



SUPERINTENDENT MESSAGE

I love this time of year. Specifically, the Thanksgiving and Christmas Holiday seasons. I believe it is the one time of the year that we are all at our best when it comes to how we treat others. The time we spend with friends and family and considering what we can offer to others that we love to show them how much they mean to us is truly a special time of year. I had the opportunity to attend the Iowa Association of School Boards (IASB) annual convention a few weeks ago with a couple of board members and listen

to Adolf “Doc” Brown deliver the keynote address. I am not sure how many of you know “Doc” Brown, but his message is something I think we all can learn from. Dr. Brown is the youngest of 5 children whose father left them shortly after he was born, instantly pushing his family into poverty. Dr. Brown is a black man who talked about the people in his life who kept him in school and helped him overcome the obstacles that he was facing to become a successful adult. While Mr. Brown’s circumstances may not seem unique to some of you, the perspective

from which he shared his story is. Dr. Brown shared how it was people who were willing to “see” him and get to know him and not believe “everything they think” when they saw him that allowed them to form genuine relationships allowing him to overcome the obstacles that he was facing.

Dr. Brown shared that his grandfather, a farmer who he was often sent to spend time with, would often “learn him” a few things that became the foundation for who he is today, such as the fact that he was custom-made, there is no one else on this earth like him. Getting to know who we are as individuals will help us understand the why behind what we do. Dr. Brown shared that he believes we need to develop 2 senses: Common Sense and a Sense of Humor. So often we



take things personally that were never meant to be personal. He challenged us to look in the mirror and be the best person we can be by being both Human and Kind. Dr. Brown’s message was both refreshing and challenging as he pushed us to think about being Kind instead of Nice; being Kind is proactive, while being Nice is reactive. Think about that for a moment and what that small shift could mean in our lives.

I believe the reason that Dr. Brown’s message really resonated with me is

December Monthly Highlights

Dec. 7th PK Family Fun Night
4-6pm

Dec 7th-HS Conferences 3:30-7:30

Dec 23-Jan 2 Winter Break

Jan 3rd Classes Resume

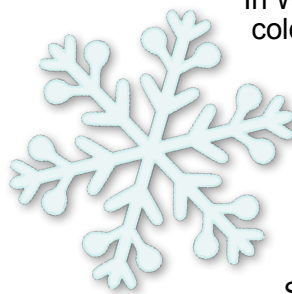
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that it reaffirmed my belief as to why our work around Capturing Kids Hearts (CKH) and developing positive relationships with our students is so important. Through CKH we are asking our staff to be proactive when it comes to developing positive relationships with our students and more importantly helping our students develop positive relationships with one another. We are asking our staff to really “see” what their thoughts may tell them about a student. We spent 2 days in November working on how to improve our processes around CKH and also celebrating the successes our staff is having connecting with kids. I was truly inspired to hear the great things they are doing each and every day to be proactive in building relationships with and among their students. While we have room to improve, we are doing great things in just a little over a year.

So I want to end this month by challenging us all to be more Kind to each other and think about ways we can treat each other like every day is Thanksgiving or Christmas. We all have so much to be thankful for and like my own grandpa always used to say it takes no more effort to be polite and kind than it does to be mean and rude. I wish you all a wonderful Holiday season.

Yours in Service,
Justin M. Gross
Superintendent

When Is It Too Cold For School?



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

Sometimes in temperatures warmer than a windchill warning, our buses struggle to start and stay running. In those cases, a decision to cancel or start late is made as soon as possible in the morning.

When Is It Too Snowy For School?



Families should expect less notice when school is canceled for heavy snow. Road conditions are tested and several websites are viewed for information on weather and road conditions. Mr. Gross also consults with other Madison County and neighboring school districts.

Making the decision to start late, cancel or continue school as planned is a difficult decision that takes into account many factors. Most importantly, we consider our students' safety first.



When WCSD makes a decision to change plans, we utilize the WCSD app (see p.20) that calls, texts and e-mails parents and staff. We also post the change of plans on our district website, app, and notify local media.



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

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

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

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

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

Lunch Menus

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

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

Free & Reduced-Price Meals Applications

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

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

SCHOOL FEES

Attention parents: This year's school fees were due October 15th. You may pay them through your **Parent Portal**, at any of the school offices or at the administration office.

CHANGE OF ADDRESS/PHONE

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

STUDENT/PARENT HANDBOOKS

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

BEST BUDDIES, December 2022

Best Buddies had a Friendsgiving meal together on November 17th. We enjoyed sharing food, talking and laughing together, and playing a few games of Thanksgiving Kahoot! The leadership team continues to meet one time per month to plan monthly social events.

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

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

Callie Drake (chapter vice president)
23cdrake@winterset.k12.ia.us

Lana McDonald (chapter advisor)
lmcdonald@winterset.k12.ia.us



7th Grade Literacy Project Winners

Students in Mrs. Clouse and Mrs. Allen's seventh grade literacy classes participated in a project-based learning experience that spanned the entire first quarter. They began by reading the novel *The Giver* and contrasting dystopian and utopian societies. Meanwhile, in Mr. Heithoff's social studies class, students explored how people's values help them develop their societies. Eventually students filled out "job applications" and were placed in roles based on their interests. They worked in groups to design a utopia that reflected the values they thought were most important in an ideal society. Each group had a Community Leader, Urban Planner, Recreation Director, Utopian Director, and groups with a fifth member had a Public Health Officer. Each group member was tasked with writing a detailed informational essay about their role in the community. Additionally, students were required to complete two additional tasks that ranged from designing promotional brochures to designing 3D houses and parks.

All twenty-six groups wrote and delivered persuasive presentations in front of judges from the community. Groups were judged on professionalism, presentation, and the aesthetics of their project. The top three groups were awarded prizes during an awards ceremony in the auditorium. Mrs. Clouse, Mrs. Allen, and Mr. Heithoff would like to thank the twelve judges for volunteering their time to make this project a success for the students!

Dudesville: Grant Heithoff, Nora Lowden, Adelaide Bullis (not pictured)
Freetown: Hunter Taylor, Alex Vallejo, Brayden Tucker, Jaedyn Lloyd, Chloe Diehm
Findian: Montana Phelps, Mady Moren, Garrett Floyd, Evan Osborn



1st Place



2nd Place



3rd Place

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.

Congrats to these WHS Students!

All State Band

Gracie Cole
Kael Blanchard
Alex Hoenig

All State Choir

Addie Wangler
David Michael Negley
Lily Applegate

All District FB

1st Team Defense-Grant Trucks
2nd Team Defense- Hunter Lyon, Tate Thompson, Zac
Mortvedt, Luke Linde, Carter Smuck
Honorable Mention- Jady Cooper, Kade White
1st Team Offense- Beau Knobloch
2nd Team Offense- Hank Wilmes, Nick Pothoven,
Connor Pashek, Brayden Dinkla

1st Team All State Academic & Athlete XC
Mason Back

1st Team All State Academic XC
Ethan Easter

2nd Team All State Football
Beau Knobloch

NHS Induction Ceremony

Sunday, Dec.11, 2022

2 pm

High School Auditorium

Congrats to These Teachers!

The Teacher of the Quarter Award, created & organized by Mindy Cochran, the local Homes for Heroes realtor, is a way to recognize the exceptional staff in WCSD. Colleagues submit nominations for staff members they feel have gone above and beyond in serving our community and our students.

Here are our first ever recipients from each building.



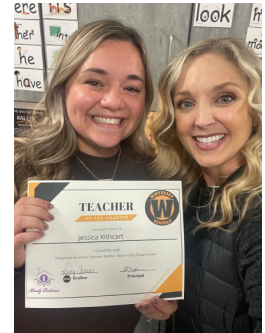
Kathy Eighmy, MS



Josh Henry, JH



Meredith McKay-
Miller, HS



Jessica Kithcart, Elem





WHS Guidance Department

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

The FAFSA, a free application for federal and state grants, is available online only. This is a free Internet site with easy-to-follow screens, extensive on-line instructions, and a search engine for selecting institutional Title IV Codes. It will also edit student information as it is entered, ensuring better data quality and reduced rejection rates. www.fafsa.ed.gov

IS YOUR COLLEGE STUDENT THINKING ABOUT TRANSFERRING?

Iowa Regent universities and community colleges have joined to create a Web portal dedicated to assisting students with the transfer process- www.transferiniowa.org. This one site can assist students and offers lots of answers about the transferring process.

Senior Tips for Winter Finalize your financial aid plan. Review your financial aid package from the schools you applied to, determine the net cost of attendance, and use this information as you make your final decisions. Learn more about estimating the cost of college and comparing your offers. Say thank you. Write

handwritten notes to everybody that helped you with your applications. Avoid the senior slide. Letting your grades drop can affect scholarship opportunities and college admission decisions. Remember, colleges determine admission based on your class rank, GPA, test scores, school involvement, and your coursework (it's important to take challenging classes throughout your senior year).

SCHOLARSHIPS AVAILABLE

*These and more are listed on [the Guidance Page](#).

Barbara Lotze Scholarship for Future Teachers is a scholarship offered by the AAPT Executive Board and is for future high school physics teachers. Successful applicants receive a stipend of up to \$2,000 and may be granted to an individual for each of four years. For more information and to apply, please visit <https://www.aapt.org/programs/grants/lotze.cfm> Deadline: December 1

ISU Engineering Scholarships has an application period from October 1- December 1 for qualified students. In order

to receive an invitation to apply for scholarships, students must have applied for admission to Iowa State University. These scholarships are stackable with financial awards a student may potentially receive through the Office of Admissions.

E. Wayne Cooley Scholarship- The E. Wayne Cooley Scholarship Award was established in 1993 as a tribute to the man who served as Executive Director of the Iowa Girl's High School Athletic Union from 1954-2002. In order to qualify, each girl that applies must have a GPA of 3.75, ACT score of 23, participated in at least two sports each year of high school, earned at least one varsity letter, be an Iowa resident, and plan on attending an Iowa college or university. See Mr. McDonald for more information. Deadline December 31

The Christina Hixson Opportunity Award is a 4-year grant for ½ tuition and fees to be used at Iowa State University. 100 Iowa high school seniors will receive this award. The student must demonstrate financial

need as determined by filing the FAFSA, have faced challenges of personal and/or financial hardship, be a resident of Iowa, admissible to Iowa State University and the student must possess the potential to succeed. Apply at <https://apps-dso.sws.iastate.edu/scholarship/hixson/app>. Deadline: FAFSA must be completed by January 3.

The Ge-Reagan Foundation Scholarship Program is available again this year. This national program awards college scholarships to high school seniors who embody characteristics of President Ronald Reagan at school, in the community, in the workplace and at home. Recipients receive \$10,000 renewable scholarships- up to \$40,000 per student. For more information and to apply visit www.reaganfoundation.org/scholarships. Deadline January 5.

JFK Profile in Courage Essay Contest- The John F. Kennedy Library Foundation invites U.S. high school students to describe and analyze an act of political courage by a U.S. elected official who served during

WHS Guidance Department, Continued / *Guidance Webpage*

or after 1917, the year John F. Kennedy was born. First-place winner receives \$10,000. Second-place winner receives \$1,000. Five finalists receive \$500 each. For more information and to apply, visit <https://www.jfklibrary.org/Education/Profile-in-Courage-Essay-Contest.aspx>. Deadline: January 13.

Mensa Foundation Scholarship Program- The U.S. scholarship program covers all of the country and awards more than \$130,000 every year. The program bases its awards totally on essays written by the applicants. Consideration is not given to grades, academic program or financial need. To apply, visit <http://www.mensafoundation.org/what-we-do/scholarships/>. Deadline: January 15

Naval Reserve Officers Training Corps (NROTC)- The purpose of the Navy ROTC Program is to educate and train qualified young men and women for service as commissioned officers in the Navy's unrestricted line, the Navy Nurse Corps and the Marine Corps. Selected applicants are awarded scholarships through a highly competitive

selection process, and receive full tuition, books stipend, educational fees and other financial benefits at many of the country's leading colleges and universities. Upon graduation, midshipmen are commissioned as officers in the unrestricted line Naval Reserve or Marine Corps Reserve. For more information and to apply, please visit <https://www.netc.navy.mil/Commands/Naval-Service-Training-Command/NROTC/Apply/>. Deadline: January 31.

JUNIORS

Juniors Tips for Winter Attend college fairs. Be prepared when talking to college representatives. Identify important factors in choosing a college. Two-year or four-year? Location? Cost? Atmosphere? Variety of study programs available? Entrance fee requirement? Create a college list to compare the colleges you're interested in attending. Register for the right classes. Meet with Ms. Slagter or Mrs. Erickson to help schedule your core classes. Review your coursework and plan for the rest of high school. Take a close look at college prerequisites (particularly around foreign language and science) and make sure your

schedule includes the classes you need for college. Take advantage of the TIR. Consider taking the ACT in December, April or June when you can order a Test Information Release (TIR) and review all of the questions and your answers. You can learn from your mistakes and improve your score the next time you take the ACT.

The Coolidge Scholarship is an annually awarded, full-ride, presidential scholarship that covers a student's tuition, room, board, and expenses for four years of undergraduate study. To learn more and apply, visit <https://coolidgescholars.org/>. Deadline: February 23.

LOANS

The Lillard-Miller and Eva Rogan Funds were established to help students finance post high school education. The funds are financed through private contributions. Loans are available for up to \$1,000 per year per student and a maximum of \$3,000 per student. No interest is charged, but the loans must be paid back. Applications are available on the guidance webpage and in the guidance

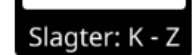
office or the administrative office and may be completed anytime now through August.

Use the QR Codes & Links to book an appointment with Mrs. Erickson or Ms. Slagter!

Mrs. Erickson
Book me!



Ms. Slagter
Book me!



*10 SIMPLE QUESTIONS TO HELP YOU FIND YOUR OWN INNER VOICE

Whose voice do you hear in your head most often? Is it your own voice?

So many of us are people-pleasers and always concerned with the approval of others.

We can't hear ourselves with the noise from the voices of our family, friends, society, and that boyfriend from 19 years ago still stuck in our heads.

It's important to make room in your mind to hear YOUR own voice. Your voice should be the loudest -- not in an egotistical way, but along the lines of knowing your own self and what you want.

It's time to start listening to YOURSELF.

In her "Adulting Tools" masterclass, Julie Lythcott-Haims shares 10 questions you can ask yourself to (re-)discover who you truly are.

Find a calm and quiet place and spend a few minutes to answer these questions. Remember, there are no right or wrong answers!





1. Who am I?

2. What do I want?

3. What do I know to be true about myself so far?

4. What am I good at?

5. What do I love?

6. What do I want out of this one wild and precious life?

7. What would I do if it was just up to me?

8. What would I do if no one else was watching?

9. What would I do if no one else was judging?

10. What would I do if I love myself enough so I would do it anyway, regardless of whether other people were judging?



Print as many copies of this page as you want and keep filling it out until your inner voice says, "Yes! Now, that's who I am! I no longer have to try being what others expect me to be."

YEARBOOKS!!

Order a JUNIOR HIGH yearbook by March 1st!!!



**Order online @
Jostensyearbooks.com**

**Submit JH pictures @
images.jostens.com**

Get your pictures in the yearbook.

The yearbook staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them.

Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

The last day to submit your photos is:

March 1

SUBMIT YOUR PHOTOS ONLINE

LOG ON TO: images.jostens.com

Enter Login ID:

- Click on "Select My Images!"
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Upload Chosen Images!"

It's that easy! Submit your photos today!

***Order all K-12 yearbooks via Jostens @ JostensYearbooks.com
→ Just search for each specific building in the search bar. ←**

Elem = \$23, MS = \$20, JH = \$20, & HS = \$60

**PARENT CAFES ARE
FREE, INFORMAL
EVENTS!**

FOR PARENTS BY PARENTS



Opportunities for persons who are parenting to come together and share experiences, joys and concerns with other parents in a positive and structured environment.

Snacks, childcare and transportation provided

WHO: Anyone parenting a child 0-17

WHEN/WHERE: December 14, 6:30-8PM at the MS Library

Please contact Jayci Kuhns at 515-741-0023 if you would like to volunteer to help coordinate a parent cafe



DECEMBER ATHLETIC CALENDAR

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

HIGH SCHOOL BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
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
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

HIGH SCHOOL SWIMMING

DATE	TIME	OPPONENT	SITE
Dec 3	10:00 AM	Newton	Newton YMCA
Dec 10	11:00 AM	Grinnell	Grinnell College
Dec 13	5:00 PM	SEPolk	SEP HS
Jan 3	5:30 PM	SEP	SEP HS

HIGH SCHOOL WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
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
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 & 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](http://TicketSpicket.com) or download the app.

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



- Counseling will take place via virtual sessions, text, phone or in-person.
- People of all ages may join groups online to find support and learn new strategies to cope, and move forward in a positive direction.

Visit www.projectRECOVERYiowa.org and complete a contact form and a counselor will get back to you.

Facebook, Instagram, LinkedIn, Tik Tok, Twitter and You Tube: Project RECOVERY Iowa
Iowa Concern 800-447-1985

Call the Iowa Warm Line, 844-775-9276;

24 hours a day, seven days a week to connect with a peer counselor or request to get in touch with a Recovery Iowa counselor.

Call the Iowa Concern Line at 800-447-1985;

24 hours a day, seven days a week to connect with stress counselors who specialize in agriculture and rural issues.

Call the Spanish line at 531-800-3687



FEMA

ABBE CENTER FOR COMMUNITY MENTAL HEALTH, INC. | HEARTLAND FAMILY SERVICE | IOWA STATE UNIVERSITY
PATHWAYS BEHAVIORAL SERVICES AND UNIVERSITY OF IOWA CENTER FOR DEVELOPMENT AND DISABILITIES



Winterset Parks & Recreation
Notes from the North Pole

Register now to have your little one(s) receive a customized letter from Santa himself!

FREE

Letters requests must be in by Dec 7th.



ADULT COED VOLLEYBALL LEAGUE

WEDNESDAY NIGHTS, JANUARY 25 - MARCH 22
\$130/TEAM





SPRING 2023 REGISTRATION NOW OPEN

OPEN TO BOYS AND GIRLS
AGES 5-17 - ALL SKILL LEVELS

TO REGISTER VISIT:

WWW.WASC SOCCER.NET

Nicole Schwarz LMFT

parent coach for imperfect families

Parenting Tip: Prioritize Rest

Last week, after dropping my kids off at school, I felt an overwhelming sense of exhaustion come over me.

I decided to lay down on the couch and close my eyes for a minute.

That "minute" turned into an hour!

Yep. I took a nap at 8:30 in the morning.

Obviously, my body was trying to tell me something: **I needed to rest.**

Most days, laying down for any amount of time is not an option because I'm running 100 miles an hour, managing all the things for home, work, school, family.

Rest seems like a luxury.

Except that it's not.

Our bodies can only manage stress for so long before we start to feel resentful, overwhelmed, snappy, or shut down.

Finding ways to rest will help us parent with calm confidence.

Here are some examples of rest:

- Taking three very deep breaths
- Doing a five minute meditation
- Going for a walk, run, jog, bike ride, paddle, being in nature
- Enjoying a mug of hot tea or coffee
- Calling a friend - or better yet - seeing a friend in person!
- Hugging a loved one
- Slowing down and focusing on one task at a time
- Giving yourself permission to rest

You may feel resistance when it comes to resting. That is a normal response! I'd encourage you to be curious about your feelings in a non-judgmental way.

Rest may not have been modeled for you, but it is something you can model for your kids.

The gift your teenager needs, but will never request



**Giving your teen
the gift of rest.**

www.imperfectfamilies.com



When I was young, we had one main phone. Connected to the wall with a super long cord. The cord could stretch to the basement stairs, the only place you could talk in "private."

If someone was on the phone, you had two options. Wait. Or pick up another extension and say, "hurry up!" to whoever was talking.

School day gossip traveled slowly. If you wanted to share info, you had to manually contact each friend individually. One phone call. One origami folded note at a time.

It's only now, as I look back, that I realize the importance of this slow-moving communication.

Teens Today

Compare this to your teens' experience.

They are constantly one swipe away from gossip, updates, feedback (good and bad), trends, judgment, and heartache.

They are surrounded by it at school. And it continues through the afternoon and well into the night.

Unfortunately, it's not just social media that our kids have to manage.

It's homework. College applications. Jobs. Sports. Extra curricular activities. Relationships.

There's no end. There's no escape.

What teens need.

This generation of teens misses out on a luxury we took for granted in years past...Rest.

Your child rarely has a chance to just BE. To be present in the moment without worrying about who commented on their latest picture or what's happening in the chat.

This constant stress and pressure can be too much to bear. Unfortunately, they don't even realize that rest is an option.

How to give your teen rest.

Helping your teen **tune into their needs**, learn to take a break, to have fun without social pressure, can be a big task for parents.

You can't force them to engage in restful behavior. But you can encourage it!

- Schedule family-wide screen free time
- Spend time together in nature
- Engage in a (non-screen related) activity together like sports, art, music, or cooking.
- Do something they loved to do as a kid
- Explore your teen's ideas for adding rest into their lives
- Encourage activities that build mindfulness like yoga and meditation

But, the most important step: **Make your home a place of rest**

Which means, backing off a little. (Or a lot.)

Rather than drilling your kids about their constant use of technology or getting on their case about missing homework right when they come in the door, pause. Give them a chance to breathe.

There is a time and place to have conversations about homework, curfews, and safety issues, but these don't have to be the **ONLY** topics you cover.

To create a "restful" environment, start by just saying, "hi!" when they come in the door. Give them a hug, pat on the back or a (genuine!) smile. Bring up an interesting news story. Ask about something they are interested in, a book, a movie, music. Ask their opinion. Ask for their help. Then, wait.

It's OK if they don't drop their phone and run straight into your rest-providing arms. Remember, your teen may not even realize that rest is an option in their fast-paced world.

You may get some resistance, confused glances or eye-rolls, but be ready when they take you up on a conversation or activity.

Don't make rest another thing to fight about.

Rest may not be something that comes naturally for your teen. It may take time for them to become comfortable with the idea of cutting ties (temporarily!) with the non-stop flow of information.

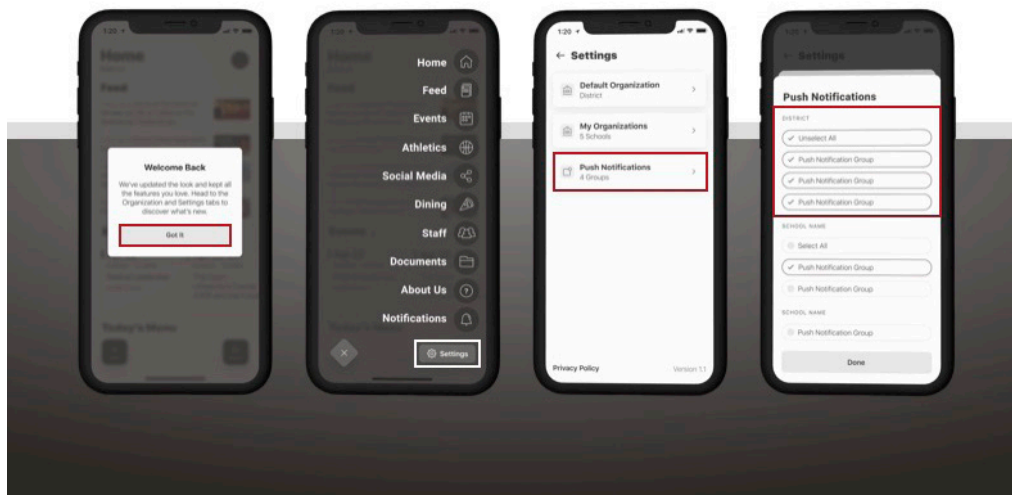
Give it time. Be patient and empathetic with the pull of social media and the need to be connected to friends.

We're not going back to the days of extra-long phone cords and keeping your sister off the phone so you don't miss a call from your boyfriend.

Rest is becoming harder and harder to come by.

Don't miss any updates from Winterset!

1. Search '**Winterset School District**' in your phone's app store and download the app
2. Select '**ALLOW**' when prompted on initial download to ensure you receive notifications
3. Open the app, and navigate to the bottom menu then tap '**SETTINGS**'
4. Ensure your settings are turned on and your organization is selected



WHS FFA UPDATE

The past three months have been exciting ones for Winterset FFA! This fall we saw a lot of new faces getting involved in the various activities that took place.

In October we held our annual Drive-In Movie, which was held at the Madison County fairgrounds. The movies this year were Beetlejuice and The Conjuring. This event is always a great way to get new members involved and exposed to FFA as well as give back to the community.

Members attended South Central CDE Day and participated in a variety of contests, such as Vet Sciences, Livestock Judging, Horse Judging, and more. At this event, there is also a career fair with booths that educate youth about career and college options within agriculture.

Our Freshman members attended a leadership conference called Greenhand Fire Up where they will learn about how to get involved

in FFA at the highschool level. It showcases the different opportunities through FFA as well as teaching youth how to communicate and collaborate effectively.

Later that month, a group of 13 members traveled to Indianapolis to participate in the National FFA Convention. Members toured agriculture destinations such as the John Deere Pavilion, Fair Oaks Farms, Becks' Seed, and more. At the convention, there is a career fair and a shopping center where members can wander around before the convention. The sessions were held in Lucas Oil Stadium where attendees listened to the National FFA Choir, Band, heard speeches from National Officers and the keynote speaker Tamika Catchings, an Olympic basketball player. Our members even toured the Indiana Motor Speedway and walked through the Indiana Fear Farm.

In November, our chapter took members to Knoxville for the 8-to-8 lock-in. Members stayed up for 24 hours straight and did community

service projects, teamwork activities, and made friends that will last a lifetime.

Our chapter organized the high school/junior high canned food drive, which was a huge success! Almost all of the advisories provided hygiene products and non-perishable items to contribute. The amount of products at the end of the week really put into perspective how lucky we are in the town of Winterset. The classes with the most canned food items competed against each other in a dodgeball tournament.

We have spent a lot of this month preparing for the Lighted Christmas Parade taking place on November 25th, make sure to come and support us! We have put a lot of effort into this year's float.

We are extremely thankful to all of our supporters and all of the people that make these events and activities possible!

WHS Student Council Update

WHS Student Council has been busy. Sami Craven reported from the newly formed Supt Cabinet & the School Board that there will now be a microwave in the lunch room after it was suggested by a member earlier in the year. Student Council social will hold a winter social at smash park for all members in good standing and will be held December 18th. There will be food, games, & a white elephant exchange. The council put on a veteran's assembly Nov. 10 and there were lots of positive comments from participants and also the JH and HS. Thanks to members, we were able to give each veteran a gift bag with notes, cookies, and candy.

Alabaster Christmas Dec. 8 (new and gently used items) is coming up. Members help organize the "store" for families to shop for free the next day. Items for donation can be dropped off in Ms. Gibbons's room.

Dec. 9th student leaders from the RRC will have a mental health summit at ADM. We will be taking 4-5 members. Callie Drake is organizing our 7 kids for Christmas for Kids through CRISP. Members buy gifts and donate them to children in need.

We are also planning a winter celebration for December. We have 6 committees working on fun for the entire student body. 1. Assembly- Molly B, 2. Seminars- Jaya, 3. Dress up Days-Madeline Y, 4. Contests- Autumn R., 5. Decorating -Rhaina, and 6. Minute to win it games- Samory. It should be a great month! Our last event we are currently planning is Meals from the Heartland meal packing on Jan.28.

How to Take the Stress Out of Family Gatherings

Tips for helping your kids be at their best and have fun, too

Writer: [Rachel Ehmke](#)
Clinical Expert: [Steven Dickstein, MD](#)

We know from the songs and movies that holidays are supposed to be an exciting, meaningful time for families to reunite and celebrate the things we cherish. We set aside time to practice both religious rituals and family traditions, we give thanks, and, of course, later on, we give presents. But [sometimes holiday gatherings are less magical and more, well, stressful.](#)

The [vacation from school and work means a break from routine](#), something kids and parents alike depend on. Many families travel, facing traffic and long airplane rides, to attend one or more family get-togethers with rarely seen relatives who expect kisses and catching up. And most of these occasions will involve unfamiliar vegetable dishes.

How can anxious or easily frustrated children hope to survive all that? We've compiled a list of seasonal tips to help all kids—and parents—enjoy the party.

Minimize conflict over behavior

Your kids know the rules at your house, but in the excitement and novelty of a relative's home, good behavior can be a casualty. Always have a conversation before leaving your house about how you expect your children to behave, and don't shy away from specifics.

"Knowing what the rules are at someone else's house is always helpful for kids," says [Steven Dickstein, MD](#), a child and adolescent psychiatrist. "They know that you behave differently in church or synagogue than you do on the basketball court; they need to know what the rules are at grandma's house." If you have any questions about the house rules, don't be afraid to ask.

Talk to your hosts early

Besides preparing your children, sometimes it's necessary to prepare your relatives so they know what to expect. "A child who has [behavior difficulties at school](#) is going to have them at grandma's house," warns Dr. Dickstein, "so make sure their expectations are realistic. As a parent you never want to put your children in a situation where they're set up to fail."

Dr. Dickstein also recommends putting a moratorium on criticizing. "Warn family members about sensitive topics in the same way you'd warn people in advance that your child has a nut allergy," advises Dr. Dickstein. If you have a [body-conscious teen](#), no one should chide her for taking seconds on mashed potatoes. If your brother doesn't believe [ADHD](#) is real, now isn't the time to discuss it.

Plan ahead for some peace and quiet

For kids who are easily overstimulated or [sensitive to things like noise and crowds](#), Rachel Busman, PsyD, a clinical psychologist, recommends arranging for another room

they can use when they need a break. “During family gatherings we want to achieve a balance between being social with relatives while also knowing that, if things get too overwhelming and intense, there’s a place to take a break and just be quiet.”

Keep kids occupied

Kids like [structured activities](#), and they’ll probably be missing them while school is out. Fortunately the holidays lend themselves to art projects and family-friendly movies that kids enjoy. You can even start new family traditions like cutting out and decorating sugar cookies or throwing a ball around outside.

If you are [traveling with a child who will need to sit in a car for any length of time](#), Dr. Busman advises packing a bag with multiple activities, particularly if the child has a lot of energy. “Don’t just think four or five activities will be enough because you could be through those things before you even get on the highway,” she says.

When traveling Dr. Busman also recommends planning for breaks, even if it’s not that long of a trip. “Kids who get restless or have difficulty managing their impulsive behavior might really benefit from getting out of the car and running around for a few minutes.”

Discuss social expectations

Parents should have different social expectations for different kids, and if necessary communicate them to your extended family. “You want to avoid those mandatory hugs and kisses or cheek-pinching for kids that don’t do that or like it,” says Dr. Dickstein.

Kids with [selective mutism](#) should not be pressured to talk during family gatherings (and relatives shouldn’t expect them to talk either). If you have an [autistic](#) child who has been working on his [social skills](#), maybe you can agree that he will sit at the table next to you and talk to familiar people—others should be expected to understand.

Getting along with cousins and other kids they don’t see often can be a challenge. Just because kids are approximately the same age [doesn’t mean they’ll be natural friends](#), but they should still try to get along—with adult support if needed. If your daughter gets easily frustrated when she doesn’t get her way, encourage her to share and be polite with her cousins—and let her know she should find you if conflict arises that they can’t settle amicably.

Dr. Dickstein says family gatherings can be a teachable moment. “Let kids know that family is important and sometimes you have to deal with people you don’t really like, but you should work it out, if you can. As parents you are probably doing that with your relatives too, so you can model good social behavior.”

Think about the menu

Family gatherings centered on a meal can put a lot of pressure on kids who are [picky eaters](#) or who have sensory issues that limit their diet. If you are going to someone else’s house for dinner and you know the menu will be a problem, Dr. Busman suggests packing something your child will eat and bringing it with you.

Have a conversation with your child ahead of time to reassure them, explaining, “I know we’re going over to your aunt’s house and there’s going to be some different foods there, but we’ll make sure that we bring some things that you like. It would be great if you could try something else, too.” Exploring new foods is good for kids, but it shouldn’t be the most important thing.

Manage your expectations

Both Dr. Busman and Dr. Dickstein agree that managing your own expectations of what the holidays “should” be like is the most essential step to any holiday gathering. “As parents we should check in with ourselves over what our own expectations are and *not* extend them to our kids,” says Dr. Busman. “It would be great if the kids could sit at the table and eat a nice holiday meal with us, but they’re probably not going to want to sit still for a long time. It’s important to appreciate that kids might find the fun in other things, like watching a movie with their cousins or running around outside. And that’s ok.”

Dr. Dickstein advises identifying one or two things you would like your kids to get out of the holidays—an idea, a value, a memory of doing something special together as a family—and work on achieving that. “But above all, give yourself a break,” he says. “You can’t make everyone happy, and [perfect holidays are nonexistent](#). Think of all those Hollywood comedies about disastrous family gatherings. There’s a reason why they’re funny.”

FRIDAY
6PM - 8PM

**FEB
10**

JACKSON
BUILDING

**FATHER/
DAUGHTER
DANCE**

DJ MESZ



**WINTERSET**
PARKS & RECREATION

**\$30 PER COUPLE | \$10 ADDITIONAL
ALL YOUTH THROUGH 6TH GRADE
FOOD | BEVERAGES | PROFESSIONAL PHOTO**

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- 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](https://www.facebook.com/wintersetschools)

Winterset Huskies for Athletics and Activities updates:
[@WintersetHuskies](https://www.facebook.com/WintersetHuskies)

All buildings now have their own pages



2d · 🌐

Before the Turkey Games, teachers were engaged this week in additional training in the Capturing Kids Heart program! 🐾
[#wintersethuskypride](https://www.instagram.com/wintersethuskypride)



WintersetSchools @WintersetSchool · Nov 22

Fall party in Mrs. Benoit's 2-3 classroom!
Students did some salt painting and STEM building with marshmallows and toothpicks. They constructed straw skeletons. [#wintersethuskypride](https://www.instagram.com/wintersethuskypride)



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Twitter:

- WintersetSchools: [@WintersetSchool](https://twitter.com/WintersetSchool)
- Winterset Huskies for Athletics and Activities updates: [@WintersetHusky](https://twitter.com/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