



## SUPERINTENDENT'S MESSAGE

I want to start this month by thanking all of you who voted in the special election to extend the Physical Plant and Equipment Levy (PEL). With your support the district will be able to utilize these funds to maintain our buildings and equipment until 2035.

We had another great Homecoming Week this year punctuated by a big win for our football team. I want to thank all of our community members, police, and the sheriff's department for all of their support during Homecoming. It truly takes all of us working together to make it a safe and successful week for our students.

As we enter October, we are quickly beginning to work on updating our district Strategic Plan and developing a "Profile of a Husky Graduate." We are looking to garner input from our staff, students, business owners, and community members to better understand what type of skills our students need to graduate with to be college, career, and life ready. We have identified a group of approximately 50 staff and community members who will serve as our Key Community Stakeholder group and help craft the district strategic plan and Profile of Husky Graduate. While this committee will work to develop the

final drafts, there are several opportunities for additional staff and community members to provide input during this process. I have outlined those opportunities below, and we will share more information about each as the time gets closer.

Thursday, October 27th:  
HS Auditorium

- 3-4:00 PM Focus Group Session for Parents and Community Members to provide input around the district strategic planning process.

- 4:30-7:30 PM - Community Conversation around Profile of a Husky Graduate

November 17-December 10th:

- Community-wide online survey soliciting insight for strategic plan and Profile of a Husky Graduate

Virtual Zoom Meeting Opportunity (Date & Time TBD):

- Opportunity for more stakeholder input around a Profile of a Husky Graduate

The input from the above-mentioned

sessions will be given to the Key Community Stakeholder Group, district administration, and the board of education as we work to craft an updated strategic plan that will guide the work in the district for the next three to five years. In addition, the input will aid in the development of a Profile of a Husky Graduate that will identify the knowledge, skills, and dispositions that our community and district feel are essential for all of our graduates to possess. The board is currently scheduled to get an updated final draft of both documents at our meeting in December. We would like to thank all of you in advance for your contribution to this process. It's a GREAT time to be a HUSKY!

Yours in Service,  
*Justin Gross*

## October Monthly Highlights

Oct. 3rd: HS Conferences

Oct. 5th: Picture Retakes JH & HS

Oct. 14th: Picture Retakes MS

Oct. 5th & 12th: MS Conferences

Oct. 27th: Picture Retakes Elem

Oct. 11th & 13th: Elementary Conferences

Oct. 21: 2 Hour Early Dismissal

Oct. 24: NO SCHOOL-Teacher PD





## FFA News

September has been an extremely busy month for the Winterset FFA Chapter! We have had several big events such as our Back to School Picnic, South Central CDE Day, and of course our homecoming float! We have also reached the final stages of planning the Drive-in Movie!

Our Back to School Picnic was a huge success, we has many new members attend! We are so excited to see the growth that our chapter has made and the amount of diversity that we are starting to see.

On the 20th we attended the annual South Central CDE day. We had 16 members travel with us to Osceola, all of which participated in a contest that would prepare them for their CDE this year. We members participate in livestock judging, horse judging, and vet sciences. Results will be posted on our Instagram and Facebook page when they arrive!

This week our float will appear in the homecoming parade and we are super excited to promote our chapter to the community! Our hardworking committee members (Megan Riley, Christensen, Gracelynn Brown, Emma Bradley, Landry Kaysen, and Matthew Brakhane) will be assembling the float before the parade and some of our chapter members will be riding in it! Special thanks to the Christensens for purchasing all the supplies and for all of their support!

As a reminder our Drive-In Movie will be on October 15th. The kids movie this year is Beetlejuice and will start at 6:30. Our adult movie is still up for debate so if you have any ideas please email Landry Kaysen at 26lkaysen@winterset.k12.ia.us. The adult movie will start at 9:00. There will be a concessions stand and a photo op, stop by and support our chapter!

## Winterset Student Council

2022 Homecoming, “Light up the Night” was a success! Important traditions like the dance and the parade were more successful than ever this year. Students were able to participate in spirit seminars with decorating, a color war, and various other activities at each building in the district. 3 different assemblies were held by the senior athletes, band, & cheer squad.

Student Council is also working hard to plan new activities that give back to the community and promote school spirit while keeping favorite ones. Currently there are over 80 members in this student-led group.

Student Council is always taking new applicants; sign up is easy!

## Winterset Silver Cord

Winterset Silver Cord is a service organization where students choose their service projects and then log hours in a computer program. Each year they aim for 40 hours for a total of 160 hours upon graduation. After completion, silver honor cords are given. The organization also awards certificates for 50 & 100 hours.

Currently there are over 150 students participating. If you have volunteer opportunities, please contact Advisor Jess Gibbons @ jgibbons@winterset.k12.ia.us Also email if you are a student and would like more information to join.





# WHS Guidance Department

Visit the Guidance Webpage at [www.winterset.k12.ia.us/Page/1552](http://www.winterset.k12.ia.us/Page/1552).

## INFORMATION SENIORS SHOULD KNOW

Iowa's three public universities (Iowa State University, The University of Iowa, and the University of Northern Iowa) will maintain their minimum high school course requirements for admission for incoming freshmen; the Regent Admission Index (RAI) will replace their traditional upper-half class rank requirement.

The universities will compute an RAI score for each applicant that will be based on the student's high school grade point average, percentile class rank, ACT or SAT scores, and the number of years of core courses the student will complete in grades 9-12. Detailed information concerning the new admission requirements may be found online at [www.state.ia.us/regents/RAI/index](http://www.state.ia.us/regents/RAI/index)

- All seniors should have had a conference with Mrs. Erickson or Miss Slagter. At this interview your individual folder was reviewed and updated. Your folder is also your transcript, so it is important that it is up-to-date before college applications are sent. If you have not met with one of them, please come in asap.

- Seniors should be aware of the ACT's which will be administered here on Saturday, October 22nd. The deadline was September 16th. Late registration dead-

line is September 17-30 (with late fee). The next ACT held at WHS will be on December 10th. Register at [actstudent.org](http://actstudent.org)

- Juniors & Seniors! Please pay attention to the guidance page on the school's website and morning announcements. Messages concerning college visits and scholarship information will be online, in the announcements and posted on the school's Facebook and Twitter pages.

- Seniors must be aware of the deadline for applying at certain colleges. Some select colleges have a deadline of Dec 1. Please check in the Guidance center and we will help you find the deadline dates. You are encouraged to visit a college of your choice. Follow the proper procedures as outlined in your student handbook.

- BEWARE of scholarship search and financial aid service organizations that charge a fee for service. Much of the information you may be seeking is available at no cost. Check with a counselor or search for free on the web site [www.colleg-eplanning.org](http://www.colleg-eplanning.org).

## THE 2022-23 FAFSA: WHAT TO KNOW

The FAFSA launches October 1st, an early application means a better chance at more money.

You'll report your 2020 tax info.

There's no need to update it after filing your 2021 taxes. October 12th at 5:30 PM, ICAN Presents: FAFSA Step-by-Step Completion Assistance Event. Register [HERE](#).

## COLLEGE VISITS

Juniors and Seniors are encouraged to visit college representatives when they visit our school. Students may visit representatives as many times as needed during Learning Seminar time. Seniors may use up to two (2) days for on-campus visits. Additional days for on-campus college visits are subject to approval by the principal. Seniors wishing to make on-campus visits must pick up the proper form from Mrs. Wetzel two (2) days in advance of the visit. Seniors must have all of the signatures necessary and their work made up in advance for the visit to be approved. A college representative must sign the form during their visit. The form must be returned to the office immediately after the visit. If all the procedures are not followed, the absence will be considered a truancy and the student will receive the appropriate consequence. Juniors and Seniors must let their Learning Seminar teacher know that they are visiting a college representative. The College Representative will be in the office



# WHS Guidance Department

Visit the Guidance Webpage at [www.winterset.k12.ia.us/Page/1552](http://www.winterset.k12.ia.us/Page/1552).

conference room.

## VISITING COLLEGES

September 29- U.S. Air Force  
September 30- ISU  
October 12-DMACC  
October 18-Cornell

The Guidance office will be taking groups of juniors and seniors to visit colleges or other events also, if you are interested, please sign up in the office (space is limited). The following visits are currently planned:

September 29- DMACC  
October 14-Southwestern Community College (CTE day)

## TESTING, TESTING, TESTING

There are a lot of tests given during the fall.

The ACT's will be given here in October, December, February, April and June. These are four, 35-60 minute tests in academic areas of english, mathematics, reading, and science reasoning. Colleges in the Midwest, West and South commonly prefer the ACT's. Students receive four separate scores plus a composite score. Now most schools will accept either the ACT or the SAT. You MUST pre-register for the tests at [www.actstudent.org](http://www.actstudent.org).

The PSAT/NMSQT test will be given on October 12th

to high school juniors nationwide. We encourage sophomores to take them for practice. The PSAT is a useful indicator of scholastic aptitude as well as the basis of some merit scholarships. Also, the PSAT, administered by the College Board, is the source of some college mailings that you will receive. The cost of the test is \$18.00. If you have any questions, see the guidance department and sign up in the office.

The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude test that covers eight areas including science, word knowledge, mathematics, and mechanical comprehension. It assesses a student's ability to learn new skills and is a predictor of success in training and education programs. The program is administered by civilian Education Services Specialists who have no recruiting function. The ASVAB is offered each fall, this year it will take place on November 10th. If you would like to take the ASVAB, please sign up in the office.

TRANSFERINIOWA.ORG Taking community college courses? Planning to attend a Regent university? Learn how your Iowa community college credit will apply toward a degree at: Iowa State, University of Iowa, or the University of Northern Iowa. Visit [www.TransferInIowa.org](http://www.TransferInIowa.org)

The Iowa Page Program is open to high school juniors and seniors who would like to serve as legislative pages during the 2023 legislative session. The Iowa Senate and House of Representatives are accepting applications.

For more information visit their website at [www.legis.iowa.gov/careers](http://www.legis.iowa.gov/careers) Deadline is October 14th!

Last Dollar Scholarship Opportunity is intended to cover any remaining gap between federal and state grants/scholarships and tuition and qualified fees. This program is to help people achieve education or training in high-demand jobs by paying the tuition for those who enroll in one of the 48 pre-identified occupational programs. For more information, check out: <https://iowacollegeaid.gov/LastDollar>

SCHOLARSHIPS and LOANS - are all listed on the guidance page of the school website, click [here](#).

~Iowa's Bullying and Suicide Prevention Hotline, Your Life Iowa is available 24/7 {visit: [www.yourlifeiowa.org](http://www.yourlifeiowa.org) call: 855-581-8111 or text: TALK to 85511}



# OCTOBER

## ATHLETIC CALENDAR

Check for updates at [raccoonriverconference.org](http://raccoonriverconference.org) or call the high school at 462-3320.

### HIGH SCHOOL 9TH & VARSITY FOOTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
<i>*Senior Night*</i>				
Oct.7	7:00	V	Council Bluffs TJ	Winterset
Oct. 10	5:30	9th	Carroll	Winterset
Oct.14	7:00	V	DM Hoover	Hoover
Oct.21	4:15/7:00	9/V	Lewis Central	LC
Oct. 28	7:00	V	TBA	Playoffs

### HIGH SCHOOL JV FOOTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Oct. 3	6:00 pm	JV	Bondurant-F	Winterset
Oct.10	6:00 pm	JV	Norwalk	Norwalk

### JUNIOR HIGH FOOTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Oct.4	4:15 pm	7th	Ballard	Winterset
		8th	Ballard	Huxley
Oct.11	4:15 pm	7th	Carlisle	Carlisle
		8th	Carlisle	Winterset

### HIGH SCHOOL VOLLEYBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Oct. 1	9 am	V	Waverly Shell Rock	Tourn WSR
Oct. 4	5:30 pm	JV Black/Gold/V	ADM	Winterset
Oct.6	5:30 pm	JV Black/Gold/V	Atlantic	Winterset
Oct.8	8:30 am	JV Gold	Waukee Tourn	Waukee
Oct.11	5:30 pm	JV Black/Gold/V	Ballard	Ballard
Oct.15	9 AM	V	Winterset Tourn	Winterset
Oct.15	8:30 am	JV Gold	Waukee Tourney	Waukee
Oct.18	7:00 pm	Varsity Regionals		TBA
Oct.20	7:00 pm	Varsity Regionals		TBA

### JUNIOR HIGH VOLLEYBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Oct.6	4:15 pm	7th	Bondurant-F	Bondurant
		8th	Bondurant-F	Winterset-MS
Oct.10	4:15 pm	7th	Norwalk	Norwalk
		8th	Norwalk	Winterset-MS
Oct.11	4:15 pm	7th	ADM	ADM- South
		8th	ADM	Winterset-MS

### HIGH SCHOOL CROSS COUNTRY

DATE	TIME	LEVEL	OPPONENT	SITE
Oct.6	4:30 pm	JV/V	Atlantic Invite	Atlantic
Oct.11	4:00 pm	JV/V	RRC Meet	ADM
Oct	4:00 pm	Districts	Multiple Teams	TBA
Oct	TBA	V	State Meet	Ft. Dodge

### JUNIOR HIGH CROSS COUNTRY

DATE	TIME	LEVEL	OPPONENT	SITE
Oct.6	4:00 PM	7/8	Atlantic Invitational	Atlantic
Oct.11	4:00 PM	7/8	RRC Meet	ADM

### ADMISSION PRICES

Admission prices to all Varsity events will be \$6 for everyone. Junior high events will be \$4 for adults.

### GAME 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)

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

To purchase your tickets & passes for the 22-23 school year go to Ticket Spicket.com or download the app.



## CRISP Winter Wear Program



Is your child in need of a winter coat, boots, snow pants, hat or gloves for the upcoming season? If this will be a hardship for you or your family to provide, please call Community Resources in Service to People (CRISP) at 515-462-9400. CRISP has a good selection of new and gently worn winter wear items. **PLEASE CALL FOR AN APPOINTMENT BEFORE STOPPING IN** so that we may limit the number of people in the

office at one time and better meet your needs. If you are in need of assistance, but are not a current CRISP client, please contact us for information on how to access CRISP services.

### **C.R.I.S.P. Nuts & Candy Fundraiser**

It is nuts & candy time again at C.R.I.S.P.! This is our main fundraiser and we need your help! C.R.I.S.P. relies on donations and fundraisers, such as this, to support ALL of our programs and operations. Funds help us to provide our basic programs (School Supplies for Kids, Winter Wear for kids and Christmas for Kids) as well as assist families facing crisis situations (such as homelessness, utility disconnect and food insecurity).

Please help us to continue these efforts!

Visit our website at [www.wintersetcrisp.org](http://www.wintersetcrisp.org) to view the Terri Lynn nuts & candy brochure and to print your order form OR call the C.R.I.S.P. office at 515-462-9400.

Please submit orders and payment to C.R.I.S.P. by October 10th.

Thank you for your consideration!



**Community Resources In Service to People FUNDRAISER**

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

***Annual Nuts and Candy Fundraiser! Most packages are 1 pound!***

PRODUCT #	ITEM	COST	QUANTITY	\$ DUE
60000	Fancy Mammoth Pecan Halves	\$14	_____	_____
60010	Fancy Pecan Pieces	\$14	_____	_____
60015	Light Walnut Halves & Pieces	\$14	_____	_____
60020	Black Walnut Pieces	\$16	_____	_____
60025	Deluxe Mixed Nuts-NO Peanuts	\$14	_____	_____
60030	Giant Salted Whole Cashews	\$14	_____	_____
60045	Fancy Colossal Pistachios	\$12	_____	_____
60050	Roasted Whole Almonds	\$11	_____	_____
60064	Honey Roasted Peanuts	\$9	_____	_____
60070	Honey Roasted Cashews	\$14	_____	_____
60080	Healthy Nut Mix	\$14	_____	_____
60087	Sweet & Salty Trail Mix	\$10	_____	_____
60089	Almond Cranberry Granola	\$10	_____	_____
60095	Harvest Medley Mix	\$14	_____	_____
60097	Spicy Party Mix	\$9	_____	_____
62000	Milk Chocolate Pecans	\$14	_____	_____
62005	Milk Chocolate Cashews	\$14	_____	_____
62010	Milk Chocolate Raisins	\$9	_____	_____
62015	Milk Chocolate Bridge Mix (Fruit & Nut)	\$10	_____	_____
62019	Dark Chocolate Almonds	\$12	_____	_____
62020	Milk Chocolate Almonds	\$12	_____	_____
62022	Milk Chocolate Peanuts	\$9	_____	_____
62025	Malted Milk Balls	\$11	_____	_____
62027	Dark Chocolate Cranberries	\$10	_____	_____
62030	Gummie Bears	\$8	_____	_____
62038	Praline Pecans	\$14	_____	_____
62043	Milk Chocolate Pecan Clusters	\$12	_____	_____
62047	Dark Chocolate Sea Salt Caramels	\$12	_____	_____
61040	Salted Cashews	Tin \$20	_____	_____
61045	Gourmet Deluxe Mix (NO peanuts)	Tin \$20	_____	_____
64302	Cherry Fall Harvest Mix	(NOT AVAILABLE)		
64314	Cashew Pecan Medley	(NOT AVAILABLE)		
64319	Deluxe Tower Gift Set	(NOT AVAILABLE)		
		TOTAL DUE =	_____	_____

*Make checks payable to CRISP, 210 W. Green, Winterset, IA 50273.*

*Orders DUE by October 10th!*

**THANK YOU FOR YOUR ORDER!**





**city of WINTERSET**  
PARKS & RECREATION

# LIL' HUSKY BASKETBALL



**NEW DATES**  
SATURDAYS  
NOV 5 - DEC 17

**\$30/PARTICIPANT**  
**INCLUDES BASKETBALL**

PROGRAM LED BY HIGH SCHOOL PLAYERS AND COACHES

REGISTRATION DEADLINE: OCT 22

PRE-K (KINDERGARTEN NEXT YEAR) & KINDERGARTEN



# YOUTH BASKETBALL LEAGUE

REGISTRATION NOW OPEN

**Boys & Girls Grades 1st - 6th**

**Grades 3-6 play against Adel, Van Meter, Perry**

**\$30/Participant**

**Registration Deadline: Nov 13th**



# Friday Flicks



October 21, 2022  
January 13, 2023  
March 24, 2023  
May 26, 2023



*Free popcorn!!! Bring a blanket and a friend and come watch a family friendly movie at the library from 1:30-3:30 p.m. on the above dates!*



## Kids Halloween House Contest 2022

Make it fun or make it spooky! Be creative, but your entry must not be larger than 12" x 12" x 24". Entries will be accepted from Friday, October 1 through Saturday, October 22. Come to the library and ask for an entry slip. Be sure to think of a title for your piece! Drop off your house for us to display at the library. There are three categories: Children (0-6), children plus (7-12), and teen (13-18). Each participant will receive a prize but there will be a grand prize winner for each category. Voting will begin the following week and winners announced by Friday, Oct. 28.

Please call or visit the library for more information.

Winterset Public Library 123 N 2nd St Winterset IA 515-462-1731



# Fall Fest

**OCTOBER 24 from  
10:00 a.m.-1:00 p.m.**

JOIN US FOR GAMES, PUMPKIN  
DECORATING, CRAFTS, PUZZLES, TREATS,  
SCAVENGER HUNT, FACE PAINTING AND  
MORE. NO REGISTRATION NEEDED AND  
AVAILABLE AS SUPPLIES LAST.  
OPEN FOR CHILDREN AGES 5 AND UP.



For questions or assistance, please  
call the library 515-462-1731.



It's everything Winterset,  
**in your pocket.**

Documents · Events · Staff Directory · Alerts · News



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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.

*It's that time again!*



**WHO: ALL MIDDLE SCHOOL STUDENTS AND THEIR FAMILIES!**

**WHAT: SCHOLASTIC BOOK FAIR**

**WHEN: OCT. 5 AND 12, 3:30 – 7:30 PM**

*( DURING CONFERENCES )*

**WHERE: MIDDLE SCHOOL LIBRARY**



Visit [www.scholastic.com/fair](http://www.scholastic.com/fair) and search for Winterset Middle School to preview books and shop the online catalog (online shopping available Oct. 5 – Oct. 18).

*Last year's fair was a huge success thanks to all of you! Thank you for supporting our library! We hope to see you there!*

*Come Join Us!*



**WHO:** All elementary school students and their families!

**WHAT:** Scholastic Book Fair

**WHEN:** Oct. 11 and 13, 3:30 – 7:30 pm (*during conferences*)

**WHERE:** Elementary school library

Visit [www.scholastic.com/fair](http://www.scholastic.com/fair) and search for Winterset Elementary School to preview books and shop the online catalog (online shopping available Oct. 11 – Oct. 24).

*Last year's fair was a huge success thanks to all of you! Thank you for supporting our library! We hope to see you there!*



# 5

## SOCIAL SKILLS WE MUST TEACH OUR KIDS IN THE AGE OF SCREENS



### Age of Screens

=

- ♦ More technology
- ♦ Less playing outside
- ♦ Less real life interactions

&

- ♦ Less opportunity to learn real world social skills

What social skills can we teach and how?





**Arlene Pellicane,**  
author of the book  
"**Screen Kids**"  
makes this easy to  
remember! Teach  
kids the **5 A+ Skills**



### **Skill #1** **Appreciation**

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- ✿ Sit down as a family once a week and write a "Thank You" note
- ✿ Send out the note or not... either way is fine!

### **Skill #2** **Anger Management**

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- ✿ Talk about good anger vs unhealthy anger
- ✿ Make a list of ways to manage unhealthy anger

### **Skill #4** **Attention**

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- ✿ Encourage your children to read physical books that interest them
- ✿ Allow them unrestricted play and quiet time

### **Skill #3** **Apology**

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- ✿ Teach them how to accept responsibility for their actions
- ✿ Be a role model for your children when it comes to apologizing

### **Skill #5** **Affection**

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- ✿ Make eye contact with your children to show them your love and affection
- ✿ Spend more calm, screen-free time with them each day





## “I’m Sick of Taking Meds!”

If your teen forgets or resists medication, here’s how you can persuade him to stick with the program.

By [Chris Zeigler Dendy, M.S. Verified](#) Updated on May 19, 2021

One of the problems with medication is that teenagers with ADHD don’t always remember to take it. As one psychiatrist said, “If a teen can remember to take his medicine consistently, he probably doesn’t have attention deficit.”

When our son, Alex, was in high school, he went through periods during which he stopped taking his medicine. His reasons varied: Sometimes he forgot, and other times he was frustrated by having to take medicine every day. Knowing that he could be impulsive and daring, we were worried until we got through those rough spots.

One thing we learned: Nagging your teen to take medication doesn’t work. Many teenagers don’t mind taking their medication because they know that it helps them succeed in school, sharpens focus, and improves their driving skills. The big challenge is to make it a consistent thing. Here are some strategies for [how to get kids to take medicine](#).

**Don’t assume the worst.** “Medication refusal,” which sometimes occurs during adolescence, may be “medication forgetfulness.” If parents mistakenly assume the worst — that the teenager is willfully refusing to take the medication — it will set off a power struggle. A teen will tune you out or flush the pill down the toilet to get even.

**Create a reminder system.** We filled our son’s weekly medicine container and placed it by his breakfast plate. That way, we knew at a glance if he’d taken his medicine, and didn’t have to nag him about it. If he forgot, we handed him the container and said nothing. If we were away from home, we would text him a reminder.

**Talk amongst yourselves.** When Alex refused to take medication, we asked him why. We listened, discussed his concerns, and made adjustments. Sometimes giving him a sounding board was enough. When your teen ticks off his complaints about medication, you might say, “I know you get tired of taking it. It stinks that you need medicine every day. I know how you feel” — then give him a hug. “I’m in the same boat. I hate it that I have to take blood pressure medication all the time.”

**Make your child an expert.** Soon after Alex’s diagnosis, we educated him about medication and how it worked to improve his focus and impulsivity. He became an expert of sorts by participating in teen panel discussions about ADHD and medication. His expertise helped him understand how valuable meds were to his everyday success. Talk with [your local CHADD group](#) about setting up a teen panel on medication.



**Connect him with other teens who have ADHD.** Getting advice directly from other teens with the same challenges helps. Alex and I created a DVD, called Real Life ADHD (available at [amazon.com](https://www.amazon.com) and [chrisdendy.com](https://www.chrisdendy.com)), in which teens explain that medication makes life easier. Emily explained, "My grades went from Ds to As and Bs when I started taking medicine." Anthony adds that while "it stinks" to have to take meds, he couldn't do college work without them. Max summed it up when he said, "Medicine brings out your whole potential."

**Go med-less for a while.** On one occasion, when Alex was adamant about not taking medication, we permitted him to go med-less for a while. We said, "OK, Alex, we need to set up a scientific way to see how you do in school without meds. Let's give it a six-week trial. You can tell us how you think you're doing without medication in school each week. We'll check with teachers for an update midway through the six weeks." After a week, we asked Alex how things were going. He admitted that he was struggling and agreed to go back on medication.

**Lay down the law.** The rule in our house was: If you're driving, you have to take medicine. It wasn't negotiable. Without the benefit of medication, Alex was likely to have an accident.

**Involve your doctor or treatment professional.** If the family can't resolve the medication problems, set up an appointment with your doctor or treatment professional to discuss solutions.



Christmas4Kids (CRISP) and Operation Santa Claus (MATURA) are joining forces this holiday season to better serve Madison County families. We will be working together to provide families who sign up for our combined Holiday Program: Toys, Clothing AND a Food Box.

If your family needs assistance this holiday season or you know of someone who does please contact either of our offices.

CRISP 515-462-9400, MATURA 515-462-4704.



## THE 4 DOORS GAME:




# AN EFFECTIVE SOLUTION TO HELP KIDS REDUCE NEGATIVE THINKING AT BEDTIME



Do you have a child who can't go to sleep sometimes because of negative thoughts?

You've talked to your child about their issue and helped them process it, but once bedtime hits, it's hard not to focus on the negative.

In the [Reducing Negative Thinking Masterclass](#), renowned psychologist and anxiety expert Dr. Tamar Chansky shares the "4 Doors Game" that helps refocus their minds on something more positive!



### Why it works:

It's about putting your mind elsewhere, not distracting. Plus, thinking about pleasant things helps regulate the nervous system!



### STEP 1

Have your child name 4 things they like to think about and imagine them as doors

**Parent:** “What do you like to think about?”

**Child:** “Animals in the jungle, Legos I want to build, cupcakes, and my birthday party.”

### STEP 2

Ask them at night to choose two doors

**Parent:** “What two doors do you want to walk through tonight?”

**Child:** “Cupcakes and my birthday party.”

### STEP 3

Walk through the doors together

**Parent:** “Close your eyes. Let’s imagine we are starting with the birthday party door. What do you see?”

**Child:** “I see blue balloons, a superhero cake, and a pinata.”

**Parent:** “Oooh, that sounds so fun! Tell me more!”

### STEP 4

Take turns sharing your doors together

**Parent:** “The door I want to walk through is vacations I hope we go on one day. Let’s imagine Hawaaii in the door.”

### Bonus Tip!

When time is limited say: “Hey, why don’t you choose a couple of different doors tonight and then at breakfast tomorrow, tell me all about where you went!”



# Why the DEA is Sounding the Alarm About Rainbow Fentanyl

By Gillian Mohney on September 22, 2022 — Fact checked by Jennifer Chesak



Rainbow fentanyl pills have been seized in 18 states. Photography courtesy of Drug Enforcement Administration

- The DEA says that rainbow fentanyl has been seized in multiple states.
- The fentanyl pills are brightly colored.
- Fentanyl is currently the deadliest drug threat in the United States. In 2021 alone, 107,622 Americans died from a drug overdose —66% of those deaths involved synthetic opioids like fentanyl.

The United States Drug Enforcement Administration (DEA) issued a [warning](#) this week about rainbow pills that contain fentanyl.

According to the DEA, the colorful pills, which are highly addictive and potentially deadly, were seized in 18 states in August. The DEA has also

The brightly-colored pills look like candy — an effort by drug cartels to appeal to kids and young adults, according to the DEA.

Fentanyl is currently the deadliest drug threat in the United States. In 2021 alone, 107,622 Americans died from a drug overdose — 66% of those deaths involved synthetic opioids like fentanyl.

“This DEA alert demonstrates that fentanyl, or any illicit drug, can come in different shapes or colors and appear quite visually attractive,” says [Dr. Kelly Johnson-Arbor](#), a medical toxicologist and co-medical director of the National Capital Poison Center.

## What is fentanyl?

Fentanyl is a man-made opioid medication that was originally designed to function as an anesthetic in the 1960s.

According to Johnson-Arbor, it has since been developed into a prescription medication available in oral, nasal, and injectable formulations, as well as transdermal skin patches.

It is approved for treating severe [pain](#).

“In recent years, fentanyl has been trafficked into the United States from other countries as an illicit drug,” says Johnson-Arbor.

According to Johnson-Arbor, pill presses can easily be purchased online, which illicit drug manufacturers can use to create fentanyl pills that look just like prescription medications.

It’s also cheap and easy to create, which is likely why it’s commonly found in the illicit drug circuit in the United States.

## How deadly is fentanyl?

Fentanyl is 50 to 100 times more potent than [morphine](#).

“Fentanyl is a dangerous drug that can cause death in very small amounts



deadly drug,” says [Dr. Danelle Fisher](#), MD, FAAP, pediatrician and Chair of Pediatrics at Providence Saint John’s Health Center in Santa Monica, CA.

Fentanyl is highly fat soluble, meaning it quickly moves from the bloodstream to the brain, causing rapid effects.

This makes fentanyl extremely risky — amounts as small as 2 milligrams can be deadly and overdose can occur immediately after ingesting the pills, says Johnson-Arbor.

Because the pills often resemble other prescription medications, such as Percocet, many overdose deaths are unintentional.

Without testing, there is no way to know what’s in illicit drugs. While fentanyl test strips are available for purchase, they don’t tell you how much of the substance is in the product.

“People think that they’re using Percocet, heroin, or another less-potent opioid, but instead they are unknowingly exposed to fentanyl,” says Johnson-Arbor.

Fisher recommends that parents and children be aware of the colorful pills ahead of the Halloween season.

Avoid purchasing drugs from the internet and don’t take pills unless they were prescribed by a healthcare provider.

For any questions about fentanyl and its side effects, you can contact [poison control](#) for expert, non-judgmental advice, Johnson-Arbor says.

If you come across fentanyl, call 911, and if you ingest it, seek medical care immediately.

## **The bottom line:**

The DEA issued a [warning](#) this week about rainbow pills that contain fentanyl. The colorful pills, which are highly addictive and potentially deadly, were seized in 18 states in August. The brightly-colored pills look like candy — an effort by drug cartels to appeal to kids and young adults.



## **District Notices**

Each year, various state and federal laws, as well as School Board policies, require the district to provide a variety of annual notifications to parents. Many of these notifications can also be found in student/parent handbooks, or on the school district website.

### **Annual Notice of Nondiscrimination**

The Winterset Community School District offers career and technical programs in the following service areas:

- Agricultural Education
- Business Education
- Health Occupation Education
- Family and Consumer Sciences Education
- Industrial Education
- Marketing Education

### **Admission Criteria for Career and Technical Education (CTE) Courses:**

In order to enroll in a career and technical education course, students must successfully complete prerequisite course(s) (if applicable). In order to enroll in a career and technical course offered for concurrent credit through Des Moines Area Community College, students must have passed prerequisite course(s) (if applicable) or be identified as talented and gifted. Lack of English language skill will not be barrier to admission and participation in Winterset Community Schools' CTE programs.

It is the policy of the Winterset Community School District not to discriminate on the basis of race, creed, color, sex, religion, marital status (for program), ethnic background, national origin, disability, sexual orientation, gender identity, age (for employment), or socio-economic background (for program) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the District office at 303 Wambold Dr., Winterset, IA or call 515.462.2718. The District's Equity Coordinator is Corey St. John Director of Teaching & Learning (cstjohn@winterset.k12.ia.us)

### **Asbestos Notification – September 2020**

The Asbestos Management Plan for Winterset Community Schools is on file and available for review at the office of Ray Dawson at 923 East Lane Street in Winterset. The periodic surveillance required by the plan was performed on June 10, 2021, and the required three-year re-inspection was completed July 28, 2022.

Asbestos locations in the District as identified in the Asbestos Management Plan re-inspection July 28, 2022 are as follows:

- High School
- Elementary School

Specific locations are indicated in the Management Plan and are available for review. Asbestos locations are not accessible to students or the public and are assessed low risk.

Questions should be directed to Physical Operations Director, Ray Dawson at (515) 462-2550.

### **Corporal Punishment, Restraint, and Physical Confinement and Detention**

State law forbids district employees from using corporal punishment against any student. Board Policy series 500. Certain actions by district employees are not considered corporal punishment. Additionally, district employees may use "reasonable and necessary force, not designed or intended to cause pain" to do certain things such as prevent harm to persons or property. Employees are provided annual training on this law.

State law also places limits on district employees' abilities to restrain or confine and detain any student. The law limits why, how, where, and for how long a school employee may restrain or confine and detain a child. If a child is restrained or confined and detained, the school must maintain documentation and must provide certain types of notice to the child's parent.

If you have any questions about this state law, please contact your school. The complete text of the law and additional information is available on the Iowa Department of Education's website: [www.education.iowa.gov](http://www.education.iowa.gov).

### **Equal-Educational Opportunity**

Winterset Community School District does not discriminate based on race, color, creed, religion, national origin, sex, gender, identity, age, disability, marital status, sexual orientation, physical attributes, physical or mental ability or disability, ancestry, political party preference, military affiliation, socioeconomic status or familial status in its educational programs, activities, or employment policies as required by Title IV and Title XIII of the 1964 Civil Rights Act, Title IX of the 1972 Education Amendment, Federal Rehabilitation Act of 1973, and the Iowa Code #216.9. Students are educated in programs which foster knowledge of, and respect and appreciation for, the historical and contemporary contributions of diverse cultural groups, as well as men and women, to society. Students who feel they have been discriminated against may direct inquiries and grievances to Superintendent of Schools, 303 Wainbold Dr., PO Box 30, Winterset, IA 50273, (515) 462-2718, or the Director of Iowa Civil Rights Commission, 500 West Madison Street, Suite 2800, Chicago, IL 60661. Staff and others may contact the district Affirmative Action Coordinator. The Affirmative Action Coordinator can be reached at (515) 462-2718. Inquiries may also be directed in writing to the Director of the Region VII Office of Civil Rights, U.S. Department of Education, 8930 Ward Parkway, Suite 2037, Kansas City, MO 64114, (816) 268-0550, or the Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, (515) 281-6294.

### **Fees**

The district charges fees for certain items, such as textbook rental. Students whose families meet the income guidelines for free and reduced price lunch, the Family Investment Program (FIP), transportation assistance under open enrollment, or students who are in foster care are eligible to have their student fees waived or partially waived. Students whose families are experiencing a temporary financial difficulty may be eligible for a temporary waiver of student fees. Parents or students who believe they may qualify for temporary financial assistance should contact their school secretary for a waiver form. This waiver does not carry over from year to year and must be completed annually. A schedule of school district fees can be found in the handbook.

### **Free and Reduced Meals Program**

If your total household income is within the limits set by the federal government, you may be eligible for either free or reduced-price school meals. If you qualify for free or reduced-price meals, you may also be eligible for food assistance benefits from the State of Iowa, Department of Human Services (DHS).

If you need an application or information about free and reduced food guidelines, please contact the Administration Office at (515) 462-2718.

For information about state food assistance benefits, contact 1-877-937-3663 (1-877-YES-FOOD), or apply online at [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

## **Grievance Procedure**

It is the policy of the Winterset Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact Equity Coordinator, 303 Wambold Dr., Winterset, IA [\(515\) 462-2718](tel:5154622718).

Students, parents of students, employees, and applicants for employment in the school district have the right to file a formal complaint alleging discrimination. The district has policies and procedures in place to identify and investigate complaints alleging discrimination. If appropriate, the district will take steps to prevent the recurrence of discrimination and to correct its discriminatory effects on the Complainant and others.

A Complainant may attempt to resolve the problem informally by discussing the matter with a building principal or a direct supervisor. However, the Complainant has the right to end the informal process at any time and pursue the formal grievance procedures outlined below. Use of the informal or formal grievance procedure is not a prerequisite to the pursuit of other remedies. Please note that informal processes and procedures are not to be used in certain circumstances (e.g., sexual harassment and sexual assault).

### **Filing a Complaint**

A Complainant who wishes to avail himself/herself of this grievance procedure may do so by filing a complaint with the equity coordinator. An alternate will be designated in the event it is claimed that the equity coordinator or superintendent committed the alleged discrimination or some other conflict of interest exists. Complaints shall be filed within 5 working days of the event giving rise to the complaint or from the date the Complainant could reasonably become aware of such occurrence. The Complainant will state the nature of the complaint and the remedy requested. The equity coordinator shall assist the Complainant as needed.

### **Investigation**

Within 15 working days, the equity coordinator will begin the investigation of the complaint or appoint a qualified person to undertake the investigation (hereinafter "equity coordinator"). If the Complainant is under 18 years of age, the equity coordinator shall notify his or her parent(s)/guardian(s) that they may attend investigatory meetings in which the Complainant is involved. The complaint and identity of the Complainant, Respondent, or witnesses will only be disclosed as reasonably necessary in connection with the investigation or as required by law or policy. The investigation may include, but is not limited to the following:

- A request for the Complainant to provide a written statement regarding the nature of the complaint;
- A request for the individual named in the complaint to provide a written statement;
- A request for witnesses identified during the course of the investigation to provide a written statement;
- Interviews of the Complainant, Respondent, or witnesses;
- An opportunity to present witnesses or other relevant information; and
- Review and collection of documentation or information deemed relevant to the investigation.

Within 60 working days, the equity coordinator shall complete the investigation and issue a report with respect to the findings. The equity coordinator shall notify the Complainant and Respondent of the decision within 5 working days of completing the written report. Notification shall be by U.S. mail, first class.

### **Decision and Appeal**

The complaint is closed after the equity coordinator has issued the report, unless within 5 working days after receiving the decision, either party appeals the decision to the superintendent by making a written request detailing why he/she believes the decision should be reconsidered. The equity coordinator shall promptly forward all materials relative to the complaint and appeal to the superintendent. Within 30 working days, the superintendent shall affirm,



reverse, amend the decision, or direct the equity coordinator to gather additional information. The superintendent shall notify the Complainant, Respondent, and the equity coordinator of the decision within 5 working days of the decision. Notification shall be by U.S. mail, first class. The decision of the superintendent shall be final.

#### **Handbooks and Board Policies**

Each year, students/parents may receive a copy of the student/parent handbook. Handbooks and school board policies are posted on the district website at [www.winterset.k12.ia.us](http://www.winterset.k12.ia.us). Parents are strongly encouraged to review the handbook and policies of the Board of Education with their student so that both understand the regulations and expectations of the district for students. Handbooks include many important annual notices and information about policies students and their parents are responsible for knowing and understanding. Ignorance of the contents of the handbooks and the policies of the Board of Education excuses no one from complying with these regulations.

#### **Highly Qualified Teachers/Title 1 Parent Notification**

The Winterset Community School District ensures that parents will be notified in writing if their child has been assigned, or has been taught by a teacher for four or more consecutive weeks by a teacher who is not considered highly qualified.

#### **Homeless Students**

In accordance with 281 IAC Chapter 33, Iowa Administrative Code, the Winterset Community School District is required to give written notice to homeless children and families if the district is going to deny access to their educational programs. Homeless children and families may obtain free legal services by contacting:

Legal Aid Society of Polk County  
1111 9<sup>th</sup> Street – 3<sup>rd</sup> Floor  
Des Moines, IA 50314  
1-515-243-1193

Chapter 33 of the Iowa Administrative Code defines "homeless child or youth" as a child or youth from the age of three years through 21 years who lacks a fixed, regular, and adequate nighttime residence and includes the following:

- A child or youth who is sharing the housing for other persons due to loss of housing, economic hardship, or a similar reason; is living in a motel, hotel, trailer park, or camping grounds due to the lack of alternative adequate accommodations; is living in an emergency or transitional shelter; is abandoned in a hospital; or is awaiting foster care placement
- A child or youth who has a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings
- A child or youth who is living in a car, park, public space, abandoned building, substandard housing, bus or train station or similar setting, or
- A migratory child or youth who qualifies as homeless because the child or youth is living in circumstances described in paragraphs "1" through "3" above

#### **Human Growth and Development**

The district provides students with instruction in human growth and development. Parents may review this curriculum prior to its use and have their child excused from human growth and development instruction. Parents should contact the classroom teacher, if they wish to review the curriculum or to excuse their child from human growth and development instruction.

#### **Internet Use and Opt-Out**

The Winterset Community School District offers a variety of online tools for students and teachers on the district website. Depending upon the class, students may have opportunities to download class materials, complete assignments online, participate in classroom moderated blogs, and use the internet for research and more. Because

of these expanded capabilities, we offer the opportunity for parents to opt children out of Web use in this manner. We ask that you read the notice below, and only return the form to your school office if you do not agree to the terms within. The form is available at registration or in any school office.

**Internet Use Statement** – As a parent or legal guardian of a student enrolled in Winterset Community School District, I recognize that in accordance with School Board Policy, my student has access to district-owned and operated computer systems, networks, and the Internet. Some of these systems are interactive in nature, and allow my student to participate in online activities designed to enhance and extend classroom learning opportunities. I understand that this access is delivered under the direct supervision of a teacher or other trained adult employee.

Furthermore, I understand that while the Winterset Community School District strives to provide protection from all objectionable material found on the Internet, some objectionable material is impossible to filter and may inadvertently be accessed. I, as parent or legal guardian, accept responsibility for guidance of appropriate Internet use as it pertains to the exploration and selection of media and information.

#### **Form Instructions:**

- If you agree with the terms above: No further action is necessary.
- If you do not agree with the terms above: Please fill out and return the internet opt-out form to your student's school. If you have more than one student you wish to opt-out of Web use, please print additional copies and fill one out for each student. If you have questions about the form, please call (515) 462-2718.

#### **Iowa Concussion Legislation**

Effective July 1, 2011, Iowa law requires that students in grades 7 – 12 who participate in extracurricular interscholastic activities, cheerleading and dance; and their parents/guardians; must sign a copy of the acknowledgement form and return it to their school.

Students cannot practice or compete in those activities until this form is completed.

In addition, please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.

A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.

#### **Key definitions:**

**"Licensed health care provider"** means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.

**"Extracurricular interscholastic activity"** means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

#### **Level I Investigator: Abuse**

The district does not tolerate employees physically or sexually abusing or harassing students. Students who are physically or sexually abused or harassed by an employee should notify their parents, teacher, principal or another employee. The Iowa Department of Education has established a two-step procedure for investigating allegations of physical or sexual abuse of students by employees. That procedure requires the district to designate an independent investigator to look into the allegations. The district has designated the school nurses: Nicole Anderson (PreK-3), Brittany Salton (4-6), and Mackenzie Osburn (7-12) at (515) 462-2718, as Level I investigators.

Physical abuse is a non-accidental physical injury that leaves a mark at least 24 hours after the incident. While employees cannot use physical force to discipline a student, there are times when the use of physical force is

appropriate. The times when physical force is appropriate include, but are not limited to, times when it is necessary to stop a disturbance, to obtain a weapon or other dangerous object, for purposes of self-defense or to protect the safety of others, to remove a disruptive student, to protect others from harm, for the protection of property or to protect a student from self-infliction or harm.

Sexual abuse includes, but is not limited to, sexual acts involving a student and intentional sexual behavior as well as sexual harassment. Sexual harassment is unwelcome sexual advances, requests for sexual favors or other verbal or physical contact of a sexual nature when submission to such conduct is made either implicitly or explicitly a term or condition of the student's education or benefits; submission to or rejection of the conduct is used as the basis for academic decisions affecting that student; or the conduct has the purpose or effect of substantially interfering with a student's academic performance by creating an intimidating, hostile or offensive educational environment.

#### **Notice to Parents Regarding Teacher Qualifications**

Parents/Guardians in the Winterset Community School District have the right to learn about the following qualifications of their child's teacher: state licensure requirements for the grade level and content areas taught, the current licensing status of your child's teacher, and baccalaureate/graduate certification/degree. You may also request the qualifications of an instructional paraprofessional who serves your student in a Title 1 program.

Parents/Guardians may request this information from the Office of the Superintendent by calling (515) 462-2718 or sending a letter of request to Office of the Superintendent, PO Box 30, 303 Warbold Dr., Winterset, IA 50273

#### **Open Enrollment**

Iowa's open enrollment law allows students residing in one school district to request transfer to another school district upon the parents' request. Students wishing to open enroll to another school district must apply for open enrollment. Open enrolled students from low-income families may qualify for transportation assistance. Winterset Community School District will accept students for open enrollment. You may reference Winterset Board of Education policies on open enrollment on the Winterset Community School District website. Please contact Business Manager for open enrollment questions at (515) 462-2718.

#### **Parents' Roles During Emergencies**

Providing a safe place for students to learn and grow is one of the most important responsibilities of any school system. Along with school officials, teachers and staff, families play a critical role in preventing and responding to emergencies. This information is intended to provide parents and guardians with the steps you can take before, during and after an emergency. It is the ABC's of the parent's role during emergencies.

##### **A. Before**

**Prevention: The Role of Parents in Keeping Schools Safe** – Parents and community members play an important role in keeping our schools safe. You can be our eyes and ears by reporting any issues, concerns or rumors related to safety to district or law enforcement officials. Two hotline numbers that are answered 24/7:

- Iowa Health Systems – (515) 244-1000
- Mercy Franklin Center – (515) 271-6111

You also can help by following and supporting all security measures when you visit one of our school buildings. This includes signing in and out at all school district offices and wearing a visitor's badge at all times while in the building.

**Contact Information:** Another of the most important steps parents can take prior to an emergency is to ensure contact information is updated regularly in the district's Infinite Campus system. Please regularly update emergency and contact telephone numbers, e-mail addresses and other information with your school to ensure you receive information and updates during emergency situations.

It is also important to review and update information regarding who can legally pick-up your child during an emergency. Once this information is on file, you should ensure that those people are aware they have been listed as



your "emergency contacts", and that they may receive messages via phone and/or e-mail during an emergency, weather early out, or other situation.

If your child is on medication, be sure the school has at least a two-day supply.

Create your own family emergency plan. Develop a family communication plan and have a supply kit to sustain you and your family for two to three days. For tips on how to prepare a plan go to [www.bersadycwa.org](http://www.bersadycwa.org).

#### **B. During**

In a school emergency, the first instinct of many parents is to pick up the telephone and call their child or school, and/or rush to the school to get their children. But the truth is, this only complicates matters from a safety and security standpoint. Parents too close to an incident often hinder rescue attempts of the police and fire officials on the scene. Calling your child's cell phone may prevent them from hearing important, even life-saving information. Too many parents calling the school also tie up needed phone lines and hinder efforts to communicate. Students will be able to use cell phones if they need immediate assistance and once they are safe.

The best action parents can take in an emergency is to monitor their phone, e-mail and district website for regular updates and instructions.

- Do not report to your child's school during emergency situations. Law enforcement officials will not allow entry to the school site during a lockdown or shelter-in-place.
- Avoid calling the school or the district during the emergency.

**Notification and Communication:** The district is committed to providing parents and guardians with the latest and most accurate information available. Parents will be asked to monitor official emergency updates at the district's website. In today's world, it is likely students will be texting and calling parents immediately. Be aware that information you receive from your child may not always be accurate; ensure the information you are using is official and comes directly from the Winterset Community School District.

**School Emergency Response Protocols:** A school crisis can take a number of forms including an environmental event, such as a chemical spill or gas leak; a weather emergency, such as a tornado warning; or an intruder in or near the school. The nature of a school crisis dictates whether district officials will put in place a lockdown, shelter-in-place, evacuation, or any combination of two of these protocols, as a means to ensure the safety and wellbeing of students and staff.

#### **When and Why are Students and Staff Asked to Lockdown, Shelter-in-Place or Evacuate?**

- **Lockdown** – A lockdown is normally in effect when there is a threat inside the building. Students and staff are removed from harm's way by having them safely located inside secure classrooms or other areas inside the building to reduce the risk of being exposed to the source of potential harm. During lockdowns access to the building is prohibited.
- **Shelter-in-Place** – Shelter-in-place is instituted when the threat is outside the building. Students and staff are secured inside a classroom or other areas inside the building reducing the risk for exposure to inclement weather or other potential harm such as a gas release.
- **Evacuation** – Evacuations are typically conducted to remove students and staff from harm's way by having them safely evacuate the school and reassemble in a more secure location.

#### **If the school building is evacuated, how will I be able to locate my child?**

- Parents will be directed to a specific location where they will be required to show proper identification. At the reunification site, school administrators, police and fire officials account for students and provide aide to those who need it immediately. Students are released only to authorized individuals. If you are a non-custodial parent, you must be listed with your child's emergency contact information as a guardian and show proper identification.

### **C. After**

Monitor your child's behavior and let the school know if you think counseling or help is needed. Following a school crisis, specially trained school and district crisis team members and social workers are available to provide counseling and outside referrals to students, staff members and others who may need it.

**Recovery Plan** – Depending on the nature and amount of damage, school maybe moved to a different location. The district will inform parents of any changes.

### **Protection of Pupil Rights Amendment**

PPRA affords parents certain rights regarding our conduct of surveys, collection and use of information for marketing purposes, and certain physical exams. These include the right to:

1. Consent before students are required to submit to a survey that concerns one or more of the following protected areas ("protected information survey") if the survey is funded in whole or in part by a program of the U.S. Department of Education:
  - a. Political affiliations or beliefs of the student or student's parent;
  - b. Mental or psychological problems of the student or student's family;
  - c. Sex behavior or attitudes;
  - d. Illegal, anti-social, self-incriminating, or demeaning behavior;
  - e. Critical appraisals of others with whom respondents have close family relationships;
  - f. Legally recognized privileged relationships, such as with lawyers, doctors, or ministers;
  - g. Religious practices, affiliations, or beliefs of the student or parents; or
  - h. Income, other than as required by law to determine program eligibility.
2. Receive notice and an opportunity to opt a student out of:
  - a. Any other protected information survey regardless of funding;
  - b. Any non-emergency, invasive physical exam or screening required as a condition of attendance, administered by the school or its agent, and not necessary to protect the immediate health and safety of a student, except for hearing, vision, or scoliosis screenings, or any physical exam or screening permitted or required under state law; and
  - c. Activities involving collection, disclosure, or use of personal information obtained from students for marketing or to sell or otherwise distribute the information to others.
3. Inspect, upon request and before administration or use –
  - a. Protected information surveys of students;
  - b. Instruments used to collect personal information from students for any of the above marketing, sales, or other distribution purposes; and
  - c. Instructional material used as part of the educational curriculum.

These rights transfer from the parents to a student who is 18 years old or an emancipated minor under state law. Winterset Community School District will develop and adopt policies, in consultation with parents, regarding these rights, as well as arrangements to protect student privacy in the administration of protected information surveys and the collection, disclosure, or use of personal information for marketing, sales or other distribution purposes. Winterset Community School District will directly notify parents of these policies at least annually at the start of each school year and after any substantive changes.

Winterset Community School District will also directly notify, such as through U.S. mail, or e-mail, parents of students who are scheduled to participate in the specific activities or surveys noted below and will provide an opportunity for the parent to opt his or her child out of participation of the specific activity or survey. The district will make this notification to parents at the beginning of the school year if the district has identified the specific or approximate dates of the activities or surveys at the time. For surveys and activities scheduled after the school year starts, parents will be provided reasonable notification of the planned activities and surveys listed below and are provided an opportunity to opt their child out of such activities and surveys. Parents will also be provided an opportunity to review any pertinent surveys. Following is a list of the specific activities and surveys covered under this requirement:

- Collection, disclosure, or use of personal information for marketing, sales or other distribution. Administration of any protected information survey not funded in whole or in part of the education department.
- Any non-emergency, invasive physical examination or screening as described above.

Parents who believe their rights have been violated may file a complaint with:

Family Policy Compliance Office  
 400 Maryland Avenue, SW  
 Washington, DC 20202-5901

#### **Section 504 – Notice of Rights**

Wintersel Community School District does not discriminate in admission or access to, or treatment or employment in, its programs and activities. Section 504 of the 1973 Rehabilitation Act is a non-discrimination statute having discrimination on the basis of disability. It is the policy of the district not to discriminate on the basis of disability in its educational programs, activities, or employment policies as required by the Act. The 1973 Rehabilitation Act requires the district to locate, evaluate, and determine if the student is a qualified individual requiring accommodation necessary to provide access to educational programs.

Parents are entitled to the opportunity to review relevant educational records under the Family Education Rights and Privacy Act (FERPA). The requirements are described in the Board of Education Policy Manual that is available on the district's website ([www.wintersel.k12.ia.us](http://www.wintersel.k12.ia.us)). Parents/guardians disagreeing with the decisions reached by district personnel regarding necessary accommodations for access to the educational program may request a hearing before an impartial hearing officer by notifying the district's ADA/Section 504 Coordinator. The parent/guardian is entitled to participate in the hearing and to be represented by counsel.

#### **Student Directory Information-Policy 506.2**

Student directory information is designed to be used internally within the school district. Directory information is information contained in the education records of a student that would not generally be considered harmful or an invasion of privacy if disclosed. The district may disclose "directory information" to third parties without consent if it has given public notice of the types of information which it has designated as "directory information," the parent's or eligible student's right to restrict the disclosure of such information, and the period of time within which a parent or eligible student has to notify the school in writing that he or she does not want any or all of those types of information designated as "directory information." The district has designated the following as "directory information"

- Student's name
- Address
- Telephone listing
- Electronic mail address
- Photograph
- Date and place of birth
- Major field of study
- Date of attendance
- Grade level
- Participation in officially recognized activities and sports
- Weight and height of member of athletic teams
- Degrees, honors, and awards received
- The most recent educational agency or institution attended
- Student ID number, user ID, or other unique personal identities used to communicate in electronic system that cannot be used to access education records without a PIN, password, etc. (A student's SSN, in whole or in part, cannot be used for this purpose.)

Student is defined as an enrolled individual, PK-12 including children in school district sponsored child-care programs.



Prior to developing a student directory or to give general information to the public, parents (including parents of students open enrolled out of the school district and parents of children home schooled in the school district) will be given notice annually of the intent to develop a directory or to give out general information and have the opportunity to deny the inclusion of their child's information in the directory or in the general information about the students.

It is the responsibility of the superintendent to provide notice and determine the method of notice that will inform parents.

#### **Student Media Interviews**

During the course of the school year, students may be interviewed from time to time by newspaper, television, radio or other reporters in regard to projects, activities and other school events. This is considered a part of the district's directory information consent policy (Student Records, see below), along with photos, video and other media. If you object to your student being interviewed in this manner, you should read and fill out the district's directory information opt-out form. To obtain a copy of this form, please contact your school's main office.

#### **Use of Recording Devices in School Buildings and on School Buses- Policy 802.08**

##### District-Owned and Operated Recording Devices

The Winterset Board of Education supports the use of recording devices in District buildings, on school grounds and on District buses used for transportation to and from school as well as for field trips, curricular, or extracurricular events. Recording devices may be used as a means to monitor and maintain order and to help promote a safe environment for students and employees.

Recording devices may be used on school buses and other district vehicles and in public areas of the school buildings. Recording devices will not be placed or be used in bathrooms, shower facilities, locker rooms, or other similar spaces where privacy is reasonably presumed. Determination of how recording devices will be used and which areas of the school will be equipped with recording equipment will be made in consultation with the building principals and Director of Operations.

The contents of the recordings may be used as evidence in student or employee disciplinary proceedings, and also for regular driver training and improvement on an individual or group basis. The content of the recordings may be considered a confidential education record and/or a confidential personnel record. Such records will be handled in accordance with applicable law and Board policies regarding access to and disclosure of student and personnel records. Parents may request to view a recording which is an education record of their child to the extent permitted by law.

#### **Notice**

The school District will annually provide the following notice to students and parents:

The Winterset Community School District Board of Directors has authorized the use of recording devices in legally authorized locations in District buildings on school District buses. The recording devices will be used to help monitor and to maintain order in school buildings and on school buses to promote and maintain a safe environment for students and employees. Students and parents are hereby notified that the recording may be used in a student or employee disciplinary proceedings. The content of the recordings may be a confidential education record and handled in accordance with applicable law and Board policies regarding access to and disclosure of education records. Recording will be retained, if necessary, for use in a student or employee disciplinary proceeding or other matters as determined necessary by the administration. Parents may request to view recording which are an education record of their child to the extent permitted by law.

The following notice will also be placed on all school buses equipped with a recording device:

"This bus is equipped with a recording/audio monitoring system."

The following notice will also be placed at District buildings:

"These premises are monitored by a recording monitoring system as permitted by Iowa law."

#### Review of Recording Devices

Authorized personnel of the school District may review the recordings randomly or when necessary as a result of an incident. The recordings not otherwise saved will be routinely re-circulated for erasure.

Viewing of the recordings is limited to the school personnel having a legal right or legitimate educational purpose. A written log will be kept of those individuals viewing the recordings stating the time, name of individual viewing and the date the recordings was viewed.

#### Student Conduct

Students are prohibited from tampering with the recording devices on the school buses or District buildings. Students found in violation of this regulation will be disciplined in accordance with the school District discipline policy and will reimburse the school District for any repairs or replacement necessary as a result of the tampering.

#### Recording by Parents, Students or Visitors

Photography and recording audio or video is generally prohibited during the instructional day on District property, as it frequently materially interferes with the District's educational mission. Students, visitors, parents/guardians of students, and community members may take photographs, record audio or video or livestream public events held at school and may only do so during non-public events if authorized in advance to do so by a school staff member. A staff member may take photographs, record audio or video or livestream only if doing so assists in fulfilling the staff member's duties.

#### Recordings by Employees

No employee may make an unauthorized audio or visual recording of a conversation or meeting pertaining to District business unless the employee making the recording notifies all participants in the conversation or meeting of the recording. An employee making an authorized recording shall ensure that the recording device is located in plain view for the duration of the conversation or meeting. Secret recordings are prohibited and the use of these recordings may lead to disciplinary action, up to, and including termination.

These provisions are not intended to limit or restrict recordings involving authorized investigations conducted by District personnel or any meeting recorded in accordance with Board policy, including Board meetings, grievance hearings, and audio recordings of meetings or proceedings at which the substance of an employee grievance is discussed.

#### Monitoring Devices

A parent or student shall obtain approval from the principal before operating technology allowing for remote recording or listen-in capability at school or at school-sponsored events. Because of student privacy concerns, the District requires remote listen-in technology to be disabled while the device is on District property. The District prohibits unauthorized audio or visual recordings or transmission of audio or images of other students.

#### **Water Testing**

**The Iowa Department of Public Health requires school districts to conduct testing of all water coolers and fountains for lead-containing sediment. The Writeland Community School District has completed the required testing of all district water coolers and fountains. All water dispensers have been identified below 20 ppb (0.020 mg/liter) as required by law. Additional information regarding specific testing results may be obtained by contacting the Director of Support Services at (515) 462-2230.**

# Stay Connected with WCSD!



## Upgraded Website:

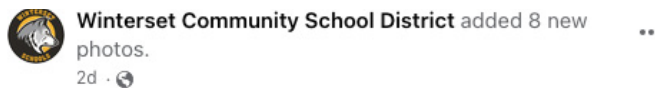
- [www.winterset.k12.ia.us](http://www.winterset.k12.ia.us)
- District homepage updated weekly
- School homepages are updated frequently with information
- Daily calendar of events for schools as well as athletics/activities is located on district homepage

## 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)
- **All buildings now have their own**



Light up the Night: Neon Day!



## 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