



SUPERINTENDENT MESSAGE

What an amazing year 2021-2022 turned out to be for our district!

Our students were able to excel in the classroom and in all of their extracurricular and co-curricular activities. I would like to congratulate our boys' baseball team on qualifying for the state tournament for the 2nd year in a row and our girls' softball team for winning their 2nd state championship in the last 3 years. What a way to wrap up the year for our athletic teams!

Honestly with the overwhelming success our students had all year it would be easy to forget each of the team, group, and individual successes. In order to share with you the success our students had both in the classroom and in their activities, we have created 2 end-of-year reports that are available on our website that highlight the year. The reports aren't completely finished as we are still awaiting final test scores from this year's Iowa Statewide Assessment of Student Progress (ISASP) and the rest of the end-of-

FIRST DAY OF SCHOOL

August 23th

SCHOOL PICTURE DATES

Middle School

Friday, August 26

Junior High & High School

Wednesday, September 7th

Elementary

Thursday, September 8th

Family Engagement Night

August 18 4-8PM

AUGUST OFFICE HOURS

Administration Office 7:00-4:00

Elementary Office 7:30-3:30

Middle School 7:30-3:30

Junior High 7:15-3:45

High School 7:30-4:00

**ALL DISTRICT OFFICES WILL BE
CLOSED
AUGUST 15 FOR DISTRICT
TRAINING!**

year accolades for our baseball and softball teams; however, you can still access them, and we will update them as the information is finalized. The reports are available on the district website. The reports can be found by navigating from the district page. When you select the menu option one of the icons across the screen is labeled "Documents" when you select that icon the reports are in the "District Info" folder located at the bottom of the folder. The title of each report is listed below:

WCSD Activities, Athletics, & Fine Arts Report: 21-22 School Year

WCSD Annual Academic Report

With the end of the summer sports season behind us, we are quickly gearing up for the start of the 2022-2023 school year, where we are anticipating and planning for another great year at Winterset. I wanted to take this opportunity to introduce the new teaching staff we will be welcoming to the district. You may *Continued...*

have seen their pictures and short bios on our social media feeds over the past few weeks.

High School Staff:
Cam Smith - Principal
Chad Sussex - 7-12
Assistant Principal
Kathryn Erickson -
Guidance Counselor
Sydney Slagter JH/HS
Guidance Counselor
Emma Davis - English
Language Arts
Sarah Sponder - Math
Whitney Weiss - Math
Caitlyn Lucht - 9th
Grade Science
Sadie Cahalan -
Social Studies
Courtlan Ellis - Social
Studies
Noah Sigwarth -
Social Studies
Gaspar Iniesta
Martinez - Spanish

Junior High Staff:
Anita Smith - Special

Education
Kori Clouse - 7th
Grade Language Arts
Ben Stecklein - Social
Studies
Cody Nelson - JH/HS
Industrial Tech
Audrey Skoog - 8th
Grade Language Arts
Ashley Kolum- MS/JH
Art

Middle School Staff:
Julie Plant - Principal
Vanessa Bakley - 5th
Grade Teacher
Erika Shahan - 6th
Grade Teacher
Colton Whetstone -
Instrumental Music

We will also be welcoming several new support staff to the district, and we are continuing to fill those positions as the need arises, and we are able to find qualified applicants.

Strategic Planning Process:
As a district we will be engaging in a strategic planning process this year that will help set the direction for our district over the next 3-5 years. Part of this process will be to develop a "Profile of a Husky Graduate." Our intentions in engaging in this work is to ensure that our graduates have the skills and dispositions that our local business and industry leaders indicate are needed to be successful in both college and careers. We will be asking for input from our community members via in person meetings, with a cross-section of key stakeholders, as well as surveys

administered to the larger community. We will begin engaging in this work in September and the plan is to have the process wrapped up by the first of next year. I would encourage you to be on the lookout for additional information about this process and how you can provide feedback during this process.

I am excited about the upcoming school year and can't wait to welcome all of our staff and students back on campus here in August. As always it's a GREAT time to be a HUSKY!

Yours in Service,

Justin M. Gross

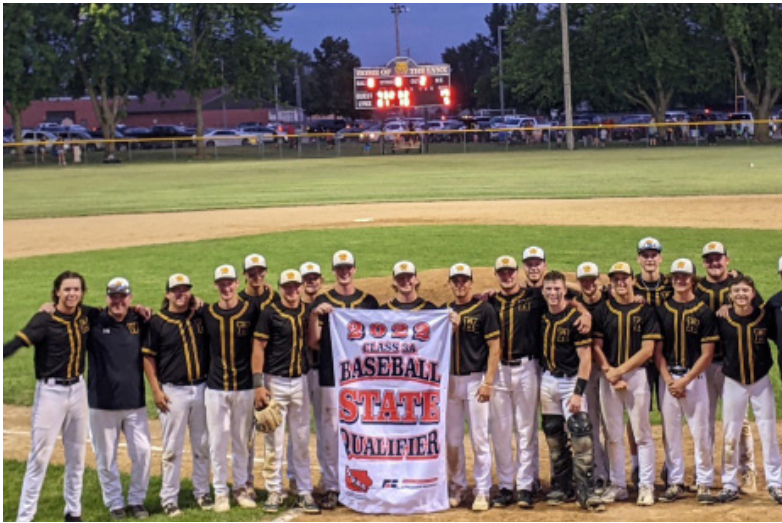
Superintendent

High School Family Engagement Night:

On Thursday, August 18, 2022 the High School will host a Family Engagement night for all incoming Freshman. Family Engagement Night will run from 4-8pm. We will plan to have an informational meeting with the incoming Freshman and their parents/guardians at 6:00pm in the High School Auditorium. The meeting should last approximately 30 minutes and students will be able to check out their device after the meeting. Students wishing to tour the building, walk their schedule, place items in their lockers, etc. may do that before or after the meeting. Students entering grades 10-12 may come in at any time to get their schedule, place items in their locker, pick up their device, etc.

Building Safety Measures:

In an effort to maintain a safe environment in our schools, all staff in Winterset will be wearing their staff identification badges while on any Winterset school campus. Additionally, ALL visitors are expected to check into the office on any school building during regular business hours (7:30am - 3:30pm) each time they visit the school. Visitors will need their driver's license or state-issued identification card to check in. Our system, LobbyGuard, checks state and national databases for individuals who are on the sex offender list. Once a visitor has been cleared, they will be issued a visitor badge. This must be worn at all times while in the building. Our staff will be asking people who do not have a badge to return to the office immediately. While this may be a slight inconvenience, this measure will provide better protection for our students.



CONGRATS TO BOTH THE WHS SOFTBALL & BASEBALL TEAMS ON QUALIFYING FOR THE STATE TOURNEY!
Congrats to the Softball Girls for winning the Class 4A State Championship for the 2nd time in 3 years!

School Supplies

If you are having trouble covering the cost of school supplies for your child(ren), please contact Community Resources in Service to People (CRISP) at 515-462-9400 or email us at crisp@familyresourcelink.org. We can supply a backpack with grade level appropriate school supplies for your student.



2022-23 School Hours

Type of Day	Elem	Middle	Jr. High	HS
Teacher Regular Day	7:30-3:30	7:30-3:30	7:30-3:30	7:30-3:30
Student Regular Day	8:00-3:15	8:00-3:05	8:00-3:05	8:00-3:05
Building Opens for Drop-Off	7:35	7:45	7:45	7:45
Teacher Day on Wednesday	7:30-3:30	7:30-3:30	7:30-3:30	7:30-3:30
Student Day on Wednesday	9:00-3:15	9:00-3:05	9:00-3:05	9:00-3:05
Building Opens on Wednesday	8:35	8:45	8:45	8:45

BUILDING SAFETY MEASURES

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NOTIFY SCHOOL OF CHANGES

To make any changes to your personal information, please go to the Infinite Campus Parent Portal. Select Demographics, Household Information, Family Member and click Update for any information you wish to update.

Once you make your changes, you will need to click “Sent Update”. This information will be reviewed by the administration office and will be automatically updated in Infinite Campus once approved.

You can update: address, home phone, cell phone, work phone and emergency contact.

It is very important that this information is up to date and accurate in case of an emergency with your child.

If you currently don’t have access to the Parent Portal, forms are available online or at your child’s school. If you don’t have computer access, please contact the District Office at (515) 462-2718.

School Fees

Food Service Program:*	
Breakfast.....	\$2.00 per meal
PK-3 Lunch	\$2.75 per meal
4-12 Lunch	\$3.00 per meal
Second Lunch	\$4.25 per meal
Student Guest (all grades)	\$4.25 per meal
Adult Lunch	\$4.25 per meal
Milk 1/2 pint.....	50¢ each

NOTICE: Students with no available account balance will not be allowed to charge any further meals until a deposit is received.

*Application forms for Free & Reduced meals and waiver of school fees are available online through the Parent Portal.

Textbook & Computer Fees:	
Kindergarten - 6th Grade.....	\$40.00
7th - 12th Grade	\$75.00
Computer-Damage	\$10.00*
Computer-Lost/Stolen.....	\$1,000.00*

*Subject to additional charges

PAST DUE FEES MUST BE PAID

All past due student fees/lunch accounts must be paid before school starts. Past due fees are posted on **Parent Portal**.

All fees and lunch account deposits can be paid through the Parent Portal, or at the Administration Building or the school buildings. Current fees are due October 15th.

Free & Reduced-Price Meals are Available

Children need healthy meals to learn, and our schools offer healthy meals every school day. Your child(ren) may qualify for free meals or for reduced-price meals. Application forms are available on your Parent Portal.

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.

August 2022

Dear Parent/Guardian,

Welcome to the 2022-23 school year! As the new school year gets underway, we wanted to take a moment and introduce ourselves as the new foodservice provider for Winkerset Community School District. We couldn't be happier to have the opportunity to serve breakfast and lunch to students every day. Over the course of the year, we will be introducing new menu options, gathering feedback, and making other changes to enhance the mealtime experience. We wanted to share a few things you and your child can look forward to when it comes to mealtime and get an inside look at the new recipes, concepts, and programs we'll be introducing this fall.

Food Kids Love to Eat

Chartwells' team of chefs and dietitians are working to bring even more variety to our menus featuring new recipes with kid-approved foods. This year we're serving up:

- o Crispy Chicken Tenders and Waffles
- o Build Your Own Soft Taco
- o "Tot" chos Nacho Bar
- o Protein Power Pack Snack Up

Free and Reduced-Price Meals

Thanks to nationwide waivers for federally funded meal programs, school meals were free to all students through the height of the COVID-19 pandemic. At this time, these waivers have expired, so schools must return to charging for breakfast and lunch. Free or reduced-price meals are only available to students who qualify for these benefits, but all students, regardless of family situations are encouraged to dine in the cafeteria together. For the 2022-23 school year, meal prices will be as follows:

Meal	Price
Breakfast	\$2.00
PK-3 Lunch	\$2.75
4-12 Lunch	\$3.00
Seconds	\$4.25/meal
1. Adult Lunch/ Student Guest Lunch	\$4.25/meal
Milk (extra)	\$.50/half pt.

Our goal is to continue to support all students and families by ensuring those who need free meals at school continue to receive them – especially understanding that the pandemic has created new hardships for many families, including those who have never previously relied on

school meals. We also understand that many households have not submitted a meal application in two years.

We encourage all families, regardless of income, to complete and submit a short, confidential school meal application prior to the start of the school year to ensure that there are no gaps in meal benefits for students who qualify for free or reduced-price meals. Parents or guardians can submit this application online at <https://wintersetia.infinitecampus.org/campus/portal/parents/winterset.jsp>. It's an easy and confidential way to ensure your child stays well-nourished at school.

Food Allergies and Special Dietary Needs

We recognize the critical importance of our approach to supporting students and families who manage food allergy issues every day and work closely with the families of students who have food allergies and medical conditions that require a modification to their menu. Our approach involves coordination between parents and guardians, school nurses, school administrators, and food service professionals in the school's/district's food allergy and medical conditions protocol.

If you would like your child to receive meal accommodations for food allergies or a medical condition impacting the diet, please ensure that you submit the required documentation (found here: <https://www.winterset.k12.ia.us/page/food-and-nutrition> bottom of the page "Diet Modification Request Form") to your child's school and that you receive confirmation from the District nurse & Food Service Director that documentation has been received and a modification plan is in place.

If you have any questions or concerns regarding your student's allergies or dietary needs, please don't hesitate to reach out to Damien. We are committed to providing safe meals for all students.

Programs that Encourage Fun and Discovery

Chartwells continues to inspire healthy eating habits and spark a culinary curiosity to last a lifetime through fun and engaging programs, including:

- **Discovery Kitchen:** Designed to make nutrition education fun and entertaining, Chartwells chefs and dietitians have worked together to create curriculums that get kids cooking, trying new foods, and learning about what they're eating. Each month has a different theme and activities will be adapted for the current meal programs.
- **Mood Boost:** This innovative program helps elementary and middle school students connect what they eat with how they feel. It features recipes and characters that focus on six moods: Smart, Happy, Confident, Alert, Strong and Calm.
- **Student Choice:** Giving middle and high school students a voice in deciding what food concepts are featured and new menu items that will be available, Student Choice brings the latest food trends to school menus.

Menus, Nutrition Facts at Your Fingertips

Through Nutrislice, an innovative app, students, parents and faculty have access to school menus, including nutrition information, allergens and photos. Nutrislice can be downloaded for free from the App store (iOS) or Google Play (Android) and is available on desktop and mobile devices. Menus are also available at <https://wintersetnutrislice.com/menu/>

Celebrating Our School Lunch Heroes

As kids advance from grade to grade with new classes and different teachers, the dedicated lunch ladies and men in the school cafeteria are often one of the few constants throughout the academic journey. Whether they're at the ready with a spoon, spatula, or welcoming smile, these school lunch heroes go above and beyond to not only serve foods kids love to eat, but to ensure that students leave the cafeteria happier and healthier than they came in.

We are always looking for talented individuals to join the dining services team with perks including, family friendly schedules, no night or weekend work, hiring incentives, and more. For more information, visit the <https://jobs.compassgroupcareers.com/job-invite/1044941/> website.

Through sharing our passion for great tasting food, instilling a desire for food discovery, and most importantly, providing nourishing meals, we're excited to continue serving up happy and healthy to your children in the year ahead.

We love hearing from parents, and your feedback is important to us. Please reach out to our team with any questions or comments. We're looking forward to a great school year!

**Thank you,
Damien Jaster
Director of Dining Services
Damien.Jaster@compass-usa.com**

Winterset FFA's Summer Wrap Up

Written by: Landry M. Kaysen

As summer comes to a close, it is a wonderful time to look back at all of the memories we have made and the achievements we have met. As for our chapter, we have many of these to reflect upon. June 6-7 we held our annual officer retreat. During this retreat, we planned all of our activities and the budget for them, set goals for the year, and learned more about each other through team building. We also had many volunteering opportunities this summer, such as the FFA Days Farm Visit at Kaysen Family Farms, pre-fair set-up, the free watermelon feed during the cattle show, running the FFA popcorn stand at grandstand events, and even being a mentor for the Bacon Buddies show. Bacon Buddies is a new event at our fair, a place for special needs kids to learn how to show a pig. We also had our monthly meeting at the fairgrounds on the 11th of July, where we tied-dyed shirts and bags in

addition to discussing our plans for the fair. Congratulations to all of the exhibitors at the county fair and thank you to all the people that support our chapter! We would also like to thank the members of the fair board and everyone that volunteered their time and money to help with the fair this year. See you in the new school year!



Dear Parents and Guardians,

Per the Iowa Department of Public Health Website; <https://idph.iowa.gov/adolescent-health/young-people>

Teens need an annual well exam with their medical provider even when they are healthy. The teen years are important in adopting and maintaining healthy habits, avoiding health damaging behaviors, and preventing disease. When you consider that the teen years are a period of intense growth, physically, socially, and mentally it's understandable that it's also a time full of questions and concerns.

The annual well-visit is more than a physical exam. It is a time for you and your teen and their medical provider to talk about anything that is troubling either of you. Although either of you might be embarrassed or afraid to ask, a medical provider has the knowledge to answer all your health questions, no matter what it is. Nothing is off limits! An important part of the well-visit is this conversation about the challenges of adolescence. These issues affect health and wellness!

Schedule a routine well exam for your preteen and teenagers this summer to be sure they are healthy and up to date on **ALL recommended** vaccinations to stay healthy for life.

There are several vaccinations that are not required by schools but are recommended for your preteen and teen by the American Academy of Pediatrics as well and the Centers for Disease Control.

These recommended vaccines are;

- **HPV (Human papillomavirus)** - The best way to prevent contracting the most common types of HPV is to receive the HPV vaccine series. HPV vaccine is CANCER PREVENTION! ,
- **Hepatitis A** - Hepatitis A is a highly contagious liver disease caused by the hepatitis A virus. It is the most common form of viral hepatitis and one of the most frequently reported vaccine preventable diseases in the United States.
- **Influenza**-Influenza vaccine is the best way to protect against the flu. Getting vaccinated not only protects you, but also prevents you from spreading the disease to your family, friends, and co-workers.
- **Meningococcal B** - Meningitis is a term describing an inflammation around the membranes (meninges) surrounding the brain.

The above information was taken from the Center for Disease Control. Below is a link to the Center for Disease control where you can access more information on recommended immunizations.

<https://www.cdc.gov/vaccines/partners/childhood/matte-articles-back-to-school.html>

Warren County Health services

301 N Buxton Suite 203

Indianola, IA 50125

515-961-1074



WHS Guidance Department

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

HIGH SCHOOL FAMILY ENGAGEMENT

Who: All incoming Freshman High School Students and Parents

What: An informational meeting introducing the academics and activities for the 2022-2023 school year. A tour of the high school and locker location will also be available.

When: Thursday August 18th from 4PM to 8 PM

Where: Winterset High School

Attention High School Students:

The LAST DAY to change your schedule is: August 19th

Email Mrs. Erickson at kerickson@winterset.k12.ia.us or Ms. Slagter at sslagter@winterset.k12.ia.us

Attention All High School Parents/Guardians:

If you have not signed up for the Parent Portal, please check in the high school office about doing so. You MUST register your child online! Also, the High School no longer mails report cards. The Parent Portal is a great way to have access to your student's grades, attendance and late or missing assignments. It only takes a few minutes to get signed up and is very user friendly.

In addition, all High School students are required to have a Husky

2022-2023 ACT Test Dates (National)	Register at actstudent.org	
Test Date	Registration Deadline	(Late Fee Required)
September 10, 2022	August 5	August 6-19
October 22, 2022	September 16	September 17-30
December 10, 2022	November 4	November 5-11
February 11, 2023	January 6	January 7-20
April 15, 2023	March 10	March 11-24
June 10, 2023	May 5	May 6-19
July 15, 2023	June 16	June 17-23

Domain G-Mail Account. If you have not signed the parent permission for the G-Mail account, you can download the permission form from at <http://www.winterset.k12.ia.us/> or stop by the high school office.

Federal Student Aid
The FASFA will be open on October 1st! Please schedule college visits for seniors early and plan to sign up for financial aid right away at www.fasfa.ed.gov

August Tips for students from ICAN Freshmen
Schedule a free planning session with an ICAN Advisor at ICANSucceed.org/apt. Virtual appointments are available via Zoom.

Earn scholarship money for classes you take, activities you are involved in, and events you attend. Visit Raise.Me
Stay organized with a

planner or planning app. Sophomores
Visit ICAN Center and work on your career and college plan with a Student Success Advisor. Call (877) 272-4692 or visit ICANSucceed.org/apt.

Earn scholarship money for classes you take, activities you are involved in, and events you attend. Visit Raise.Me, create or update your account.

Find a mentor who can assist you through high school and the planning process, such as a teacher, parent, family member, or friend.

Juniors
Learn about college fairs and events in your area, visit ICANSucceed.org/events and ICANSucceed.org/collegefairs

Keep your grades up. Colleges look at your overall GPA through all four years of high school.

Learn about careers that interest you with an

assessment at MyACT.org, talk to your school counselor(s).

Seniors
Finalize your list of options. Decide which programs best suit you and your career interests. Review your program/campus visit notes and compare academic, cultural, and financial fit.

Register now for the September ACT.
Visit ICANSucceed.org/fsaid to learn about the FSA ID username and password. You and a parent each need an FSA ID for your financial aid form. Print a list of items you need to fill out the FAFSA at ICANSucceed.org/whattobring.

COLLEGE VISITS
Juniors may take one (1) campus visit and seniors may use up to two (2) days for on-campus visits. Additional days for on-campus visits are

subject to approval by the office. The office must be notified at least two (2) days prior to the visit via phone call from a parent/guardian. The student will be responsible for having a college visit form completed.

Periodically, the guidance counselor will take student groups to colleges, these do not count toward their number of visits. Students must sign up in the guidance office and bring money for their own lunch. Current trips planned:

09/15 Iowa State University
09/29 DMACC

SCHOLARSHIPS – All scholarships are on the high school's guidance webpage, these are just a few of them:

Discover Student Loans Scholarship Award- Sign up for emails to get helpful college tips and resources, and enter for the chance to win a scholarship! Throughout the year, 12 eligible students or parents will be randomly selected to win a \$5,000 Discover Student Loans Scholarship Award to help cover college expenses. Ends 1/31/22, apply at <https://scholarship.collegecovered.com/>.

Freedom Alliance Scholarship Fund- For the children of military personnel who have

been killed or permanently disabled in an operational mission or training accident. Applicants must be currently in their senior year of high school, a high school graduate or a currently enrolled full-time undergraduate student. Must be under the age of 26 at the time of application. Apply at <https://www.fascholarship.com/>.

Housby Scholarship- Covers the Diesel Technology A.A.S. Degree which includes an award that covers 68 credit hours of technical classes necessary to complete that degree through DMACC. For more information, see the application on the guidance webpage or visit <http://www.housby.com/>.

Raise.Me.Com- Introducing Micro-Scholarships, get scholarships from colleges for your achievements in high school. Simply add your achievements (such as grades, clubs, sports, etc.) into your portfolio and get rewarded from certain colleges for them! Deadlines vary by college, apply at <https://www.raise.me/>.

Varsity Tutors College Scholarship Contest- Monthly essay contests for \$200. Simply write an essay, promote your entry & winners are chosen every month. Visit <https://www.varsitytutors.com/college-scholarship> for more information and to apply.



BEST BUDDIES, July 2022

Best Buddies president, Jaycee Hatten, vice president, Callie Drake and chapter advisor, Lana McDonald attended the Leadership Conference on July 11th in Des Moines. We were inspired by professional presenters, participated in small group discussions, engaged with experts, and learned from other Best Buddy chapters in Iowa. We engaged in new and exciting ways to spread inclusion, recruit new members, fundraising ideas, and a variety of ways to increase awareness for individuals with disabilities. It was a fun day of learning and the Winterset Best Buddies chapter is excited and committed to moving the Best Buddies mission forward!

Our chapter is always looking for new members. If your child is interested in building lasting and meaningful friendships and creating an inclusive environment at WHS, please have them reach out to our chapter leaders!



Jaycee Hatten (chapter president)
23jhatten@winterset.k12.ia.us

Callie Drake (VP)
23cdrake@winterset.k12.ia.us

Lana McDonald (sponsor)
lmcdonald@winterset.k12.ia.us



Birthday in a Bag



Don't forget CRISP's Birthday in a Bag program, sponsored by our local Rotary Club. CRISP clients can receive a gift bag that includes a cake mix and frosting, cake pan, candles and party supplies, along with an age appropriate book for their child's birthday. Please call CRISP at 515-462-9400 to reserve your Birthday in a Bag.



ACTIVITY PASS INFORMATION

PASSES AVAILABLE: Student Pass, Adult Pass, Family Pass, Senior Citizen Pass

HOW TO PURCHASE: Go to Ticket Spicket, the official provider of E-Tickets for the RRC

LINK TO PURCHASE: www.TicketSpicket.com

>>Click on Buy Tickets

>>Search for Winterset Community Schools

>>Select the Pass you would like to purchase.

Senior Citizen Passes will continue to be distributed through the Activities Office.

PLEASE CHECK THE DISTRICT WEBSITE FOR UPDATES AS THE FOLLOWING MAY CHANGE



EARLY FALL ATHLETIC CALENDAR

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

HIGH SCHOOL 9TH & VARSITY FOOTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Aug 19	4:15/7:00	9/V	Ballard	Winterset
Aug 26	4:15/7:00	9/V	Carlisle	Winterset
Sep 2	4:15/7:00	9/V	Creston	Winterset
Sep 9	4:15/7:00	9/V	Van Meter	Van Meter

HIGH SCHOOL JV FOOTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Aug 22	6:00 pm	JV	Ballard	Ballard
Aug 29	6:00 pm	JV	Carlisle	Carlisle
Sep 5	6:00 pm	JV	Creston	Creston

JUNIOR HIGH FOOTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Sep 8	4:15 PM	7th A/B	ADM	Winterset
		8th A/B	ADM	Adel

HIGH SCHOOL VOLLEYBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Aug 20		Varsity	Johnston Scrimmage	Johnston
Aug 23	5:00 pm	JV Black/Gold/V	Nevada	Nevada
Aug 25	5:30 pm	JV Black/Gold/V	Nod Valley	Winterset
Aug 31	5:30 pm	JV Black/Gold/V	Bond-Far	Bondurant

JUNIOR HIGH VOLLEYBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Sep 8	4:15 pm	7th	ADM	Winterset
		8th	ADM	ADM

HIGH SCHOOL CROSS COUNTRY

DATE	TIME	LEVEL	OPPONENT	SITE
Aug 30	4:00 pm	JV/V	DC-G Invitational	DC-G
Sep 6	4:15 pm	JV/V	Winterset Invitational	Winterset
Sep 12	4:30 pm	JV/V	Ballard Invite	Ballard

JUNIOR HIGH CROSS COUNTRY

DATE	TIME	LEVEL	OPPONENT	SITE
Sep 6	4:15 PM	7/8	Winterset Invite	Winterset

BOOSTER CLUB

The Husky Booster club has a new website: www.Huskyboosterclub.org. You can electronically pay for your membership through this site. The Booster club uses their funds to support all activities.

ADULT ACTIVITIES TICKETS

A new school year is upon us and with it comes a new year of athletic competition. We are looking forward to outstanding seasons in all areas.

Activity Passes for the 2022-2023 school year will need to be purchased through Ticket Spicket.

The passes that are available are:

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

We are in the Raccoon River Conference. Other RCC schools are Adel-DeSoto-Minburn (ADM), Ballard-Huxley, Boone, Carlisle, Carroll, Bondurant-Farrar, Gilbert and North Polk.

SENIOR CITIZEN'S PASS

Any person age sixty-five (65) or older, is eligible to obtain a Senior Citizen Pass. This pass is good for admission to all of the school's activities except state-sponsored tournaments. To obtain this pass, stop by the High School Office, 720 Husky Drive, or call (515) 462-3320.

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

To purchase your passes for the 22-23 school year follow the steps below:

1. Go to www.ticketspicket.com
2. Click on Buy Tickets
3. Search for Winterset Community Schools
4. Select the pass you would like to purchase and follow the steps to purchase the pass

5. Questions: Call the High School Office 515-462-3320

NO PASS - NO PLAY RULE

In accordance with the Iowa Department of Education's No Pass-No Play rule, Winterset High School and the Iowa High School Athletic Association require students to pass all full credit classes each term to be eligible to participate in co-curricular/extra-curricular activities. Students must complete a full season or ineligibility will carry over to the next sport or activity. Please read further details in the Code Of Conduct, "Eligibility Requirements."

ELIGIBILITY FOR CO-CURRICULAR ACTIVITIES

“Co-curricular activities” means interscholastic athletic competition, music programs, drama and speech programs, clubs and organizations, and all other programs and activities in which students may participate under the sponsorship of the district.

To be eligible to participate in co-curricular/extra-curricular activities during any term, a high school student must be passing all full credit classes at the end of the previous term. If the student is not passing all classes at the end of the term, the student will be ineligible to participate for the first period of 30 consecutive school days in the interscholastic athletic event in which he/she is a bona fide contestant. If not passing all classes at the end of final grading period of the school year and student is a contestant in baseball or softball, student is ineligible for next four weeks of that sport but has eligibility in the fall. Students in fine arts (speech, debate, band, and vocal) are ineligible for 30 consecutive school days after each grading period. In order to participate in athletic activities, each student must pass a physical exam and be covered by a school accident policy or home insurance with a family accident policy and have the physical exam form and Parent-Permit-Insurance Form plus Warning Agreement on file. A student must attend class and/or study hall at least the last two blocks on the day of a co-curricular/extra-curricular event in

order to participate in or attend the activity unless advance approval has been granted by the principal and/or activities director.

To be eligible to participate in co-curricular activities, Junior high students must be passing all classes. An eligibility list will be maintained on a biweekly basis (every two weeks). Students who are not currently receiving at least a 68% in graded classes and a “satisfactory” in upgraded classes will be ineligible for contests or performances during the next two (2) weeks until the next eligibility list is posted; students must continue to practice and abide by all team rules.

In order to participate in athletic activities, each student must pass a physical exam and be covered by a school accident policy or home insurance with a family accident policy and have the physical exam form and parent-permit-insurance form plus warning agreement on file. Each student must also sign and have their parent/guardian sign a form stating that they have received and have no questions regarding the Code of Good Conduct.

A student must attend class and/or study at least the last two (2) periods on the day of an extracurricular event in order to participate in or attend the activity unless advance approval has been granted by the principal and/or activities director.

PUBLIC CONDUCT ON SCHOOL PREMISES

Spectators are permitted to attend school sponsored or approved extracurricular activities only as guests of the school district, and as a condition of such permission, they must comply with the school district's rules and policies. Spectators will not be allowed to interfere with the enjoyment of the students participating, other spectators, or with the performance of employees and officials supervising the school sponsored or approved extracurricular activity. Spectators, like the student participants, are expected to display mature behavior and sportsmanship. The failure of spectators to do so is not only disruptive but embarrassing to the students, the school district, and the entire community.

To protect the rights of students to participate without fear of interference, and to permit the sponsors and officials of sponsored or approved extracurricular activities to perform their duties without interference, the following provisions are in effect:

- Abusive, verbal, or physical conduct of spectators directed at

participants, officials, or sponsors of sponsored or approved extracurricular activities or at other spectators will not be tolerated.

- Verbal or physical conduct of spectators that interferes with the performance of students, officials, or sponsors of sponsored or approved extracurricular activities will not be tolerated.

- The use of vulgar or obscene language or demeaning expressions directed at students, officials, or sponsors participating in a sponsored or approved extracurricular activity or at other spectators will not be tolerated.

If a spectator at a sponsored or approved extracurricular activity becomes physically or verbally abusive, uses vulgar or obscene language, demeaning expressions, or in any way impedes the performance of an activity, the spectator may be removed from the event by the individual in charge of the event and the superintendent may recommend the exclusion of the spectator at future sponsored or approved extracurricular activities.

ACTIVITY PARENTS' CODE OF CONDUCT

As the parent of an activity participant, I will:

- Remember my child participates in educational activities for fun
- Do my best to understand the purpose of educational activities which always puts education first.
- Remember my attendance at an interscholastic activity is a privilege, not a right.
- Always conduct myself with character and insist my child do the same, even when it is not the popular thing to do.
- Treat all people (coaches/advisors, contestants, contest officials, other spectators) with respect at all times and insist my child do the same.
- Support all students participating – not just my child.
- Be gracious in victory and accept defeat with dignity
- Honor the spirit and intent of the rules under which my child participates.
- Never demonstrate threatening or abusive behavior or use foul language.
- Try my best to be a fan, not a fanatic!

The Parent & Coach/Advisor Relationship

The purpose of co-curricular activities is the education of young people. Co-activities teach life lessons that will help make students better people. When parents and coaches/advisors communicate with each other and work together to teach these life lessons, all students benefit and have a more positive experience.

Communication parents should expect from their child's coach/advisor:

- Advisor's/coach's philosophy, expectations, and requirements of the activity.
- Informational items such as locations and times of practices and contests/performances.

Communication advisor/coaches should expect from parents:

- Concerns expressed directly to the advisor/coach regarding philosophy and or expectations.
- Notification of any schedule conflicts well in advance.

Appropriate concerns for a parent to discuss with an advisor/coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Concerns about your child's behavior.

Issues NOT appropriate for discussion with your child's advisor/coach:

- Strategy, play calling, and other students' participation.

If a parent has a concern to discuss with the advisor/coach, the following procedure should be followed:

- Schedule a meeting with the coach/advisor. Concerns should never take place in public, at practice, at a contest, or performance. Involve the activities director, if necessary.
- Stick to discussing the facts.

IN CONCLUSION

Parents must realize that less than 1% of students participating in co-curricular activities will make a living in that activity. Parents should NOT expect their child to receive a full-ride college scholarship or make a living as a result of their participation in co-curricular activities because, for most, that is not reality. Parents should encourage their children to participate in co-curricular activities because they will have fun, enjoy being with friends, and because of the lifelong values they learn through participation.



HUSKY BOOSTER CLUB

2022-23 Membership Form

Name (as you would like it to appear in the program at athletic events):

Address:

Phone:

Email:

CONTRIBUTION LEVEL (SELECT ONE):

_____**VIP MEMBERSHIP - \$1000**

Includes 6 Annual Passes*, \$100 voucher for Husky gear, listing on program and recognized at halftime of game with framed letter (plus future years).

_____**DIAMOND MEMBERSHIP - \$750**

Includes 4 Annual Passes*, \$70 voucher for Husky gear, listing on program and recognized at halftime of game with framed letter (plus future years).

_____**PLATINUM MEMBERSHIP - \$500**

Includes 2 Annual Passes*, \$50 voucher for Husky gear, and listing on program.

_____**GOLD MEMBERSHIP - \$300**

Includes 1 Annual Pass*, \$25 voucher for Husky gear, and listing on program.

_____**SILVER MEMBERSHIP - \$200**

Includes 1 Annual Pass*, \$10 voucher for Husky gear, and listing on program.

_____**BLACK MEMBERSHIP - \$150**

\$50 voucher for Husky gear and listing on program.

_____**BRONZE MEMBERSHIP - \$100**

\$30 voucher for Husky gear and listing on program.

_____**HUSKY MEMBERSHIP - \$50**

\$10 voucher for Husky gear and listing on program.

*Annual Passes are good for the 2022-23 school year for all athletic events (includes district and regional games)

Please mail this form and check payable to:
Husky Booster Club, 720 Husky Drive, Winterset, IA, 50273

Online Payment option at Huskyboosterclub.org

THANK YOU FOR YOUR SUPPORT!

THANK YOU FOR YOUR SUPPORT

Your membership in the Husky Booster Club is a great way to show your support for our student athletes and fine arts participants.

Money raised by the Husky Booster Club directly benefits all High School and Junior High athletic and fine arts programs. Thanks to your support, the Husky Booster Club has provided over \$40,000 in uniforms, equipment, and other items to these programs in the past three years some of which include:

- Baseball Pitching Machine
- Dance Team Entry Fees
- Boys Basketball Ball Rack
- Athletic Training
- Sport Socks for Football
- Sports Posters for Teams
- Shoot-A-Way machine for Boys and Girls Basketball
- Bats, Tees, Practice Balls for Softball and Baseball
- Golf Rules Tags
- Piano for Chorus and Band
- Softball Pitching Machine
- Team Uniforms & Warm-ups for: Boys Basketball, Girls Track, Baseball, Boys Track, Cheerleading, Boys Soccer, Girls Basketball, Wrestling

BOARD MEMBERS

Peter Corkrean -President

Jeff Thompson- VP

Terry McNamara

Marilyn McNamara

Jill Buckalew

Tami Ryerson

Bob Benschopf

Candi Dole

Ben Messer

Marty Hirsch

Jason Hall

Tom Acton

Jason Kleemeier



Husky Activities Fall Information



All athletes must register or update information on Infinite Campus AND have a current physical on file to participate. Turn physicals in to the HS office or scan and send to Angie Olson at aolson@winterset.k12.ia.us

For the latest information on schedules and to stay connected with Husky Activities visit our website at www.wintersetcs.rschooteams.com

Cheerleading

Varsity FB Cheer Coach: Kobie Alcorn
Contact Information: kalcorn@winterset.k12.ia.us

Cross Country

High School Information

Varsity Head Coach: Trey Thompson
Contact Information: tthompson@winterset.k12.ia.us
Practice Begins: Monday, August 8th
Meet the Team Night: Friday, August 12, 2022

Junior High Information

Coach: TBD
Contact Information: TBD
Practice Begins: Tuesday, August 23rd (first day of school-meeting)

Girls Swimming

Winterset shares swimming with Indianola. All practices and home meets are at the YMCA in Indianola. Athletes are responsible for their own transportation.

Varsity Head Coach: Aaron Strain, aaronstrain@live.com

Football

High School Information

Varsity Head Coach: Zach Sweeney
Contact Information: zsweeney@winterset.k12.ia.us
Camp Dates: Was held July 14-15
Practice Begins: Monday, August 1st
Meet the Team Night: Friday, August 12th

Junior High Information

7th Grade Coaches: Mikael Rein, Matt Young
Contact Information: mrein@winterset.k12.ia.us, mtyoung@winterset.k12.ia.us

8th Grade Coaches: Brett West, Andy Pickering
Contact Information: bwest@winterset.k12.ia.us, apickering@winterset.k12.ia.us
Camp Dates: August 2, 3, and 4
High School Football Facility next to the Indoor Facility
Grades 4-6 (8:30 am-10:00 am) Grades 7-8 (10:15-11:45)

Practice Begins: Tuesday, August 23rd, 3:15 pm (first day of school-meeting)

Volleyball

High School Information

Varsity Head Coach: Sarah Meget
Contact Information: sarah22.one@gmail.com
Camp Dates: August 4th and August 5th
9-11:30 and 12:30-3:00
High School Competition Gym
Practice Begins: Monday, August 8th
Meet the Team Night: Friday, August 12th

Junior High Information

7th Grade Coach: Katie Linde
Contact information: klinde@winterset.k12.ia.us
8th Grade Coach: Kalie Schult
Contact Information: kschult@winterset.k12.ia.us

Camp Dates: 7th and 8th Grade Camp
August 2nd
9-11:30 and 12:30-3:00
High School Competition Gym

Practice Begins: Tuesday, August 23rd, 3:15 pm (first day of school-meeting)

Please find a listing of places in Madison County in which families are able to enjoy a little extra food and comfort:

Earlham

Earlham Community Center – Congregate meals – 150 E 1st St, Earlham, IA 50072, (515) 758-2590

Earlham School Food Pantry – Open during school hours 7:45-11:40 am then again from 2:00-3:45 pm M-F, Other times available by request at 515-758-2235 x450

Truro

I-35 School Pantry – Open on the 1st Tuesday of every month from 3:30-5:30 in the FCS room or by appointment at 641-765-4901

Winterset

Paw Pantry - 2nd and 4th Thursday of the month Food Pantry from 4:00-5:00 or by appointment at 515-462-3010, located at the SW corner of the Winterset Middle School, 706 School St., Winterset

The Cupboard - 3rd Thursday of the month Food Pantry from 4:00-6:00 p.m. or the following Friday from 9:00-10:00 a.m. at New Bridge Church, 1305 W. Jefferson St., Winterset - **ALSO** - Wednesdays at 5:30 – ANYONE (meal)

United Methodist Church - 4th Monday of the month Food Pantry from 4:30-6:30 or the following Tuesday from 9:00-11:00 a.m. at 309 E. Jefferson St., Winterset - **ALSO** - Wednesdays at 5:30 – ANYONE (meal)

St. Joseph Catholic Church - 4th Thursday of the month Food Pantry from 10:00-noon or by appointment at 515-462-1083, located at 1026 N. 8th Ave., Winterset

MATURA/Multi-Purpose Center - Every 3 months, or on an emergency basis - Free meal preparation and canning classes - Sign up for WIC and energy assistance - 462-4704

Family Nutrition Program – ISU Extension and Outreach/Madison County – courses on how to feed your family on a budget - 462-1001

FourSquare Church - Wednesdays 6:00-7:30 3 yrs.-6th grade (meal) & 5:30-7:30 7-12th grade (meal) at 224 E. Court Ave., Winterset

Madison County Elderly Service Meal Site and Transportation - 60 and older, suggested donation of \$3 per meal, and under 60 \$7.39, Mon-Fri starting at 11:45.

St. Paul Lutheran & St. Joseph Catholic Church – community gardens, May-September, located behind 1120 N. 8th Ave., Winterset



Teach Your Kids To Do These **4 Simple Things in the Morning** to Reduce Anxiety and Improve School Success

What do school mornings look like at your house?



Do we really want to drop off our kids to school with half-asleep, distracted brains?

The good news is that Patricia Wilkinson, who was a teacher for 23 years, gives us ideas to combat this in her **Brain Stages Masterclass**.





2022-23 PRESCHOOL SUPPLY LIST

PLEASE LABEL ALL ITEMS WITH YOUR CHILD'S NAME. PLEASE REPLACE ITEMS AS NEEDED.

LITTLE HUSKIES PRESCHOOL

Backpack: One that will hold a folder, snow pants and shoes
Binder: 3/2" - 3 Ring White Binder w/plastic sleeve Washable
Crayons: 1 Box of 24
Markers: 1 Box of 10
Scissors: Blunt tip Fiskar
Glue Sticks: 2
Dry Erase Markers: 1- 2 pack (Expo/Chisel tip)

WEE LEARNERS PRESCHOOL

Backpack: One that will hold a folder, snow pants and shoes
Binder: 1" - 3 Ring White Binder w/plastic sleeve
Markers: 1 box of 10

SUPPLIES NEEDED AT BOTH PRESCHOOLS

- **BATHROOM SUPPLIES:**
Only if your child needs these. A supply of diapers, pull-ups and a container of wet wipes.
- **CLOTHING:**
Send a change of clothing including socks and underwear. Please place clothing in a zip lock bag with your child's name. As the seasons change, the clothes will be sent home for more appropriate clothing.
- **WINTER WEAR:**
Please send snow pants, snow boots, hat, mittens and a winter coat every day when the weather is cold and snowy. We require that all children must have appropriate attire to go outside for recess. Mittens (NOT GLOVES) are much easier for your child to dress independently. Please label ALL winter wear with your child's name.
- **CRISP: (COMMUNITY RESOURCES IN SERVICE TO PEOPLE)**
This community service is available to families who need help getting school supplies and clothing. CRISP is located at the Winterset Presbyterian Church. You can reach them at 515-462-9400.



**2022-23 Winterset Community School Supply List
KINDERGARTEN – 3rd GRADE**

Please LABEL all items with your child's name. * Please replace items as needed.

Kindergarten

- ❖ 1 Large Eraser
- ❖ 10-#2 Pencils-(plain yellow-no decorated pencils)*
- ❖ 5"X 8" Pencil Box
- ❖ Scissors-Blunt tip (Fiskars recommended)
- ❖ 10 Glue Sticks*
- ❖ 3 Box-24 Count Crayola Crayons*
- ❖ 2 Pkgs. Washable Markers-Basic 8 colors*
- ❖ 2 Box 8-12 Colored Pencils (Crayola recommended)*
- ❖ 1 Paint shirt (old shirt, sleeves cut off, big enough to cover clothes)
- ❖ 1 Backpack/Book Bag

1st Grade

- 1 Large Eraser
- 10-#2 Pencils (plain yellow-no decorated or mechanical)*
- 5"X 8" Pencil Box
- Scissors-5" pointed (Fiskars recommended)
- 10 Glue Sticks*
- 3 Boxes 24 Count Crayola Crayons
- 2 Pkgs Washable Markers-Basic 8 colors
- 2 Yellow Highlighters
- 1 Spiral Notebook
- 1 paint shirt (old, sleeves cut off, big enough to cover clothes)
- 1 Backpack/Book Bag

2nd Grade

- 3 plastic folders w/pockets & center prongs
1 Red, 1 Green, 1 Purple
- 1 Large Erasers
- 24-#2 Pencils-(plain yellow-No decorated or mechanical)*
- 5"X 8" Pencil Box
- Scissors-5" pointed (Fiskars recommended)
- 1 Boxes 24 count Crayola Crayons*
- 2 Glue Sticks*
- 1 box 8 washable markers (basic colors)
- 1 pkg. Expo dry erase markers
- 4 Spiral Notebook-wide rule (2 Red, 1 Green, 1 purple)
- 1 Pkg Post-It Notes (large)
- Earbuds-inexpensive
- 1 Backpack/Book Bag

3rd Grade

- ❖ 2 Plastic Folders w/bottom pockets: (No center prongs)
- ❖ 2 Large Eraser
- ❖ 10-#2 Pencils* (plain yellow-No decorated or mechanical)
- ❖ 4 Thin Highlighters*
- ❖ Zipper Pencil Pouch
- ❖ 4 Glue Sticks*
- ❖ 1 Box 8-12 Crayola Colored Pencils*
- ❖ 1 Dry Eraser
- ❖ 4 Spiral Notebooks-Wide Rule
- ❖ 1 Backpack/Book Bag

Donations of the following are appreciated: Large boxes of Kleenex, Clorox wipes, Sandwich/Gallon Ziplocks, Expo Low Odor Dry Erase Markers. Please stick to your child's supply list! We have limited storage so supplies brought that are beyond what a student needs will be sent home.



2022-23 WINTERSET COMMUNITY SCHOOL SUPPLY LIST

Please mark all items with your child's name. *Replace all items as needed throughout the school year.

4th -5th Grade: Donations of a Large box of Kleenex would be appreciated.

7th - 8th Optional Items: Crayons, markers, sharpies, glue sticks, ruler, scissors, planner

Note: 4th-5th Grade - No locker decorations/magnets

SCHOOL SUPPLIES	4 th Grade (Qty Needed)	5 th Grade (Qty Needed)	6 th Grade (Qty Needed)	7 th Grade (Qty Needed)	8 th Grade (Qty Needed)
2" or 3" 3 ring binder	1	1	1	1-1.5"	1-1.5"
3 ring pencil pouch	1	1	1	1	1
Subject dividers	0	0	5 (without pockets)	0	0
Pocket Folder (3 hole punched)	4 (No Prongs)	4 (diff colors/designs)	1	8-12	8-12
#2 Pencils (replace as needed)	2 dozen	2 dozen	2 dozen	2 dozen	1 package
Ball point pens	2-Red	0	0	0	4-Any Color
Colored pencils	Pack of 24	Pack of 24	0	1 pack	0
Highlighters (2 colors)	0	2	2	2	2
Markers	0	1 pack	0	0	0
Dry Erase Markers (replace as needed)	1 pack	1 pack	2 packs	1 pack 8-12 markers	1 pack 8-12 markers
Pigs notebook paper (wide ruled)	2	2	1	1	1
Spiral Notebooks (wide ruled)	1	2	2	0	2-5 Subject Spiral Notebook
3"X 3" sticky notes	1	0	1 pack	0	2 pack
3" X 5" Index cards	0	0	1 pack	0	2 pack
Large eraser	0	1	1	0	0
Glue stick (replace as needed)	1	0	0	0	0
12" Ruler-Inches and Metric	0	0	0	0	0
6" pointed/shear scissors	1	1	1	0	0
Scientific calculator	0	0	1	1	1
Ear buds (replace as needed)	1	1	1	1	1
Master Brand Padlock For PE Locker	0	0	0	1	1
T-shirt/shorts/socks/shoes for PE	0	0	0	1	1
Backpack	1	1	1	1	1

9th-12th Grade

- ❖ 1.5" - 3 Ring Binder, Zipper Pencil Pouch
- ❖ 1" - Binder (if taking HS Agriculture Courses)
- ❖ Colored Pencils (if taking HS Agriculture Courses)
- ❖ 2" Binder (for Financial Lit. 11th & 12 graders)
- ❖ 1-pkg Notebook Paper-college rule (replace as needed)
- ❖ 4-Spiral Notebooks-college rule
- ❖ 2 Highlighters (2 colors)
- ❖ 2-Ballpoint Pens-Blue or Black, 1 Ballpoint Pen-Red
- ❖ Scientific Calculator
- ❖ #2 or Mechanical Pencils
- ❖ Sticky Notes
- ❖ Ear Buds
- ❖ Backpack

2022-2023 Winterset Community School Calendar

Board Approved (12-13-21)

CALENDAR LEGEND

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

Teacher Contract Days

- 178 Student Contact Days
- 2 Conference Camp Days (11/23 & 4/10)
- 5 Pro-Service Days (8/18-8/19 & 5/22)
- 1 Work Flex Day** (8/19 or 5/30)
- 2 PD Days (11/22 & 2/13)
- 1 Innovation Day*** (10/24)
- 1 TQ Day*** (11/21)
- 180 Days
- **TQ=contract days as long as funded by state

New Teacher Days

- August 2nd (1/2 day, 8am-noon)
- August 11-12
- New teachers work August Flex Day- August 19

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 Board for returning teachers. Work 1 day either August or May/June. Notification to principal at checkout in spring.

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

Adjustments may be made to end of 2nd, 3rd or 4th quarters if more than 2 days are cancelled.

August						Hours	Days	
M	T	W	Th	F				
1	2	3	4	5				
8	9	10	11	12				
15	16	17	18	19				
22	23	24	25	26	25	4		
28	30	31			44.5	7		
September								
			1	2	56.5	9		
5	6	7	8	9	81.5	13		
12	13	14	15	16	113	18		
18	20	21	22	23	144.5	23		
26	27	28	29	30	176	28		
October								
3	4	5	6	7	207.5	33		
10	11	12	13	14	239	38		
17	18	19	20	21	268.5	43		
24	25	26	27	28	293.5	47		
31					300	48		
November								
	1	2	3	4	325	52		
7	8	9	10	11	356.5	57		
14	15	16	17	18	388	62		
21	22	23	24	25				
28	29	30			406.5	65		
December								
			1	2	419.5	67		
5	6	7	8	9	451	72		
12	13	14	15	16	482.5	77		
18	20	21	22	23	507.5	81		
26	27	28	29	30				
January								
2	3	4	5	6	532.5	85		
9	10	11	12	13	562	90		
16	17	18	19	20	593.5	95		
23	24	25	26	27	625	100		
30	31				638	102		
February								
		1	2	3	656.5	105		
6	7	8	9	10	688	110		
13	14	15	16	17	713	114		
20	21	22	23	24	744.5	119		
27	28				757.5	121		
March								
		1	2	3	776	124		
6	7	8	9	10	807.5	129		
13	14	15	16	17				
20	21	22	23	24	837	134		
27	28	29	30	31	868.5	139		
April								
3	4	5	6	7	900	144		
10	11	12	13	14	925	148		
17	18	19	20	21	956.5	153		
24	25	26	27	28	988	158		
May								
1	2	3	4	5	1019.5	163		
8	9	10	11	12	1051	168		
15	16	17	18	19	1082.5	173		
22	23	24	25	26	1112	178		
29	30	31						
**2 PT Conf days = 19						1128	180	
June								
			1	2				

Aug 2 New Teacher Day (8:00am-noon)
 Aug 11-12 New Teacher Days
 Aug 15-22 Teacher Pro-Service
 Aug 18 Elan Family Engagement (4:00-6:00)
 Aug 18 MS Family Engagement (4:00-6:00)
 Aug 18 JH Family Engagement (4:00-6:00)
 Aug 18 HS Family Engagement (4:00-6:00)
 Aug 18 Teacher Work Day - Flex**
 Aug 20 First Day of School

Sept 5 Labor Day (No School)
 Sept 23 Homecoming

Oct 3 HS Conferences (3:30-7:00)
 Oct 5 & 12 Middle School Conferences (3:30-7:30)
 Oct 11 & 18 Elementary Conferences (3:30-7:30)
 Oct 21 End of 1st Quarter (45 days)
 2-hour early dismissal
 Oct 24 Innovation Day (No School)

Nov 1 & 3 Junior High Conferences (3:30-7:30)
 Nov 21 TQ Day (No School)
 Nov 22 PD Day (No School)
 Nov 23 Teacher Comp Day (No School)
 Nov 24-26 Thanksgiving Holiday (No School)

Dec 7 High School Conferences (3:30-7:00)
 Dec 29-Jan 2 Winter Break (No School)

Jan 9 Classes Resume
 Jan 11 Middle School Conferences (3:30-7:30)
 Jan 18 End 1st Semester (90 days)
 2-hour early dismissal

Feb 19 PD Day (No School)
 Feb 22 High School Conferences (3:30-7:00)

March 7 & 9 Junior High Conferences (3:30-7:30)
 March 8 Middle School Conferences (3:30-7:30)
 March 7 & 9 Elementary Conferences (3:30-7:30)
 March 13-17 Spring Break
 March 21 End of 3rd Quarter (114 days)
 2-hour early dismissal

April 10 Teacher Comp Day (No School)
 April 20 High School Conferences (3:30-7:00)

May 18 Seniors Last Day
 Graduation
 May 21 Last Day for Students* (45 days)
 2-hour early dismissal
 May 26 Memorial Day (No School)
 May 28 Teacher Work Day - Flex**

Date _____ Events _____

2022-2023 Winterset Community School – Preschool Calendar Board Approved ()

CALENDAR LEGEND
 Start/End 
 No School 

M	T	W	Th	F	Days
September					
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
October					
3	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	
31					
November					
	1	2	3	4	
7	8	9	10	11	
14	15	16	17	18	
21	22	23	24	25	
28	29	30			
December					
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
January					
2	3	4	5	6	
9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30	31				
February					
		1	2	3	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28				
March					
		1	2	3	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	
April					
3	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	
May					
1	2	3	4	5	
8	9	10	11	12	
15	16	17	18	19	

Date	Events
No Preschool on Wednesday plus the additional days noted	
Sept 1	First Day of Preschool
Sept 5	Labor Day (No Preschool)
Oct 21	No Preschool (PD Day)
Oct 24	No Preschool (Innovation Day)
Nov 3 & 6	No Preschool (Conferences)
Nov 21-25	No Preschool
Dec 7	Preschool Family Fun Night
Dec 23-Jan 2	No Preschool (Holiday Break)
Jan 3	Classes Resume
Jan 13	No Preschool (PD Day)
Feb 9 & 14	No Preschool (Conferences)
Feb 13	No Preschool (PD Day)
March 13-17	No Preschool (Spring Break)
March 24	No Preschool (PD Day)
April 10	No Preschool
May 19	Last Day for Preschool

HOW TO RESPOND WHEN YOUR CHILD IS DISRESPECTFUL

The playdate is over. It is time to head home.

You gave a 5-minute warning. You expect everything to go well.

Suddenly, it happens.

Your child responds disrespectfully.

"No! I don't want to go! You never let me do anything fun!"

You feel the anger rising inside you. You yell back, *"How dare you talk to me like that!"*

He continues, *"You didn't even send me a treat in my lunch today! You are the meanest mom ever!!!"*

Now, you're furious. *"That's it! No TV for a week!"*

This back and forth continues.

You drag him to the car, kicking and screaming. Vowing never to let him have a playdate ever again.

DISRESPECT IS NOT OK.

As parents, we definitely need to teach our children how to treat others with kindness, and how to communicate big feelings without being disrespectful.

Unfortunately, we cannot teach them to be respectful in the heat of the moment.

I know you WANT to deal with it right then and there.

But, once your child is angry, disappointed, frustrated, or upset, the **thinking part of their brain** has shut down. They are in survival mode. Their body is flooded with stress chemicals and they are not able to hear and process the lessons you are trying to teach.

I also know you HATE being disrespected.

But, if you are triggered by their disrespectful behavior, your brain goes into **survival mode** too. You are not able to think rationally. Your responses will either be filled with anger, yelling and punishment or you will shut down and give up.

We can't teach our kids to be respectful by treating them with disrespect.

Thankfully, there is a way to teach your child to talk about big feelings without being disrespectful.

ANOTHER WAY TO DEAL WITH DISRESPECT.

I realize that the suggestions listed here may be different than you're used to. You may feel a little unsure about trying these strategies with your kids. that's OK.

The goal is to address the behavior without threatening, bribing, or responding with disrespect.

- **Stay calm:** It's not easy to keep cool when our kids are being rude. This may feel impossible at first. Meeting them with disrespect sends the wrong message. Instead, model good **self-care** by taking a **deep breath**, counting to 20 or repeating a **mantra**: "This is not an emergency" before you respond to your child.
- **Decode the Behavior:** Look at things from your **child's perspective**. Were they caught off guard? Is what you're asking inconvenient? Do they feel powerless? Their response is a reflection of what they are feeling inside. Unfortunately, at this point, they can't put it into more appropriate words.
- **Empathize:** Help your child understand their own feelings by offering an **empathetic response**, "It seems unfair that we have to go already" or "I know it's hard to leave when you're having such a fun time!" You do not have to agree with the feeling, it simply means that you are willing to relate to their experience.
- **Check the Time:** Some kids are affected by **low blood sugar, hunger or thirst**. Others are very sensitive to environmental stimulation or not getting enough sleep. Has it been awhile since your child ate? Could they use a sip of water? Or a break from a loud environment? Offer it in a non-threatening way, "*I'm going to have a cracker, would you like one too?*"
- **Slow It Down:** It's easy to get pulled away with the "runaway train" of angry, frustrated words and emotions. Instead of jumping on board and responding to every criticism or complaint your child throws at you, try to put on the brakes, "*Whoa! That's a lot of info. I'd like to listen, but you're talking too fast. Let's calm down so I can understand what you're trying to say.*"
- **Connect:** If your child is misbehaving, the last thing on your mind is cuddling. However, for many kids, **connection** is exactly what they need! If you are able to look past the behavior and ignore all of the big feelings and overwhelming emotion, you will be able to see that your child is **hurting** and needs support. Sometimes, a hug is better than any verbal response.

Once you've made it through the big feelings, you can decide if this was simply the result of a child who had too much candy and excitement at the playdate, or if this is a bigger issue that needs to be addressed.

DO THE TEACHING LATER

Once everyone is calm, you can talk about what happened and how to do it differently next time.

Waiting or delaying your response does not mean that you are a passive parent or you're saying that disrespect is OK.

It means that you are waiting for your brain, and your child's brain, to get back to calm.

- When you're ready to talk, you can start with, "*It seems like you were upset about leaving the playdate earlier. Can we think of a different way to tell me how you feel?*"
- You can also address some of the things that were said, "*I heard you say something about snacks in your lunch. Is this something you want to talk about now?*"
- You have feelings too! It's ok to express them, and let your child know how their words affect you. Be careful not to point the finger back at your child, keep the focus on how it felt to you. "*I felt hurt when you said I was the meanest mom ever.*"
- If you've **lost your cool** and said angry words in the heat of the moment, it's ok to admit it. You are not perfect, and it is good for your kids to see that you are working on **calming skills** too!

This is when the teaching happens. Calm brains can learn information. Which means, your child is ready to process and practice new skills. It means they can learn how to manage big feelings, communicate their needs, and respond respectfully in the future. Which was your goal all along.

Driving with ADHD: Pumping the Brakes on Vehicle Safety Risks

Research confirms that ADHD is a significant risk factor for motor vehicle accidents and traffic infractions, especially among adolescent and young adult drivers. Here, understand the ADHD link to dangerous driving and the strategies that can help you and your loved ones safe.

By [Joseph Biederman, M.D. Verified](#) Updated on March 31, 2022

When ADHD inattention, impulsivity, and distractibility get behind the wheel, serious risk of accidents and injury skyrocket. Within the first month of driving, teens with ADHD are 62% more likely than their non-ADHD peers to be involved in an automobile crash. Over the first four years of having a license, drivers with ADHD are 37% more likely to get into a crash, twice as likely to drive while intoxicated, and 150% more likely to receive an alcohol, drug, or moving violation compared to their non-ADHD peers.¹

In short, study after study shows that ADHD is a significant risk factor while operating a motor vehicle — and that is a serious public health issue.

The good news: Research also clearly indicates that ADHD medication greatly improves driving performance. But there's still more to be done to understand the underlying reasons and mechanisms for risky driving, and the interventions that enhance safety. Sensitive, high-tech driving simulators, which allow us to observe behaviors behind the wheel, are proving essential for continued research in a safe environment. But they do little good if clinicians don't communicate to patients — especially to teenagers and young adults — the risks associated with [ADHD and driving](#), and the importance of taking medication to improve driving safety.

ADHD and Driving: What Behaviors Increase Risk?

Driving is a multidimensional activity, involving many cognitive abilities and [executive functions](#). The underlying impairments inherent to ADHD — including inattention, impulsivity, and difficulty concentrating and resisting distractions — are thought to interfere with driving and contribute to adverse outcomes.² But research has yet to fully answer the question of just how ADHD impairs driving, and which susceptibilities specifically lead to problems on the road.

Still, there's no doubt that ADHD is associated with adverse driving outcomes, as shown by the following findings replicated across multiple studies:

- Compared to drivers without ADHD, significantly more drivers with ADHD
 - drive without a license
 - have a license revoked or suspended
 - have multiple crashes
 - have multiple traffic citations, especially for speeding.³

- Drivers with ADHD are more likely than drivers without ADHD to rate themselves poorly on driving habits.³
- Drivers with ADHD are more likely than drivers without ADHD to be legally at fault for traffic incidents.⁴
- Drivers with ADHD experience more severe crashes and are more likely to be killed in a car crash than drivers without ADHD.^{5 6}
- Adolescents, more than any other age group, are at a high risk for motor vehicle crashes.⁷ Within this group, teen drivers with ADHD are at a greater risk than their non-ADHD peers of crashing.^{1 8}

ADHD and Driving: Are Safety Risks Treatable?

The Road to Better Research

Research indicates that [ADHD medication](#) – stimulants in particular – may improve driving safety and mitigate risk for drivers with ADHD.

We first learned of the potential benefits of stimulant medication on drivers with ADHD from early studies involving driving simulations and self-reports.⁹ Though informative, the results of these initial studies were difficult to interpret, given limited information on the validity of the driving simulators used and the usefulness of some outcome variables chosen for these studies. It was difficult to ascertain from these studies what improvement in driving actually meant or entailed. Also unclear from these studies was the extent to which the proven clinical effects of ADHD medication would generalize to driving impairments.

A Refined Driving Simulator

In a joint effort between researchers from [Massachusetts General Hospital](#) (MGH) and [Massachusetts Institute of Technology](#) (MIT), we developed and validated a driving simulator to assess the aspects of ADHD that could account for driving impairments.¹⁰ The simulation – done in a real vehicle with a virtual roadway projected on a large, single screen – tests driving under various environments (urban, rural, highway), under differing stimulus intensity (active and monotonous), and while performing other tasks (e.g., driving while having a cellphone conversation).

Our simulator validation studies showed that drivers with ADHD were more likely than controls to crash into a surprise obstacle while driving under a monotonous, low-stimulus condition for an extended period.¹⁰ This finding supports the idea that inattention is a key moderator of impaired driving in ADHD, and that individuals with ADHD have difficulties remaining alert while driving without stimulation. Simulator studies also show, as indicated in self-assessments, that drivers with ADHD are more likely than drivers without ADHD to speed, to pass and weave through traffic, and to get into accidents.¹¹

ADHD Medication and Driving

With a validated simulator, we next assessed the effects of a stimulant ([lisdexamfetamine](#)) on driving performance in [young adults with ADHD](#) versus a placebo.¹² We tested young adults specifically because this group, as we know, is at the highest risk for driving accidents and infractions in general.

In our study, participants drove twice through a 43-mile virtual roadway of varying stimulus conditions and environments. The second simulation, unlike the first, featured five surprise events (including the appearance of cyber dogs and oncoming vehicles). Analysis showed that the medicated group reacted faster to these surprise events – 9.1% faster, on average – than did the placebo group.¹² Furthermore, during the surprise events, drivers in the medicated group were 67% less likely to have a collision than were drivers in the placebo group.¹²

What does that mean in the real world? Assuming a driving speed of 65 mph, the reaction time translates to 131 feet and 120 feet for the unmedicated and medicated group, respectively. The additional 11 feet that an unmedicated driver travels could translate to serious, even deadly consequences.

These results suggest that lisdexamfetamine, which we could extrapolate to stimulants, may be useful in clinical practice to help reduce driving risks facing young adults with ADHD. These findings – that medication improves driving performance in individuals with ADHD – have been replicated across other studies as well.⁶

Despite discernible differences in driving performance between medicated and unmedicated drivers, it is important to note that we did not see any association between clinical improvement in [ADHD symptoms](#) and driving simulation outcomes in our 2012 study. In other words, lisdexamfetamine was associated with faster reaction time and a lower likelihood of having a collision *independently* of the clinical effects of ADHD medication. What this means is that we cannot assume that a medication that provides benefits in ADHD symptoms will also provide benefits in driving outright. We need to specifically test the effect of ADHD medication *during* driving to study its potential benefits.

ADHD and Driving: Clinical Implications

Given what we know about [ADHD](#) and driving, and the benefits of medication on driving performance, it is critical for clinicians to educate patients and their families – especially if a patient is a teen or a young adult – about the importance of safe driving.

In my practice, I do not try to discourage anybody from driving. Instead, I have discussions with patients who are just beginning to drive about the seriousness of having a deadly weapon at their control, the meaning of safe driving, and the importance of being medicated – for ADHD in general *and* while driving. For families that stop ADHD treatment on weekends and during “downtime,” I emphasize the importance of driving only *while medication is active*. Patients and families must consider driving time relative to when medication is taken. A short-acting medication taken about half an hour before hitting the road may just be life-saving.

ADHD and Driving: Conclusions

From traffic citations to serious crashes, drivers with ADHD – especially if unmedicated – are more likely than drivers without ADHD to experience adverse driving outcomes. Researchers are still trying to understand the specific aspects of ADHD that contribute to unsafe driving, though it is likely that symptoms of inattention, like mind wandering and difficulty sustaining focus, are important factors. Validated simulators are useful for studying driving behaviors in this

population and continue to be refined to model a realistic driving experience and improve the quality of research.

Many studies, including ours, show that stimulants reduce driving risk and improve safety for individuals with ADHD – findings that carry major public health relevance, considering the high risk of crashes associated with the condition. In practice – and as we continue to study just how medication improves driving behaviors – clinicians must educate young patients and their families about the risks, and of the importance of driving while on medication.

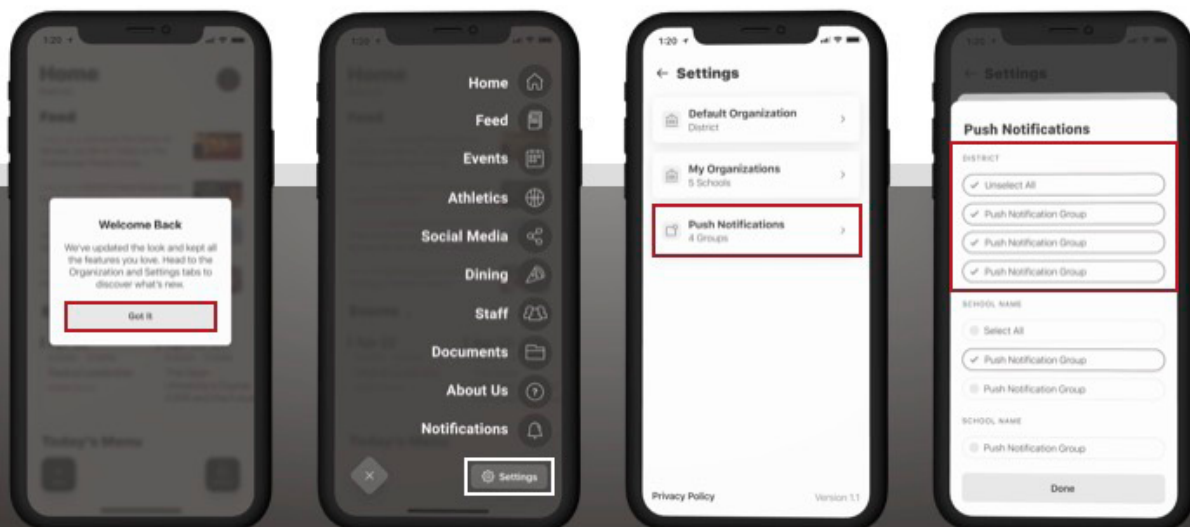
ADHD and Driving: Next Steps

- Read: [My Brother Died in a Car Crash Because of His ADHD](#)
- Download: [Boost Your Teen's Executive Functions](#)
- Read: [How to Steer Your Teen Toward Safe Driving](#)
- Read: ["I'm Too Distracted When I Drive"](#)

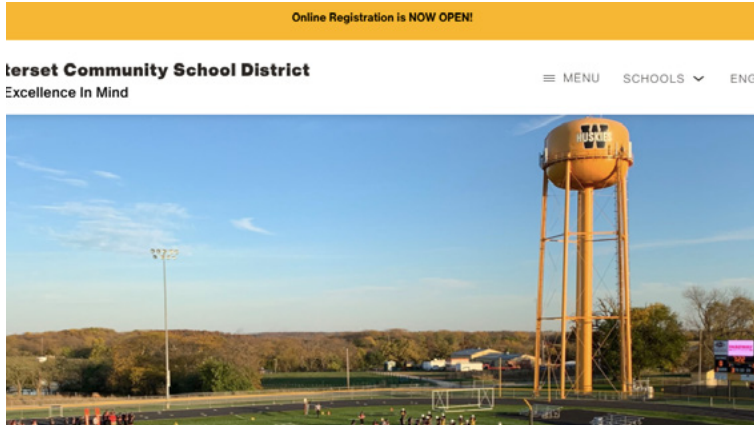
The content for this article was derived with permission from "The Effects of Lisdexamfetamine Dimesylate on the Driving Performance of Young Adults with ADHD," presented by Joseph Biederman, M.D., at the APSARD 2022 Annual Conference.

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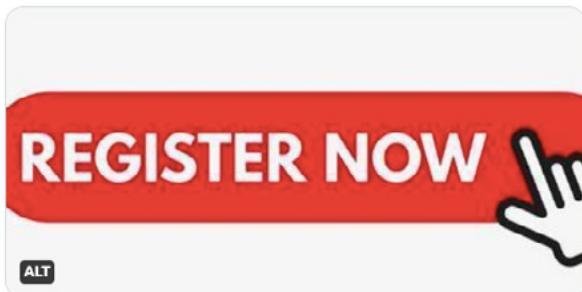
Published by Apptegy · July 17 at 9:51 PM · 🌐

Today was day 2 for the JH Trip to Washington DC! They have seen a lot of sights and still have a few days left to explore the capital!
[#wintersethuskypride](https://www.facebook.com/hashtag/wintersethuskypride)



WintersetSchools @WintersetSchool · Jul 7

The 22-23 school year is quickly approaching! If you haven't already, log on to your Parent Portal and register your student today! If you have questions or need assistance with registration, please contact the Administration office at 515-462-2718.



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