



The Knight Times

North Cedar Community School
District

Dec. 2023/Jan. 2024 Issue

INSIDE THIS ISSUE

Superintendent's Message...1

Message from Principal
Horman...2

Message from Principal
Carlson...3

Superintendent Dohmen's
Message Continued...4

Photos from the Elementary...4

Mrs. Horman's Message
Continued...5

Dec. & Jan. Lunch & Activities...6

Navigate & Educate News...7

Knight Contact Information

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

Tanner Carlson
Jr/Sr High Principal
tcarlson@north-cedarstu.org
(563)452-3179

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

Superintendent Dohmen's Message

We are welcoming the 2024 calendar and putting 2023 behind us. It is a good time to think about what education will look like in the new year. To start this conversation off I want to share information on the upcoming legislative session.

The legislative session officially begins January 8. Needless to say, it could be an "interesting" session with modest economic growth and uncertainty due to inflation and property tax relief. I feel like a broken record because I feel we were in a very similar situation last year at this time minus the COVID-19 relief funds which benefited the district greatly the previous two years. North Cedar has shared information with legislators that may help them better understand issues that may have an impact on North Cedar schools, students, and our communities.



Public education is the foundation of our democratic society and the keys to successful futures for Iowa children. Quality public schools strengthen our communities and are the cornerstone of any sound economic development policy. The state and voters must put public education first and provide sufficient funding and support services to provide all students with the best education. With voters voting down by 22 votes our Physical Plant and Equipment Levy (PPEL), I stress the importance of our local schools for our children and communities. Communities without schools do not thrive. Only three schools in the state of Iowa voted down this levy this Fall. I will speak more on the impact of the loss of the PPEL in February's newsletter, but want to focus on the 2023-2024 legislative priorities for North Cedar School District in this newsletter.

Mental Health

Student mental health issues are increasing and impacting student achievement. To address these concerns, we support state policies that would establish comprehensive school and community mental health systems to offer preventative and treatment services to:

- Increase access to in-school and telehealth services.
- Increase access to mental health professionals via in-person or telehealth visits.
- Improve awareness and understanding of child emotional and mental health needs through ongoing teacher, administrator, and support staff training.
- Integrated suicide prevention and coping skills into existing curriculum.
- Support the mental health needs of educators and staff.
- Provide a comprehensive mental health resources clearinghouse for schools and community providers.

...Continued on page 4

Message from Principal Horman

Miss Clark's Kindergarten

With the help of our kindergarten families, our class created the best disguises to save the turkeys from Thanksgiving!



Mrs. Rouse's First Grade

Community volunteers visited the Lowden building and listened to our students read.



Mrs. Weber's First Grade

We learned all about the first Thanksgiving and what it was like to be a pilgrim. We also read about turkeys and did some fun turkey activities to prepare for Thanksgiving.



Mrs. Jackson's Third Grade

We started November off with Teresa and Ag in Action. She led a discussion about pumpkins and then we made a yummy pumpkin treat together. We also joined in with a program called Ag in Action and we discussed poultry via Zoom. We went to a turkey farm in Hamilton County and Shelia Larson shared tons of facts with us about their farm and turkeys. On November 2, we traveled to Dubuque and went to the symphony. We enjoyed listening to and learning about all the different instruments.

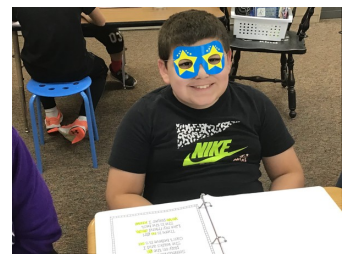
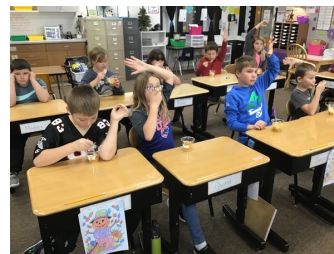
Mrs. Anderson's Fourth Grade

Third and fifth grade visited our classroom to read some incredible reader's theaters. In November, fourth grade started working hard on fact fluency. We have been working with story problems and playing math games with cards and dice to practice.



Mr. Helgeson's Sixth Grade

Sixth grade students performed a reader's theater play--Historical Fiction "The New Colossus" to fourth and fifth graders.



...Continued on page 5

Message from Principal Carlson

It is wild to say that we are already nearing the end of the first semester at the building, but that is where we are at. We have had a great start to the year, and this report will highlight some of the things that are happening at our building.

Academics

First semester courses are ending on January 12th. This will lead us into course changes and schedule changes at the building. We are in the process of meeting with students now and finalizing second semester schedules. Student schedules will begin to look different on January 16th.

Our teachers and students are in the final stages of the first semester getting grades in line for the semester. This upcoming part of the school year is always a lot of fun but can also create some added stress for students and staff heading into the end of semester one.

Activities

Winter sports have begun. Our high school dance team performed in Des Moines last week and placed 3rd in Poms and received a Division 1 rating in Hip Hop. Our boys wrestling team is off to a great start under the new leadership of Coach Logan O'Connor. We have added a few students who hadn't participated that are out this year. Our first home tournament is Saturday, December 9th. The girls wrestling team is cooped with Anamosa again this season, and Central City has joined that coop as well. The boys basketball team is also under new leadership of Coach Chris Timmerman. They are currently sitting at a 2-1 record with a lot of big games coming up. The girls basketball team is currently sitting at 2-2 on the season and had a very exciting overtime victory this past week over Columbus Catholic. Our JH girls basketball team is finishing up and JH boys wrestling has completed. After winter break, the JH boys basketball team begins their season, and the JH girls wrestling team will begin.

Professional Development

Our professional development focus has continued to be on individual improvement plans for teachers in areas they have chosen. The first semester of professional development happening as full days, instead of during early Wednesdays, is almost completed, and has been well received by staff. The building has also begun our child study professional development sessions where we are really focusing on building a culture for every student to feel valued and have an opportunity for success. These sessions are what many staff members enjoy, as this is the reason we are all in the building in the first place, to help kids.

As always,

LET'S GO KNIGHTS!

Tanner Carlson

7-12 Principal



North Cedar Dance Team: back (l to r): Chloe Sulzner, Tayden Thurston, Madelyn Walshire, Hannah Cerda, Bailey Crock. front (l to r) Kiah Wendt, Elyse Wilhau, Hayden Hoefler, Haley Farrington

Superintendent Dohmen's Message

Continued from page 1

- Expand training that includes a referral plan for continuing action provided by mental health professionals outside of the school district.
- Designate a categorical funding stream for mental health professionals serving students and ongoing teacher, administrator, and support staff mental health training.
- Support development of the mental health workforce to provide services to children.

Since I started in education in 2001, schools have been forced to take on and deal with the needs of mental health more and more with every year that I have been in the profession. With COVID-19 funding, we were able to incorporate needed staff into our schools to help with these mental health concerns. With this funding no longer available, schools are forced with choices of mental health or program cuts.

Teacher Professional Development and Retention

Developing effective teachers and keeping them in every Iowa school district is crucial to student success and can be supported through state policies that:

- Provide teacher leadership and quality professional development programs.
- Provide beginning teacher mentoring programs.
- Use the management fund to offer retention incentives to maintain a high-quality teacher workforce.
- Allow flexibility and resources to pay school staff market competitive wages.
- Provide resources to school districts for ongoing cultural competency training.

Bringing new, talented teachers into our district and communities is one of my favorite parts of my job. However, every year we lose one or two because we can't compete with a competitive wage compared to the nearby larger districts and the private sector. Keeping these teachers is not just a game changer for our classrooms, but also for our communities. Paying a competitive wage allows them to buy a house here and many times make a life in our community.

Supplemental State Aid

The school aid formula is the biggest driver in providing resources for a high-quality education that translates to a successful future for our students and economic growth in our state. A school's general fund supports a high-quality teacher workforce, critical for student achievement. We support state policies on supplemental state aid rate that:

- Sufficiently supports the ability of local districts to meet parent and community expectations and provide a world-class education for all students.
- Provide the resources to recruit and retain a high-quality teacher and staff workforce.
- Incorporate inflation and cost-of-living increase to minimize the negative impact on a district's general fund from these increased costs.

About 80% of our budget is staffing, so after multiple years of 3% or lower state aid and a decline in enrollment, inflation this past two years has had a big impact on our school. Iowa chose to put the one room schoolhouse on our state quarter for a reason. Education is a core value in Iowa and we need to fund it for our students and communities.

These priorities will guide many of our efforts for conversations with legislators this session and serve as a road map for our work.

Thank you for all your efforts in working with North Cedar schools. I assure you that it has a lasting impact on our young people across the district. Please don't ever hesitate to contact me if I can be of any assistance.

Pictures From Around The Elementary Schools



Principal Horman's Message

Continued from page 2

Mrs. Havill's Second Grade

Season's Greetings from Second Grade

What a busy time of year. I asked our students this question, "What is your favorite thing about this time of the year?" Enjoy their responses:

Lexus – I like the Elf on the Shelf because we like finding him.

Paityn – The Elf on the Shelf (well, my four elves) is my favorite because my elves have very creative minds, and they do crazy crafts all the time!

Avery – Waiting for Christmas is my favorite because after you have Christmas, you have nothing to be excited for.

Parker – My favorite is when the elves come, Christmas, and my birthday because Christmas is God's birthday and then mine is too!

Evie – My favorite thing is to make warm Christmas cookies with my mom because I get to frost the cookies.

Hannah – I like the presents because I like getting toys.

Nora – I like Christmas because I get cute clothes and Coco, my elf, comes back.

Jameson – I like the snow because I can play in it. I like the presents because we get toys.

Addilyn – I like the snow and ice because I get to play in the snow and I get to slide on the ice.

Charlotte – I like Christmas because of all the presents.

Jaymie – I like the Elf on the Shelf because they are funny.

Oliver – I like Christmas because I like putting up decorations and it's just fun!

Zayah – I like snow and hot chocolate because snow is cold and with hot cocoa, it makes me warm again.

Haidyn – I like snow and spending time with friends and family.

Brittney – I like snowball fights, the cold, and snowmen.

Shawn – My favorite thing is Christmas because of the snow.

Xavier – I like presents and Santa because they are fun. I can tell Santa what I want and give him hugs.

Anton – I like that Santa Claus comes and gives us presents. We can open them on Christmas morning.

Evelyn – I like Christmas because you get to spend lots of time with your family and friends.

Especially because my cousin comes home from college.

Miss Stefani – I like Christmas because I get to spend time with my family and I love baking all different kinds of Christmas cookies.

Mrs. Havill – I love this time of year because I get to spend extra time with my family.



Miss Drevline's Fifth Grade

This month we started to learn about the causes leading up to the Revolutionary War. The students have been so engaged and our discussions take us way past the end of social studies. For math, we've been reviewing the infamous long division steps. The students are rocking it!



Mrs. Walker's Classroom

Mrs. Walker's students worked together to plan a Thanksgiving meal. This included discussing the parts of a meal (main entree, sides, and desserts), discussing how each of us have different likes and dislikes, and grocery shopping. The students then practiced rolling silverware, setting the tables, and working together to clean up. This was one of our favorite activities so far this year. We look forward to more life skills practice opportunities in December!



North Cedar Lunch & Activities Calendar

December 2023/January 2024

Calendar is subject to change.

Sat., Dec. 9: 10am HS Boys Wrestling @ Jr/Sr High

Mon., Dec. 11: No School

6pm JV/V Girls Basketball vs West Liberty

Tues., Dec. 12: Lunch: Elem.: Tacos; Jr/Sr High: Chicken Fajitas

4pm JV Boys/Girls Basketball @ Easton Valley

5:30pm V Boys/Girls Basketball @ Easton Valley

6pm Elementary Booster Meeting @ Jr/Sr High Library

Wed., Dec. 13: Lunch: Elem.: Hot Open Faced Roast Beef Sandwich; Jr/Sr High: Sliced Pit Ham

8am-1pm Blood Drive @ Debbie Harms Theater, Clarence

Thurs., Dec. 14: Lunch: Pizza

3:45pm JH Solo/Ensemble Festival

6pm HS Boys Wrestling @ Lisbon HS

Fri., Dec. 15: Lunch: Louisiana Chicken Breast

4:30pm JV Boys/Girls Basketball @ Midland HS

6pm V Boys/Girls Basketball @ Midland HS

Sat., Dec. 16: 9am HS Boys Wrestling Tournament @ Regina HS

10am JV HS Basketball @ North Cedar

Mon., Dec. 18: Lunch: Orange Chicken

6pm School Board Meeting @ Stanwood

7pm HS Winter Concert

Tues., Dec. 19: Lunch: Sloppy Joes

4pm JV Boys/Girls Basketball vs Lisbon HS

5:30pm V Boys/Girls Basketball vs Lisbon HS

Wed., Dec. 20: Lunch: Elem.: Chicken Drumstick; Jr/Sr High: Chicken Strips

Thurs., Dec. 21: Lunch: Corn Dog or Cheddarwurst

1:25pm Early Dismissal

Fri., Dec. 22 - Tues., Jan. 2: No School—Winter Break

Tues., Jan. 2: 4:30pm JV Boys/Girls Basketball vs Prince of Peace

5:30pm V Boys/Girls Basketball vs Prince of Peace

Wed., Jan. 3: 1:25pm—Early Dismissal

Thurs., Jan. 4: 4pm JV Basketball @ Tipton MS

5:15pm JV Basketball @ Tipton MS

6pm HS Boys Wrestling

8pm V Boys/Girls Basketball @ Tipton MS

Fri., Jan. 5: State Debate Tournament @ Ankeny

4pm JV Boys/Girls Basketball vs East Buchanan

5:30pm V Boys/Girls Basketball vs East Buchanan

6pm Post Prom Cake Auction

Sat., Jan. 6: State Debate Tournament @ Ankeny

9am HS Boys Wrestling @ Northeast HS

Tues., Jan. 9: 5:30pm JV Boys/Girls Basketball @

Maquoketa Valley

5:30pm V Boys/Girls Basketball @ Maquoketa Valley HS

6pm Elementary Booster Meeting @ Jr/Sr High Library

Thurs., Jan. 11: 6pm HS Boys Wrestling @ Springville

Fri., Jan. 12: 4:30pm JV Basketball @ Marquette Catholic HS

5:30pm V Basketball @ Marquette Catholic HS

Sat., Jan. 13: 9:30am HS Boys Wrestling @ Solon HS

Mon., Jan. 15: No School

3:30pm HS Wrestling @ Solon HS

6pm School Board @ Stanwood

Thurs., Jan. 18: 4pm JH Boys Basketball vs Prince of Peace HS

4pm JV Boys/Girls Basketball @ Edgewood-Colesburg HS

6pm HS Boys Wrestling @ North Linn HS

6:15pm V Boys/Girls Basketball @ Edgewood-Colesburg HS

Fri., Jan. 19: 4:30pm JV Boys/Girls Basketball @ Calamus-Wheatland HS

6pm V Boys/Girls Basketball @ Calamus-Wheatland HS

Sat., Jan. 20: 9am District Large Group Speech

9:30am JH Girls Wrestling @ Anamosa HS

Mon., Jan. 22: 4pm JH Boys Basketball @ Easton Valley HS

4:30pm HS Girls Wrestling TRC Meet @ East Buchanan HS

Tues., Jan. 23: 4pm JV Boys/Girls Basketball vs Easton Valley

5:30pm V Boys/Girls Basketball vs Easton Valley

Thurs., Jan. 25: 4pm JH Boys Basketball vs Cedar Valley Christian

Fri., Jan. 26: 4pm JV Boys/Girls Basketball vs Midland HS

5:30pm V Boys/Girls Basketball vs Midland HS

6pm Alumni Awards Presentation & Cake Reception

Sat., Jan. 27: 10am HS Boys Wrestling Conference Tournament @ Maquoketa Valley HS

Mon., Jan. 29: No School—PD Day

4pm JH Boys Basketball vs Easton Valley

Tues., Jan. 30: 5:30pm JV Boys/Girls Basketball @ Lisbon HS

5:30pm V Boys/Girls Basketball @ Lisbon HS

NAVIGATE & EDUCATE

Monthly Newsletter: December 2023

Need Winter Clothes?

NC school Resource Closet has a variety of coats, snow-pants and snow-boots available for FREE. Contact Ms. Emily for more info.

Does your child need a bed?

Free Twin Size Beds

To qualify as a bed recipient, you must be the legal guardian of the child or children ages 3-17 years old receiving the bed. Please submit the online SHP Application Form mentioned above.
<https://shpbeds.org/apply/>

Words on Wellness:

Reliable, research-based information about nutrition, exercise, and food safety. Newsletters may include cooking recipes. Visit www.extension.iastate.edu/humanosciences/wellness

Bright Beginnings

Offering Free, Non-Judgmental Support for you and your family.

One on one program encouraging healthy pregnancies and successful parenting. For Parents of Children Aged 0-5

Call Suzane for more info:
563-349-2037

CAROL ASSISTANCE CENTER

102 West Washington St.,
Wheatland, IA
Phone: 563-374-1520
Services: Clothing, Food,
Household Goods

988

MENTAL HEALTH AND CRISIS RESOURCE

988 IS NOW KNOWN AS THE SUICIDE AND CRISIS LIFELINE.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

- If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.
- Your call is confidential and free.

Should I Call the Lifeline?

- **No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline.**
- People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.

What is a "crisis?" - Any stress or pressure that has become too great for you to cope with alone.

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 @ Bennett School
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd & 4th Wednesdays** of the Month - 3:30-5:30 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 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
- **1st and 3rd Saturdays** of the month 10:00-1:00 and **2nd and 4th Wednesdays** 3:00-7:00, Hein Manor bottom level 807 3rd St. Durant

211 Iowa

Search Tool:

Search for resources in Iowa:
<https://www.211iowa.org/>

Many people in our community struggle when trying to navigate and connect to services they need. United Way 211 is a free, confidential information and referral helpline and website serving 42 counties in Iowa.

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.

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