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## Mark your calendar.....

Student Council Senior Citizens Dinner will be Wednesday, December 4, 2019 at 12pm in the High School Cafeteria. Come eat a delicious meal, see people you haven't seen since last year and enjoy being served. Hope to see you there!

## ISASP

Results will be released to Iowa school districts on November 4. Districts can release individual scores on November 11.

## White Cane Day:

On October 15th, David Weeks, Bailey Parker and Mr. Verploegh attended White Cane Day at the State Capitol in Des Moines. A lunch of Domino's Pizza was followed by traveling around the Capitol and looking at and listening to information about many of the items and rooms in the Capitol. At the end of the Day, the Governor signed a proclamation noting that October 15, 2019 was White Cane Day.

## Personal Finance:

TThe students in Personal Finance have been working very hard. They just completed a project in which they looked at a career that they had chosen and what skills and education were necessary to obtain that career. They also looked at the amount of money that could be made in that career, while also looking at the amount of money needed to get the skills and education for their career.

The class is at this time learning about creating a budget and will soon be learning the details and skills needed to handle a checking account with a debit card.

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## Accounting 1:

TThe Accounting class has been learning the difference between debits and credits. They have learned how to journalize transactions in a General Journal at this time. They have just started to get into Posting from the General Journal to the General Ledger. They will also be learning about handling a checking account with a debit card in the next couple of weeks.

Dennis Verploegh
HS SPED/ Business Teacher


Martin VanVeen, Chris Foster, Landyn Roland, Logan Collins and Kohlton Kirkpatrick attended the Iowa High School Technology Summit on September 30 at the Iowa Events Center. Eddie Etsey, Director of Sports and Information Technology at the University of Iowa, Ben Milne, Founder and CEO of Dwolla, and Antoinette Stevens, Senior Detection and Respons Engineer at Cisco Meraki gave these young men a glimpse to how technology is used today and will be used in the future. These guys came home with gift bags and ice cream. Can it get any better?

## Nurse Notes

Hello all! Fall is upon us and you all know what that means, cold temperatures are here! Please remember to send your children in the appropriate clothing for outdoor recess. If the temperature falls below 50 degrees Fahrenheit, the children are required to have a coat on. They may keep gloves and hats in their bags or lockers for days when they are required. Snow pants are welcome too for fun at recess too!

If anyone has any large or extra large children size coats or adult small coats we are in need of extras here at school! We are always open to taking donations for gently used and new coats for our children.

## Influenza Season

Another thing that fall and cold temperatures brings is influenza. The best way to prevent influenza spread is to wash our hands with soap and water or hand sanitizer, and stay home if ill.

When Should I wash my hands?

1. Before, during, and after preparing food.
2. Before eating food.
3. Before and after caring for someone at home who is sick with vomiting or diarrhea
4. After using the restroom
5. After changing diapers or cleaning up a child who has used the toilet.
6. After blowing your nose, sneezing, or coughing.
7. After touching an animal, animal feed, or animal waste.
8. After handling pet food or pet treats.
9. After touching garbage.

When should my child stay home from school?
In general, you should keep a child home from school or daycare when they have any of the following symptoms or illnesses:

- Fever (temperature 100.4 or greater is considered a fever)
- Diarrhea
- Vomiting


## Concussion Protocols

In April 2018 Governor Kim Reynolds signed a bill that updated the state's existing concussion laws in hopes of better protecting Iowa High School Athletes. House File 2442 requires brain injury policies for certain extracurricular interscholastic activities and includes applicability provisions.

The new law requires return-to-learn and return-to-play protocols to be used by all Iowa High Schools. It also creates incentives, through decreased legal liability, for high schools to provide a healthcare professional on the sidelines for contact spots.

What are return-to-play and return-to-learn protocols?

Return-to play and return-to-learn protocols ease concussed athletes back into their respective sport and learning environments. Previous laws required that a healthcare provider "cleared" them, but there was not a standardized method in "clearing" an athlete. It appeared that all providers managed concussion diagnosis differently. These protocols allow for optimal rest for our athletes and promote safety, not just in sports, but caring for their brain and in academics as well. This provides a consistent standard that everyone is required to follow.

## What is the protocol?

Return-to-Learn/Play: each step is a minimum of 24 hours, then can be released to next step if no symptoms are present. This protocol cannot begin until the release for physical activity documentation has been received from the licensed medical provider.

| STEP | Progression | Description |
| :---: | :---: | :---: |
| 1 | Home/Rest | No mental exertion-screen time or homework. No physical exertion, no PE. |
| 2 | School- Full days as tolerated Max accommodations <br> No extra physical activity | No standardized testing. <br> Total homework <30 minutes. <br> Provide extra time and help with modified assignments. Limited screen time, stop if symptoms occur. May need rest breaks during class.No band, vocal, orchestra, shop or PE |
| 3 | School-Full days as tolerated Moderate accommodations <br> Light physical activity | No standardized testing. Quizzes/short testing OK. Total homework <60 minutes. Provide extra time and help with modified assignments if needed. Screen time as tolerated, decrease if symptoms occur.As tolerated band, vocal, shop. <br> Low impact, light aerobic exercise. This step should not begin until the student is no longer having concussion symptoms and is cleared by the treating licensed healthcare provider. Student may begin brisk walking, light jogging, swimming or riding an exercise bike at less than $70 \%$ maximum performance heart rate. No weight or resistance training. Objective: Increased heart rate. |
| 4 | School-Full days as tolerated Minimal accommodations <br> Moderate physical activity | No standardized testing. Routine testing OK. Gradual return of homework to baseline up to 90 minutes. <br> Basic exercise, such as running in the gym or on the field. No helmet or other equipment. Objective: add movement. |
| 5 | School-Full days No accommodations <br> Moderate physical activity | Attends all classes. Full homework. <br> Non-contact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills, etc.). in full equipment. Weight-training can begin. Objective: Exercises, Coordination, Cognitive Load |
| 6 | School- Full days No accommodations <br> Full contact practice or training Objective: restore confidence and assess functional skills. | Full contact practice or training |
| 7 | School Full Days <br> Normal Competition | Return to Play |

On October 5th, a few band students went to watch the annual Ottumwa Oktoberfest parade. They had an opportunity to cheer on their band cousins from Moravia!


On Tuesday, October 8th, three students were selected to represent Twin Cedars at this year's annual 8th and 9th grade Singfest. They were Erica Elliott, Rachael Stoops, and Kellie Stevenson.


The 7-12 Band students perform their last pep assembly.

Twin-Cedars musicking with Dr. Sarah Van Waardhuizen from Central College


## School Play

$\circlearrowleft$tudents are hard at work rehearsing for Twin Cedar's production of Alice's Adventures in Wonderland. Chase the white rabbit, attend the saddest concert, wonder with the caterpillar, cheers with the Mad Hatter, and experience Alice's dreamy world like never before. Shows are Friday, November 8th at 7:30 p.m., Saturday, November 9th at 3:30 p.m. \& 7:30 p.m. Admission is $\$ 3$ for students and $\$ 5$ for general admission. Concessions will be available to purchase. All proceeds support future play productions. Attending this show is a great way to support student's involvement in the arts. Not only that, but live theatre is a great event for people of all ages! We hope to see you there!


Some of the productions' cast members after rehearsal (from left to right): back row: Tyler Bailey (The White Rabbit), Aiden Hare (Tweedledee), Gabe Wright (Cheshire Cat), Conner Hare (Tweedledum), Landyn Roland (The March Hare), Ami Mockenhaupt (Lily), Amelia Bolton (the Frog Footman), Trinity Reed (the Knave of Hearts); middle row: Connor Bolton (the Caterpillar \& Humpty Dumpty), Hunter McCombs (the Knight), Kaya DesPlanque (the White Queen), Jetta Stern (Alice), Hannah Mockenhuapt (the Dodo), Black Micetich (the Dormouse), Chris Foster (the Mad Hatter), Kadyn Boyd (the Mock Turtle), Rachael Stoops (the Queen of Hearts), Erica Elliott (the Mouse), Jilian French (Daisy), Ariana Puyear (Alice's sister), Jadyn Weldon (the Fish Footman), Zoe Pettyjohn (Rose), Alexys Crook (curtain, crew member), Morgan Blokema (the Duchess), Abi Milledge (the cook); front row: Katra Sterner (the Red Queen), Ali Mockenhuapt (the Lory), Corbin Schippers (Card Soldier), Jamie Foster (Card Soldier), Noah Fee (the King of Hearts). Come to the show to see all of the other students involved in this awesome show!



Ali Mockenhaupt, Hannah Jerkins, Kaya DesPlanque and Jetta Sterner pose for an "awkward family photo" after having fun at morning rehearsal.

## Athletic Booster Meeting Minutes

Oct. 2, 2019

Those in attendance: Trish McCarty, Kim Roby, Brandy Dunkin, Kristen McCombs, Andrea Moore, Heather Dunkin, Dyan Parker, and Becca Rozenboom

Treasurer's Report: \$20,493.14
Old Business: Coach Dunkin is working on a request for purchase.
We are looking at Tuesday, Dec. 17 for Coaches Vs. Cancer
Kristen said she will look for a T-shirt design.
We received a thank you from the trapshooting team.
Knoxville Hospitals and Clinics gave us a $\$ 200$ donation.
Heather suggested we make a banner with the names/logos of donors posted somewhere in the school.
We will add the names of donors to the basketball programs again this year.
There was a discussion about what to do with Athletic Boosters next year. There was a range of options discussed, including having other groups take over the concessions, not having junior high concessions, not serving certain foods in concessions.

Brandy made the motion to not have concession for junior high basketball on a trial basis. This will be put in the announcements and suggested to be communicated to opposing teams. Dyan seconded.

The motion passed.
Kim motioned to adjourn and Andrea seconded.
Meeting adjourned at 6:00 p.m.

## Spanish 4 \& Health II Team Up for Sobremesa

## (Written by the students of Health II)

On Thursday, September 26th the Health II and Spanish 4 classes joined together to have a sobremesa. A sobremesa is a Spanish tradition that involves relaxing around the table after a heavy meal. In our sobremesa, we prepared a full meal along with dessert. After we ate our meal, we sat around the table and had a conversation among the class.

This activity helped us learn a lot about mealtime in Mexico. Teams translated recipes from Spanish to English and then we voted to choose what we would like to make. We also learned that in some Latin countries like Mexico, breakfast is usually something sweet with carbohydrates to give some energy to start the day. Lunch is the biggest meal of the day and is from 2-3 p.m. They normally take their time when they eat and communicate with each other. However, just like in the U.S. it's a lot harder to do that in today's world because more kids are busy with school activities and more parents are working and are not staying at home. Their supper normally takes place around 7-8 p.m. Also, they like to use fresh ingredients to make their meals.

We also learned that there are many benefits that come from eating together as a family. Eating together provides an opportunity for bonding. Eating together helps children learn vocabulary even more than reading to children. Mealtime is a way to socialize children by teaching them societal expectations, like manners and etiquette. It is also good for the entire family's social/emotional health.

## Coaches Vs. Cancer

On Tuesday, December 17 the Twin Cedars Basketball Teams and will be hosting their Annual Coaches Vs. Cancer fundraising ballgame. The event will be aimed at raising an awareness and money for the American Cancer Society. The basketball parents, athletes, and TC Athletic Boosters will be a holding a free will donation soup supper starting at 5:00 p.m. There will be a silent auction with all proceeds going to the American Cancer Society. Please come out and support the teams on this special evening as our athletes promote awareness and funds for the American Cancer Society.

We are seeking items for the silent auction for the annual Coaches Vs. Cancer event. Donations can be dropped off to Mrs. McCarty or Mrs. Roby at the Elementary.

Thanks!

## Preschool-6 ${ }^{\text {th }}$ Grade Students Decorate Trees for the Festival of Trees at DeVore Homes

In the spirit of the season, DeVore Homes is teaming up with Twin Cedars Elementary for the 5th Annual Festival of Trees. The decorated trees will be on display in each of our homes and in the main office at 2108 Highway 5, Bussey, IA (the Bussey Stub).

We would like to invite you to enjoy this event with your family and usher in the spirit of the holiday season! You are encouraged to visit with your student and walk-through the homes at DeVore Homes and vote for his/her tree with a cash donation in our main office. At the end of the festival, the tree that gets the most votes (cash) will receive their vote money as well as a $\$ 75$ donation from DeVore Homes. Each class will get the vote money that their tree earned and DeVore Homes will donate an additional $\$ 50$ to the class that received $2^{\text {nd }}$ place and $\$ 25$ to the class with the $3^{\text {rd }}$ place tree.

We are excited to partner with Twin Cedars Schools and bring the community together during this special time of year.

The Festival of Trees will be held Monday, December 2, 2019 - Saturday, December 14, 2019. Our office hours are Monday thru Saturday 9:00 am to 3:00 pm. On Saturdays in December, DeVore Homes will have refreshments for your family to enjoy before or after your tour of trees.

## Twin Cedars HARD SURFACE ONLY Bus Routes

We will notify you when and if we need to start this plan.
Any questions please call Michelle Clayton @ the school (641) 944-5245 ext. 236

## Martie -- Bus \# 5 (Pershing)

## 7:25 Courtneys / Blayne Comstock <br> 3:35

7:26 Weeks ..... 3:36
7:27 "D" Ave ..... 3:37
7:28 Gina's ..... 3:38
7:29 "B" Ave ..... 3:39
7:32 Wooldridge (watershed) ..... 3:40
7:33 Duckworth ..... 3:41
7:35 Clarks ..... 3:45
Leann -- Bus \# 6
1349-310th St. (Brandon Rozenboom) ..... 3:41 p.m7:25 a.m.

(Reeds \& Evans)
7:32 a.m. 802 5th Street 3:34 p.m.
7:33 a.m. 4th \& Jackson 3:33 p.m.
7:34 a.m. 3rd \& Jackson 3:32 p.m.
7:35 a.m. 3rd \& Madison 3:31 p.m.

7:36 a.m. 3rd \& Washington 3:30 p.m.
7:37 a.m. 3rd \& Marion 3:29 p.m.
7:38 a.m. 303 1st Street 3:28 p.m.

## Michelle -- Bus \# 10

Leave bus barn @ approx. 7:20 a.m.
BUSSEY ROUTE AS NORMAL
1st stop - 3rd \& Edwards
2nd stop - 5th \& Edwards
3rd stop-6th \& Edwards
4th stop- 8th \& Edwards
5th stop- Hanleys
6th stop - Pinegar bridge
(times do not change am/pm)

## Brad -- Bus \# 8 (Hamilton \& Marysville)

7:10 Intersection of HWY 5 and Vermont Dr. (all of Marysville)
7:15 S Parker Street (DeJoode/ Pettyjohn)
7:17 Goemaat Trailer's
7:18 Hamilton City Hall
7:20 Hamilton Post Office
7:22 Kings
7:23 Pettyjohn/DeVoll Driveway
7:26 Shobe's
7:27 Intersection of HWY 5 and East St. (Bolton's)
7:28 Intersection of Wabash Dr. and Vermont St. (Thomas's)
7:32 INtersection of Wabash Dr. and 238th/Upton (by the old church) (Wolfe/ French/ Pettyjohn)

## Dennis -- Bus \# 9 (Tracy)

7:00 a.m. Salena Guerena
7:02 a.m. Ariana Puyear
7:04 a.m. Stevensons
7:05 a.m. Jerkins
7:10 a.m. Post Office (Bonnett)
7:12 a.m. Evi, Kaydin, Benton, Hannah, Cheynna Joss, Sawyere, Wyatt, Blayne (corner of Lawson \& Parker)
7:13 a.m. Wichharrt
7:14 a.m. Parker \& school street (DeJongs, Comer, VanderHyde)
7:20 a.m. Haines
7:27 a.m. Gage Rankin (dennis house)
7:28 a.m. $\quad$ Quaker \& T17
7:32 a.m. Hauenstein

## Maureen -- Bus \# 12 (Attica)

| Firestation (east side shelter) | $7: 15$ | $3: 35$ |
| :--- | :--- | ---: |
| Klosters | $7: 22$ | $3: 42$ |
| Hoch | $7: 23$ | $3: 41$ |
| VanKlootwyk | $7: 25$ | $3: 44$ |
| (corner Hwy G 76 \& 155th pl) | (do not leave before $7: 25$ ) |  |
| DeGeest | $7: 27$ | $3: 45$ |
| Lambirths (new shop) | $7: 28$ | $3: 46$ |
| Tim Fee's | $7: 29$ | $3: 47$ |
| Firestation (northside shelter) | $7: 30$ | $3: 48$ |
| Krieymeyers | $7: 33$ | $3: 51$ |
| Nichols | $7: 35$ | $3: 53$ |

TC Little Sabers Breakfast


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  | 1 <br> No School | 2 |
| 3 | 4 <br> Spaghetti w/meat sauce, breadstick Romaine salad Fresh carrots Pineapple | 5 <br> Chicken strips Baked beans Fresh broccoli Strawberries Animal crackers | 6 <br> Pulled pork sandwich Coleslaw Fries Apples | 7 <br> Walking taco Cheese cup Tomatoes Steamed corn Lettuce Oranges | 8 <br> Cheese pizza crunchers w/marinara sauce Salad Cucumbers Grapes | 9 |
| 10 | 11 <br> Popcorn chicken Fresh broccoli Baked beans Mandarin oranges w/pineapple | 12 <br> Chicken \& noodles Mashed potatoes Green beans Oranges Hot roll | 13 <br> Chili w/crackers Cheese cup Fresh carrots Fries Pears Cinnamon roll | 14 <br> Cereal bowl w/smokies Cottage cheese Hash brown Cucumbers Juice cup | 15 <br> Popcorn shrimp Corn Red pepper strips Apples | 16 |
| 17 | 18 <br> Chicken nuggets Green beans Oranges Mashed potatoes | 19 <br> Hamburger Fries Applesauce Fresh carrots Cookie | 20 <br> Bosco stick <br> w/marinara <br> Romaine lettuce <br> Steamed corn <br> Mandarin oranges | 21 <br> Super nachos <br> w/cheese sauce <br> Grapes <br> Refried beans Cucumbers | 22 <br> Cheese pizza <br> Cauliflower Corn <br> Apples <br> Ice cream | 23 |
| 24 | 25 <br> Crispito w/cheese sauce Onion rings Red peppers Fresh broccoli | 26 Thanksgiving Dinner Turkey slice Mashed potatoes w/gravy, Hot roll Green bean casserole Mandarin oranges w/pineapple Jell-o poke cake | $27$ <br> No School | 28 <br> Thanksgiving No School | 29 <br> Black Friday <br> No School | 30 |
|  |  |  |  |  | *Menu subject to change* | *This is an equal opportunity provider* |

TC Sabers Breakfast
November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  | $1$ <br> No School | 2 |
| 3 | $4$ <br> Assorted pop tart | Cinnamon roll | Bacon scramble breakfast pizza | Pancake on a stick ${ }^{7}$ | $8$ <br> Donut | 9 |
| 10 | $11$ <br> Mini pancakes | $12$ <br> Breakfast bar | $13$ <br> Cheese omelet w/toast | $14$ <br> Frudel | $15$ <br> Donut | 16 |
| 17 | $18$ <br> Assorted pop tart | $19$ <br> Waffle sticks | $20$ <br> Sausage breakfast pizza | $21$ <br> Assorted muffins | $22$ <br> Donut | 23 |
| 24 | $25$ <br> Mini pancakes | $26$ <br> Breakfast wrap | $27$ <br> No School | $28$ <br> Thanksgiving No School | $29$ <br> Black Friday <br> No School | 30 |
|  |  |  |  |  | *Menu is subject to change* | *This institution is an equal opportunity provider* |

*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, granola bar or yogurt cup w/granola.
*You must have 3 items on your plate and 1 of those items MUST be a fruit. As juice cup will count as a fruit.


## November 2019



## December 2019




[^0]:    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@twincedarscsd.org.

