



SUPERINTENDENT MESSAGE

While it may not feel like it based on our current weather, we are quickly approaching the end of another school year and summer break. I am always shocked by how fast the year goes and how much our students change. I wanted to take the opportunity this month to address an issue that seems to be dominating the news and social media recently - Artificial Intelligence (AI) and more specifically ChatGPT. I wrote about ChatGPT back in March after I attended the AASA convention, and as predicted at the conference, ChatGPT and the growth of

other AI tools are quickly becoming hot button topics. In our own district, we are beginning to see instances of students turning in work completely generated by ChatGPT and we are grappling with how we will deal with these situations moving forward.



Additionally, just this past weekend, I learned about MyAI, a new

chatbot contained within Snapchat, that has caused some major concerns for parents. MyAI is a form of AI that interacts with Snapchat users and to determine details about their location, activities, and other private factors they may not have disclosed. This is only the first that I am aware of, but undoubtedly the number of AI-type tools in the apps our students use will continue to increase.

I am not sharing this to scare you, but rather that you will become more involved in what your student is doing online. The push by large tech companies and other major companies to invest in AI and utilize it as a business tool is going to impact the world that we live in. I am not sure what the answer is or how ChatGPT and other AI tools will fundamentally change our education system, but as they say “The genie is out of the bottle”. Even if we were to block our students’ access to these tools while they are at school, they can readily access them

from any mobile device that is connected to the internet. Yesterday, at a webinar put on by AASA, a presenter used the following analogy to challenge our thinking around ChatGPT and other AI tools. He asked us to imagine giving our students the task of driving a nail into a piece of wood using only their hand. A hammer sets close by but they aren’t allowed to use it, even though they can see it and know it would make the task much easier., even though they could see it setting there and knew it would make the task much easier. ChatGPT and AI are like that for our students. Particularly at the secondary level, students know about these tools and how useful they can be. In light of that, perhaps it is time to rethink the tasks we are asking students to complete.

I see the situation that AI and ChatGPT are creating as an opportunity to really focus on the priorities

May Monthly Highlights

May 15th- online registration starts

May 19th - Seniors Last Day

Pre-School Last Day

May 21st - Graduation 2:30 pm

May 26th - All students last day-2 hr early dismissal

found within our strategic directions. If we focus on creating more authentic learning tasks our students wouldn't be able to simply ask ChatGPT to generate a response. In addition, this type of learning encourages growth of 21st Century Skills such as communication, problem solving, critical thinking, and collaboration. As we work as a district to learn more about AI and ChatGPT and how we can use these tools to empower our students, I would encourage you to have conversations

with your children about what and who they are interacting with online. Encourage them to think about the tools and resources they may be using and if their use meets the standard of them creating their own work. Take time to learn about both the benefits and pitfalls of AI, ChatGPT, and other tools your children may be experimenting with, and reach out to your students' teachers, school counselors, and principals with questions you have. Like all of you, we are learning more and more

each day about AI and how it is and will continue to impact our students and our school. We will inevitably have to review some of our current policies and procedures moving forward, but I am hopeful we can all keep an open mind about how best to serve our students while ensuring we have their best interests in mind.

Yours in Service,

Justin M. Gross

AUTHOR VISITS WES



On Tuesday, April 25 the elementary students were excited to welcome Iowa author Jill Esbaum for a visit. Jill has published over 50 children's books, both fiction and nonfiction, and she spent the day visiting with students, preschool through 3rd grade, to share her experiences as an author. Students even had the chance to be the very first to read her newest book, *Stinkbird Has a Superpower*, which won't be available in stores until May 16. It was a great opportunity for students to get some first-hand insight into the writing process, from the first idea to the finished product.

Students in 8th grade science created a campaign for change to bring awareness to what humans are doing to our environment. The classes invited community members to attend a public showing of their campaigns. Students pitched their ideas and answered questions about their respective class campaigns.



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.

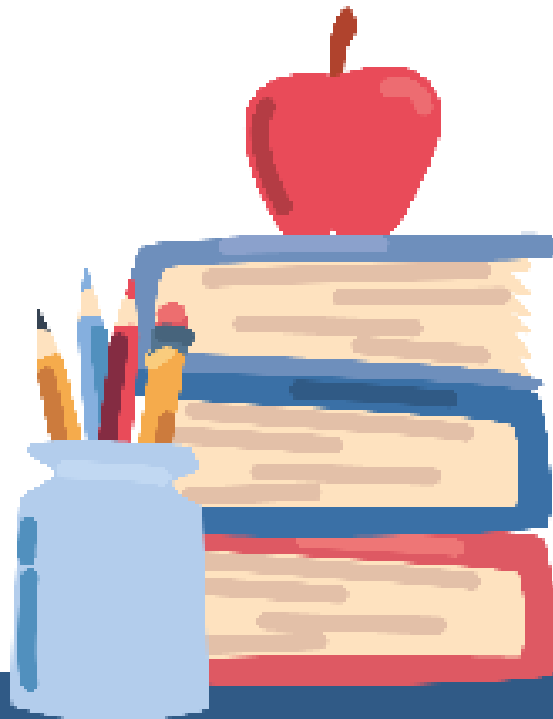
STUDENT/PARENT HANDBOOKS

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.

WINTERSET COMMUNITY SCHOOL DISTRICT

2023-2024 ONLINE REGISTRATION

Open May 15 - July 31



4-year-old PK - 12th grade

Returning students must be registered
through the Parent Portal

New students register via the district website
www.winterset.k12.ia.us

IOWA

Student Health Screening Requirements



3rd Grade

Vision Screening

- **No earlier than 1 year prior and no later than 6 months after enrollment**
- Can be provided by ophthalmologist or optometrist or pediatrician's or family practice physician's office, a free clinic, a child care center, a local public health department, a public or accredited nonpublic school, or a community-based organization or by an advanced registered nurse practitioner or physician assistant
- Submitted electronically through IRIS or hard copy (no required form)

9th Grade

Dental Screening

- **No earlier than 1 year prior to enrollment and no later than 4 months after enrollment**
- Must be provided by licensed dentist or dental hygienist
- Must use IDPH Certificate of Dental Screening

Parents and schools are critical in ensuring students are healthy and ready to learn. In Iowa, there are four health screening programs regulated by the state and implemented by the schools: immunization, dental, vision and blood lead.

For immunization requirements, see next page

Kindergarten

Dental Screening

- **No earlier than age 3 and no later than 4 months after enrollment**
- Can be provided by a licensed dentist, dental hygienist, physician, physician assistant, registered nurse or ARNP
- Must use IDPH Certificate of Dental Screening

Vision Screening

- **No earlier than 1 year prior and no later than 6 months after enrollment**
- Can be done by an ophthalmologist or pediatrician's or family physician or any professional licensed to perform this test.
- Submitted electronically through IRIS or hard copy (no required form).

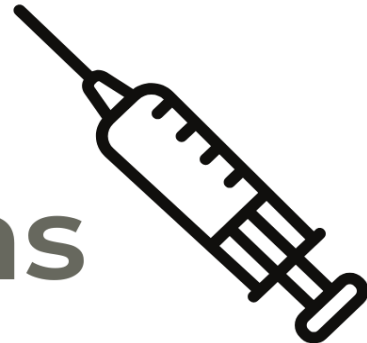
Lead Screening

At least one Blood Lead Test should occur prior to six years of age

- Must use IDPH spreadsheet to submit list of kindergartens
- Don't need to collect results of blood lead testing
- IDPH matches the school list with their data and inform schools of children who need a blood lead test
- Schools inform parents
- Parents have their children tested



School Vaccinations



KINDERGARTEN

- DTaP Vaccine
- Polio Vaccine
- MMR Vaccine
- Hepatitis B Vaccine
- Varicella Vaccine
- COVID-19 Vaccine
- Influenza Vaccine (~Oct)

7TH GRADE

- Tdap Booster Vaccine
- Meningoccal Vaccine
- HPV Vaccine
- COVID-19 Vaccine
- Influenza Vaccine (~Oct)

12TH GRADE

- Meningoccal Vaccine
- COVID-19 Vaccine
- Influenza Vaccine (~Oct)

To learn more about school vaccination requirements in Iowa, visit idph.iowa.gov



School Supplies

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



SILVER CORD SIGN UP

Silver Cord sign up is beginning. Silver cord is a voluntary community service program that encourages students to complete a variety of community service activities during their high school years.

Students are encouraged to complete 40 hours a year, each year for a total of 160 by graduation. Students can join later if they want, but need to make sure to achieve the total hours if they want to wear the cords at graduation.

We work with a variety of community groups to post activities that students can participate in and the students con

tact the community members if they are interested in the activity. Since its inception 6 years ago, Winterset students have logged more than 7,000 hours in the community serving. There are over 100 members at WHS currently.

Forms will be available on the electronic backpack & student emails and need to be returned by the end of the school year if students want to begin receiving opportunities via email.

Please contact Jessica Gibbons at the high school if you have any questions. jgibbons@winterset.k12.ia.us



HUSKY HELP DAY

**MAY 9TH, 8AM
(RAINDATE MAY 10)**

**WHS SENIORS WILL BE
GIVING BACK TO THE
WCSD COMMUNITY**

**email jgibbons@winterset.k12.ia.us
with questions**

2023-2024 Winterset Community School – Preschool Calendar Board Approved (12-12-22)

CALENDAR LEGEND	
Start/End	
No School	

M	T	W	Th	F	Days	Date	Events
September							*No Preschool on Wednesdays plus the additional days noted
			31	1			
4	5	6	7	8			
11	12	13	14	15		Aug 31	First Day of Preschool
18	19	20	21	22		Sept 4	Labor Day (No School)
25	26	27	28	29			
October							
2	3	4	5	6			
9	10	11	12	13			
16	17	18	19	20		Oct 20	No Preschool (PD Day)
23	24	25	26	27		Oct 23	No Preschool (Innovation Day)
30	31						
November							
		1	2	3			
6	7	8	9	10		Nov 2 & 7	No Preschool (Conferences)
13	14	15	16	17		Nov 20-24	No Preschool
20	21	22	23	24			
27	28	29	30				
December							
				1			
4	5	6	7	8		Dec 6	Preschool Family Fun Night
11	12	13	14	15		Dec 22-Jan 3	No Preschool
18	19	20	21	22			
25	26	27	28	29			
January							
1	2	3	4	5			
8	9	10	11	12		Jan 4	Classes Resume
15	16	17	18	19		Jan 12	No Preschool (PD Day)
22	23	24	25	26			
29	30	31					
February							
			1	2			
5	6	7	8	9		Feb 8 & 13	No Preschool (Conferences)
12	13	14	15	16			
19	20	21	22	23			
26	27	28	29				
March							
				1			
4	5	6	7	8		March 11-15	No Preschool
11	12	13	14	15		March 22	No Preschool (PD Day)
18	19	20	21	22			
25	26	27	28	29			
April							
1	2	3	4	5			
8	9	10	11	12			
15	16	17	18	19		April 1	No Preschool (Teacher Comp Day)
22	23	24	25	26			
29	30						
May							
		1	2	3			
6	7	8	9	10		May 17	Last Day for Preschool
13	14	15	16	17			

2023-2024 Winterset Community School Calendar
Board Approved (12/12/22)

CALENDAR LEGEND

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

Teacher Contract Days

178 Student Contact Days

- 2 Conference Camp Days (11/22 & 4/1)
- 6 Pre-Service Days (8/14-8/16 & 8/22)
- 1 Work Flex Day** (8/21 or 5/28)
- 1 PD Day (1/21)
- 1 Innovation Day*** (10/23)
- 1 TQ Day*** (11/29)
- 190 Days
- **TQ - contact day as long as tested by state

New Teacher Days

August 1st (1/2 day, Ban-noon)

August 10 & 11

New teachers work August Flex Day
- August 21

Late Start Wednesdays

School begins 1 hour late every
Wednesday for professional development.

*Cancelled school days may be made up
at end of school year (June).

**Teacher work day is flexed for returning
teachers. Work 1 day either August or
May/June. Notification to principal at
check-out in spring.

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

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

August					Hours	Days	Date	Events
M	T	W	Th	F				
	1	2	3	4			Aug 1	New Teacher Day (8:30am-noon)
	7	8	9	10	11		Aug 10 & 11	New Teacher Days
	14	15	16	17	18		Aug 14-22	Teacher Pre-Service
	21	22	23	24	25	18.5	Aug 17	Elon Family Engagement (4:00-6:00)
	28	29	30	31		43.5	Aug 17	MJ Family Engagement (6:00-8:00)
							Aug 17	JH Family Engagement (6:00-8:00)
							Aug 17	HJ Family Engagement (4:00-6:00)
							Aug 21	Teacher Work Day - Flex**
							Aug 23	Final Day of School
September								
				1	90	8		
	4	5	6	7	75	12	Sep 4	Late Day (No School)
	11	12	13	14	106.5	17	Sep 4	Halloween
	18	19	20	21	138	22	Sep 25	HJ Conferences (3:30-7:30)
	25	26	27	28	169.5	27		
October								
	2	3	4	5	201	32		
	9	10	11	12	232.5	37	Oct 17 & 19	Middle School Conferences (3:30-7:30)
	16	17	18	19	262	42	Oct 17 & 19	Elementary Conferences (3:30-7:30)
	23	24	25	26	287	48	Oct 28	End of 1 st Quarter (42 days) 2-hour early dismissal
	30	31			300	48	Oct 23	Innovation Day (No School)
November								
		1	2	3	318.5	51		
	6	7	8	9	350	56	Nov 1 & 2	Junior High Conferences (3:30-7:30)
	13	14	15	16	381.5	61	Nov 20	TQ Day (No School)
	20	21	22	23	413	66	Nov 21	PD Day (No School)
	27	28	29	30	406.5	65	Nov 22	Teacher Camp Day (No School)
							Nov 23-24	Thanksgiving Holiday (No School)
December								
				1	413	66		
	4	5	6	7	444.5	71	Dec 5	High School Conferences (3:30-7:30)
	11	12	13	14	476	78	Dec 22	2-Hour Early Dismissal
	18	19	20	21	507.5	81	Dec 25-Jan 2	Winter Break (No School)
	25	26	27	28	539	88		
January								
	1	2	3	4	570.5	94	Jan 3	Classes Resume
	8	9	10	11	602	101	Jan 12	End 1 st Semester (85 days) 2-hour early dismissal
	15	16	17	18	633.5	108		
	22	23	24	25	665	115		
	29	30	31		696.5	122		
February								
			1	2	728	125		
	5	6	7	8	759.5	132		
	12	13	14	15	791	140	Feb 13	High School Conferences (3:30-7:30)
	19	20	21	22	822.5	147		
	26	27	28	29	854	155		
March								
				1	885.5	162		
	4	5	6	7	917	170	March 5 & 7	Junior High Conferences (3:30-7:30)
	11	12	13	14	948.5	177	March 5 & 7	Middle School Conferences (3:30-7:30)
	18	19	20	21	980	185	March 5 & 7	Elementary Conferences (3:30-7:30)
	25	26	27	28	1011.5	192	March 11-15	Spring Break
							March 22	End of 2 nd Quarter (85 days) 2-hour early dismissal
April								
	1	2	3	4	1043	199		
	8	9	10	11	1074.5	206	April 1	Teacher Camp Day (No School)
	15	16	17	18	1106	214	April 24	High School Conferences (3:30-7:30)
	22	23	24	25	1137.5	221		
	29	30			1169	229		
May								
		1	2	3	1200.5	236		
	6	7	8	9	1232	244	May 17	Centers Last Day
	13	14	15	16	1263.5	251	May 19	Graduation
	20	21	22	23	1295	259	May 24	Last Day for "Makeup" (44 days) 2-hour early dismissal
	27	28	29	30	1326.5	266	May 27	Makeup Day (No School)
							May 28	Teacher Work Day - Flex**
June								
	3	4	5	6	1358	274		
								Total Calendar School Hours - 1110 + 16 (PT Hours) - 1126



WHS Guidance Department

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

Most seniors have received their FAFSA. If there has been a change due to illness, job loss, etc., please contact the college that you plan on attending and make any necessary changes.

FINAL TRANSCRIPTS WILL BE SENT TO ALL COLLEGES BY THE END OF JUNE!

Immunization records will be sent with all final transcripts.

Scholarships:

ALL scholarships listed are on the Winterset High School's guidance page.

The Horatio Alger Assn. Career & Technical Scholarship Program offers over one thousand scholarships at up to \$2,500 each to high school graduates that will be enrolled in an eligible program in the fall of 2018. Applicants should exhibit a strong commitment to pursue and complete a career or technical program (up to 2 years), demonstrate critical financial need, demonstrate perseverance in overcoming adversity and be a US citizen. For more information and to apply, visit <https://scholars.horatioalger.org/scholarships/about-our-scholarship-programs/technical/>. Deadline: June 15.

Abbott & Fenner Scholarship Program: \$1000.00 scholarships awarded. Students will submit an essay on the topic that appears on the scholarship page of the web site www.abbottandfenner.com/scholarships.htm. Deadline is June 10.

The Iowa PGA/ Charlie Burkart Scholarship is open to any graduating senior within our section boundaries and any graduating student of an Iowa high school. It is awarded every year to one recipient, the winner will receive \$1000 each year of full-time attendance for four years at a college or university of their choice. The application is available online at <http://www.iowapgafoundation.org/charlie-burkart/> and must be sent to the Iowa PGA Section office by June 18.

BigSun Scholarship 2020 will be offering an annual scholarship to a deserving student to help young athletes succeed in their academic pursuits. Applicants will submit a short essay (500-1000) words answering a few questions on their website at <http://www.bigsunathletics.com/>. Deadline is June 19.

Scholarship for a Smarter Saner World- Acknowledging the importance of Science, Technology, Engineering & Math (STEM) as well as the growing need for Behavioral and Mental Health Professionals, the Scholarship for a Smarter Saner World — S3W— was created to assist graduates from Winterset, Iowa and Madison County seeking a career in: 1) the STEM fields including Science, Technology, Engineering and Mathematics, and 2) the Mental Health field including Psychology, Social Work, Family Therapy and Psychiatric Nursing. Apply at Scholarship for a Smarter Saner World: Home. Deadline is June 30.

able on the guidance webpage and in the guidance office or the administrative office and may be completed anytime now through August.

WHS Guidance Department, Continued / *Guidance Webpage*

Local Loan Opportunities

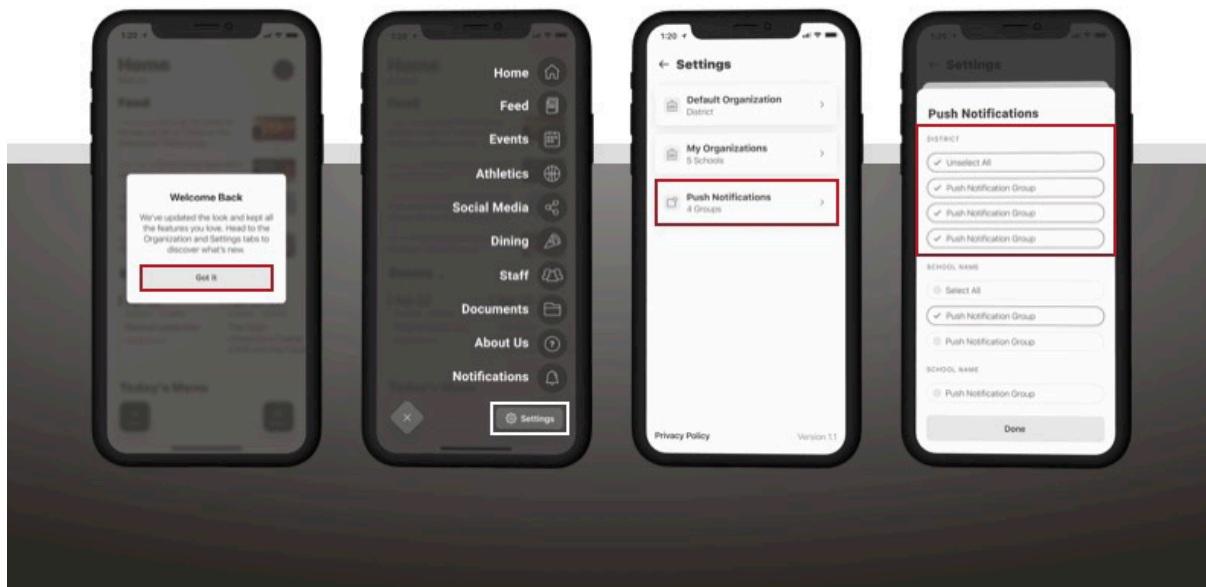
Updated: Winterset graduates should be aware that our school is privileged to have two well-funded loan programs.

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. The FAFSA should be filed by July 1! This application helps determine eligibility for Pell Grants and State aid. You may be more qualified than you think! File it today!

MARK YOUR CALENDAR: Highschool Family Engagement is scheduled for August 17, noon-8 PM. All Freshmen will get a final schedule and their locker assignment with their combination. You will also have an opportunity to find your classrooms.

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





SPRING ATHLETIC CALENDAR

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

HIGH SCHOOL GIRLS/BOYS TRACK

DATE	TIME	LEVEL	OPPONENT	SITE
May 3	4:00 PM	Coed-V	RRC Meet	Carroll
May 11	4:00 PM	V	Districts	Carlisle
May 18-20	TBA	V	State	Drake Stadium

JUNIOR HIGH TRACK

DATE	TIME	LEVEL	OPPONENT	SITE
May 2	4:00 PM	Boys	I35	Truro
May 2	4:30 PM	Girls	ADM	ADM
May 5	4:00 PM	Boys	RRC	Winterset
May 5	4:30 PM	Girls	RRC	Ballard

HIGH SCHOOL BOYS SOCCER

DATE	TIME	LEVEL	OPPONENT	SITE
May 1	5:30 PM	V/JV	DM Christain	DMC
May 2	5:30 PM	JV/V	Boone	Boone
May 5	4:30 PM	JV/V	Van Meter	Van Meter
May 9	5:30 PM	JV/V	Bondurant-Farrar	Winterset
May 11	5:30 PM	JV/V	Carroll	Earlham
May 16	TBA	V	Substate	TBA

HIGH SCHOOL GIRLS SOCCER

DATE	TIME	LEVEL	OPPONENT	SITE
May 1	5:30 PM	JV/V	Norwalk	Winterset
May 2	5:30 PM	V/JV	Boone	Winterset
May 9	5:30 PM	JV/V	Bondurant-Farrar	BF
May 11	5:30 PM	JV/V	Carroll	Carroll
May 13	9:00 AM	V Tourn	Nevada	Nevada
May 15	5:30 PM	V/JV	Carlisle	Carlisle
May 20	5:30 PM	V	TBA	Winterset

HIGH SCHOOL GOLF

DATE	TIME	LEVEL	OPPONENT	SITE
May 2	10:00 AM	Coed	Atlantic	Nishna Hills
May 4	4:00 PM	Boys-V	Van Meter	LVCC
May 6	9:00 AM	Boys V	Gilbert	Gilbert
May 8	9:00 AM	CoedV	RRC Meet	Ames
May 10	9:00 AM	Boys-V	Sectionals	Fox Run

May 11	2:30 PM	Girls JV/V	Perry/DC-G	Beaver Creek
May 15	10:00 AM	Boys-V	Districts	Atlantic
May 17	10:00 AM	Girls-V	Regionals	TBA
May 23-24	TBA	Boys-V	State	TBA
May 26-27	TBA	Girls-V	State	TBA

HIGH SCHOOL BASEBALL

DATE	TIME	LEVEL	OPPONENT	SITE
May 15	5:30 pm	JV/V	MTSM	MTSM
May 16	5:30 pm	JV/V	Creston	Creston
May 22	5:30 pm	JV/V	North Pok	North Polk
May 23	4:30 pm	9th	ADM	ADM
May 24	5:30 pm	JV/V	Bondurant-F	Bondurant
May 25	5:30 pm	JV/V	Carlisle	Winterset
May 26	5:30 pm	JV/V	Oskaloosa	Winterset
May 31	5:30 pm	JV/V	DCG	Dallas Center
May 30	4:15 pm	9th	B-F	Bondurant
May 31	5:30 pm	JV/V	Boone	Winterset

HIGH SCHOOL SOFTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
May 22	5:30 pm	JV/V	North Polk	Winterset
May 23	5:30 pm	JV/V	Valley	Winterset
May 24	4:30 pm	9/JV/V	Bondurant-Farrar	Bondurant
May 25	4:30 pm	9/JV/V	Carlisle	Winterset
May 27	TBA	V	Winterset Tourney	Winterset
May 30	4:00 pm	9/JV/V	DC-G	Dallas Center
May 31	4:30 pm	9/JV/V	Boone	Winterset
Jun 1	5:30 pm	JV/V	Ballard	Winterset
Jun 3	TBA	V	Valley Tourney	Valley

JUNIOR HIGH BASEBALL

DATE	TIME	LEVEL	OPPONENT	SITE
May 31	10 am	7 A & B	ADM	ADM
	10 am	8 A & B	ADM	Winterset
Jun 2	10 am	7 A & B	Ballard	Winterset
	10 am	8A & B	Ballard	Ballard

JUNIOR HIGH SOFTBALL

DATE	TIME	LEVEL	OPPONENT	SITE
May 30	4:00 pm	7/8 A/B	I-35	Winterset
May 31	10:00 am	7/8 A/B	ADM	ADM
Jun 1	10:00 am	7/8 A/B	NV	Winterset
Jun 2	10:00 am	7/8 A/B	Ballard	Winterset

TENNIS (IN INDIANOLA)

[LINK TO GIRLS](#)

[LINK TO BOYS](#)

ADMISSION PRICES

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

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

2023 Husky Football Camp

Mission: ALL athletes will be prepared to be in a position to be successful by playing hard, playing fast, and having fun. It is the goal of the program to provide a life of participating in multiple sports and develop the total athlete.

Date: Tuesday August 1st - Friday August 4th

Grades: 9th - 12th (Based on Fall 2023)

Registration: PLEASE REGISTER EARLY SO WE CAN HAVE A COUNT FOR T-SHIRTS.

Camp Fee: \$30 (Checks: Winterset Football) (2nd Athlete ½ Price - 3rd Free) Includes Camp T-Shirt

Where: High School Facility (South of Game Field) *Be careful when parking.*

2023 Camp Schedule	
Date	Time
Tuesday August 1st - Thursday August 3rd	5:30 - 8:30 PM (Cards / Equipment After)
Friday August 4th	8:00 - 11:00 AM (Cards / Equipment After)

Camp Emphasis: Learn proper fundamentals of the game through drill emphasis.
Small group fundamentals and scheme installations
Team Building and Activities

Camp Equipment: Shorts or sweats
T-Shirt or Sweatshirt
Football Shoes (Not Required)
No Hats or Jewelry

Contact information:

Coach Dennis Shaw (School) *Winterset High School* *624 Husky Drive* *Winterset, IA 50273*
*515.462.3320

(Home) *Dennis Shaw* *1224 W. Court Ave.* *Winterset, IA 50273*
*515.745.6807

This Camp Waiver must be signed and returned with fee prior to participation in camp.

In consideration of this application, I intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Winterset Public Schools, the camp staff, or any other person associated with this camp, for any and all damages which may be sustained and suffered by me in connection with my association with this camp.

Athlete: _____ Grade: _____

Parent/Guardian: _____ Date: _____ Cell # _____

(In case of emergency.)

2023 Kickstart Drill Camp

Mission: ALL athletes will be prepared to be in a position to be successful by playing hard, playing fast, and having fun. It is the goal of the program to provide a life of participating in multiple sports and develop the total athlete. This camp is specifically designed to develop specific position groups in preparation for the fall season.

Date: Monday June 5th - Friday June 9th

Grades: 9th - 12th (Based on Fall 2023)

Registration: Please REGISTER for camp preparations.

Camp Fee: *There is no cost for this camp.*

Where: High School Facility (South of Game Field)

Safety Note: Please do not access the drive to the athletic facility. Athletes & parents should drop off or park using the East lot at high school.

2023 Camp Schedule		
Position Groups	Date	Time
Quarterbacks & Skills	Monday - Wednesday - Friday	9:00 - 10:30 AM
Offensive Line	Tuesday - Thursday	9:00 - 10:30 AM

Camp Emphasis: Learn proper fundamentals of the game through drill emphasis.
Small group fundamentals and scheme installations
Team Building and Activities

Camp Equipment: Shorts or sweats
T-Shirt or Sweatshirt
Football Shoes (Not Required)
No Hats or Jewelry

Contact information:

Coach Dennis Shaw (School) *Winterset High School* *624 Husky Drive* *Winterset, IA 50273*
*515.462.3320

(Home) *Dennis Shaw* *1224 W. Court Ave.* *Winterset, IA 50273*
*515.745.6807

This Camp Waiver must be signed and returned with fee prior to participation in camp.

In consideration of this application, I intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Winterset Public Schools, the camp staff, or any other person associated with this camp, for any and all damages which may be sustained and suffered by me in connection with my association with this camp.

Athlete: _____

Grade: _____

Parent/Guardian: _____

Date: _____ Cell # _____

2023 Husky Football Development Camp

Mission: ALL athletes will be prepared to be in position to be successful by playing hard, playing fast, and having fun. This camp is for all Middle School students (flag football, little husky football, and anyone interested in football) and Junior High student athletes.

The camp will promote sportsmanship and physical activity through the promotion and support of football for the young athletes of our community. It is the goal of the program to provide a life of participating in multiple sports and develop the total athlete.

Date: Tuesday August 1st - Thursday August 3rd

Grades: 4th - 8th (Based on Fall 2023)

Registration: PLEASE REGISTER EARLY SO WE CAN HAVE A COUNT FOR T-SHIRTS.

Camp Fee: \$30 (**Checks:** Winterset Football) (2nd Athlete ½ Price - 3rd Free) Includes Camp T-Shirt

Where: High School Facility (South of Game Field)

Safety Note: Parents-Please drop and pick up your athlete by the gate on South 4th Ave. by Athletic Building. Please do not access the drive to the athletic facility. Thank you.

2023 Camp Schedule		
Dates	Grades 4-6	Grades 7-8
Tuesday August 1st - Thursday August 3rd	8:30 - 10:00 AM	10:15 - 11:45 AM

Camp Emphasis: Learn Proper Fundamentals of the game through drill emphasis.
Small group fundamentals and Team Building and Activities

Camp Equipment: Shorts or sweats
T-Shirt or Sweatshirt
Football Shoes (Not Required)
No Hats or Jewelry

Contact information:

Coach Dennis Shaw (School) *Winterset High School* *624 Husky Drive* *Winterset, IA 50273*
*515.462.3320
(Home) *Dennis Shaw* *1224 West Court Ave.* *Winterset, IA 50273*
*515.745.6807

This Camp Waiver must be signed and returned with fee prior to participation in camp.

In consideration of this application, I intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Winterset Public Schools, the camp staff, or any other person associated with this camp, for any and all damages which may be sustained and suffered by me in connection with my association with this camp.

Athlete: _____

Parent/Guardian: _____

Date: _____

Grade: _____ Cell # _____

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

Earlham

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

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

Truro

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

Winterset

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

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

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

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

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

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

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

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

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

Winterset CSD Summer Band Lessons 2023

Band Students currently in Grades 5-11

Make plans now to enroll in Summer Band Lessons with our band staff here at Winterset CSD! Winterset CSD is proud to offer Summer Band Lessons beginning Monday, June 5, 2023 and ending on Thursday, June 30, 2023. Lessons are open to all band students currently in grades 5-11. Lessons will be once a week and 30-minutes in length. Summer lessons are strongly encouraged for all students currently in band. It is a great way for students to retain many of the skills they have learned throughout the year and to gain new skills as well.

The total summer lesson fee is \$60 for 4 lessons (\$15/lesson, please make checks payable to Winterset CSD). Lessons will be given in the High School/Junior High Band Room (Drop off in front of Competition Gym, then walk around the Competition Gym on the sidewalk to the East side to get to the Band Room entrance, Door #20). A summer lesson schedule will be created and shared with parents and students around Friday, May 26, 2023.

Plan now to enroll for summer band lessons by completing the bottom part of this form and bring it to your band director by the **end of the day on Monday, May 22, 2023!**

Please fill out the following and turn in with \$60 registration fee to your band director

Student Name: _____ Grade (2023-24): _____ Instrument: _____

Parent Name: _____ Best Contact #: _____

Parent Email: _____

Lessons will be scheduled for the same day and time weekly for 4 weeks on Monday, Tuesday, or Thursday, June 5 - June 30, 2023.

Please circle any times that **do not work** for your student.

Monday AM	Monday PM	<u>Comments:</u>
Tuesday AM	Tuesday PM	
Thursday AM	Thursday PM	

****The first week of lessons will begin on Monday, June 5, 2023.**

WINTERSET YOUTH BOYS BASKETBALL CAMP SUMMER 2023

The Winterset High School boys basketball coaching staff invites you to participate in our summer basketball camp. We believe this camp is a great opportunity for youth players to have fun while improving their skills. The camp will be held at Winterset High School. The grade levels are the grade your son will be going into during the 2023-2024 school year.

Four-Day Instructional Camp

This camp will be held July 17th-20th and will be for boys *going into* 2nd-9th grade. The goals of our camp are to have fun, learn basketball and life fundamentals, and play a ton of games and competitions, including the *BASKETBALL OLYMPICS*. The camp will be directed by Varsity head coach Josh Henry with assistance from assistant coaches Corey Bradley, Gary Emmert, and Cole Williams. There will also be assistance from current and former high school players.

Session 1 9AM-11AM is for boys *going into* 2nd-5th grades

Session 2 11:30AM-2PM is for boys *going into* 6th-9th grades

COST: \$40

DISCOUNT CODES: When paying online, put in the following codes to get the multiple camper discounts:

2 campers: 2HUSKIES, 3 campers: 3HUSKIES, 4 campers: 4HUSKIES, 5 campers: 5HUSKIES

REGISTRATION: <https://winterset-husky-hoops.square.site/>

****Be sure to register your son before Monday, July 3rd to guarantee your son a t-shirt!****

If you have any questions about our summer basketball camp, please call coach Josh Henry at (515) 238-3945 or email at jhenry@winterset.k12.ia.us



Parental Permission-please read carefully before Registering

I give my son permission to participate in the Winterset summer basketball camp. I understand that while basketball is generally a safe activity, there is a risk of both minor and serious injuries. I assume full responsibility for the cost of any basketball-related injuries and clear the summer program and its employees of any liability related to the reasonable and practical operation of the camp.

2023 WINTERSET 3on3 BASKETBALL LEAGUE (6th-8th Grade Boys and Girls)



The Winterset High School Boys and Girls Basketball Coaches invite your son and/or daughter to join us for our **3 on 3 League**. This will be for 6th-8th grade (2023-24 school year) boys and girls. We believe this League will be a great opportunity for the players to improve their skills, learn concepts we use in our high school programs, and have fun. The sessions will be held at Winterset High School in the Competition Gym and Penrod Gymnasium. The League will be on **Wednesdays** starting June 7th and end July 12th

SCHEDULE:

June: 7th, 14th, 21st, 28th

July: 5th, 12th

Who: Incoming 6th, 7th and 8th grade boys and girls

Time: 5:30-7pm

Location: Winterset High School (Husky Arena & Penrod Gym)

COST: \$50 (One time payment)

DISCOUNT CODES: If you have more than one kid to sign up, put in the following codes to get the multiple player discount:

2 campers: **2HUSKIES**, 3 campers: **3HUSKIES**, 4 campers: **4HUSKIES**, 5 campers: **5HUSKIES**

REGISTRATION LINK: <https://winterset-husky-hoops.square.site/>

If you have any questions about the sessions, please call Boys Head Coach Josh Henry at (515) 238-3945 or email at jhenry@winterset.k12.ia.us or Girls Head Coach Matt Young at (515) 205-2957 or email at mtyoung@winterset.k12.ia.us

Parental Permission-please read carefully before Registering

I give my son and/or daughter permission to participate in the Winterset summer basketball camp. I understand that while basketball is generally a safe activity, there is a risk of both minor and serious injuries. I assume full responsibility for the cost of any basketball-related injuries and clear the summer program and its employees of any liability related to the reasonable and practical operation of the camp.



Date: June 12th-June 16th 2023

Times: K-1st-2nd Grade 9:00 AM -10:00 AM (Limited to 24 golfers per session)
3rd-4th-5th-6th Grade 10:00 AM-11:00 AM (Limited to 24 golfers per session)
*Grade based on 2022-2023 School Year

Location: Winterset Lakeview Country Club (ALL Days)

Instructor: Brett West Winterset High School Head Boys Golf Coach
Current and former Winterset High School Golfers

- Learn to play golf
- Clubs provided if needed
- Rules and Etiquette Lessons
- Contests and Prizes

Monday: Orientation and Chipping
Tuesday: Iron Play
Wednesday: Drivers
Thursday: Putting
Friday: Play Golf Holes

Rain Information
If it is raining prior to the start of the clinic please call 515-577-7910 for information.
Cost: \$65

Checks Payable to: *Little Legends Golf* (515) 577-7910

Name: _____ Age: _____ Grade 22/23: _____

Address: _____ Phone #: _____

Parents Name: _____ Work/Cell #: _____

Name: _____ Work/Cell #: _____

E-Mail Contact: _____

Right Handed _____ Left Handed _____ Golf Skill _____ (1 beginner- 5 Advanced)

• Does your golfer need golf clubs: YES _____ NO _____

_____ has my permission to participate in the Little Legends Summer Golf Clinics. I will accept responsibilities for any injury that may occur as a result of his/her participation. I will not hold Little Legends Summer Golf Clinics, its employees or volunteers responsible for any injury that may occur.

Signature of Parent/Guardian

Date

PAYMENT OPTIONS CHECK OR VENMO:

Mail Check and Registration Form to

*Little Legends Golf % Brett West * 1872 Nature Court * Winterset, Iowa 50273

OR

VENMO to @Brett-West-18

Please Email Registration to Bwest@winterset.k12.ia.us

Winterset Huskies Youth Speed and Agility Training

The Winterset Boys and Girls track programs would like to invite **all incoming male and female 3rd-8th grade students** to participate in a summer speed and agility program. This program is designed to help our young athletes improve their overall athletic ability by teaching specific techniques and participating in competitive drills. **This is meant to be for all athletes who are looking to improve in these areas**, not just for those interested or involved in track.

Each session will last approximately an hour and will include a warm-up, sprint technique development, speed/agility drills, and then competition/games. We will focus on straight line speed, lateral quickness, changing direction, and reacting to environmental cues.

Location: Winterset High School Competition Gym

Dates: Sundays, Tuesdays, and Thursdays

May 28 and 30

June 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, and 29

July 6, 9, 11, 13, and 16

Time: 5:45pm to 6:45pm for **incoming** 3rd, 4th, and 5th grade students

7:00pm to 8:00pm for **incoming** 6th, 7th, and 8th grade students

What to bring: Please make sure your athlete comes prepared with a good **pair of running shoes** (NO TRACK SPIKES or SANDALS), **appropriate workout clothing** (shorts and t-shirt recommended) and a **water bottle**.

Cost: \$5 per athlete at each session or prepay for the sessions in advance. Cash or check will be accepted. Checks can be made payable to Winterset Girls Track.

If you have any questions about the sessions, please call Head Coach Corey Bradley at (515) 493-8636 or email at cbradley@winterset.k12.ia.us.



Registration Form

[Click here to register online.](#)

Please return this form to Coach Bradley by May 24th, 2023. You can include payment with the form, pay at the first session, or pay at the beginning of each session.

*Please return this form to Coach Bradley (in person, via email, or mail to 2150 152nd St, Winterset, IA 50273). Thank you!

Athlete Name: _____ 23-24 Grade: _____

Parent's name (s): _____

Best phone number to reach a parent: _____

Location: Winterset High School Competition Gym

Dates: Sundays, Tuesdays, and Thursdays

May 28 and 30

June 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, and 29

July 6, 9, 11, 13, and 16

Time: 5:45pm to 6:45pm for incoming 3rd, 4th, and 5th grade students

7:00pm to 8:00pm for incoming 6th, 7th, and 8th grade students

Cost: \$5 per athlete at each session or prepay for multiple sessions in advance. Cash or check will be accepted. Checks can be made payable to Winterset Girls Track.

Parental Permission-please read carefully before signing

I give my son/daughter permission to participate in the Winterset Huskies Speed and Agility training program. I understand that while these drills and competitions are generally safe activities, there is a risk of both minor and serious injuries. I assume full responsibility for the cost of any training-related injuries and clear the program and its employees of any liability related to the reasonable and practical operation of the sessions.

Parent Signature

Date



**2023 - 2024
PRESCHOOL
REGISTRATION
NIGHT**

**MONDAY,
MAY 15**

WINTERSET ELEMENTARY CAFETERIA

*Parent meeting with info on registration,
medical requirements, transportation
and more!*

4:30-5:30 - Registration time
5:30-6:00 - Parent Meeting
6:00-7:00 - Registration time

CALL 515-462-1551 WITH QUESTIONS



KINDERGARTEN REGISTRATION NIGHT

Parent meeting including info on registration,
medical requirements, transportation, and MORE!

Winterset
Elementary
Cafeteria

TUESDAY, MAY 16, 2023

4:30-5:30 - Registration time
5:30-6:00 - Parent Meeting
6:00-7:00 - Registration time

Call 515-462-1551 with questions

Nicole Schwarz LMFT

parent coach for imperfect families

Parenting Tip: Use Visuals to Help Your Child Communicate

Have you ever tried to talk to your child about a challenging situation after it happened?

How did it go?

Chances are, your child was resistant. They said "I don't know," when you asked a question. Or, they looked at you with confusion, obviously forgetting the incident even occurred.

If you feel stuck in these conversations, you're not alone.

Our kids need our help to process through tricky situations, learn from mistakes, and plan ahead for next time.

But sometimes, it's a struggle to put their thoughts or feelings into words.

Instead, try using visuals.

Here are a few ideas to get you thinking:

- Reference things in their everyday life: "Does this problem feel as big as a house or as small as an ant?"
- Use a finger scale: "If 5 fingers is 'SO MAD' and 1 finger is 'not mad at all,' can you show me how you feel?"
- Spread your arms as wide as needed: "How big is your jealous feeling?"
- The squeeze test: "Can you hug me (squeeze my hand, this pillow, etc.) to show me how upset you are?"
- How many? How much? "Fill this bucket with sand to show me how worried you are about your math test."
- Move your body: "Does that make you feel like taking a big jump or a little one? Can you show me?"

Respond with empathy, "Woah, 8 fingers! That's even more than 5. You must be really mad!"

Then, later in the conversation, or at another time, check in using the same visual, "How many fingers are you now?"

This is a great reminder that intense feelings come and go. And, it gives you a place to start - adding more in-depth conversations and problem solving over time.



Thank you for being a contributor in your community!

Whether you had a successful donation or not, your efforts to stop and donate blood did not go unnoticed. Your blood went through 15 different tests, and soon it will be on its way to hospital patients in need.

Celebrations From Blood Drive

50 Registered Donors

39 Eligible Donors

43 Units collected

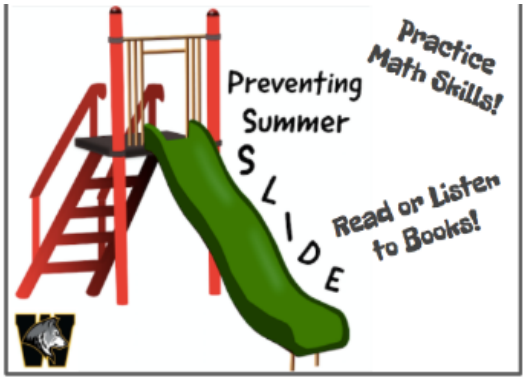
Up to 129 lives saved or sustained!

First Time Donors

Thank you to the **39 first time donors** who stepped up to try blood donation! You will get a donor ID card and free gift in the mail in 4 – 6 weeks.

THANK YOU FOR SAVING LIVES YESTERDAY!

Did you know? You earn online store points for every donation! Click [here](#) to check out the cool gear you can redeem!



Summer can be such a fun time with family and friends! Unfortunately, the break from school can cost students some of the academic gains they have worked hard to achieve. Research shows the loss can be significant. For some students, the slide sets them back so much, that they have to work twice as hard the next year to catch up keep up with others in their class. For more information and resources, please check out the following website: <https://extension.umn.edu/learning/preventing-summer-slide> Also, check out the resources below for additional support over the summer. We can't wait to see you next year!

MackinVia: MackinVia is online software that gives students access to ebooks and audiobooks. This can be accessed via your browser or IOS/Android apps. Visit <https://www.mackinvia.com/> User ID: 7056winte (elementary) or 7056wintm (middle school) Password for both levels: haea11

Smithsonian Tween Tribune: This is a great website where students can access information about current events. Check it out here: <https://www.tweentribune.com/>

Visit our local library! Check out the summer reading program—it's fun for kids and adults!
<https://www.wintersetlibrary.org/>

Start a reading list as a family!

Goldfinch Award winners (picture books)

<https://www.iasl-ia.org/awards/book-awards/goldfinch-award-k-3-winners#h.etcch44pgyv1>

Iowa Children's Choice Award winners (chapter books)

<https://www.iasl-ia.org/awards/book-awards/iowa-childrens-choice-4-6>

Mensa for Kids Excellence in Reading...choose from K-3, 4-6, and nonfiction lists. When you finish the list, you can send away for a free T-shirt!

<https://www.mensaforkids.org/achieve/excellence-in-reading/>

ConnectEd: ConnectEd is a digital resource connected to our building curriculum resources for students. With their own private login, students are able to access rich resources, tools, and games they have engaged with during the school year, with the ability to access below and above grade level games as well. We have enabled this resource to serve our students through July 31, 2023. The website is <https://my.mheducation.com/login?logout=true>

First In Math: Using innovative game-based learning technologies, students are provided with instant feedback, direct instruction, and the freedom to make mistakes without penalty. Games are scaffolded from the pre-kindergarten level through eighth grade and beyond to provide an onramp to success with engaging content. Students 1st-6th grade can log in here: <https://www.firstinmath.com/>

Tang Math: Are you looking for an activity that will allow your child to continue learning and have fun over the summer break? Then check out Greg Tang's Summer Break Math Challenge! Find these resources here: <https://tangmath.com/summer>



Birthday in a Bag



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

It's everything Winterset,
in your pocket.

Documents · Events · Staff Directory · Alerts · News



Touch A Truck

Saturday, June 3rd 10:00 a.m. - 12:00p.m.

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

Climb. Explore. Learn. Touch!

Bring the kids to the Winterset Public Library for our annual Touch A Truck event! June 3rd from 10:00 am-noon kids can visit the library to safely explore their favorite big trucks and heavy machinery, as well as meet the personnel who protect, serve, and build the Winterset community.

This event is free and open to the public.
Bring a camera for fun photo opportunities!!



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!



WINTERSET LIBRARY SUMMER OFFERINGS



Children's Summer Reading Program and Activities

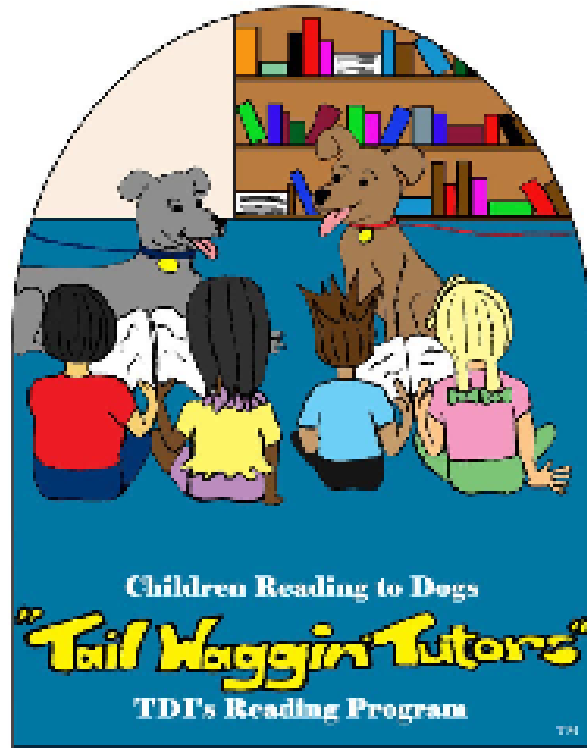
June 5 - July 29, 2023



Read books and earn weekly prizes! Grand prize drawings in August!

Our children's summer reading program is for all ages, 0-18! Plus, attend fun events and programs including the Science Center, Touch-a-Truck, Hula Hoop party, STEAM activities, ISU Insect program, Blank Park Zoo, a magic show, movies, special guest story times, a pool party, and MUCH more. Check out our website for more details or to choose a date and activity that works for you! Stay cool and come to the library!

We can't wait to see you this summer!!!



Sign your child up to read to a 4-legged friend at the library one of the last Saturdays of the month from January to May! 15-min. slots available anytime between **9:00 a.m. to 12:00 p.m.** Register on our website at: <https://www.wintersetlibrary.org/calendar> or call the Library at 515-462-1731 for assistance.

***Drop ins are permitted if time slots are not filled that day but cannot be guaranteed. ***



Saturday, January 28
Saturday, February 25
Saturday, March 25
Saturday, April 22
Saturday, May 27





**SUMMER BREAK IS
JUST AROUND
THE CORNER!**

For a list of summer camps around Iowa, go to:

<https://www.kidscamps.com>

<https://www.polkcountyiowa.gov/conservation/education/summer-camps/>

IFAPA has grant funds available for summer camp fees for kids in foster care up to age 13. Get the application:

[Friends Grant Application](#)

The IFAPA Friends of Youth In Foster Care grants are for kids in foster care age 13 and under. You can also apply for this grant for things like sports fees, gymnastics or dance lessons, musical instrument rental fees, etc. Check the application for more details.



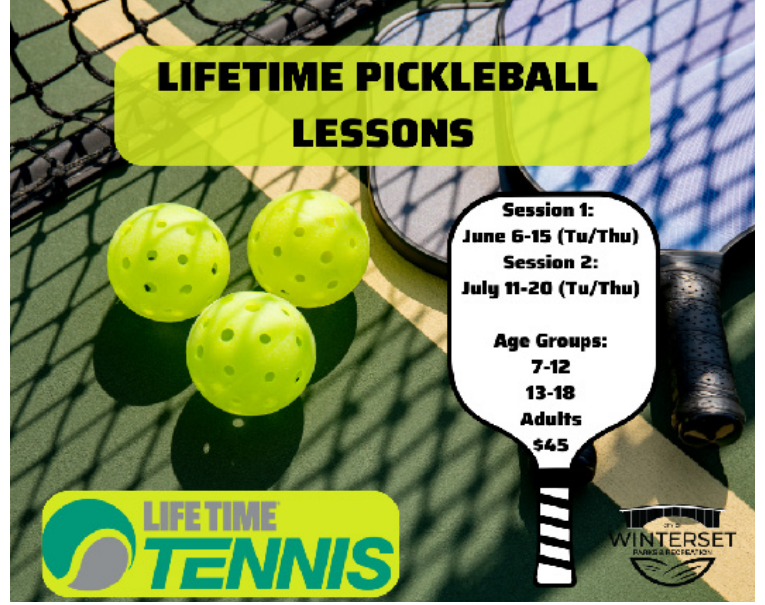
ACEing Autism
Connecting kids through tennis

LIFE TIME TENNIS

ACEING Autism Tennis

- Ages 5-18
- Saturdays, June 3-24
- 4 Classes
- 10:00-11:00am
- \$60
- 1 On 1 Instruction
- Winterset City Tennis Courts
- Class Size Limited to 4 Kids

WINTERSET PARKS & RECREATION



LIFETIME PICKLEBALL LESSONS

Session 1: June 6-15 (Tu/Thu)
Session 2: July 11-20 (Tu/Thu)

Age Groups:
7-12
13-18
Adults
\$45

LIFE TIME TENNIS

WINTERSET PARKS & RECREATION

WINTERSET PARKS & REC SUMMER OFFERINGS



LIFETIME TENNIS LESSONS

Session 1: June 26-30
Session 2: July 24-28

Age Groups:
4-10
11-17
Adults

@City Tennis Courts
Take your game to the next level by learning from professional instructors

LIFE TIME TENNIS

WINTERSET PARKS & RECREATION

POOL PASSES



\$10 OFF Family

\$5 OFF Single

IF PURCHASED BEFORE MAY 14TH



PURCHASE ONLINE
OR CALL 515.462.3258



Raising Includers: 5 Tips to Help Your Kids Be Kind and Compassionate

Observing a group of mixed-age early elementary school students at play during recess, I quickly noted a pattern of behavior. The oldest kids took charge with confidence, telling the others what to play and where to line up to form teams. Captains rotated between the same four kids and the same two kids were chosen last each time. The other kids didn't question this; they followed the script.

During a break, I chatted with two of the leaders. They were proud of their leadership abilities, as they should be. It isn't easy to get twenty kids of different ages to work together to arrange a game and understand the rules within a short time period. When we talked about the possibility of choosing younger captains and making sure the kids who are often chosen last are also chosen first, a light went on for them.

After thoughtful discussion and brainstorming, they figured out new ways to get everyone working together *and* passing on their leadership skills to the younger kids. By taking time to think about how their motivations and choices affected the other kids, they were able to think compassionately and promote empathy within the group. Empathy is when we can imagine what someone else is thinking or feeling and then respond in a caring manner. And compassion is empathy in action — caring about others, treating them with kindness and wanting to help people in need.

Friendship skills evolve over time, and kids work on different skill sets at different ages. Preschool and early elementary children work on conversation starters, joining groups at play and sharing and taking turns. Older elementary kids learn to resolve conflict, assert themselves and slide in and out of groups. It's normal through the course of friendships to experience ups and downs, successes and mistakes. These are all great opportunities for your kids to learn as they grow. Kids need guidance when they accidentally make mistakes that hurt others. You can help them develop empathy by pointing out how others could feel.

All kids develop at their own pace. To help kids learn to include others, it helps to take a proactive and positive approach to developing their social skills. Follow these five steps to help your kids become includers:

Focus on emotions.

Learning how to label a wide variety of emotions is the first step toward helping kids understand how they feel and what triggers them to feel that way. You can teach this by using feelings words (happy, sad, curious, disappointed) when you describe your own day, talking about the mind/body connection (“my stomach hurts when I feel worried”), playing with the **Daniel Tiger Grr-iffic Feelings app** and making an emotions check-in part of your morning and evening routine.

When kids are better able to identify, process and regulate their own emotions, they also learn to read the feelings in the room and tap into empathy when they’re with their peers.

Be an includer.

Kids always learn more from watching than from lectures. When parents make efforts to include others and help others, kids do the same. You don’t have to throw parties or host neighborhood gatherings every week to **teach your kids to include others**. Modeling how to include others is as easy as inviting other kids to join a game of tag at the park or inviting a neighbor to join you on a walk.

When parents show kids that including others helps lift the spirits of others and decreases loneliness, kids learn to look for the lonely and take steps to help them feel included.

Avoid snap judgments.

Bullying is considered a pattern of unwanted, aggressive behavior that includes a power imbalance and intent to harm another child either physically or emotionally. While teasing or physical aggression (pushing, grabbing) might feel like bullying in the moment, it might very well be an example of underdeveloped social skills or lack of frustration tolerance. When parents are quick to label other kids as “bullies” or “mean,” their kids learn to judge and exclude.

When parents are able to remain calm and help their kids process these upsetting moments using empathy and compassion, kids learn to think beyond the behavior and empathize with others.

Teach inclusive language.

For some kids, finding playmates is as simple as standing near a group and saying, “Can I play?” For many kids, however, joining groups at play isn’t so easy. Sliding in and out of groups is a fairly advanced social skill, and young children don’t necessarily know how to get involved in a group that’s already formed.

Teach your children to scan the room or recess yard for kids who might be left out and include them by seeking them out with friendly invitations:

- Do you want to sit with us for lunch?
- Do you like kickball? You can join our team!
- Do you want to play tag with us?
- We always need extra players.
- Are you looking for a game to play? Play with us!

While these might sound like simple statements, until children get into the habit of including others, they tend to assume that other kids will join in if they want to. When you use inclusive language at home — “Would you like to go for a walk with me?” — your kids learn to do the same with their peers.

Encourage acts of kindness.

Kids get a lot of corrective feedback when they make mistakes, but they don't always get positive feedback for acts of kindness and compassion. Notice the kind things your kids do, like **Daniel Tiger**, at home, at school and in the community. Tell them how proud you are when they make sure the same child isn't always picked last or include other kids during a day at the park.

When kids learn to empathize with others and show compassion for their peers, being an “includer” becomes automatic. They learn to look for the lonely and consider how kids on the outside of the group might feel, and this motivates them to be the positive change who invites others into the fold.

Author:

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ADDITUDE *Inside the ADHD mind*

ADHD Medication & Treatment > How Should I Treat My Child's ADHD?

WHEN AND HOW SHOULD WE ADJUST TREATMENT?

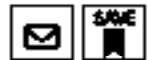
When Your Teen Refuses to Take ADHD Medication

ADHD medication adherence is a common — and potentially dangerous — behavior among teens exerting their independence. This makes parents worry — not just about grades and safety, but about their long-term health. Here is treatment advice that carefully weighs all considerations



| By **Wes Crenshaw, Ph.D.**, **Larry Silver, M.D.** | ✓ **Verified** | Updated on February 8, 2023

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"My son used to do extremely well on ADHD medication, but has refused to take it since he started middle school. His grades are dropping and he's getting into trouble. What should I do?"

We hear questions every week like this one from parents who are begging their teenagers, correctly diagnosed with attention deficit hyperactivity disorder (ADHD or ADD), to maximize their potential by adhering to a medication regimen. It's heartbreaking for parents to watch a teen struggling in school or missing career opportunities as they exercise their right to stop taking their ADHD medication.

ADHD treatment should be long term: Studies show that ADHD is a chronic condition — children diagnosed with ADHD will continue to feel the impacts of its symptoms through adolescence and into adulthood. It is unlikely, though possible, that a teen will outgrow ADHD. It is far more common for fluctuating hormones during the teenage years to exacerbate symptoms and require adjustments to ADHD medications and/or dosages. Still, ADHD treatment with medication is still the most effective way to achieve symptom control in adolescence. So why, then, is your teen suddenly refusing medication?

Why ADHD Medication Adherence Drops Off for Teens

Refusing Medication Due to ADHD Stigma

Preteens and teenagers want to feel like "part of the group," so they often resist anything that makes them feel different — like tutoring or treatment. ADHD medication, then, to a self-conscious adolescent, becomes a physical manifestation of their differences; tactile 'proof' that there is something 'wrong' with them.

[Get This Free Resource: [The Ultimate Guide to ADHD Medication](#)]

It is not uncommon for the student with ADHD to be cooperative about taking medication until reaching middle school, and then refuse to do so. Though you might see your child's behaviors as a paradox — why would your child all of a sudden refuse much-deserved help — these actions actually satisfy a preteen or teenager's desire to eliminate any 'otherness' they carry.

Refusing Medication Due to ADHD Denial

Preteens and teenagers feel like they are destroying evidence of their disorder by refusing pills or throwing them away. They find being different so painful and so unacceptable to their friends that they deny any problems,

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ADHD Medication Adherence Advice: When Teens Refuse Treatment

even at the price of causing themselves more difficulty. One parent reported to me that her 14-year-old son refused to respond to any questions about his ADHD, whether from herself or his pediatrician. Instead of talking about his ADHD, he opted to sit in silence. (By refusing to discuss his ADHD, this teenager denied ADHD diagnosis validity.)

It is important to be sure that your child understands and accepts their ADHD diagnosis. When I prescribe medication to a child, I explain what ADHD is, how the medication works, and why it is important to take it. Answering children's questions and resolving their fears in this way seems to help them feel better about taking medication. If your doctor didn't do this, ask if he or she'd be willing to have this talk.

[Click to Read: How Does ADHD Medication Work? With Lots of Monitoring]

Contrary to popular belief, ADHD doesn't usually go away with age. So, ironically, stopping medication could make your child's differences stand out more and lead to further social problems.

Refusing Medication to Exert Independence

It's not unusual for teens with ADHD to rebel by refusing to take their medication as an unhealthy attempt to establish independence or as a response to feeling "controlled" by their parents. Teens and young adults in most states have a legal right to refuse treatment, however parents also have a right to insist that their children accept necessary medical attention. One of the most important lessons parents can teach their teens is that, when they make a treatment decision for themselves, they also decide for everyone around them.

Often, teens are often more willing to listen or open up to a third party. So, it's no surprise if you've already tried talking and your teen and he or she won't listen. I'd suggest finding a therapist who specializes in adolescents with attention deficit. With good counseling, your teen should come to see what his problems are in time. Until he does, make sure he knows you're going to stand by him as a support.

Refusing Medication Due to Health Concerns

Some side effects of ADHD medicine can be exacerbated by puberty in the preteen and teenage years. For instance, your preteen son may have never had a passing thought about how much he eats, but now he is conscious of the way that stimulant medication reduces his appetite in the school cafeteria.

ADHD medicine is known to suppress appetite, but it should not be so intense as to discourage medication use. To put on mass and muscle, create "windows of opportunity." Encourage your teen to eat a huge breakfast before their first dose of ADHD medication in the morning. Let them eat a hamburger or pizza if you want; there's no law that breakfast has to be cereal and toast.

The next 'window of opportunity' can be dinner. Help your teen or preteen time their medication so that it wears off between 4:00 and 6:00 pm. Their appetite should return and they can enjoy a hearty dinner, even though they may not be able to do homework at this time. Tell them they can take a final dose after dinner if they need it to concentrate. If this timing isn't practical, tell your child they can be excused from eating earlier and that you save your plate for later, when their medication wears off.

If your child still cannot put on pounds, discuss with their doctor the possibility of switching to another medication that does not affect appetite. In any event, tell your child not to worry. While medication may slow their growth somewhat, studies show it has little or no effect on ultimate height.

Refusing Medication Due to Sleep Loss

Likewise, sleep disturbance is a stimulant side effect for some patients. Missing out on valuable sleep is a serious issue for teenagers — regardless of ADHD comorbidity — and should not be taken lightly.

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Take sleep seriously. If your child wants to stop taking their medication because they complain that it impacts their sleep, first monitor their behavior when they prepare for sleep. Then, develop a plan based on what you find. If your child is using the computer at night, move it out of their bedroom.

[Click to Read: ADHD Medication Side Effects No One Should Tolerate]

While turning the computer off may be an effective solution for neurotypical teens and teens with ADHD alike, some ADHD patients report difficulties going to sleep at night because they “can’t turn their head off.” They are fidgety and active in bed. They hear every sound in the house and can’t ignore these sounds.

For these people, using a medication like [Ritalin](#), [Dexedrine](#), or [Adderall](#) at night might be a great help in getting to sleep. (Contrary to popular belief, these medications do not cause sleep problems but can help calm the ADHD brain at the end of the day.) If this is not the answer, discuss this problem with your family doctor or a child and adolescent psychiatrist. They will help you come to a decision about discontinuing ADHD medication or reducing dosage.

Refusing Medication Due to Personality Changes

One parent came to me concerned that her 18-year-old son wanted to stop taking his ADHD medication because his friends told him he was “more fun” without it. While peer pressure is rampant during the teenage years and puberty paves the way for personality change, take your teen’s friends seriously: they might be onto something. It’s possible that a stimulant dose is too high and is actually “flattening” the patient’s personality.

With their help, try to build the bigger picture: what do his teachers, his friends, his coaches, and you notice about your son’s personality, and does it change when he takes medication? Make a list of the differences others perceive in your child when he’s off medication. Give your child the list, then let your child decide whether the medication has a positive impact on his life.

I also recommend asking if your child would be comfortable if you mentioned their friends’ comments to his physician. Adjusting the dosage of ADHD medication would be a great solution for a problem like this, where all parties could come out happy.

What to Do to Encourage Medication Adherence When Your Teen Refuses to Cooperate

Honesty is a good starting point. The best way to sell medication to a teen or young adult is with honesty. That means understanding [stimulants](#) as a critically important tool for success. Listen to your teen’s complaints, and validate them; Managing medication is difficult, after all. This information ranks right up there with “life is not fair,” which happens to be true. For most children, teens, and adults who have been correctly diagnosed with ADHD, part of accepting the condition is to accept the implications of treatment: On one hand, “We can help you,” and on the other, “Treatment is not a walk in the park.”

Here are a few strategies to help parents convince reluctant teens to get with (and stay with) the [ADHD medication](#) program:

1) Let Your Teen Take Ownership Over Treatment

A lot of kids feel that medication is something being done to them — when they feel ownership over their treatment regimen, they are less likely to resist taking daily pills. In my practice, I always invite teens to be part of the treatment dialogue, preferably its leader. As their parent, accept that taking medication is their choice, and sometimes the answer is “no.” However, by listening and working together to craft a medication regimen,

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med-related annoyances and side effects can usually be minimized, allowing the benefits to shine through. In most cases, when I see medication failure, I'm not hearing enough from the patient himself.

2) Address Stigma by Protecting Privacy

A teenager's ADHD diagnosis may be as private as they want it to be, and whom they choose to share this information with is up to them. Let your child know that you understand that it can be embarrassing to be seen taking meds, and talk to your child about an action plan to minimize their feelings of embarrassment.

- **Switch to a long-acting medication**

If you want her back on medication, it will likely have to be one that covers the full school day so she does not have to visit the school nurse and feel as if she is calling attention to herself. There are several stimulant medications that last throughout the day. There are also non-stimulant medications that last the entire school day. Discuss the possibility of changing to another medication (or another, "extended release" or "long acting", form of the current medication) with your child's physician.

- **Silence insensitive teachers, peers, and parents**

In regard to assistance in the classroom, ask teachers if your child could get help without being pulled out of class to see a tutor or speech therapist. Additionally, prepare your teen to have a discussion with their teachers about preserving their medical privacy in the classroom — this discussion may also extend to peers who they have shared their diagnosis with. There may be instances outside of school where your ADHD teen could feel insecure about taking medication — be prepared to explore ways to help her take her pills in private. For example, when your teen goes to a sleepover, you may need to explain the situation to the host parents. Let your child skip a dose, if necessary, to maintain her privacy.

3) Document the Impact (Good and Bad) of Medication

Make a list of the differences others perceive in your child when he's off medication. Because it's never easy to convince teens that their parents are right, solicit input from teachers, counselors, coaches, and so on. This is like data that you, your teen, and even your physician can evaluate to determine what to do concerning medication.

4) Address Family Dynamics

For many teens and young adults with ADHD, individual-only therapy is useless if their real issues stem from family relationships. There are good reasons for individual sessions — discussions of sexuality, dating, or social relationships — but sometimes, the core intervention should be family therapy, which helps everyone to learn how to deal with each other well.

5) Help Them Cultivate Their Identity

Help teens and young adults think through who they are and who they want to become. It is crucial for your teen to integrate their ADHD diagnosis into their identity in a healthy manner. Propose to teens that we are less defined by any medicine we take or diagnoses we carry than we are by the choices we make.

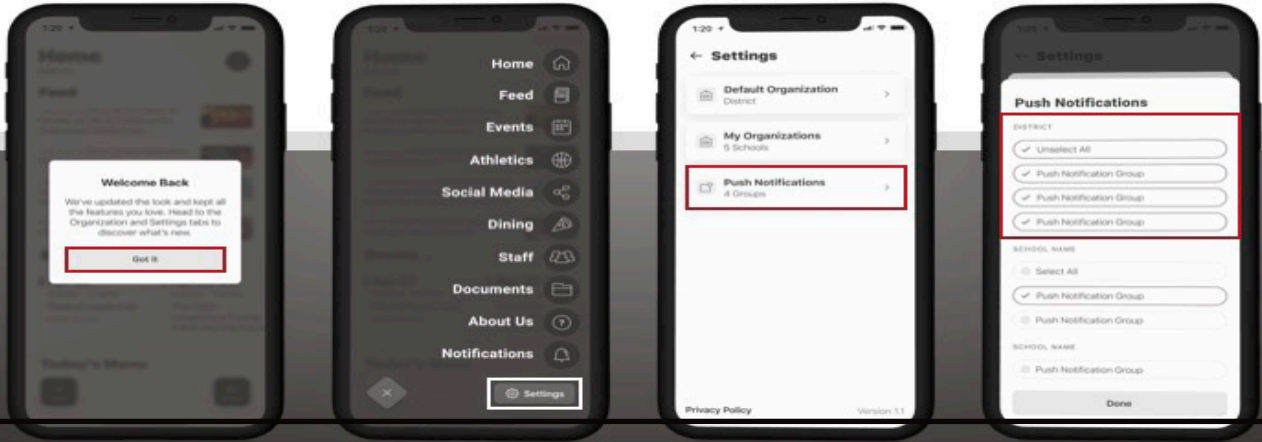
6) Challenge the Zombie Hypothesis

This hypothesis is in the eye of the beholder. More than once I've heard kids complain, "Whenever I was on medication, all I wanted to do was sit there and read a book. It was awful." Point out to your teen that most of us do not call that being zombie-fied. We call it studying.

Medication may not be fun, but help your teen evaluate whether medication use has a serious negative impact on their wellbeing or if they are reacting to unpleasant but manageable side effects like mild headaches.

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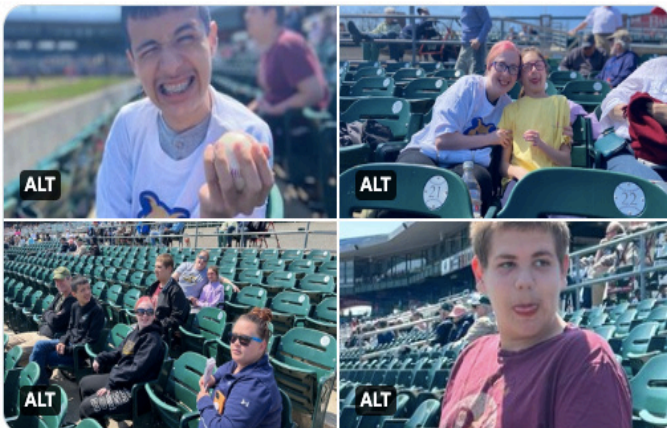
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