

April – May
2010

Panther Print



“Failure is not the worst thing in the world. The very worst is not to try.” Anonymous



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FROM THE SUPERINTENDENT'S DESK.....

The school year is quickly passing by and, before we know it, it will be summertime! I am going to visit with you regarding a couple of issues facing the school district, i.e. snow make-up days and technology.

As many of you know this winter was pretty severe and we missed several days of school. Rather than go too far in to June to make up missed days we have decided to make up those days in a different way and we will still be getting out of school by May 28th, according to our original school calendar. We have already made up a few of the days but still have plenty to go. We will be using April 5th as a snow make-up day where students will be attending school on that day. The Department of Education is allowing school districts to make up snow days by extending the normal school hours by 30 minutes each day with academic time. By doing this it will take 11 days of extended time to make up 1 day of school.

Therefore, starting on March 29th we will be extending the school day by 30 minutes each day. The students will be bringing information home as to what time they should expect to be picked in the morning by school bus and when classes will begin and be dismissed. Hopefully, if everything goes as planned, our final day of school will be on May 28th with the students.

The next area to visit about is our school's technology situation. Through the Iowa Core Curriculum, which every school district in the state will be required to implement starting with the 2011-2012 school year, we are required to teach and

assess our students 21st Century Learning Skills. We are preparing students for the millennium generation, which we aren't sure what it is going to be but we do know that it will be requiring every student to have a high skill level using technology. With that in mind I formed a Technology Committee to address what our needs are going to be in this area. So far we have been focused on developing a 1:1 computer laptop initiative where every student in grades 6-12 will receive their own laptop computer to keep with them 24/7 throughout the school year. You will recall that we have two neighboring school districts, where we are sharing instructors and classes with that have adopted the 1:1 Apple laptop computer initiative. As we continue in to the future school districts will be forced to do more sharing of resources due to declining enrollments and budgets. As we develop more sharing agreements with our neighboring school districts it would seem very logical to me to implement the same type of 1:1 laptop initiative as our neighboring school districts. That way we would be mixing Apples with Apples and not Apples with PC's that do not work together well! Not to mention that the Apple 1:1 laptop initiative, through all of the components that come already installed in the MacBook's are closely aligned with the Iowa Core Curriculum, 21st Century Skills.



(Superintendent's article continued on next page.)

(Superintendents article continued from previous page.)

Questions have come up as to why do we not look at PC's as well as the Apples to do a comparison. I have stated several times that if someone can show me a successful 1:1 program using PC's or yet, show me how a PC can compare to an Apple we will certainly take a strong look at it. To this date I have not seen anything that can compare to the Apple 1:1 laptop initiative. Even though PC's initially appear to not cost quite as much as an Apple does they do not come with the educational capabilities as an Apple. In other words, they come as an instrument that has word and spreadsheet capabilities. If you want to add more enhancements so that they are more useful to the educational classrooms you have to add those to the computer at additional cost. Additionally with PC's you have to have virus protection and upgrade it consistently which is additional cost whereas with Apples you do not need to have virus protection. Can you imagine what it would be like to have every student with PC and they all became infected with a virus? They would all have to be brought in and re-imaged which would disrupt the educational process within our school district. And how many times throughout the school year could this happen?

Apple computers have been involved with education for close to 30 years and continue to be educational friendly in the classrooms. The latest Apple computers to be produced are cross-platform so that they will not only read Apple software but the PC software as well, if we find that it is necessary to use PC software. Apple computers already come with educational components installed on them at one price such as: iPhoto, iChat, GarageBand, iCal and iMovie which are used in effective classroom instruction. Plus there are thousands of free downloads that can be used on the computers as well.



As I visit with educators regarding technology one of the needs that constantly comes up is to make sure the technology is portable. In other words, to stay away from classroom labs as it restricts the students' accessibility to technology. By keeping it as portable as possible, the students can use and access technology whenever they want or need to.

We still have some work to do in this area as we continue to develop our technology plan to implement. Without a doubt we have a need for newer technology at all levels within our district. With the exception of the new stationary computer lab that was installed last summer all of the rest of the computers have been purchased as either 2nd hand or refurbished computers. They have out lived their usefulness and are not meeting the needs of our students and staff. It is my hope to have a Technology Plan in place and before the Board of Education for approval in the very near future. I am thoroughly convinced that through improved technology, a rigorous curriculum and strong teaching strategies being used in the classroom, it is a fair expectation that our students' skills will increase!

Now some stakeholders might ask as to how can we afford to implement this 1:1 initiative when we are trying to reduce staff members due to shrinking budgets. First of all technology is always expensive but it is probably one of the most under-utilized resources in education. We have several funding streams that are separate of the General Fund and are not affected by Across The Board budget cuts. The General Fund budget will not be used to pay for the upgrades in technology and we will pay for our technology over a 4-year period. To look at this in another way, if you calculate out the price of a laptop computer over a 4-year period, it comes out to be about \$1.50 per student, per day, to put technology into their hands. That is about the cost of a school lunch each day. That is pretty cheap technology!

As always, I appreciate everyone's support for the Pekin Community School District! Feel free to contact me at any time to address any questions/concerns facing the school district.





Words from

Mr. Jeff Eeling, Elementary Principal

Spring is in the air, finally! It seems like it has been one of the longest winters that I can remember. According to the Farmer's Almanac, we may not be done with winter yet, but we can hope. When spring comes our gravel roads turn to mush and the buses can have a hard time getting to you. We have looked at hard surface road maps, and we just don't have enough hard surfaces in our district. If you feel that the bus will have trouble getting to your house, make a call to your bus driver and find an alternate pick up point to meet the bus.

With spring comes daylight savings time and our children get a little busier. They are out later in the evening and also many of them begin to play Little League baseball and softball. These are great organizations for children to get involved with, but there is also a down side. When they are out later they are also getting to bed a little later. There seems to be less time for homework and reading at night. These are still important things for them to do and families should make time for them. With our extended schedule, that is going to begin at the end of March, we will be putting even more demands on students. This last of months of school are very important for the students, as we are learning many new concepts and skills on a daily basis.

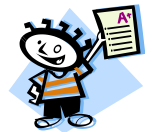
The week of March 22nd through the 26th students took Basic Skills tests. We hope to have the results back toward the end of May. When we get the tests back, we will look at how the students have scored on a certain area of the test. The area that we will be looking at is the NPR or National Percentile Ranking. The score that a child needs to get to be considered "proficient" is a 41 or higher. We are going to cut down the number of tests that we are taking in hopes that the students will give their best efforts and not to be overwhelmed.

In the month of May, we will be scheduling field trips for each grade level. Each class goes somewhere to give the children an experience that they may not have had before. There will be notes sent home to tell you when and where your child's class will be going. These field trips are made possible by generous donations of our local Parent-Teacher Organization (PTO). I would like to thank them for all they do for our school and for what they have provided for our students!

Pekin High/Middle School By Mr. David Harper, Secondary Principal

This year was the first year for duties in the middle school to be shared by the two building principals. I supervise the high school and deal with student issues in the middle school. Mr. Eeling supervises the elementary and deals with teachers and academic issues in the middle school. This arrangement has gone well this year and we have worked out any the bumps in the road.

By the time this newsletter is published I hope all of our snow is gone and warmer weather is here to stay. As we roll into April and May, the end of the school year will be here before we know it. We still have a lot of school left and must not let up our focus on our academics as we head into the 4th quarter.



Grades

I would encourage parents to talk to their child on how their school work is progressing. Each child should have some form of homework almost every night. If your child is not bringing homework home, I would question them and contact their teachers to double check. There can never be too much communication between the students, parents and teachers. To contact one of your student's teachers, you can email them, call and leave a message with Judy to have them call you during their prep period or send a note with your child for the teacher. You can find your child's teachers email on the district website at:

www.pekincsd.org.



ITBS/ITEDS

Students at Pekin Community Schools completed the annual assessment during the third week of March. This assessment is the single most important measurement of student achievement for students across the state of Iowa. Iowa Department of Education has decided to use this as the lone indicator of academic proficiency in response to the Federal requirements of "No Child Left Behind" (NCLB).

(Mr. Harper's Article continued on next page)

ITBS/ITEDS (Mr. Harper's article continued from previous page)

In order to be considered proficient, students must score at or above the 41st percentile in reading, math, and science on the ITBS. At parent-teacher conferences each parent received a print out of how their child has scored on the ITBS/ITEDS each year they were here at Pekin. I would encourage parents to sit down with their child and review this after they get this year's results back in May.

Historically, this test has been administered each year for use as an indicator of academic growth. Results of the test were used mostly as simply an idea of how well a student was progressing as they advanced from one grade level to the next. Emphasis placed on the test was limited to the motivation of each individual student on the particular day the test was given. Within the past five years, emphasis placed on student performance on the ITBS/ITEDS has increased dramatically. This past year students and teachers have been working collectively to improve student achievement on the ITBS/ITEDS. The Pekin High School team has placed special emphasis in three areas in order to increase student achievement; teacher efficacy, student motivation, and administration.



Keokuk County Career Academy

Indian Hills Community College has partnered with Sigourney, Keota, Pekin and Tri-County Schools to provide career-focused opportunities through the Keokuk County Career Academy. High school juniors and seniors are able to earn college credit by enrolling in programs taught at the KCCA. The Career Connections programs features career-focused college credit courses offered at no charge to the student because of a continuing partnership between the local schools and IHCC. The Keokuk County Career Academy, located at 907 E. Pleasant Valley in Sigourney, offers programs in Associate Degree Nursing/Practical Nursing, Computer Information Technology, Entrepreneurship, Machine Technology and Welding.

Career Connections provides students with a framework of courses that will prepare them to complete a diploma/degree in a variety of career-oriented programs like nursing, computer networks and security, computer programming, geospatial technology, machine technology, entrepreneurship and welding. Students will take Career Connections courses either in the morning or afternoon and will attend their high school classes during the opposite time block. In most cases, students will be able to earn their degree at Indian Hills with only one more year of study after their high school graduation.

Our sophomores and juniors this year have an opportunity to sign up for one of the academies next year at the Career Academy. On the 25th of March, Karen Swanson from IHCC conducted an informational meeting for our students at 1:00 in the gym. These courses would be for dual enrollment, which means students will earn both high school and college credit.

Cell Phone and Computer Usage

As I talk with several of our students throughout the day it has become apparent that several of them tend to stay up late at night. I know several of them mentioned that so-and-so was texting them at 2:30 in the morning. I want to stress to parents to talk to their children about appropriate use of their cell phones or computers. The average student needs at least eight hours of uninterrupted sleep at night. If they are not rested it becomes very difficult for them to focus at school the next day.

Automated Attendance Calling System at the High School

The Pekin High School initiated an automated calling system to notify parents if their child missed school. The system has a recorded message stating that your son or daughter missed school on the mentioned date. The school is hoping that this will improve communication between the school and parents. These calls will be made around 6 p.m. each evening. The system will call you if your child missed one period or eight periods that day. One example would be if your child is gone to the doctor in the morning you will receive a call that evening notifying you of the absence. If you knew your child was gone, then you do not need to call the school. If you were not aware of your child missing a class, then the school encourages you to call the school the next day. Parents need to ensure that if their child is gone to call before 10:30 the day of the absence and follow up with note the next day to prevent them from being mark unexcused.



Detention

I would like to let parents know that if their child is given a detention for tardiest or for other reasons that this will be schedule as soon as possible. There will be times that students will have to arrange for rides due to no late bus running that night. Students will be expected to stay for an assigned detention and will have to work around work or other activities. The students will have ample time to adjust work schedules or arrange for rides. The detention is designed to reinforce with the student that the behavior they exhibited was unacceptable and should be addressed as so as possible. We have very supportive parents at Pekin and I thank all of them for their support of the school.

Pekin Kindergarten Roundup

Pekin Community Schools Kindergarten Roundup for kindergarten pupils will be held on Friday, April 30, 2010.

Children must be five years old prior to September 15, 2010 to be eligible for kindergarten for the 2010 – 2011 school year. Please bring your child's birth certificate with you.

All beginning kindergartners should come to Pekin at approximately 8:00-8:15 a.m. on that day. Students may ride the bus in the morning as many already do for preschool. If your child is not riding the bus now and you would like for them to on that day, please contact a friend or neighbor and make arrangements for your child to get on the bus.

Mrs. Carol Kelly and Mrs. Ruth Lowenberg, kindergarten teachers; Mrs. Gina Swearingen and Ms. Jane Wiggins, preschool teachers, and day care personnel, will help familiarize the children with what kindergarten will be like. Following the morning activities the students will eat lunch.

THERE ARE NO KINDERGARTEN CLASSES FOR THE PRESENT KINDERGARTEN STUDENTS ON FRIDAY, APRIL 30, 2010.

Parents are invited to come to the elementary gymnasium at 11:00 a.m. At this time the teachers will have an informative meeting with the parents followed by a question and answer time. In addition to this there will be a luncheon served. Following the luncheon, you need to pick up your child.

More detailed information and forms will be mailed to parents of kindergarten students soon. If you are talking to anyone who has a child eligible for kindergarten and didn't receive kindergarten information, please share this information with them and have them contact the school at 319-695-3707 or 641-661-2351.



PEKIN PRESCHOOL/CHILDCARE REGISTRATION

Pekin Preschool/Child Care Center will be having registration for the 2010-2011 school year on Wednesday, April 28, 2010 from 2:00 to 6:00 pm at the center. Anyone needing preschool, child care, before and after school or summer child care must attend this registration. Children must be 4 years old by September 15, 2010 to attend preschool. This meeting is for parents only.

Please bring with you names, addresses and phone numbers of work places, doctors, hospitals and family members as well as health insurance information. You will be filling out required registration forms and receiving information about our preschool program. A \$25.00 registration fee will also need to be paid at this time.

If you have any questions please contact Gina Swearingen (preschool) or Deb Kephart (child care) at (319) 695-5127 or (641)661-2028.

Have You Reserved Yours?

Don't be left out when the 2010 yearbook "You Had To Be There..." is distributed this fall. Reserve yours by May 1, 2010. The cost for the Middle School/High School book is \$49.00. The Elementary book is only \$15.00. Middle School and High School students can log on to the schools website and find the link to Jostens or log on to the Jostens website (Jostens.com). Elementary students simply send a check for 15.00 to school designated for the yearbook.

Remember the 2009-2010 school year with your copy of the yearbook. **RESERVE TODAY.**





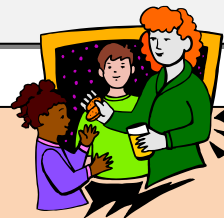
From the High School Guidance Office
-Mrs. Harms

It is the middle of March. In the arena of high school guidance counseling, this means that our high school students are currently in the process of selecting their classes for next year. Even though most students created a four-year plan when they were in eighth grade, each year students have the opportunity to refine and revise that plan according to their current needs and in response to changed course offerings.

Pekin's graduation requirements remain 4 years of English; 3 years each of science, math, and social studies; one semester each of fine arts and computer; and 4 years of physical education. In addition, students need 8 hours of community service. To ensure that students are on track for graduation, I meet with each student individually at least once per year to assess their progress and to discuss their career plans. The students also know they are free to drop in any time to check on their graduation progress, and many frequently do just that.

Student course selection is an important first step in the long, arduous, and complicated task of building a strong schedule which best fills student needs for the majority of our students. As school budgets shrink, this task becomes even more challenging. Therefore, please take the opportunity to visit with your student about his/her course choices for next year, and know that I have encouraged your student to do the same with you.

If you have any questions, please feel free to call me @319.695.3705.



Understanding Iowa Core Curriculum

By Mrs. Laurie Bennett, Curriculum Director

High expectations are the key ingredient to improving student success. The Iowa Core Curriculum (Senate File 2216) was passed in May of 2008 and sets the bar for students as well as all educators. It challenges teachers to create rigorous and relevant learning opportunities for students.

In the ever-changing world in which we live, students need to be prepared to meet the challenges of the future. The Iowa Core Curriculum assists by focusing on those important concepts that will help to shape today's students into adults with the skills necessary to be successful. School districts that implement the Core Curriculum completely will increase the likelihood that all students become life-long learners, productive adults, and engaged citizens.

How does the Iowa Core Curriculum impact the major subjects taught in school?

- **Math**—Shifts from memorizing and practicing facts and procedures to understanding and applying concepts, practices, and facts.
- **Literacy**—Shifts from a primary focus on reading and writing in English/Language Arts classes to the pulling together and applying of all five literacy skills – reading, writing, speaking, viewing, and listening.
- **Science**—Shifts from lecture, an over-emphasis on textbook readings and “cookbook” labs to learning through actively investigating, designing experiments, questioning, exploring, and defending conclusions.
- **Social Studies**—Shifts from lecture and reciting of specific pieces of information to gaining knowledge and skills associated with the economic, political, civic, and social forces that are relevant to the world in which students live.
- **21st Century Skills**—Shifts from a traditional system that may not include the incorporation of these skills into curriculum for all, to one that requires that all students leave school prepared to succeed in the 21st century. Essential concepts and skill sets include employability skills, financial literacy, health literacy, and technology literacy.

(Mrs. Bennett's article continued on Page 7)

(Mrs. Bennett's article "Understanding Iowa Core Curriculum," continued from page 6)

Superintendent of Pekin Community School District, John Dotson, states, "As parents and community members, it's important to be informed regarding this major state-wide initiative. Community support and understanding will be needed while educators take time to learn more about the Iowa Core Curriculum and adjust their classroom teaching and practices. In addition, parents play a key role in reinforcing learning at home and setting high expectations for their children as they move through the educational system. Educators alone cannot ensure that Iowa students have the skills necessary to be successful in life."

A web site is available online at <http://www.corecurriculum.iowa.gov>, which outlines the curriculum skills to be developed at each grade level. Pekin CSD Iowa Core leadership team and administrators have attended several training sessions at the local AEA in Ottumwa. This team is working with the entire instructional staff during Professional Development in-service sessions on how Pekin curriculum standards and benchmarks will be integrated into these essential concepts and skills which will lead to student learning opportunities.

2010 Prom News

Prom 2010 has been set for April 17, 2010. The theme for this year is "A Night on the Town." The junior class is responsible for the decorating and the banquet for this special evening. There are a variety of ways that the junior students and parents can help. The first meeting for the junior parents will be Wednesday, March 31st in the Family and Consumer Science classroom in the high school at 5 p.m. Discussion will be on the banquet meal. All junior parents are asked to attend this important meeting. If you are unable to attend and would like to help, please contact Wanda Rex, at the high school at 319-695-3705 or 641-919-2183.



Attention Junior Parents Decorating Information for Junior – Senior Prom 2010

The students will soon begin putting their ideas together and ordering material for decorating for this year's prom. All juniors are invited to help with the decorations. The junior decorating committee will be meeting before school for the next few weeks. The week of April 10-16th we will need everyone's help in putting together the gym. Decorating times will be from after school until 8:30 pm with a half hour clean up times lasting until 9 pm. We are asking for parents' help in the form of providing snack food to get us through the night and supervising the students as they decorate. The number of students per night will vary on availability and other school activities that are scheduled.

We are also hoping that parents will be willing to donate or lend basic supplies that we will need to finish the gym. Please label items you want returned with your name in at least 2 places on the item as we really want to make sure it gets returned to you. We estimate that we will need clear packaging tape, scissors, stapler/staples, clear white Christmas lights with green cords (no icicle lights), clear rope lights, staple guns/staples, masking tape, tooling/netting materials, solid plastic rolls, latex paint, glitter, tinfoil, and saran wrap. Please contact Mrs. Jenny Hahn for more details on colors and specifics about these needed supplies.

If you are able to help supervise, supply materials, or supply "snacks," please contact Mrs. Hahn for more detailed information. Mrs. Hahn can be reached at Pekin Elementary School – 319-695-3707 or email at jenny.hahn@qpaea.k12.ia.us.



England 2012?

By James Higdon



This coming June, I will be taking a group of students and adults on a 16-day trip to Ireland, Wales, Scotland, and England. Lodging, two meals a day, and all transportation from the Cedar Rapids airport are included in the cost of this trip. At just under \$240 a day, that is quite a trip for a very low cost!

Several parents have approached me in the past couple of months indicating that had their child been older or had the parents planned for it; their child would have liked to have gone on this trip. These parents have then asked if I would lead a trip again in 2012. I had not planned to do so; but because of the number of people inquiring, I am now considering it. Therefore, I would like to look into another trip for 2012; and in doing so, I would like input from parents and students about such a trip.

The trip would be open to any student 16 years of age or older at the time the trip begins or to students as young as 14 with a parent accompanying them. It would also be open to adults who would like to go. If you are interested in a trip to England or perhaps to other parts of Europe in 2012, please send me an e-mail here at school (jim.higdon@gpaea.k12.ia.us).



Student using computer lab



Skills Iowa



Student using promethean board

ALLERGIES
APRIL
BASEBALL
FLOWERS
GOLF
GRASS
GREEN
MARCH

MAY
PLANTING
RAIN
ROBINS
SOFTBALL
SUNSHINE
TRACK






SPRING WORDSEARCH

P A G R A S S O J P
Z L K C A R T Y Z U
L L R A I N R G B F
L E G N I T N A L P
A R F R F V S O I M
B G L O E E W M R A
T I O V B E X A P R
F E G A R X N Y A C
O S L S N I B O R H
S L S U N S H I N E

*"It's not the will to win,
but the will to prepare
to win that makes the
difference."*

Paul "Bear" Bryant

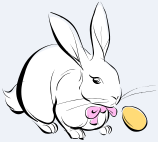
April 2010 Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>-Milk and 100% Juice is offered with each breakfast -Either white or chocolate low fat milk is offered with every meal; as is a peanut butter sandwich when no other bread is offered. -A lettuce bar is offered to middle school students, high school students and staff.</p>				<p>1 <u>Breakfast</u> Sausage and Toast <u>Lunch</u> Turkey Sandwich, Potato Chips, Corn, Coleslaw, Applesauce, Oatmeal Bar</p>	<p>2 No School </p>	<p>3 </p>
<p>4 </p>	<p>5 <u>Breakfast</u> Cereal <u>Lunch</u> Weiner Winks, Baked Beans, Sauerkraut, Mixed Fruit, Bar</p>	<p>6 <u>Breakfast</u> Eggs & Toast <u>Lunch</u> Turkey Fritter on School Made Bun, Corn, Lettuce Salad, Applesauce</p>	<p>7 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Teriyaki Beef Strips, French Fries, Peas, Pineapple, Ice Cream</p>	<p>8 <u>Breakfast</u> Pancake on a Stick <u>Lunch</u> Santa Fe Pasta, Green Beans, Peaches, Hot Rolls</p>	<p>9 <u>Breakfast</u> Pizza Dipper <u>Lunch</u> Baked Potato, Cheese Sauce, Little Smokies, Broc./Caul., Pears, Choc. Cake</p>	<p>10</p>
<p>11</p>	<p>12 <u>Breakfast</u> Sausage & Toast <u>Lunch</u> Chicken Strips, French Fries, Carrots, Pineapple, Peanut Butter Bar</p>	<p>13 <u>Breakfast</u> French Toast <u>Lunch</u> Sloppy Joes on SMB, Corn, Coleslaw, Applesauce</p>	<p>14 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Pizza, Peas, Lettuce Salad, Pears, White Cake</p>	<p>15 <u>Breakfast</u> Pizza <u>Lunch</u> Beef & Noodles, Green Beans, Mashed Potatoes, Peaches, Hot Rolls</p>	<p>16 <u>Breakfast</u> Eggs & Toast <u>Lunch</u> Toasted Cheese Sandwiches, Mixed Veggies, Butter Beans, Strawberries, ice cream</p>	<p>17 </p>
<p>18</p>	<p>19 <u>Breakfast</u> Pizzas <u>Lunch</u> Chicken Patty on SMB, Potato Wedges, Lettuce Salad, Carrots, Mixed Fruit</p>	<p>20 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Beef Stew, Biscuits, Coleslaw, Applesauce</p>	<p>21 <u>Breakfast</u> Biscuits & Gravy <u>Lunch</u> Spaghetti & Meat Sauce, Corn, Spinach, Pineapple, Bread sticks</p>	<p>22 <u>Breakfast</u> Eggs & Toast <u>Lunch</u> Country Fried Steak, Mashed Potatoes, Gravy, Gr. Beans, Sauerkraut, Peaches, Tollhouse Bar</p>	<p>23 <u>Breakfast</u> Sausage & Toast <u>Lunch</u> Fish Portion, French Fries, Peas, Fresh Fruit, Sliced Apples, Cobbler</p>	<p>24</p>
<p>25 </p>	<p>26 <u>Breakfast</u> French Toast <u>Lunch</u> Ham on SMB, Corn, Pasta Salad, Pears</p>	<p>27 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Teriyaki Chicken Strips, French Fries, Spinach, Pineapple, Tollhouse Bar</p>	<p>28 <u>Breakfast</u> Eggs & Toast <u>Lunch</u> Lasagna, Green Beans, Mandarin Oranges, Hot Rolls</p>	<p>29 <u>Breakfast</u> Sausage & Toast <u>Lunch</u> Pizza, Lettuce, Carrots, Applesauce, Oatmeal Cake</p>	<p>30 <u>Breakfast</u> Pizza <u>Lunch</u> Hamburger, Brats, Potato Chips, Baked Beans, Sauerkraut, Fruit, Peanut Butter Bar</p>	





May 2010 Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Top 10 benefits for children to eat a healthy breakfast on a daily basis</p> <ul style="list-style-type: none"> * It gives them energy to start the day off right * It helps them keep weight gain to a minimum. Skipping breakfast often results with over eating at lunch time. * It increases their thinking ability for the school day thus resulting with higher scores on their studies. * It wards off fatigue * It jump starts their metabolism (CONTINUED AT THE BOTTOM OF THE PAGE) 						1
2	<p><u>3 Breakfast</u> Eggs & Toast <u>Lunch</u> Hamburger on School Made bun, Green Beans, Pineapple</p>	<p><u>4 Breakfast</u> Breakfast Pizza <u>Lunch</u> Chicken Patty, Buttered Spaghetti, Baked Beans, Apple sauce, Pumpkin Bar</p>	<p><u>5 Breakfast</u> Pizza Dippers <u>Lunch</u> Ravioli, Bread Sticks, Peas, Sliced Apples</p>	<p><u>6 Breakfast</u> Cereal & Toast <u>Lunch</u> Beef & Bean Burrito, Corn, Lettuce, Cheese, Mandarin Oranges, Choc. Cookie w/white chips</p>	<p><u>7 Breakfast</u> Sausage & Toast <u>Lunch</u> Baked Potato, Cheese Sauce, Ham, Broccoli, Cauliflower, Peaches, Cobbler</p>	8 
9 	<p><u>10 Breakfast</u> French Toast <u>Lunch</u> Taco Salad, Chips & Salsa, Carrots, Apple Sauce, Peanut Butter Cookie</p>	<p><u>11 Breakfast</u> Eggs & Toast <u>Lunch</u> Rib Patty on SMB, Carrots, Pasta Salad, Butter Beans, Pineapple</p>	<p><u>12 Breakfast</u> Breakfast Pizza <u>Lunch</u> Sante Fe Pasta, Green Beans, Peaches, Hot Rolls</p>	<p><u>13 Breakfast</u> Sausage & Toast <u>Lunch</u> Pizza, Corn, Stewed Tomatoes, Pears, Fresh Fruit, Ice Cream</p>	<p><u>14 Breakfast</u> Pizza <u>Lunch</u> Chicken Nuggets, Tator Tots, Coleslaw, Mixed Fruit, Choc. Chip Cookie</p>	15
16	<p><u>17 Breakfast</u> Eggs & Toast <u>Lunch</u> Chicken & Noodles, Brocc./Caulf., Pears, Cinnamon Roll</p>	<p><u>18 Breakfast</u> Cinnamon Rolls <u>Lunch</u> Teriyaki Beef Dippers, French Fries, Spinach, Pineapple, Oatmeal Bar</p>	<p><u>19 Breakfast</u> Pizza Dippers <u>Lunch</u> Country Fried Steak, Cheesy Potatoes or Mashed Potatoes/Gravy, Gr. Beans, Peaches, Choc. Cake</p>	<p><u>20 Breakfast</u> Sausage & Toast <u>Lunch</u> Spaghetti, Meat Sauce, Corn, Apple Sauce, Breadsticks</p>	<p><u>21 Breakfast</u> French Toast <u>Lunch</u> Macaroni & Cheese, Peas, Mini Corn Dogs, Applesauce, Reece's Peanut Butter Bar</p>	22
23	<p><u>24 Breakfast</u> Sausage & Toast <u>Lunch</u> Turkey Fritter on SMB, Green Beans, Pears</p>	<p><u>25 Breakfast</u> Breakfast Pizza <u>Lunch</u> Beef & Noodles, Mash. Potatoes, Coleslaw, Peaches, White Cake</p>	<p><u>26 Breakfast</u> Eggs & Toast <u>Lunch</u> Pizza, Corn, Lettuce Salad, Applesauce, Ice Cream</p>	<p><u>27 Breakfast</u> Pizza <u>Lunch</u> Cooks Choice, French Fries, Peas, Sliced apples, Rice Krispy Bar</p>	<p><u>28 Breakfast</u> Pizza</p>	29
30	31 Memorial Day	<p>Top 10 benefits for children to eat a healthy breakfast (Continued from the top of the page)</p> <ul style="list-style-type: none"> * It helps build strong healthy muscles * It helps lower blood cholesterol * It helps with memory * It helps with over-all nutrition * It decreases tummy aches due to hunger pangs later in the morning 				





April 2010 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Early Release- 2:30 pm Boys V Track @ Centerville-5pm	2 NO SCHOOL	3
4 	5 **SCHOOL** Snow Makeup Day G/B V Track @ Davis Co.-5pm	6	7	8 Physics Olympics (9-12) 9am HS Boys TR –here Pekin Invitational- 4:30	9	10 Solo/Ensemble Contest HS
11	12 HS G/B TR @ Co-Ed Relays- Cedar Rapids-4:30 School Board Meeting – 7pm	13 HS Boys TR @ Coe College-4:30 G/B JH TR –here 4:30 NO LATE BUS	14 Teacher In-service 1:15 Dismissal NO LATE BUS	15 HS G TR-here Pantherette Relays- 4:30 Boys V Track @ Denny White Relays- Mt.Pleasant-5 pm	16	17 6-8 Gr. Honor Band <i>JR.- SR PROM</i> 
18	19 HS Boys TR- here Panther Relays – 4:30 G/B JH TR @ Cardinal- 4:30	20 K-2 & 5 th grade Band Spring Concert- 7pm Girls V TR@ Don Newell Classic @ Ottumwa – 5pm	21 <i>Administrative Professionals Day</i> 	22 <i>Earth Day</i> JH Vocal Festival- here 7pm HS Boys TR @ Ko- Hawk Relays-CR 4:30	23 G HS TR @ Mid-Prairie-TBA G/B JH TR @ Davis Co. – 4:30pm	24
25	26 HS Boys TR@ Eddyville-4:30 HS Girls TR @ Van Buren -5:00 G/B JH TR –Here 4:30	27 JH Band Festival @ Van Buren 7pm Boys V TR @ Eddyville – 4:30	28 Teacher In-Service 1:15 Dismissal	29 HS Girls TR @ Tulip Time Relays- Pella-5 pm	30 Kindergarten Round-up HS Spring Concert G/B JH TR-here- 4:30	

May 2010 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Physical Activity Guidelines release by the federal government recommend that children and young adults do 60 minutes of aerobic, muscle strengthening, and bone strengthening activity a day. Examples of activities: • Active recreation, such as hiking, skateboarding, rollerblading •Bicycle riding • Brisk walking •Jumping rope •Running •Sports such as karate, soccer, field hockey, basketball, swimming •Playing tug of war • Resistance exercise						1 
2	3 First Day of HS Baseball Practice Boys V TR @ Van Buren – 5 pm	4	5	6 HS G TR @ Cardinal "Bob Gerard Relays" -4:30 HS B TR @ Centerville-5 pm	7	8 State Large Group Music Contest
9 Mothers Day 	10 G/B JH TR –here- 4:30 School Board Meeting – 7 pm	11 •G/B JH TR @ Sigourney-4:15 •HS G/B TR- Conference @ Wapello-5 pm NO LATE BUS	12 Teacher In-Service 1:15 Dismissal NO LATE BUS	13 G/B JH TR – Conference – HERE- 4:30 NO LATE BUS	14 HS G/B TR – Regional @ EV/Blakesburg-TBA	15 Armed Forces Day
16	17 JH Spring Concert- 7pm	18 FINE ARTS BREAKFAST	19 •Student of the Month Breakfast •Senior Awards Assembly 9 am •Baccalaureate	20 STATE TRACK	21 STATE TRACK	22 STATE TRACK
23 Graduation- 2pm 	24 •Elementary Track Meet •JV/V Baseball @ New London-5:30 •V Softball DH-here w/Central Lee-6 pm	25 JH Band to Adventureland •JV/V Baseball –here W/Washington-5:30 •JV/V Softball @ Wapello-6 pm	26	27 JV/V Baseball @ Albia-5:30 JV/V Softball @ Lone Tree-6 pm	28 Last Day of School 8 th Grade Leaves for DC V- Baseball DH @ L&M-5:30 JV/V Softball here w/L &M – 6pm	29 8 th Grade Trip 
30 8 th Grade Trip	31 Memorial Day 8 th Grade Trip	7 Ways to keep your kids active this summer: <ol style="list-style-type: none"> 1. Turn off the TV 2. Make exercise a family activity 3. Schedule fitness time every day 4. Check out free day camps and sports camps 5. Make it fun (swimming, biking, baseball, tennis, hiking) 6. Keep toys handy(balls, racquets, hula hoops, jump ropes) 7. Get friends involved- kids like to do things in groups (play tag, run together, form teams for a baseball game) 				

June 2010 Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8 th Grade Trip •JV Baseball DH- here w/L&M-5:30 •JV/V Softball-here w/Columbus Jct-6pm	2 8 th Grade Trip •JH Baseball – here w/Sigourney – 5:30 •JV/V Baseball @ Wilton – 5:30	3 8 th Grade Trip •JV Baseball DH- here w/Van Buren- 5:30 •JV/V Softball –here w/Mediapolis-6pm	4 •8 th Graders Return • V Baseball DH – here w/Wapello-5:30 •V Softball DH @ Moulton-Udell-6pm	5 •V Baseball Tournament @ Eddyville TBA • V Softball Tournament @ Van Buren 9 am
6	7 •K-5 Girls Basketball Camp- TBA •JH Baseball-here w/ WMU- 10am •JH Softball-here w/ WMU-10 am •JV Baseball DH @ Wapello – 5:30 •JV/V Softball @ Highland 6 pm	8 •K-5 Girls Basketball Camp- TBA •JH Baseball-here w/Cardinal-10 am •JH Softball – here w/Cardinal -10am •V Baseball DH @ Columbus Jct-5:30 •JV/V Softball here w/IMS- 6pm	9 •K-5 Girls Basketball Camp- TBA •JV Baseball DH @ Eddyville – 1pm 	10•K-5 Girls Basketball Camp- TBA •JH Baseball here w/Waco – 10am •JH Softball here w/Waco – 10 am •JV/V Baseball @ Cardinal-5:30 •JV/V Softball @ WMU - 6pm	11•K-5 Girls Basketball Camp- TBA •JH Baseball @ Van Buren-5:30 •JH Softball @ Van Buren – 5:30 •JV Baseball DH –here w/Columbus Jct.	12 V Baseball DH @ Montezuma – 12pm
13	14 •JH Baseball-here w/Highland 10 am •JH Softball-here w/Highland 10 am •V Baseball DH @ Mediapolis 5:30 •JV/V Softball-here w/Waco 6pm	15 • JV Baseball DH here /Mediapolis 5:30 •JV/V Softball @ Lone Tree – 6pm	16 •V Baseball DH –here w/Eddyville 1pm •JH Baseball @ Wapello 5:30 •JH Softball @ Wapello 5:30	17 •JH Baseball here w/Cardinal 10am •JH Softball here w/ Cardinal – 10 am •JV Baseball @ Davis Co. 11 am •JV/V Softball @ L &M 6pm	18 • V Baseball DH here w/Highland 5:30 	19 •JH Baseball @ Van Buren – 10 am •JH Softball @ Van Buren 10 am •V Baseball @ L&M Tournament •V Softball @ Dallas Ctr Grimes Tournament
20 	21 •JH Baseball @ Cardinal-1pm •JH Softball @ Cardinal - 1pm •JV Baseball DH @ Highland 5:30 •JV/V Softball here w/Wapello – 6pm	22 •JH Baseball here w/Wapello 5:30 •JH Softball here w/Wapello 5:30 •V Baseball DH @ IMS 5:30 •JV/V Softball @ Col.Jct 6 pm	23 • 9/JV Softball @ Ottumwa TBA • JH Baseball here w/Highland 10am •JH Softball here w/Highland 10am	24 •V Baseball DH here w/Sigourney 5:30 •JV/V Softball @ Mediapolis 6 pm	25 •JH Baseball @ Waco -10am •JH Softball @ Waco 10 am •JV Baseball DH here w/IMS 5:30	26 Pekin Baseball Tournament –TBA Tentative Pekin Softball Tournament
27	28•JH Baseball @WMU 10am •JH Softball @ WMU 10 •V Baseball DH here w/WMU 5:30 •JV/V Softball here w/ Highland 6 pm	29 •JV Baseball DH @ WMU 5:30 •JV/V Softball @ IMS 6 pm	30 • V Baseball @ Davis Co. 3pm		