



## SUPERINTENDENT MESSAGE

### In Service of Others

As a Winterset Rotary member, I had the opportunity to participate in our 100 year celebration this past week. As I listened to our club’s accomplishments over the past 100 years, it was easy to see that our club embodies its mission of “Service above Self”. I am also fortunate to serve as an Optimist and experience first hand how we support the youth of this community. It is truly amazing to witness the willingness to service others evinced by members of these and of all our community’s service organizations.

While service to others is at the heart of these organizations, both are

also governed by a set of core values that are recited at every meeting. Every Rotary meeting ends with our members reciting the four-way test:

- Is it the TRUTH?*
- Is it FAIR to all concerned?*
- Will it build GOODWILL and BETTER FRIENDSHIPS?*
- Does it BENEFIT all concerned?*

Similarly, the Optimists recite the Optimist Creed:

- Promise Yourself*
- To be so strong that nothing can disturb your peace of mind.*
- To talk health, happiness and prosperity to every person you meet.*

*To make all your friends feel that there is something in them.*

*To look at the sunny side of everything and make your optimism come true.*

*To think only of the best, to work only for the best, and to expect only the best.*

*To be just as enthusiastic about the success of others as you are about your own.*

*To forget the mistakes of the past and press on to the greater achievements of the future.*

*To wear a cheerful countenance at all times and give every living creature you meet a smile.*

*To give so much time to the improvement of yourself that you have no time to criticize others.*

*To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.*

As the goal of service organizations is to help build and strengthen communities, we, as members, know that it is necessary to measure our actions against the four-way test and strive to live up to the Optimist Creed.

What does this have to do with WCSD? As I reflected on Rotary’s Centennial celebration, I asked myself what we are doing as a district to nurture the next generation of Rotarians and Optimists. What immediately came to mind was the Silver Cord program that we offer at our high school. During the 2021-2022 school year we had 168 students participate in Silver Cord activities. Fifteen seniors qualified to wear a silver cord at graduation by logging over 160 hours of community service while in high school. Two of our students received the presidential award for service by logging over 100 hours of community service in a calendar year. In total, our high school

### November Monthly Highlights

Nov. 1st & 3rd: Jr High Conferences

Nov. 3rd & 8th: NO PRESCHOOL- Preschool Conferences

Nov. 21-25th: NO SCHOOL-Teacher PD and Thanksgiving Holiday

students logged 3,381 service hours last year. In addition, we hold a Husky Help Day every spring where our seniors spend the day participating in community service activities. I am proud to say that our district has taken steps to help our students learn the value of serving others, and I look forward to watching them become members of our community's various service organizations. We are stronger together, when we all look for ways to serve others.

Yours in Service,

*Justin M. Gross*  
Superintendent

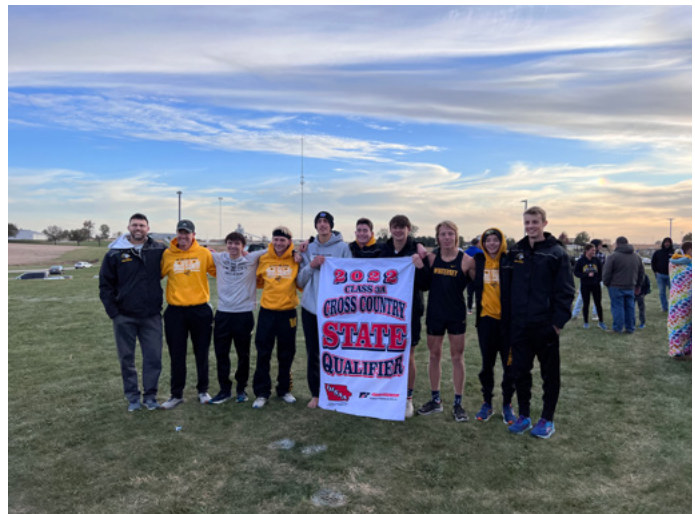


Congratulations to our Term 1 Renaissance recipients: Nick Swalve, Logan Fairchild, Franklin Pastorino, and Elizabeth Nigg. Teachers vote for students in each grade per term, votes are based on character, volunteer work, leadership, and academic commitment. Union State Bank awards them a savings account deposit of \$50. Jeff Nolan, president of USB is here awarding the awards.

## CONGRATS TO OUR STATE CROSS COUNTRY QUALIFIERS:

The boys qualified as a team and also had 3 individual qualifiers:

- 3rd Mason Back
- 6th Sam Hensley
- 7th Ethan Easter
- Eli Cowman
- Collin Kessler
- Luke Heitoff &
- Liam Sutton
- Coaches Thompson, Back, & Liechty



The girls' team had 1 qualifier: Morgan Sutton

All Kindergarten students must be up to date on their preschool shots and have received their 4 year old boosters of Dtap, Polio, MMR and Varicella.

All 7th grade (and above) students must show proof of having received a Tdap (Tetanus/Acellular Pertusis) vaccination booster AND a Meningococcal vaccination on or after 10 years of age, before the first day of school.

All 12th grade students must show proof of receiving 2 DOSES of Meningococcal vaccine; or 1 dose if first dose was received at 16 years of age or older before the first day of school.

All Kindergarten students must have a dental screen performed between the ages of 3 and 6 years old with a dental certificate on file. All 9th grade students must have a current, within the past 12 months, dental certificate on file.

All Kindergarten and 3rd grade students must have a current, within the past 12 months, vision certificate on file.

## Lunch Menus

Use the new school app for the most up to date menus each day.

[Elementary Lunch Menu](#)  
[Middle School Lunch Menu](#)  
[JH/HS Lunch Menu](#)

## Free & Reduced-Price Meals Applications

- Log into your Parent Portal
- Click on More, then click on Meals Benefits
- Complete Free & Reduced Form, click Submit

You will receive confirmation in your Parent Portal inbox once the application is processed. Questions: Call the administration office at (515) 462-2718.

## SCHOOL FEES

Attention parents: This year's school fees were due October 17th. You may pay them through your **Parent Portal**, at any of the school offices or at the administration office.

## CHANGE OF ADDRESS/PHONE

When you have a change of address or phone number, please contact the school or the administration office. It is important for the school to have updated information on our students for messages and emergency situations.

## STUDENT/PARENT HANDBOOKS

The Winterset Student/Parent Handbooks are posted **on the district website under the Parent tab**. We have produced a district-wide handbook that aligns to board policies and current state law. The handbook includes addendums for each school, covering building specific expectations. Paper copies are available in each school's office. All students are expected to follow the policies, procedures and expectations. Please take the time to review the handbooks with your child.

**CONGRATS ALL-STATE BAND/ ORCHESTRA SELECTIONS!**  
**ASHLEY ALFORD, ALEX HOENIG, KAEL BLANCHARD, & GRACIE COLE**



**WHS STUDENT COUNCIL UPDATE**

After organizing homecoming activities in September, the Student Council has been busy with new projects and events for the month of October. From homecoming shirts, we have earned \$770 and all other income totalled close to \$3000. All of the homecoming buttons were bought. We are currently hosting a winter warmth drive that will donate cold-weather clothing to families in need this holiday season. Hats, coats, gloves and other winter outerwear can be brought to the office in each school. We also organized a Halloween spirit week for the students of the high school. Days include Halloween Sock Day (Tuesday), Orange Day (Wednesday), Black Day (Thursday), Fall Flannel Day (Friday), and Costume

Monday for those who bring a food or hygiene item for the Paw Pantry. One of the biggest accomplishments of this month has been our approval of backpacks in the highschool. Students love it and we haven't had any major issues with them so far. On the 31st, officers and other members are going to a leadership conference in Johnston.

Lily Applegate, secretary



# Kids Gratitude



# Crafts

**MONDAY, NOVEMBER 21  
AND  
TUESDAY, NOVEMBER 22**

**9:00 A.M. TO 12:00 P.M. EACH DAY**

*Kids of all ages are welcome to join us to make different crafts or cards related to gratitude and kindness. Take one to a neighbor, teacher, or friend to share!*

***\*\*We ask kids 9 and under to be accompanied by an adult.\*\****

FOR MORE INFO or ASSISTANCE:

515-462-1731



## 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.

**IF YOU HAVE COATS, BOOTS OR INSULATED GLOVES TO DONATE,** please contact the CRISP office. We take winter wear items year round to replenish our supplies. Both new and gently worn items are accepted.

## OPUS CHOIR

Many students at Winterset schools were able to audition for the Iowa OPUS Honor Choir, to be held at C.Y. Stephens Auditorium in Ames on Thursday, Nov. 17th at 4:00 PM. The following students were chosen: Graham Barrett - 5th grade, Camden Bradley - 6th grade, Lily Burkett, Penelope Petsche, Annabelle Barrett, and Carson Healy - 8th grade, Brooks Nedved - 9th grade.

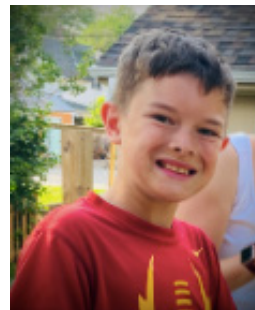
Graham and Camden will perform in

the 5th/6th grade honor choir. Carson Healy will perform in a 7/8th grade bass clef choir, while Lily, Penelope, and Annabelle will perform in a 7/8th grade treble clef choir. Brooks will perform in the 9th grade mixed choir. Over 2900 students were nominated by Iowa directors for 720 positions in the four Opus Honor Choirs. Each student will learn five pieces of music to be performed in the concert. Each student made a recording with their teacher of “America the Beautiful”, a major scale, and a short cut from a selected piece of music.

From L: Graham B., Camden B, Brooks Nedved



From L: Penelope Petsche, Lily Burkett, Annabelle Barrett, Carson



## Congratulations to our three Vocal All Staters!!

David Michael three years  
Lily Applegate two years  
and Adeline Wangler her first year.



# WHS Guidance Department

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

## THINGS SENIORS NEED TO KNOW

**Save the date! Please join us for our Planning Your Future Information Night on Wednesday, November 9th, in the high school auditorium.**

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. Civilian Education Services Specialists who have no recruiting function administers the program. The ASVAB tests are offered each fall to juniors and some seniors. The ASVAB test will be offered on November 10th from 8:00 to 11:30am. Please sign up in the office.

College and Post High School Applications:

What should I do? Well, we encourage our seniors to send in an application when they are reasonably sure they want to attend a certain school. Be sure you visit the campus. Leave the completed application with Mrs. Wetzel and she will send it in with the transcripts along with recommendations.

Most Colleges Will Not Require Writing Test Scores: If you're a junior or sophomore and wondering about the new writing tests on college admissions exams, make sure you check with the colleges you are considering attending before you register to take the exams. It's possible that you won't have to take a writing test.

You can now apply online for the 2022-23 NCAA Guide for the College-Bound Student-Athlete. Their web site is [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

March 2 Success is an on-line test preparation course that will provide help with taking standardized tests and improve math and English skills. March

2 Success is free. There is no obligation. March 2 Success will help you prepare for assessment examinations, college entrance examinations, trade school entrance tests, military entrance test and applying for a job. Go to [www.March2Success.com](http://www.March2Success.com) to see a demo and register for the course.

**VIRTUAL EVENTS**  
**FAFSA Step-by-Step Completion Assistance Event**  
Wednesday, November 9 at 5:30 pm - [Register here](#).  
Perfect for all high school seniors and parents  
**Military Careers Panel Discussion**  
Wednesday, November 16 at 5:30 pm - [Register here](#).  
Perfect for all high school students and parents  
**The Scholarship Process**  
Monday, November 21 at 5:30 pm - [Register here](#).  
Perfect for all high school seniors and parents  
**Life After High School: A Guide to Career and College Planning**  
Wednesday, November 30 at 5:30 pm - [Register here](#).  
Perfect for high school sophomores, juniors, and parents

## SCHOLARSHIP INFORMATION

Most scholarships are online only, they are posted to the guidance page of the school's website and can be found [here](#)! More will be added, so check back often!

**Make the U (Colgate) Scholarship**  
At Colgate, they believe that a higher education is a path to a brighter future and are dedicated to Hispanic students. That's why, in partnership with the Hispanic Heritage Foundation, they have created "Haz La U" (Make the U), a college grant program for Hispanic high school seniors. For more information and to apply, visit <https://www.colgate.com/en-us/make-the-u>.  
Deadline: November 13.

**2023 Elks Most Valuable Student Scholarships.** You must be a high school senior and US citizen. The top 20 finalists will participate in an all expenses paid Leadership Weekend in Chicago during which they'll interview with the national judges. These 20 finalists



## WHS Guidance Department, Continued / *Guidance Webpage*

will be vying for two first-place awards of \$50,000; two second-place awards of \$40,000; and two third-place awards of \$30,000. The remaining 14 finalists will receive awards of \$20,000. The 480 runners-up will receive fifth-place scholarships of \$4,000. Applicants do NOT need to be related to a member of the Elks. Applications can be downloaded at [www.elks.org/enf/scholars/mvs.cfm](http://www.elks.org/enf/scholars/mvs.cfm). Deadline: November 14.

The Hagan Scholarship up to \$5,000 per semester.

Up to 150 new scholarships can be awarded each year. Mandatory workshops are required. Please visit their website for eligibility requirements and more information: <http://haganscholarships.org/> Deadline: December 1.

Hixson Opportunity Award ISU

The Hixson Opportunity Award is a half-tuition grant (estimated value of more than \$17,000 over eight semesters) to be used at Iowa State University.

One hundred high school seniors from across Iowa

will receive the award each year. Ideally, recipients will represent each county in the state. If you are a high school senior who demonstrates potential in ways that go beyond class rankings and test scores, you may wish to apply at <https://www.hixson.dso.iastate.edu/>. Deadline: January 3.

The Lillard-Miller and Eva Rogan Funds were established to help students finance post high school education. The funds are financed through private contributions.

Loans are available for up to \$1,000 per year per student and a maximum of \$3,000 per student. No interest is charged, but the loans must be paid back. Applications are available on the guidance webpage and in the guidance office or the administrative office and may be completed anytime now through August.

## BEST BUDDIES

Best Buddies is growing and we are enjoying the opportunity to build relationships and friendships at WHS. Homecoming was a fun week for us. Several club members painted windows on the square and participated in the parade. Go Huskies!

The leadership team continues to meet one time per month to plan monthly social events. Our November social is a “Friendsgiving” meal together on Nov. 17th.

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](mailto:23jhatten@winterset.k12.ia.us)

Callie Drake (chapter vice president)  
[23cdrake@winterset.k12.ia.us](mailto:23cdrake@winterset.k12.ia.us)

Lana McDonald (chapter advisor)  
[lmcdonald@winterset.k12.ia.us](mailto:lmcdonald@winterset.k12.ia.us)





# NOVEMBER/DECEMBER ATHLETIC CALENDAR

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

## HIGH SCHOOL BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 29	4:30 PM	9/JV/V-G/B	Creston	Winterset
Dec 2	4:30 PM	9/JV/V-G/B	BondurantF	BondurantF
Dec 5	4:30 PM	9/JV/V-G/B	Norwalk	Winterset
Dec 6	4:30 PM	9/JV/V-G/B	Boone	Winterset
Dec 9	4:30 PM	9/JV/V-G/B	Carlisle	Carlisle
Dec 13	4:30 PM	9/JV/V-G/B	Carroll	Carroll
Dec 16	4:30 PM	9/JV/V-G/B	Gilbert	Winterset
Dec 20	4:30 PM	9/JV/V-G/B	North Polk	North Polk

## JUNIOR HIGH GIRLS BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 3	4:15 PM	7 A/B	North Polk	Winterset JH
		8 A/B	North Polk	NP
Nov 7	4:15 PM	7 A/B	ADM	Winterset JH
		8 A/B	ADM	ADM HS South Gym
Nov 10	4:15 PM	7 A/B	Bondurant-F	Bondurant
		8 A/B	Bondurant-F	Winterset JH
Nov 14	4:15 PM	7 A/B	Perry	Perry
		8 A/B	Perry	Winterset JH
Nov 15	4:15 PM	7 A/B	Gilbert	Winterset JH
		8 A/B	Gilbert	Gilbert MS
Nov 17	4:15 PM	7 A/B	Boone	Boone
		8 A/B	Boone	Boone
Nov 21	4:15 PM	7 A/B	Carlisle	Winterset JH
		8 A/B	Carlisle	Carlisle MS
Nov 29	4:15 PM	7 A/B	Bondurant-F	Winterset JH
		8 A/B	Bondurant-F	Bondurant
Dec 5	4:15 PM	7 A/B	Ballard	Ballard MS
		8 A/B	Ballard	Winterset JH
Dec 8	4:15 AM	7 A/B	ADM	ADM- HS South
		8 A/B	ADM	Winterset JH
Dec 12	4:15 PM	7 A/B	Carlisle	Winterset JH
		8 A/B	Carlisle	Carlisle MS
Dec 13	4:15 PM	7 A/B	Norwalk	Winterset JH
	4:30 PM	8 A/B	Norwalk	Norwalk MS

## HIGH SCHOOL SWIMMING

DATE	TIME	OPPONENT	SITE
Nov 29	5:30 PM	Newton - Dual	Indy YMCA
Dec 3	10:00 AM	Newton	Newton YMCA
Dec 10	11:00 AM	Grinnell	Grinnell College
Dec 13	5:00 PM	SEPolk	SEP HS

## HIGH SCHOOL WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 29	5:30 PM	JV/V	I-35, NV, Creston	Creston
Dec 1	5:30 PM	JV/V	Perry	Perry
Dec 3	10:00 AM	V	Tournament	Harlan
Dec 3	9:30 AM	JV	Tournament	Winterset
Dec 8	5:30 PM	JV/V	Norwalk/Oskaloosa	Oskaloosa
Dec 9	3:30 PM	V	Tournament	Central Decatur
Dec 12	5:00 PM	JV	Tournament	Knoxville
Dec 15	5:30 PM	JV/V	ADM/Boone	Winterset
Dec 16	5:15 PM	JV	Tournament	Indianola MS
Dec 17	10:00 AM	V	Tournament	Roland-Story

## JUNIOR HIGH WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 15	4:15 PM	7/8	Perry Tournament	Perry
Nov 28	4:15 PM	7/8	Tournament	Bondurant
Nov 29	4:30 PM	7/8	Tournament	Boone
Dec 1	4:15 PM	7/8	Tournament	NorwalkHS
Dec 6	4:15 PM	7/8	Perry, Saydel	WintersetJH
Dec 9	4:15 PM	7/8	Tournament	Perry MS
Dec 12	4:30 PM	7/8	Tournament	CarlisleHS
Dec 15	4:15 PM	7/8	Tournament	ADM North
Dec 19	4:15 PM	7/8	Tournament	Winterset JH

### ADMISSION PRICES

**BUY TICKETS ONLINE ON TICKET SPICKET  
IN ADVANCE OF THE GAME**

Admission prices to all Varsity events will be \$6 for everyone. Tournaments will be \$6 for everyone. Junior high events will be \$4 for adults and \$3 for students

## ACTIVITIES TICKETS

The passes that are available are:

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

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

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

Activity Passes for the 2022-23 school year will need to be purchased through Ticket Spicket.



# YOUTH BASKETBALL LEAGUE

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

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

**\$30/Participant**

**Registration Deadline: Nov 13th**



## LIL' HUSKY BASKETBALL

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

**\$30/PARTICIPANT**  
INCLUDES BASKETBALL

REGISTRATION DEADLINE: NOV 2

PROGRAM LED BY HIGH SCHOOL PLAYERS AND COACHES

PRE-K (KINDERGARTEN NEXT YEAR) & KINDERGARTEN



## PICKLEBALL LEAGUE

8 WEEKS WITH TOURNAMENT FEB 12

MENS, WOMENS & COED DIVISIONS \$30/TEAM

SUNDAY'S BEGINNING DECEMBER 4

## How prevalent is bullying in middle school and among tweens?

It's no secret that bullying has become an epidemic that educators, parents, and students deal with every day. Whether bullying involves physical harm, property damage, social exclusion, name-calling, or online behaviors, perpetrators intend to cause harm, distress, or create fear. No school is immune from bullying.

All schools today struggle with a rise in bullying, with the problem striking especially hard in middle schools. One study showed that a far greater proportion of middle school students (**39 percent**) experienced bullying than did high school students (**27 percent**)—and incidents at all levels are notoriously under-reported. This spike in bullying may come as no surprise. Students must transition to a new, more challenging environment, find their place with new peers, and deal with social groups that are jockeying for position.

Cyberbullying is also taking center stage, with **one-third** of students reporting that they have been a cyber-victim. Again, the rate is highest among grades six through eight at **28 percent**. One **survey** found that screen time for children aged eight to twelve rose to five hours and 33 minutes in 2021 (and more than eight hours for teens). Making matters worse, most of this time occurs without the benefit of adult supervision.

This form of bullying is especially dangerous, in that rumors can be spread almost instantly, are easily shared among large groups, can be created anonymously, and are hard to delete. Cyberbullying statistics are particularly grim: Nearly **one-quarter** of cyberbullied students have considered suicide, and more than **one-third** develop anxiety or depression.

The proof is all around us that bullying is one of the main reasons why students suffer from mental and emotional health issues, which also hinder their ability to learn and be engaged at school. The question we must answer is what concrete steps we can take to address the problem.

## Top Warning Signs that a Child is Being Bullied

One of the main ways we can reduce bullying is to educate educators and parents about the red flags that signal a child is being bullied. Some warning signs may be easier to spot by caregivers at home, but educators can also spot many telltale signs. Here are some things to look for:

1. **Altered Mood:** The student may become depressed, anxious, or show other signs of emotional distress. They may refuse to talk about what is wrong out of fear or shame.
2. **Illness and Physical Harm:** Students who experience bullying may experience health effects such as headaches and stomachaches. They may also have unexplained cuts, bruises, or scratches.
3. **Fear of School:** Victims may make excuses to stay home from school or not want to participate in after-school activities. There may be afraid of getting on the bus or taking the long way or an "illogical" route to school.
4. **Poor Grades:** Many bullied students lose interest in school, fall behind in schoolwork, or grades start to slip. They may start avoiding school activities they previously enjoyed.

5. **Property:** The child shows signs of or reports damaged or missing pieces of clothing, books, or "losing" other belongings. They may also resort to stealing to replace items.
6. **Social Isolation:** Bullied students often lose friends (sometimes quite suddenly), have trouble making friends, or become withdrawn.
7. **Sleeplessness:** Anxiety may cause sleeplessness, recurrent bad dreams, and inattention at school.
8. **Appetite:** The student's eating habits may change suddenly or drastically, including loss of appetite or bingeing. This may be a sign that they are stressed, avoiding the group setting of the cafeteria, or that someone is stealing their lunch money.
9. **Decreased Self-Esteem:** Bullying can result in lower self-esteem and feelings of helplessness. In middle school, students are more likely to blame themselves rather than those bullying them. This can result in self-destructive behaviors, such as hurting themselves, running away, substance abuse, or dropping out of school.
10. **Aggression:** Sometimes, victims may express their feelings by behaving more unreasonably with parents or aggressively to siblings or other younger, smaller children.

October was Anti-Bullying Month, a great time for students, teachers, and administrators to take steps forward in preventing bullying and creating a more inclusive culture of respect and empathy. Although we may not be able to prevent bullying 100%, our district will continue to provide anti-bullying support and resources tailored to your student that creates a safer, healthier, and more respectful environment that enhances learning.

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

Documents · Events · Staff Directory · Alerts · News



# Turning 18

## WHAT YOU NEED TO KNOW

\*Some of these links are affiliate links. This means if you click on the link, and purchase the item, I will receive an affiliate commission at no extra cost to you.

- **FERPA**- Family Educational Rights and Privacy Act, it is the law that protects student educational records
  - have your teen sign it
  
- **HIPAA**- Health Information and Portability Accountability Act, the protection and confidential handling of protected health information
  - have your teen put you on this form at every doctor visit
  - make your teen aware of your family's health history
  - show your teen how to present insurance at the time of a doctor visit and have them keep their card in their wallet
  - help your teen to know when a visit to the doctor is necessary
  - make sure your teen knows how to make themselves an appointment with a doctor or a dentist
  
- **POWER OF ATTORNEY**- a legal document that allows someone else to act on your behalf
  - make sure your teen has one for the state where they go to college and one for their home state -there are different regulations for each state
  
- **SOCIAL SECURITY NUMBER**-
  - have your teen memorize it

- **SELECTIVE SERVICE**-Article I, Section 8, Clause 12 of the United States Constitution: “The Congress shall have Power To ...raise and support Armies, but no Appropriation of Money to that Use shall be for a longer Term than two Years....”
  - have your son register
  
- **VOTE**- each state has different registration rules
  - have your teen register
  
- **SEX**- your son or daughter is dating someone younger than them, which many of them are, then they can be charged with, and be prosecuted with statutory rape
  - make sure your teen knows the facts
  
- **FINANCES**- have you should be taught your teen about money? Saving? Investing? This knowledge is so important for our kids as they leave for college and/or beyond
  - make sure your teen knows the facts




Turning 18 is a big deal! There are a lot of changes coming for both parents and their teens.

All of it is important! Be sure that you and your teen have discussions about all of this over time. Turning 18 means a lot of new things. These are big topics, so don't try to discuss it all at once.

Your role as a parent will definitely change, and that's a good thing! Just know that as you lose your parental rights, they are gaining their rights as adults, and that's a good thing too!


# 4 WAYS TO TEACH OUR KIDS THAT KINDNESS MATTERS

10,000 high school students were asked:



What is more important to your parents? Being a caring, kind person? Or, getting good grades?

Source: Richard Weissbourd, Harvard School Of Education



80% of the kids answered  
“good grades”



80% of parents answered  
“kindness”



How can we **communicate** to our kids that kindness matters? ✨





In the **Camp-Inspired Parenting** Masterclass, Audrey Monke shares 4 ideas based on her experience as a camp director for 37 years.

### #1 Ask explicit questions related to kindness.

What did you do today for another person that was kind?

What did someone do for you that was kind?

### #2 Watch movies and read stories, and point out the acts of kindness you see.

"Wasn't it nice how kind she was to her friend when she was sad?"



### #3 Prioritize serving as a family.

- ✿ make cookies for a neighbor
- ✿ create notes and drawings for those in nursing homes
- ✿ volunteer at a pet shelter
- ✿ and more!

### #4 Model kindness.

Oh, I'm going to write a card today for our neighbor because their dog died last week, and that's so hard. Let's drop it off later when we go for a walk.



# Like Hugging a Time Bomb: How to Calm an Emotionally Dysregulated Teen with ADHD

Exploding? Cursing? Slamming doors and stonewalling? If your teen's emotions are equal parts volatile and extreme, you're not alone. Already emotionally dysregulated teens with ADHD are feeling — and spreading — acute pandemic stress. Here's how you can forge strong connections and diminish their stress levels.

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“My 15-year-old son just won't participate in distance learning, do dishes, do homework assignments, etc. He just refuses, which triggers the entire family.”

“How do you get through to a child who constantly shuts down and gets angry when you question them about missed homework?”

“What do you do when kids call themselves stupid and useless?”

“What if your preteen claims they are bored every time they are not on a screen?”

In [teens with ADHD](#), emotional dysregulation can seem to take infinite forms. During this pandemic, emotional triggers are more varied and plentiful than ever — as are the manifestations of adolescents' stress. Unusual and uncomfortable learning settings without typical outlets for energy and socializing, coupled with puberty and too much screen time, has left many teens with ADHD feeling heightened and prolonged anxiety, frustration, fatigue, and anger. The end result is good for no one.

Even if your [dysregulated, burned-out teen](#) builds walls to keep you out, you *can* help turn things around by recognizing how stress uniquely affects them, de-escalating their worries and intense emotions, and connecting with them in productive, healthy ways. Below are strategies for supporting, stabilizing, and building resilience in your teen during these challenging times.

## Dysregulated Teens with ADHD: Signs of Pandemic Stress

[Puberty](#) alone triggers emotional upheaval in the teen brain. Add ADHD, and the associated symptom of emotional dysregulation, to the mix and you've got a potentially explosive mix. Add a year-long pandemic with heightened, unrelenting anxiety to that mix, and you've got millions of frazzled families. It may appear otherwise, but your teen is trying their best. Their troubling behaviors are often masking stress and other worries. This stress often appears as:

- Resistance – “I don't want to clean my room” or “I don't want to do chores.”
- Tiredness/exhaustion – “I am too tired to do anything!”
- Apathy – “Why should I do my work? School doesn't matter.”
- Boredom – often code for sadness.
- Displaced anger/frustration standing in for anxiety.
- Numbing out, mostly via screen time, to escape tediousness and find variability.

Stress also leads to emotional dysregulation – deviations from normal behaviors and moods that may look like this:

- More movement than usual (pacing, fidgeting, hand-wringing)
- Larger expressions of emotion (yelling, swearing, physical gestures)
- Uncontrolled emotions, which can even include unusual levels of happiness, excitement, and other “positive” behaviors
- Smaller gestures (short responses, stonewalling)

## Dysregulated Teens with ADHD: Connect to Regulate

Dysregulated emotions and behaviors impair effective communication. When tempers flare (including yours), no productive conversations will follow. So how can you help your teen alleviate stress and regulate emotions so that you can live in harmony? By creating [positive experiences that build connections](#). The truth is, teens are most likely to fix their problems with help from parents, but if they feel they can't connect with you, they won't ask for help.

Operate under these fundamental assumptions to pave the way to productive parent-child interactions:

- Everyone, including your teen, is doing the best they can. If someone is not doing well enough, it's because they lack skills, not because they don't want to do well. Your gentle encouragement and support can carry them through.
- You and your teen are on the same team. It's you and your kid versus the problem. (Even if they caused the problem.)
- It isn't personal. Your child isn't seeking to deliberately upset or disrespect you. Remember that emotional dysregulation is real. Don't let your fuse get lit, and don't light your kid's fuse either.
- Unconditional love and forgiveness – even and especially in the toughest of times — is the only way.

## Emotional vs. Cognitive Communication

Where we are “coming from” when we communicate is crucial to solving problems rather than escalating them. Generally, people use two types of communication modes:

- Emotional communication focuses on feelings over facts. It is often accompanied by swearing, defensiveness, shutting down, and aggression. This is a valid form of expression, and it frequently occurs when a person is close to the issue at hand. But, this mode of communication is not always the most helpful. When we are dysregulated, emotional communication tends to take over.
- Cognitive communication focuses on problem-solving and facts over emotions. While this mode is usually the most helpful, it can lead to getting caught up in “winning the argument.” This type of communicator may appear dismissive and aloof to an emotional communicator.

Though undoubtedly difficult at times, it's best to set the example for your teen and engage in cognitive communication as much as possible. Be aware of and try your best to regulate your own emotional state so that your child can match your cognitive approach. To ease the transition from emotional to cognitive communication for your adolescent:

- **Validate their emotions** by naming the emotions you're detecting from your teen in a non-judgmental way. This lets them know that you "see" them, and helps them identify their own emotions.
- Use **reflective listening** (i.e. repeat back a summary of what they said) to validate their feelings and show that you understand their problems. Genuine reflection and validation also helps build trust and comfort around opening up.
- **Take a walk** with them to get the connection flowing. **Movement** and a different setting are more conducive to connection and conversation than is an unproductive, interrogation-style approach.
- **Take a break from conversation** because not everything has to be said in one sitting. You can go back to a tough subject at a later time, when they're all calmer. The break may even help to get a new perspective.
- **Gestures of comfort** are powerful. No matter how small the gesture, do something for your overwhelmed teen that they will appreciate, like making them a cup of hot chocolate or taking giving them some time to themselves.
- **The right kind of pressure** can sometimes be the push your child needs. Firmly stating, for example, that you don't want your own emotions to escalate, can snap your child into a cognitive state. This method, however, depends on your individual child, and should be used as a last resort, and should not be done as a threat.
- **Recognize cursing and yelling for what they often are** – surface indicators of a deeper problem. Typically, teens who resort to cursing and volatility, especially if it's out of the norm for them, are communicating their overwhelm with a difficult situation. Keep your calm when this happens and try other ways to engage.

## Dysregulated Teens: How to De-Escalate Pandemic Stress

On the spectrum of **anxiety**, your teen's baseline is likely somewhere between moderate and severe at the moment. More stressors push your teen into fight, flight, or freeze mode, leading to dysregulation before your teen can come back down to baseline.

Helping your teen learn to **de-escalate stress** in the short and long term can make a major difference in their emotions and behaviors. Some helpful strategies include:

- Prioritize physical needs, like sleep, nutrition, and movement
- Engage in temporary escapism. If you're trying to get your teen off the screen, make sure you can actually offer an engaging alternative, like a fun board game, a scavenger hunt, or a short outdoor adventure.
- Connect with others (calling or texting a friend, visiting family)
- **Exercise** (playing a sport, bodybuilding, going for a run)
- Enjoy small comforts (eating a favorite meal, hugging a pet)
- Build skills, be it in sport, music, or another hobby, to boost overall confidence
- Allow your teen to identify their own de-escalation strategies
- Turn off the news
- Avoid conversations about personal frustrations and concerns
- Set clear and appropriate expectations for them; remain consistent
- Apologize when you make mistakes and lose your cool with them
- Celebrate accomplishments and support them through difficult problems
- Confront challenges head-on. Sometimes, accepting anxiety and leaning into fears can teach teens that they are more capable than they know.

# 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

## Instagram: @wintersetschools

## Facebook:

Winterset Community School District:  
@wintersetschools

Winterset Huskies for Athletics and Activities updates:  
@WintersetHuskies

*All buildings now have their own pages*



## Twitter:

- WintersetSchools: @WintersetSchool
- Winterset Huskies for Athletics and Activities updates: @WintersetHusky
- *All schools now have their own pages too*

## 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