00 PM Football: Boys JH Game vs Lamoni (Away)</li> <li>4:30 PM Cross Country: Girls Varsity Invitational vs Adel DeSoto Minburn CSD (Away)</li> <li>6:00 PM Football: Boys JV Game vs Seymour (Away)</li> </ul>	24 <ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Match vs Melcher-Dallas (Home)</li> <li>5:30 PM Volleyball: Girls Varsity Triangular vs Ankeny Christian Academy, Moulton-Udell, Twin Cedars Community Schools (Away)</li> </ul>	25 <ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> </ul>	26 <ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Game vs Moravia (Away)</li> <li>5:30 PM Volleyball: Girls Varsity Match vs Moulton-Udell Community Schools (Home)</li> </ul>	27 <ul style="list-style-type: none"> <li>7:00 PM Football: Varsity Game vs Melcher-Dallas (Home)</li> </ul>	28
29	30 <ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Game vs Moulton-Udell (Home)</li> <li>4:30 PM Football: Boys JH Game vs Moravia (Away)</li> <li>5:00 PM Football: Boys JV Game vs Moravia Community Schools (Away)</li> </ul>	1 <ul style="list-style-type: none"> <li>CrossCountryGirl...Knoxville(Away)</li> </ul>	2 <ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> </ul>	3 <ul style="list-style-type: none"> <li>4:30 PM Cross Country: Girls Varsity Invitational vs Chariton (Away)</li> <li>5:30 PM Volleyball: Girls Varsity Match vs Melcher-Dallas Community Schools (Away)</li> </ul>	4 <ul style="list-style-type: none"> <li>10:30 AM Jostens Announcement/C&amp;G</li> <li>11:00 AM Jostens Sophomore Meeting</li> <li>7:00 PM Football: Varsity Game vs Baxter (Away)</li> </ul>	5

# October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	<ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Game vs Moulton-Udell (Home)</li> <li>4:30 PM Football: Boys JH Game vs Moravia (Away)</li> <li>5:00 PM Football: Boys JV Game vs Moravia Community Schools (Away)</li> </ul>	CrossCountryGirl...Knoxville(Away)	2:15 PM Early Dismissal	<ul style="list-style-type: none"> <li>4:30 PM Cross Country: Girls Varsity Invitational vs Chariton (Away)</li> <li>5:30 PM Volleyball: Girls Varsity Match vs Melcher-Dallas Community Schools (Away)</li> </ul>	<ul style="list-style-type: none"> <li>10:30 AM Jostens Announcement/C&amp;G</li> <li>11:00 AM Jostens Sophomore Meeting</li> <li>7:00 PM Football: Varsity Game vs Baxter (Away)</li> </ul>	
6	7	8	9	10	11	12
		<ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Game vs Pella Christian (Home)</li> <li>4:00 PM Volleyball: Girls JH Game vs Pella Christian (Home)</li> <li>4:30 PM Cross Country: Girls Varsity Invitational vs Centerville (Away)</li> </ul>	<ul style="list-style-type: none"> <li>9:00 AM Jostens Senior Announcement/C&amp;G Order Day</li> <li>9:00 AM Jostens Sophomore Class Ring Order Day</li> <li>2:15 PM Early Dismissal</li> </ul>	<ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Game vs Orient-Mackburg MS (Away)</li> <li>5:30 PM Volleyball: Girls Varsity Game vs Chariton (Home)</li> </ul>	7:00 PM Football: Varsity Game vs Gladbrook-Reinbeck (Home)	
13	14	15	16	17	18	19
	ColumbusDay(regional holiday) <ul style="list-style-type: none"> <li>4:00 PM Volleyball: Girls JH Game vs Moulton-Udell Community Schools (Away)</li> <li>4:30 PM Football: Boys JH Game vs Murray Communi-</li> <li>6:00 PM Volleyball: Girls Varsity Game vs Meskwaki</li> <li>6:00 PM Football: Boys JV Game vs Murray Communi-</li> </ul>	4:00 PM Volleyball: Girls JH Game vs Wayne (Home)	2:15 PM Early Dismissal	CrossCountryGirl...ediapolis(Away)	7:00 PM Football: Varsity Game vs Collins-Maxwell (Home)	
20	21	22	23	24	25	26
	4:00 PM Football: Boys JH Game vs Southeast Warren Jr/Sr High School (Away)	End of 1st Quarter	2:15 PM Early Dismissal		7:00 PM Football: Varsity Game vs AGWSR (Away)	
27	28	29	30	31	1	2
	<ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> <li>3:00 PM Parent-Teacher Conferences</li> </ul>	<ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> <li>3:00 PM Parent-Teacher Conferences</li> </ul>	2:15 PM Early Dismissal	Halloween <ul style="list-style-type: none"> <li>2:15 PM Early Dismissal</li> </ul>	NO SCHOOL	