



SUPERINTENDENT MESSAGE

I am sure that as parents and community members you are well aware how important learning to read was to your future success. Like any other skill, learning to read takes practice and sometimes certain students pick up the skill sooner than others and some students need to be taught in different ways to develop the prerequisite skills that are necessary to become fluent readers. This past summer and fall our elementary staff have been working to implement Orton-Gillingham with our elementary students to help our students develop these skills. I am extremely impressed with our staff's efforts to learn and implement this program, and we are already seeing it impact our student's reading scores. I asked Michelle Macumber, the District's Literacy Coach, to explain a little about OG, her response follows.

The Real OG

This year at the elementary school, when we say "OG" we are talking about Orton-Gillingham. OG is a highly-structured approach to teaching reading, writing, and spelling based on the work and research of Samuel Orton and Anna Gillingham. You may hear us talking about it a lot because we are pretty excited over here!

OG is not a new program, but a well respected approach used for many years to successfully teach all students, including those who have language-based disabilities like dyslexia, how to read effectively. OG lessons follow this set of principles:

- **Systematic and Sequential:** Lessons follow a specific order or progression to build on previously taught material
- **Multisensory:** visual, auditory, tactile and kinesthetic techniques are incorporated simultaneously
- **Prescriptive:** Teachers make decisions for instruction based on the

needs of students

- **Diagnostic:** Teachers assess and create lessons based on the current reading abilities of students. Concepts and skills are taught and practiced for mastery.
- **Explicit:** Teachers use direct instruction
- **Flexible:** Teachers can change the direction of a lesson plan to respond to student performance

Through OG, students learn to read and spell words that are phonetic (they can be sounded out, like "cat" or "catnip") and irregular (they aren't spelled the way we expect, like "people"). Phonics concepts are taught each week and students apply the skill in words, sentences, and stories. Irregular words are taught through a multi-sensory technique and are also practiced in sentences and stories.

Teachers and students are both loving learning this year with OG. We hope you will share in our enthusiasm!

We are excited about the early success we are seeing and the dedication of our staff to learn about and implement these new approaches with our students.



Yours in Service,
Justin M. Gross



Elementary Music Concert Dates

- 3rd grade - March 28
- 2nd grade - March 29
- 1st grade - April 4
- Kindergarten - April 5

Concerts will be in person this year, at the high school auditorium.

February Monthly Highlights

- February 14- No School
- February 23- HS Conferences 3:30-7:30

When Is It Too Cold For School?

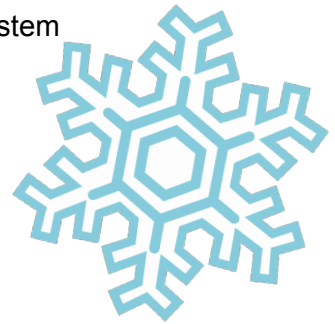
In Winterset we try to quantify just how cold is too cold for school. Generally, if the National Weather Service Forecast for the morning is for a windchill warning, classes will be canceled. In most cases, the decision will be made the night before. However, we can't always predict what will happen 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.



A pink and red Valentine's Day event flyer for "Cookies, Crafts and Laughs" at the Winterset Public Library. The flyer features a background of hearts and sparkles. The text is in a dark red, serif font. At the bottom, there are two arrows pointing towards the phone number, each with a heart in the middle. The Winterset Public Library logo is centered at the bottom.

Cookies, Crafts and Laughs

Join us at the library on Monday, February 14th anytime from 10:00-noon. This family friendly event is open to all ages and will be about celebrating friendship, love and joy! Come and decorate your own yummy Valentine cookie, make a craft, and play Valentine games. For assistance or questions call

515-462-1731.

 WINTERSSET PUBLIC LIBRARY

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.



High School Student Council

Winterset High School student council has been working on some new projects since December. In January, we had planned on packing meals but the weather cancelled those plans, so we rescheduled for Feb. 5. This month we have started planning for the Mother Son Dance (flyer in the beacon) on March 25. This event has been on pause for the last 2 years because of Covid. We are also working on making Valentines for the area nursing homes. Next week during 2 learning seminars, we will be putting them together and then delivering.

Senior leaders have also started working on Husky Help day organization. Husky Help day will be May 10 and is a day of service in the community for all seniors. The day is planning by senior leaders, many of them from student council. Officers in student council are also planning a Valentines surprise for members. In March they will be putting together teacher appreciation gifts and notes; members also act as tour guides for all parent conferences. The year is over half over but there are a lot of exciting things left to be a part of in student council.

Wartburg Honor Choir 2022

Four students from the WHS Vocal Music Program participated in the Wartburg Honor Choir on Monday, January 24th. Written recommendations and audition materials were used to appoint students to the festival. Anna Blader, David Michael Negley, Serena Phillips, and Liam Moser were chosen to participate.

What was supposed to be a two-day event, was cut down to a single day with no overnights by participants. This, along with mandatory mask wearing, even while singing, were the mitigation factors taken by the festival coordinators to battle the up-ticks in positive Omicron infections. Regardless of these factors, our students had a joyful day of singing with over 200 other singers, observing a solo vocal recital, and sharing a concert with the Urbandale High School Singers and a number of the Wartburg College Choirs. If you would like to observe some of the performance, visit this link: wartburg.edu/knightvision



Term 2 Renaissance Award Winners

These students were chosen by teachers based on character, volunteer work, leadership, and/or academic commitment—students can only win once in their high school career. Union State Bank provides a \$50 savings account for each student.

Congrats!!

They are in order from L-R.

USB Rep Mark Baudler

9- Rhaina Henderson

10- Gracie Briney

11- Elise Petsche

12- Justin Hackett

Happy
100
Days!



World Travel Information Event

Every year students ranging from junior high to college travel all over the world to gain valuable life changing experiences. Have you ever wondered what that entailed and what experiences you could offer your student? If so, join Ms. Davis for an evening of general information about this opportunity on Wednesday Feb. 9th at 6:30 pm in the JH Commons. This is a non school-sponsored program through EF (Education First) Tours that provides students a great learning experience that will change their perspective on life forever. This general information event will be a chance to learn about the program we offer as an extension to the general curriculum experience.

This trip is planned for March of 2023: Our destination is Belize. Registration information will be available to anyone that may be interested as well. Attending this informational event does not mean you are committing to a trip, but simply that you are interested in learning more.

This informational meeting and travel program in general is not connected to Winterset Schools and is solely represented by EF Tours, a leader in world travel for educational purposes around the world. The goal of EF Tours is to provide students with an educational experience through gaining new perspectives and building skills for the future. This trip is a supplemental opportunity and is not funded or sponsored by the Winterset Community School District. You may contact Cari at cdavis@winterset.k12.ia.us or Dennis at dshaw@winterset.k12.ia.us with additional questions.

FEBRUARY FFA UPDATE

Leadership is something that we want all of our FFA members to possess. There are many different conferences and activities within the National FFA program that our chapter attends. On January 8, we had one member attend the Leadership Conferences in Ankeny. She attended the Ignite Conference for members who are in grades 7-9. There she learned how to be a leader, about different careers in the agriculture industry, how to surround yourself with your people, ways to give back to your community, and brought back some good ideas for the chapter! We also want to remind everyone that FFA week is coming up, February 19-26, 2022! We will be having dress up days and fun activities for the high school and junior high students. You do not have to be in FFA to participate. Monday is camo day, Tuesday is p.j. day, Wednesday is orange/drive your tractor to school day, Thursday is blue and gold day, and Friday is flannel Friday! We will also be holding a volleyball tournament for the whole school, check our social media for date and times!

Respectfully Submitted,

Gracelynn Brown
Chapter Reporter



WHS Guidance Department

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

**HIGH SCHOOL
CONFERENCES
WEDNESDAY, FEBRUARY
23rd 3:30PM-7:30PM**

Registration for Courses

We will be registering students for courses for next year. We work on this process with groups here at school. We value the parents' input in this process. Proper course selection and sequence is very important to a student's success in high school and beyond. If you have any concerns, please do not hesitate to contact us.



When it comes to money for your education, it's easy as... 1, 2, 3. Applying for financial aid is fast and easy with the online Free Application for Federal Student Aid (FAFSA). Visit the Department of Education's web site – www.fafsa.ed.gov or see Mr. Seufert in the Guidance Center. For student financial aid information, eligibility criteria, and the various student aid programs, you can call toll-free 1-800-4FED-AID.



The next ACT at Winterset is April 17th with registration deadline of March 12th (March 26th with late fee). Below you will find a link to information about a special offer your student may use to receive discounted access to an online ACT and/or SAT study guide to help students prepare for the ACT and/or SAT test. This program is offered through the National Federation of State High School Associations (NFHS). Professional athletes and other organizations fund the program. The cost of a standard ACT or SAT study program is usually \$350, but through this program, each is available for \$20.00, which covers licensing, registration, customer support, shipping, or online access fees.

The link below provides ordering information and additional information about all programs. The online program or DVD can be ordered using a credit card or check.

www.eknowledge.com/IAHSAA

Career opportunities in the Electrical Construction Industry are available to minorities and females. The Electrical Apprenticeship program is open to high school graduates or persons with a GED, 18 years of age and over who have successfully completed not less than one year of high school algebra. The Apprenticeship program is an "earn as you learn" program providing on the job training and classroom in-

struction. Contact Ron at 515-224-4349 or 800-572-6191, website <http://www.dmelejtc.org/>.

Scholarships!

Information is available on the Guidance Page of WHS Website.

The Winterset Local Scholarship Application is available on the high school's website or in the office. The application qualifies students for over 30 different scholarships around Madison County. Deadline is March 1, no late entries will be accepted.

The Iowa Farm Bureau Foundation Scholarship will award fifty-four \$1,000 scholarship awards to students pursuing the completion of a two or four-year undergraduate degree. The tuition awards will be distributed in \$500 increments during fall 2021 and spring 2022 semesters. Six district winners will be selected in each of the nine Iowa Farm Bureau Federation Districts. (Madison Co is in District 8). Applications are available on the guidance page of the WHS website. Deadline is February 26.

The Madison County Farm Bureau Scholarship will award two (2) \$500 scholarships to Madison County students. Also, \$1,000, in \$100 increments, may be awarded to additional winners at the discretion of the scholarship committee. Applicants must be from Madison County, have a GPA of 3.0, and plan to enter a profession or vocation requiring at least a minimum of two years of college.

WHS Guidance Department, Continued / *Guidance Webpage*

Applications are available on the guidance page of the WHS website. Deadline is February 26.

Winterset Lions Club Scholarship Program will award two scholarships, one worth \$1,000 to a WHS student enrolled in a four-year college and one worth \$500 to a WHS student enrolled in a two-year program. Applications are available on the guidance page of the WHS website. Deadline is March 1.

Winterset PEO Chapter AG applications are now available on the guidance page of the WHS website. The Winterset PEO Chapter AG is providing a \$500 scholarship for a female high school student graduating in May 2021 with a GPA of 3.5 or higher. For more information about PEO, please visit their website at <http://www.peointernational.org/>. Deadline is March 15.

The Winterset Community Education Association (WCEA) scholarship will be presented at the Winterset High School Awards Ceremony in May. It is a \$500 scholarship. It will be awarded to a student who is planning on majoring in education. Applications are available on the guidance website. Deadline is March 15.

*These scholarships and more are on the guidance page of the WHS website.

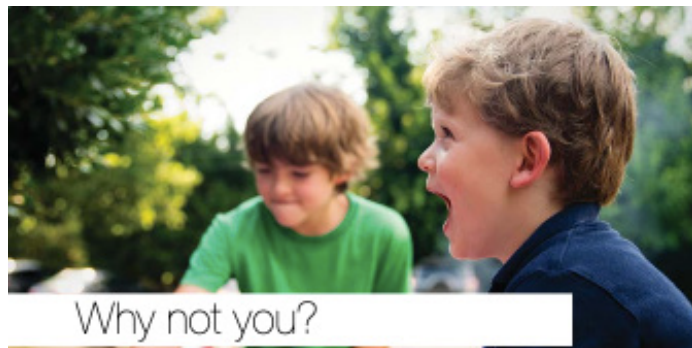
Juniors

The Herbert Hoover Uncommon Student Award is for juniors only.

This is a scholarship that celebrates Iowa's uncommon high school students. Grades, test scores, and class rank will not be used in selection. They are looking for the imaginative, innovative and energetic junior's. Teen applicants are asked to submit a project proposal and two letters of recommendation. For more information contact the association at (319) 643-5327, email at scholarship@hooverassociation.org or go online at <https://hooverpresidentialfoundation.org/uncommon-student-award/> Deadline is March 15.

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.



Why not you?

Why not today?

Letting foster children stay in their own communities provides support of teachers, coaches, neighbors and friends. Stepping up and becoming a foster or adoptive family gives children the chance to succeed.

Four Oaks Foster & Adoptive Family Connections works with adoptive and foster care families to make a positive difference through education, networking and support. We can help you make a difference. Contact us to find out how.

Four Oaks Foster & Adoptive Family Connections
Des Moines Service Area

Visit fouroaksfamilyconnections.org
Contact 844-380-2485 or
familyconnections-dmsa@fouroaks.org
for more information.



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



FEBRUARY ATHLETIC CALENDAR

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

HIGH SCHOOL BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Feb 1	4:30 PM	9/JV/V-G/B	North Polk	North Polk
Feb 3	4:30 PM	9/JV/V-G/B	DSM East	Winterset
Feb 7	4:30 PM	9/JV/V-G/B	ADM	Winterset
Feb 10	4:30 PM	9/JV/V-G/B	Ballard	Ballard
Feb 11	4:30 PM	9/JV/V-G/B	Bon-Far	Bon-Far
Feb 26	7:00 PM	V Girls Regionals		
Feb 21	7:00 PM	VBoys Substate		

JUNIOR HIGH BOYS BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Feb 3	4:15 PM	7th	Boone	Boone MS
		8th	Boone	Winterset JH
Feb 7	4:15 PM	7th	Carlisle	Carlisle MS
		8th	Carlisle	Winterset JH
Feb 8	4:15 PM	7th	Norwalk	Winterset MS
	4:30 PM	8th	Norwalk	Norwalk MS
Feb 15	4:15 PM	7th	Bon-Far	Winterset
		8th	Bon-Far	Bon-Far
Feb 17	4:15 PM	7th	Ballard	Ballard MS
		8th	Ballard	Winterset JH
Feb 21	4:15 PM	7th	ADM	ADM HS South
		8th	ADM	Winterset JH
Feb 24	4:15 PM	7th	Carlisle	Winterset JH
		8th	Carlisle	Carlisle MS

HIGH SCHOOL WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Feb 5	12:00 PM	V	Sectional Tournament	WHS
Feb 8	TBA	V	Dual Regionals	WHS
Feb 12	TBA	V	District Tournament	Ballard
Feb 17	TBA	V	Dual State	Wells Fargo
Feb 19-20	TBA	V	State Tournament	Wells Fargo



WHS HUSKY HELP
DAY DATE:
MAY 10, 2022

Please contact
jgibbons@winterset.k12.ia.us with
questions or donations

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 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.

25 ALTERNATIVES TO TIMEOUTS, GROUNDING, AND TAKING THINGS AWAY

Change the way you think about discipline! These 25 parenting tips focus on positive, respectful, age-appropriate alternatives.

When it comes to discipline, it's easy to feel stuck. We're told to use timeouts, grounding, bribes, taking things away, and even spanking, but nothing seems to make a difference. Maybe we've been thinking about discipline all wrong. Rather than trying to find ways to "control" our kids or "force" them to comply with our demands, what if we saw ourselves as calm, confident teachers?

What if we focused more on how to support and guide our kids in a developmentally appropriate way? What if we started thinking about self-regulation as a process that takes decades, not weeks? Recognizing that it's normal for kids to have good days and hard days – just like we do. If you're willing to see discipline through a different lens, this list is a place to start. As you shift your focus, you may start to see discipline less as something you do in the heat of the moment, and more as a relationship. A way of "being" with your kids – when things are going well and when things are difficult.

Choose a few techniques to try and ignore the rest. Do not feel pressured to use every technique or idea. As long as you are striving towards teaching with a calm confidence, you are headed in the right direction.

25 ALTERNATIVES TO TIMEOUTS, GROUNDING AND TAKING THINGS AWAY:

Start With You: We cannot expect our kids to be more mature than we are, so begin to acknowledge where you feel stuck. Name your triggers. Practice calming strategies. Reach out to a mental health professional or a supportive community. We all have growth areas to work on, be kind to yourself as you notice, practice, and try something new. [Check out my book "It Starts With You."](#)

Speak Calmly: Regardless of the parenting technique, using a calm or neutral tone is a great choice. Not only does it help you stay calm, but it may also encourage your child to respond in a calm manner. If you're having trouble speaking calmly, take a few deep breaths before saying anything else out loud.

Be Empathetic: Listen to what your child is saying, then [repeat or paraphrase it back to them](#). If you heard them wrong, your child will correct you. Paraphrase this correction back to them. This is not always as easy as it sounds, as we often switch to problem-solving, rationalizing, or correcting. Stick with it until your child feels that you really understand what they're trying to say.

Listen: This is another seemingly simple solution that is hard to actually implement. Be aware of your instinct to interrupt, suggest a solution or formulate your response before your child is done speaking. Focus on what they are saying and go back to empathy as often as needed to show you are [truly listening](#).

Get Low: Getting below your child's line of sight can greatly reduce the possibility of a tantrum or meltdown. Getting low keeps your child's brain from feeling threatened, signaling the ["fight or flight"](#) response. Combine this technique with empathy, listening and calm responses.

Decrease the Sensory Input: In the heat of the moment, the brain is flooded with information and everything – even comfort and kindness – can be (mis)interpreted as a threat. Quiet your voice, or stop talking altogether, sit close but do not make physical contact, slow down, rather than trying to rush your child back to calm.

Limit the Lecturing: Kids are experts at tuning out a lecture, even if you are coming from a well-meaning place. Instead, be open to having a conversation. That means hearing their side of the story, even if you don't agree. Model how to **disagree respectfully** or work towards a mutual solution.

Time-In: Rather than sending your child to another room for a time-out, bring them closer to you. Create a safe space for them to feel their feelings under your supportive protection. Some children may benefit from having your undivided attention for just a few minutes before heading back to play.

Name Emotions: Move beyond "happy," "sad," and "mad" by introducing complex emotions like jealous, irritated, bored, stressed, and overwhelmed. Talk about how it feels in their body and how it looks on their face. Let them know it's normal to feel "mixed up" feelings or more than one feeling at a time.

Offer a Hug: Encourage your child to refocus and get back on track with the help of physical interaction. A tight (but not painful) bear hug, a "you-can-do-it" reassurance hug, or an "I-can-see-you're-struggling" snuggle can take a child from meltdown to calm.

Give Choices: This starts with "Do you want a red cup or a blue cup?" but it can extend to "Do you want to do your math or your spelling first?" Think of ways to give your child the power to make a choice instead of deciding for them. Sometimes there is only one choice, i.e. "you must sit in your car seat," but do your best to **limit the non-negotiables**.

Set a Timer: Timers are great for "beat the clock" races, letting kids know when their time is up, or setting limits on activities. Download a countdown clock or kiddie timer to provide a visual representation of how much time remains.

Make it a Game: Most kids would rather be encouraged to throw their dirty socks into the hamper like a basketball rather than being yelled at to clean up their laundry. If you can create a challenge or game, you might find you also get faster and more cheerful compliance.

Give Fewer Commands: No one likes to be told what to do, especially if it's repeated all day long. If you feel like your child is ignoring you, try **reducing the number of reminders**, commands, and demands you give. Focus on giving encouragement, noticing the positive, and pointing out what they are doing right.

Simplify rules/expectations: Sometimes the rules get too complicated. If you find it hard to remember your expectations or if there are too many steps to compliance, simplify. Rather than listing, "No hitting, kicking, spitting, slapping, etc." create a family expectation of "respecting personal space."

Prioritize one-on-one time: Proactively filling your child's need for connection with you can minimize the amount of attention-seeking behavior in the future. Spend 10-20 minutes with each child per day, doing something they enjoy. Focus on being present with them, resist the urge to use this time to discuss misbehavior.

Change the Environment: Tired of coats on the floor? Install hooks at a child's height. Tired of kids eating junk food instead of fruit? Stop buying junk food or make it less accessible. Examine the environment from a child's perspective and see if there is a way to make it easier for them to comply.

Make a Routine: Instead of reminding and prompting, work with your kids to **create a routine** that makes sense. Create a visual schedule using pictures for pre-readers. Stick to the same routine as often as possible. Children feel a sense of security knowing what is expected and what is coming next.

Teach: How does your child learn best? Are they a hands-on learner? Are they a visual learner? Do they need the steps broken down or explained in a different way? Encourage independence by asking your kids to teach you about a topic (bullying, cheating, etc.) or tell you the steps to complete a task (loading the dishwasher, feeding the dog, etc.).

Be Curious: Your child's ability to **regulate their emotions** depends on a number of factors, as well as age and developmental stage. Hunger, thirst, over/under-stimulation, disconnection from caregivers, and lack of sleep can all impact behaviors. After a challenging event, ask "why" the behavior occurred and explore what was going on in your child's day, their environment, or their experience.

Practice When Calm: Resist the urge to force your child to learn something new or take a deep breath in the heat of the moment. Wait until you both are calm. Bring up the subject in a calm, non-threatening manner. Talk about alternative ways to deal with the problem and practice together. Keep it short and light-hearted.

Brainstorm Solutions: If something's not working for you, start a conversation about it, exploring solutions together. Your child may come up with a solution you never considered. If it seems reasonable, give their idea a try. If it doesn't work, re-evaluate and pick a different solution.

Let them Feel Feelings: It is OK for your child to experience sadness, frustration, disappointment, and anger. Rather than rescuing them by giving in, offering a bribe, or giving a punishment, be present and supportive. Offer them your calm, confident presence, sending the message: "You are not alone. We will get through this big feeling together."

Delay The Answer: Many parents feel put on the spot to find the "perfect" response in the heat of the moment. Give yourself a break. Instead, focus on getting (or staying) calm. Take a break, if needed. Let your child know that you will talk more about this when you both are calm. There's no hurry. You will be able to think more clearly and work together more productively if you discuss it again later.

Let it Go: There is so much pressure to **raise good children** who behave perfectly and never misbehave. The pressure is not only unreasonable, but it's also impossible. We are all imperfect; we all make mistakes (adults included). Your child is going to meltdown because they are disappointed, they are going to be frustrated that they can't have another ice cream cone, and they may even flunk a math test. If you're focusing on finding a consequence or punishment for these behaviors, you're missing the point. Help your children learn from these experiences and make different choices next time.*

*Please note: you do not have to excuse physical or emotional violence either from your child or another adult. If you are in an unsafe situation, please seek support or call 911. If you feel that your child struggles with anxiety, frustration, anger, sadness, or another behavior more than other children their age, they may benefit from the support of a mental health professional. There is no shame or judgment for getting your child the help they need.



Winterset Special Olympics competition was held January 22nd at Decatur high school in Leon.

Avery Gross, Alexis Willcox, Alexandria Kennedy, Charles Williams and Shawn Gilbride all placed 1st and will advance on to state, held in Iowa city in March. Those placing 2nd are Seth Bazley and Zach Fleming. Congrats to all athletes!

Pictured are athletes, Zach, Alexis, Seth, Alexandria, Shawn, Avery, and Charles. Also pictured are coaches Teresa Fleming and Alison Haisman and coach helpers Landen Dinkla and Chantz Haisman

Parenting Tip: Brainstorm Solutions Together

Problem solving with our kids can be a powerful way to move through tricky situations and challenging power struggles.

Here are a few tips for having productive brainstorming conversations:

1. Start with empathy. Seeing your child's perspective is important. Even if you do not necessarily agree. Feeling heard and seen will help your child be more willing to work together.
2. Recognize and name your own needs. It's OK to set boundaries, but sometimes it's hard to identify where those boundaries need to be. Pause and take a deep breath, give yourself time to clarify your perspective.
3. Brainstorm together. Name the problem and ask your child for their ideas first. Write any idea down, even the ones that (probably) won't work. A good solution must meet the needs of everyone involved.
4. Give a solution a try. The first solution isn't necessarily the best one, and that's OK. If it's still not working, go back to the drawing board and continue the conversation together.

Here's how it worked in our house when my daughters were having trouble waking themselves for school.

"I know it's hard to get up early every day. Your bed is so warm and comfy. You're so tired and want to sleep later, huh?"

"It's not working for me to stop what I'm doing to wake you."

"Do you have any ideas for how you can get up on your own in the morning?"

They each decided on a different solution. The results have been mostly positive. They're getting up on their own, I'm able to do my tasks, and I'm happy to be the backup if they need me.

These conversations will look different depending on the situation, the age of your child, how often you've practiced brainstorming, and your own energy level. The entire conversation may happen slowly, you may start with empathy and wait a day or so before coming back to the problem. It may feel awkward at first, and that's OK.

Rather than looking for a "right" way to do it, just focus on being present. Listening to your child's point of view. And be open to alternatives to "because I said so."

New Baseball Umpire Clinic

**Dates: Saturday, March 26, 2022 from 10 am- 1 pm at Newton High School
Saturday, April 2, 2022 from 10 am- 1 pm at ADM High School (Adel)**

This clinic is for new baseball umpires with 0-2 years experience who are interested in working below varsity games during the 2022 high school baseball season which begins May 16 and runs through the beginning of July.

- **We will be working on 2-person mechanics (1 plate umpire and 1 base umpire).**
- **We will be talking about Arbiter (game assigning platform) and receiving/accepting games on the website.**
- **We will be doing some actual plate work (calling balls/strikes).**
- **We are hoping to have some available games which will be assigned to participants who would like games.**
- **Lunch will be provided.**
- **THIS IS A FREE CLINIC!!!**

Please complete the registration form below and return to Larry Jacobus no later than March 19, 2022 at piratespens@msn.com OR 3716 SW 29th St. Des Moines, IA 50321. Contact Larry if questions at the above email address or 515-490-0779.

Name _____

Address _____

City _____ **Zip Code** _____

Contact Number _____

Email _____

TO HELP SOMEONE IN CRISIS

As an agricultural advocate you can participate in stress assistance and suicide prevention education so you can better respond to mental health or substance use issues or crises.

Workshops

Mental Health First Aid - extension.iastate.edu/humansciences/MHFA

Learn how to help someone who is developing a mental health problem or experiencing a mental health crisis. The program will help you identify, understand, and respond to signs of mental illnesses and substance use disorders.

Training is offered:

- In-person: 8-hour certification training OR
- Online: 2-hour self-study course plus 6-hour virtual instructor-led certification training

Register for Mental Health First Aid if you are an individual who works with adults.

Training is FREE for agribusiness professionals, ag advocates, and commodity groups.
Use promo code **AGPRO** to attend at no cost.

Register for Youth Mental Health First Aid if you are a caregiver or individual who works with youth (ages 6-18).

Training is FREE for professionals who work with rural youth (4-H/FFA volunteers, youth pastors, teachers).
Use promo code **AGPRO** to attend at no cost.

Mental Health First Aid

December 16, 2021 | 8:00 am - 5:00 pm
Atlantic, IA

January 26, 2022 | 9:00 am - 3:00 pm
Online—Zoom

February 24, 2022 | 9:00 am - 3:00 pm
Online—Zoom

April 20, 2022 | 9:00 am - 3:00 pm
Online—Zoom

May 10, 2022 | 9:00 am - 3:00 pm
Online—Zoom

June 09, 2022 | 9:00 am - 3:00 pm
Online—Zoom

Youth Mental Health First Aid

November 18, 2021 | 8:00 am - 5:00 pm
Iowa City, IA

December 16, 2021 | 9:00 am - 3:00 pm
Online—Zoom

January 14, 2022 | 9:00 am - 3:00 pm
Online—Zoom

January 28, 2022 | 9:00 am - 3:00 pm
Online—Zoom

April 21, 2022 | 9:00 am - 3:00 pm
Online—Zoom

July 12, 2022 | 9:00 am - 3:00 pm
Online—Zoom

Scan to find a class near you



Workshops

Question, Persuade, Refer. (QPR)

extension.iastate.edu/human-sciences/qpr

Say "Yes" to saving the life of a friend, colleague, sibling, or neighbor. Learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Agribusiness professionals, ag advocates, and commodity groups, use promo code AGPRO to attend at no cost.

Professionals who work with rural youth (4-H/FFA volunteers, youth pastors, teachers) use promo code YOUTHPRO to attend at no cost.

December 14, 2021 | 12:00 pm - 1:00 pm

Online- Zoom

January 12, 2022 | 12:00 pm - 3:00 pm

Algona, IA

February 8, 2022 | 12:00 pm - 1:00 pm

Online- Zoom

April 12, 2022 | 12:00 pm - 1:00 pm

Online- Zoom

June 14, 2022 | 12:00 pm - 1:00 pm

Online- Zoom

Scan to find a
class near you



Individual Consultations

As an agricultural advocate you can tell farm families and community members about these opportunities for one-on-one consultation.

One-on-One Financial Education

Concerned about your finances but not sure where to start? ISU Extension and Outreach invites you to get in touch with one of our Human Sciences financial educators. They can help walk through ideas and options to revise a budget, keep up with bills, pay down debt, connect with community resources to stretch reduced incomes, and other personal finances topics—totally free of charge.

Leave a phone message at ISU Extension and Outreach's Iowa Concern Hotline (800-447-1985) and someone will get back to you within 48 hours.

Farm Financial Planning

www.extension.iastate.edu/farmanalysis

ISU Extension and Outreach's farm financial analysis program offers one-on-one financial counseling, a computerized analysis of the farm business, and referral to other extension programs and services.

Ann Johanns

aholste@iastate.edu

[extension.iastate.edu/smallfarms/
farm-financial-planning-program](http://extension.iastate.edu/smallfarms/farm-financial-planning-program)



Registration

Opens
Jan 19th

Baseball and Softball registration is here!

Pee Wee

\$55

Minors

\$80

Majors

\$80

Registration open January 19th thru
February 19th

Go to www.wintersetll.com to
register your child today!

Mother Son Dance



"Life is Sweet"

Who: Any boy ages 4-10 years old and an important lady in his life- \$15 a couple, \$5 each additional boy

What: A fun, semi-dressy dance with refreshments, a photo booth, mom & son door/contest prizes, and music

When: Friday, March 25, 2022; 7-8:30PM

Where: Winterset High School Commons Area (cafeteria)

Why: Winterset Student Council is holding the dance to raise money to enroll students in Student Council leadership conferences and camps. These camps and conferences provide students with a strong base of leadership skills to prepare them for tackling future leadership roles.

Please return the below slip & money to the elementary or high school office. You can also give it to any WHS student council member or sponsor Jessica Gibbons (jgibbons@winterset.k12.ia.us). The mailing address is WHS Student Council – 624 Husky Drive Winterset, IA 50273

Make checks payable to *Winterset Student Council*. We will also take same-day registration but can't guarantee flowers. Same day registration...\$20.

Couple Name:

Additional boy:

Enclosed \$15 Registration \$5 for additional boys

Optional wrist corsage (only guaranteed until March 10) \$10 extra Yes No

Total Enclosed:

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)



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