



# The Knight Times

North Cedar Community School District

## Superintendent Dohmen's Message

### JOIN IN CELEBRATING IOWA SCHOOL BOARDS

#### May 2022 Issue

#### INSIDE THIS ISSUE

Superintendent's Message...1

Message from Principal Horman...2

Message from Principal Bendixen...3

Superintendent Dohmen's Message Continued...4

Board Highlights...4

Principal Horman's Message Continued...5

Navigate & Educate News...6

May Lunch & Activities...7

May is School Board Recognition Month, sponsored by the Iowa Association of School Boards, to celebrate the contributions of board members to Iowa public education. The North Cedar Community School District is celebrating the work of school board members, who are Launching Iowa's Next Generation through their commitment to students, schools, and communities.

While school board members are elected by the community, they serve as unpaid innovators who help students take flight by devoting their time to monthly meetings, reviewing board materials, communicating with citizens, exploring learning opportunities, and attending school functions and activities.

The North Cedar School Board is charged with being the navigator for our school district. They oversee the budget, develop policies, set the atmosphere for the district, and make decisions that impact the entire community. Most importantly, they are committed to student achievement. It might not seem like rocket science, but it is!

Our school board keeps the district on course. They serve 718 students and 144 employees and are responsible for an annual budget of \$9,800,000. It's a big job for no pay, but our board members say they serve to meet the needs of our students and our community.

The North Cedar Community School District is shining a spotlight on our school board at the regular monthly meeting on May 16, 2022, at 6 PM. Media and community members are invited to attend.

The board members serving the North Cedar Community School District and their years of service are:



Aaron Horman,  
Board President  
9th year of service

#### ***Knight Contact Information***

Mark Dohmen  
Superintendent  
mdohmen@north-  
cedarstu.org  
(563) 942-3358

Mary Bendixen  
Jr/Sr High Principal  
mbendixen@north-  
cedarstu.org  
(563) 452-3179

Jennifer Horman  
Elementary Principal  
jhorman@north-  
cedarstu.org (563)  
432-6933 or (563)941-5383

## Message from Principal Horman

Wow, we blinked and April is almost over. The month was loaded with fun events and some testing requirements. Students continue to impress us with their work ethic and the growth they are showing socially and academically. Enjoy a few photos as a glimpse into the month of April.

### MRS. KAEFRING'S PRESCHOOL

During the month of April, preschool celebrated Earth Day. The children participated in a science experiment to learn about water pollution and how we all depend on clean water, including people, fish, and animals in nature. Miss Sarah, the Cedar County Naturalist, visited the preschool to teach the preschoolers about worms and their importance to our soil. Each child had the opportunity to hold a worm! Then they built a nest and played a fun "Feed the Bird" game.



### MRS. PETERSEN'S KINDERGARTEN

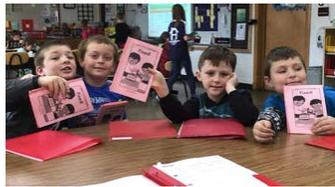
Kindergarten: Peep Project

The kindergarten students had a visit from the Easter Bunny. EB left a batch of peeps for the students to care for. The students took them home then returned them to school daily, read them stories, and had to make sure they had shelter and were kept safe. These kiddos were accountable and showed responsibility. #knightpride



### MRS. HENDRICKSON'S SECOND GRADE

Students are working extremely hard during their small group reading rotations.



### MRS. WEBER'S FIRST GRADE

We participated in Ag in the Classroom through Cedar County. The first graders had the opportunity to plant a seed and observe it grow. They had a choice between cucumber, green bean, or pea seed. They will get to take them home soon.



### MRS. WALKER'S SECOND GRADE

Mrs. Walker's second grade students have been working hard to count money, build structures using various shapes, organize data, and write informational reports.



### MR. GREENE'S PE CLASS

Students in Mr. Greene's PE class enjoyed some frisbee golf on a warm April day.



...Continued on page 5

## ***Message from Principal Bendixen***

As I write this letter, we are in the final countdown to the end of the 21-22 school year. Seniors have just 3 weeks to go! Underclassmen have 4 weeks and the teachers have 5 weeks. As I prepare for retirement, I am communicating regularly with Mr. Tanner Carlson regarding his transition into the role of principal. Based on my interactions with him, the selection committee did an excellent job of choosing my replacement. The energy and enthusiasm he demonstrates has made me feel much better about my decision to retire. I know my students and staff will be in good hands.

The Fine Arts department put on an amazing show on April 8-10. I have never been completely mesmerized by a high school production before and I enjoyed every minute of *Seussical*. Congrats to Mr. Wayne Hess, Ms. Anna Broring, Ms. Jill Powers, and the entire cast for putting together such a successful event.



Students completed the ISASP tests in mid-April and are taking the MAP assessments this week. Testing sessions have run very smoothly with no major technical issues. Kudos to Ms. Allison White, school counselor, for all of the time she put into preparing for these assessments!

The hiring process continues with success. I have hired a Business Ed teacher for the 22-23 school year, and her contract will be approved at the next board meeting. This position was open all school year due to a late resignation last summer, so it is exciting to finally have that position filled. Interviews for the AD/Dean of Students position were conducted on April 15, and we will soon announce the name of the person that was chosen to replace Adam Hadenfeldt.

Our attention has now turned to finalizing the details of graduation, which is scheduled for May 22 at 2:00. Thanks to Pam St. John and the senior advisors for working on these plans. Once it is determined who will speak at graduation, I will work with that senior(s) on preparing their speech.

In closing, I would like to thank the entire North Cedar community for your support during my time as Jr/Sr High Principal. It has been a privilege and a pleasure to serve this district. I have always felt at home here and can't imagine having found a better place to spend the last six years of my administrative career. I do plan to stay connected with the district in various ways including subbing, volunteering, and attending events as a grandparent.

# Superintendent Dohmen's Message

Continued from page 1



Adam Sandberg,  
Board Vice-President  
4th year of service



April Wiggins,  
Board Member  
5th year of service



Kris Koth,  
Board Member  
5th year of service



Keith Lehrman,  
Board Member  
1st year of service

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## April Board Meeting Highlights

Each month the North Cedar School Board shares two or three highlights of our monthly board meetings. These takeaways are messages that the board collectively feels are important for the public to know. Here are the highlights from the April 11, 2022 regular meeting:

1. **Land Purchase for FFA Program.** The district approved the future purchase of five acres of land near the elementary school in Mechanicsville. FFA students would have this land available for a variety of projects and this year plan to have a sweet corn patch and hay crop. The district thanks the Mechanicsville economic development group for offering the land at an affordable price.
2. **Student Involvement.** As the school year approaches a close, the board acknowledges our fine arts performers, spring athletics teams and all of our graduating seniors. We celebrate our students who take advantage of the many programs and activities we have to offer. Unlike their counterparts in larger school districts, we love that our students are encouraged to be involved in a variety of activities while in high school and that's why it's great to be a Knight!

To view the full agenda and attachments of North Cedar School Board meetings, click the Online Board App button at <https://www.north-cedar.org/board-of-education/>. Meeting minutes are also posted online following each meeting.

## Principal Horman's Message

Continued from page 2

### MRS. JACKSON'S THIRD GRADE

April brought third grade Easter eggs, Sonic 2, and Read Across America! We were so busy and had lots of fun. Because we worked hard and followed testing expectations, we were rewarded with a trip to the movie theater. We even had pop and popcorn!

Teresa with Ag in the Classroom read to us and then we planted seeds. We grew cucumbers, peas, and green beans. Very exciting to watch our little garden grow.

We also had a special guest visitor, Joe Beckman. We enjoyed his message. He was funny and taught us how to think about others and the different situations we may find ourselves in.

We finished April with an Easter egg hunt in our room. Inside we found jellybeans and graphed the different colors. We decorated peeps and sampled some too! We are crossing our fingers that May will be warmer for everyone.



### MRS. SNYDER'S THIRD GRADE

It is that time of the year again when the third graders learn about the bald eagles in Decorah. We began checking in on the eagles in late January or early February as they did some nest restoration getting ready for egg-laying. By mid-February, they laid two eggs, and by the end of March, their two eggs hatched. Since then, we have been observing the eagles on the webcam, watching and learning all about how bald eagles live and raise their young. We have read a lot, researched some on websites, and observed them on the eagle cam. We even were able to ask Decorah moderators questions on the classroom chat room Decorah has set up for teachers. We have taken notes and after reviewing all the information we have, we will begin the process of outlining and then writing a research paper on what we have learned about the bald eagles of Decorah. The kids have enjoyed this experience. If you run into any Lowden third graders, ask them about the Decorah eagles!

### MRS. FARRINGTON'S FOURTH GRADE

We have been keeping busy this month. We had an Ag in the Classroom session where we listened to the story, "Farmer Will Allen and the Growing Table". After listening to the story, we planted different kinds of seeds, so we could observe them as they grew. We planted green beans, cucumbers, and peas. The students have been taking great care of our growing garden and are excited to take them home at the end of the month. They also had fun completing a "Peeps" activity, where they designed their own Peep and of course, enjoyed snacking on the sugary Peeps while they worked! The 4th graders worked very hard on their ISASPs this month. We've been discussing different ways to keep that motivation and hard work going through MAP testing the last week of April.



### MRS. ROLWES' FIFTH GRADE

Fifth grade in Mechanicsville has been having fun while learning and working hard! Our class is participating in The USPS Pen Pal Project. We have been practicing our writing skills while corresponding with our partner class in Pennsylvania. Our class recently finished our Biography, Mystery, and Persuasive Writing Units. In Reading, we have been working on identifying cause and effect, making inferences, and evaluating the author's purpose. We just finished reading the novel *Holes* and started reading *Hatchet*, which are both class hits! In Math, we have been working on Multiplying and Dividing Fractions and Mixed Numbers. We will finish the year by focusing on Volume of Solids and Units of Measure. We all enjoyed our visit to the movie theater and look forward to our field trip to Des Moines in May!



### MRS. ELLOREN'S ART CLASSES (pictured below):





# NAVIGATE & EDUCATE

May 2022  
Monthly  
Newsletter

## May: Mental Health Awareness Month



### GRANT FUNDING AVAILABLE

There is grant funding available through Scott County kids to help pay for extracurricular activities and mental health co-pays for youth. The funding is limited and is on a first come first serve basis.

Funding can only be used for mental health co-pays and extracurricular activities; funding cannot be spent on purchasing sporting equipment. Applications for funding are only available until June 30, 2022. To apply please contact school resource navigator Emily Smith.

### Available Food

- **1st Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- **1st, 2nd, 3rd, & 4th Tuesdays** of the Month - 4:00-6:00 Food Pantry @ Peace Church, 414 Maple St, Bennett
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd & 4th Wednesdays** of the Month - 3:30-6:00 Food Pantry @ First UCC, 600 Mulberry St, Tipton
- **2nd & 4th Saturdays** of the Month - 11:00-11:45 Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- **2nd, 4th Thursdays** of the Month - 6:00-7:00 & **4th Saturday** - 9:00 - 10:00, Bring Photo ID, UMC, 307 E First St, Mechanicsville
- **3rd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- **3rd Saturday** of the Month - 9:00-10:00 Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton
- **Every Wednesday** - 5:30-6:30 Food Pantry @ St. John's UCC, 320 9th Ave, Clarence

Updated 04/15/2022

- **9th Olin Elementary school** 212 Trilby St. 3:30-4:30pm (Jones County)
- **19th Anamosa St Paul's Lutheran Church** 201 N Ford St 3-4pm (Jones County)

**Head Start**  
Free, Quality Preschool  
for children 0-5 years old

**COMPLETAMENTE GRATIS**

- Quality Education Program
- Breakfast and Lunch Meals
- Constant Supervision
- Safe Environment

**Gratis, Preescolar De Calidad**  
para niños de 0-5 años de edad

**COMPLETAMENTE GRATIS**

- Programa de Educación de Calidad
- Desayuno y Almuerzo
- Supervisión Constante
- Ambiente Seguro

Apply at [www.easoswa.org/free](http://www.easoswa.org/free)

SCAN with phone

ESCANEA con teléfono

Solicitar en [www.easoswa.org/free](http://www.easoswa.org/free)

**What is a Crisis?** A crisis is any stress or pressure that has become too great for you to cope with alone.

Crisis Services are available throughout the entire Eastern Iowa MHDs Region (Cedar, Clinton, Jackson, Muscatine, and Scott Counties) at no cost to residents of the Eastern Iowa Region (they are funded at least in part by the Region). Participation is voluntary

**24-Hour Crisis Line - 1-844-430-0375** - answered 24 hours a day, every day of the year by Foundation 2. The crisis line is answered by trained, compassionate telephone counselors. Available to all ages.

**24-Hour Mobile Crisis Outreach - 1-844-430-0375** - available 24 hours a day, every day of the year by Foundation 2. Trained counselors meet with the individual experiencing the crisis in a safe place, in the individual's home or a safe place in the community. Please see the Mobile Crisis Services page for more information. Available to all ages.

### CEDAR COUNTY PUBLIC HEALTH

**Free Walk in Clinic. No Health Insurance Needed**  
CCPH is partnering with "The Project of the Quad Cities" every other Tuesday 10am - 3pm for walk-in FREE STD prevention screenings and PrEP consults.

### NORTH CEDAR RESOURCE CLOSET

Providing free hygiene, menstruation and clothing items. Currently taking donations.  
**Contact school resource navigator**

Participants must register by Friday, May 27. There will be ~2 hours of advanced online work that will need to be completed prior to the in-person training. Breakfast, lunch, and snacks will be provided during the workshop. Register at: <https://icsmh.education.uiowa.edu/event/youth-mental-health-first-aid-training/> Location: Baker Teacher Leader Center (Professional Development Area), North 110 Lindquist Center, 240 S Madison St, Iowa City, IA 52240

**WHY YOUTH MENTAL HEALTH FIRST AID?**  
Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18

- 10.2%** of youth will be diagnosed with a substance use disorder in their lifetimes. Source: Youth Mental Health First Aid™
- 1 in 5** teens and young adults lives with a mental health condition. Source: National Alliance for Mental Illness™
- 50%** of all mental illnesses begin by age 14, and 75% by the mid-20s. Source: Archives of General Psychiatry™

**WHO SHOULD KNOW MENTAL HEALTH FIRST AID?**

- Teachers
- School Staff
- Coaches
- Camp Counselors
- Youth Group Leaders
- Parents
- Adults who Work with Youth

**WHAT MENTAL HEALTH FIRST AID COVERS**

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use challenges
- How to interact with a child or adolescent in crisis
- How to connect the youth with help
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying

Learn how to respond with the Mental Health First Aid Action Plan (ALICE):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- C**ive reassurance and information.
- E**ncourage appropriate professional help.
- C**ourage self-help and other support strategies.

**FREE IN-PERSON WORKSHOP**

**YOUTH MENTAL HEALTH FIRST AID TRAINING**

Teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18

Presenter: Allison Levine, Ph.D.

**Friday, June 3, 2022**  
**9 a.m. - 3 p.m. CT**

**IOWA** Iowa Center for School Mental Health

### Education for Families supporting an Adult with a Mental Illness – DeWitt

May 4 @ 6:00 pm - 8:30 pm FREE

Now Registering: an eight-session course for family members, caregivers and friends of an adult loved one living with a mental health condition.

Learn More

(8) Wednesday evenings, May 4 – June 22, 2022

This class will be held in-person.

Class size is limited to (20). As this course is funded by the Eastern Iowa Mental Health Region, residents of Jackson, Clinton, Scott, Muscatine and Cedar Counties will have registration priority. Social distancing guidelines will be followed as designated by our host site.

For further information, call our NAMI office at 563-386-7477-x 266 (M-F 10-2).

**University of Iowa Mobile Clinic**  
<https://iowamobileclinic.org/clinic-sites/>  
The University of Iowa Mobile Clinic is an interdisciplinary student organization founded in 2002, that provides free health screening, prevention, education, and basic health services to underserved and uninsured populations throughout the state of Iowa.

**LSI - Lutheran Services Iowa PARENTS AS TEACHERS Program**

Become the best teacher for your child. Receive personal home visits from an LSI Parent Educator, and learn about your child's development from other families in your community.

**Eligibility**

- This program serves parents from pregnancy up until their child is 5 years old
- This program is for families experiencing barriers in raising a healthy family
- Families must reside in Cedar County

School Resource Navigator Emily Smith (563-886-4711), [esmith@north-cedarstu.org](mailto:esmith@north-cedarstu.org)

# North Cedar Lunch & Activities Calendar

## May 2022

Calendar is subject to change.

Mon., May 2: Lunch: McVilleville: Chicken Bacon Sandwich; Lowden: Pulled BBQ Chicken; Jr/Sr: Pizza  
MAP Testing @ Jr/Sr High  
4pm Varsity Girls Golf @ Fillmore Fairways Golf, Cascade  
4pm Varsity Boys Golf vs Cascade @ 3-30 Golf & Country Club  
4pm Varsity Girls Track @ Maquoketa HS  
4:15pm Jr. High Track @ Durant HS

Tues., May 3: Lunch: Elem.: Walking Tacos; Jr/Sr: Chicken Tenders  
MAP Testing @ Jr/Sr High  
9am Varsity Boys Golf @ Muscatine Golf Course  
2pm Lowden Elementary Spring Concert Matinee  
4pm Jr. High Track @ Tipton City Park  
7pm Lowden Elementary Spring Concert

Wed., May 4: Lunch: Elem.: Chicken Sticks; Jr/Sr High: Taquitos or Cheese Quesadillas  
MAP Testing @ Jr/Sr High  
9am Varsity Girls Conference Tournament @ Timberline Golf Course  
1pm Early Dismissal-PD Day

Thurs., May 5: Lunch: McVilleville: Homemade Mac & Cheese; Lowden and Jr/Sr: Chicken Alfredo  
MAP Testing @ Jr/Sr High  
2pm Mechanicsville Elementary Spring Concert Matinee  
4:30pm Varsity Track Conference Meet @ Dean Nelson Field  
7pm Mechanicsville Elementary Spring Concert

Fri., May 6: Lunch: Hamburger  
MAP Testing @ Jr/Sr High  
12pm Varsity Girls Golf @ Tipton Golf & Country Club

Sat., May 7: IHSMA State Large Group Contest

Mon., May 9: Lunch: McVilleville and Jr/Sr: Corn Dog or Cheddarwurst; Lowden: BBQ Rib  
4pm Varsity Girls Golf Meet vs Bellevue @ 3-30 Golf & Country Club  
4pm Varsity Boys Golf Meet @ Bellevue Golf Club  
4:30pm JV Girls Track Conference @ Northeast HS, Goose Lake  
4:30pm JV Boys Track Conference @ Northeast HS, Goose Lake

Tues., May 10: Lunch: Elem.: Pork Chop; Jr/Sr: Chicken Fajitas  
4:15pm Jr. High Track Conference Meet @ Cascade HS

Wed., May 11: Lunch: McVilleville: Cheese Quesadilla; Lowden: Cavatelli; Jr/Sr: BBQ Rib or Pulled Chicken  
1pm Early Dismissal-PD Day  
Varsity Boys Golf Sectionals

Thurs., May 12: Lunch: Elem.: Popcorn Chicken; Jr/Sr: Salisbury Steak  
7pm Jr. High Band & Choir Concert @ Jr/Sr High Gym

Fri., May 13: Lunch: McVilleville: Pizza; Lowden: Mini Corn Dogs or Cheddarwurst; Jr/Sr: Chicken Bacon Club  
4pm Varsity Girls Track State Qualifier @ TBA

Sat., May 14: Adventureland Festival of Bands

Mon., May 16:  
Varsity Boys Golf Districts @ TBA  
6pm School Board Meeting @ Stanwood

Tues., May 17:  
7pm 9-12 Band & Choir Concert and Awards @ Jr/Sr High Gym

Wed., May 18:  
1pm Early Dismissal-PD Day  
6:30pm Senior Awards @ Jr/Sr High Gym

Thurs., May 19: Varsity State Track @ Drake Stadium

Fri., May 20: Varsity State Track @ Drake Stadium

Sat., May 21: Varsity State Track @ Drake Stadium

Sun., May 22: 2pm Graduation @ Jr/Sr High Gym

Mon., May 23:  
Varsity Boys State Golf  
5pm JV Baseball @ Anamosa  
5pm JV Softball @ Anamosa  
7pm Varsity Baseball @ Anamosa  
7pm Varsity Softball @ Anamosa

Tues., May 24:  
Varsity Boys State Golf  
5pm JV Baseball @ Bellevue  
5pm JV Softball @ Bellevue  
7pm Varsity Boys Baseball @ Bellevue  
7pm Varsity Girls Softball @ Bellevue

Wed., May 25:  
1pm Early Dismissal-PD Day  
5pm JV Baseball vs Cascade @ Lowden  
5pm JV Softball vs Cascade @ Lowden  
7pm Varsity Baseball vs Cascade @ Lowden  
7pm Varsity Softball vs Cascade @ Lowden

Thurs., May 26:  
5pm JV Baseball vs West Liberty @ Lowden  
5pm JV Softball vs West Liberty @ Lowden  
7pm Varsity Baseball vs West Liberty @ Lowden  
7pm Varsity Softball vs West Liberty @ Lowden

Fri., May 27:  
Last Day of School

Sat., May 28:  
9am Varsity Softball Tournament @ Jesup HS

**The mission of North Cedar Community School District, in partnership with its community and staff, is to ensure a safe and caring environment for each student, providing the essential knowledge, values, skills, and attitudes to create lifelong learners who are responsible, contributing, and productive citizens in a changing and increasingly diverse world.**

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Everything we do at NCCSD is for our students, and we encourage them all to take part in the enrichment and extracurricular opportunities for which they are eligible.

- Athletics for junior high school and senior high school students
- Fine arts activities for 5th through 12th graders
- Extracurricular clubs and organizations for junior high and senior high school students
- Counseling services for all grades

An active, supportive community strengthens NCCSD. Parents and patrons who elect to get involved and support our students and their activities aid the district.

- Athletics Boosters bolster our student athletes and the athletics programs
- Encore Club supports our fine arts programs
- Knights Community Organization fosters the relationships between parent, student, staff, and community
- North Cedar Education Foundation provides financial support to help broaden the district's education opportunities

**Postal Customer**

**North Cedar Community School District**  
102 East North St.  
P.O. Box 247  
Stanwood, IA 52337