



The Knight Times

September 2025 Issue

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Important Contacts

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North Cedar Community School District

From the Desk of Superintendent Dohmen

Preparing North Cedar for the Future – Bond Vote on November 4

Dear North Cedar Families and Community,

At North Cedar, we are committed to providing safe, modern, and effective learning environments for all of our students. Renovated and new school facilities ensure our students, and our communities, are prepared for the future.

On November 4, residents of the North Cedar Community School District will have the opportunity to vote to allow the district to extend an existing loan to pay for improvements to Lowden Elementary School and the Jr/Sr High School **without raising property taxes**.

Why These Projects? Why Now?

Knowing that we needed to address some facility needs, the district has been preparing for these projects for several years. In 2022, the district hired OPN Architects to conduct a thorough assessment of all our facilities. The district also convened a community-based committee to review the findings of the assessment and prioritize projects. In 2025, the committee recommended renovations at Lowden Elementary and the Jr/Sr High School because they were the areas of greatest need.

Lowden Elementary needs to be improved so it is on par with facilities in Mechanicsville and the secondary school needs additional activity spaces to support fine arts education and extracurricular activities.

- **Lowden Elementary:** Renovating the 75-year-old part of Lowden Elementary School is more expensive than building new. This portion will be replaced with a new two-story structure so that students at both of our district's elementary schools have similar experiences.
- **Jr./Sr. High School:** A new multipurpose activities addition with a full stage will replace the current auditorium, which is too small and does not have the technology to support our fine arts program. When not used for fine arts, it can be used for athletic practices.

How will we pay for it?

The total project cost is \$21 million. The district plans to use a combination of sales and property tax revenue.

Sales Tax: The district will use sales tax funds that come directly from the state for a portion of the project. **This will not affect property taxes.**

Property Tax: The remainder will be paid for using a general obligation bond of \$18.9 million. This will replace a current bond, which paid for the new gymnasium and science and fine arts wing at the Jr/Sr High School and a classroom addition at Mechanicsville. The district intends to maintain its current tax levy rate of \$13.48 per \$1,000 of taxable property value, which is one of the lowest in our area. **It will not create a tax levy increase.**

Your Voice Matters

On November 4, 2025, there will be two questions on the ballot related to funding North Cedar Community School District's proposed facility plan.

1. The first question asks for authorization to issue a general obligation bond. This requires approval by 60% of voters.
 2. The second question will renew the district's ability to use the Secure an Advanced Vision for Education Fund (SAVE) sales tax dollars it already receives from the state to fund facility projects. Fifty percent of voters (plus one) must approve this measure for it to pass.
- Voting options include absentee by mail, in-person absentee voting starting October 15, or voting at your polling place on Election Day, November 4. Full details can be found on our district website: www.north-cedar.org/bond2025.

Moving Forward Together

These improvements are about more than just buildings. They reflect years of planning, community input, and a shared vision to create better learning environments for current and future Knights.

Thank you for your ongoing commitment to North Cedar. Together, we can ensure that our Knights are prepared for success today and well into the future.

With appreciation,
Mark Dohmen
Superintendent

Message from Principal Carlson

Welcome Back to a Great School Year!

The 2025-2026 school year is off to an exciting start at North Cedar Junior/Senior High School!

Walking through the halls these first few weeks, it's clear that our students and staff came ready to learn, lead, and make this an outstanding year. There is positive energy around the building, and we are thrilled to see students engaging both in the classroom, and outside the school during fall activities.

Fall is always one of the busiest yet more exciting, times of the year here at North Cedar. From football to volleyball, dance to marching band, cheering on our cross country team, seeing what projects our FFA chapter is working on, and so much more. There's something for everyone to be involved in. Our students have been working hard both in the classroom and beyond, and we couldn't be more proud of their dedication.

We encourage families and community members to come out and support our students as they showcase their talents and school spirit this season.

One big change this year has been our updated cell phone policy, and we are happy to report that students are following it well. By limiting distractions during instructional time, students are more focused and engaged in their learning.

Teachers have noticed an increase in participation, collaboration, and overall productivity in the classroom. We appreciate our students and families for supporting this change and helping us create an environment where academics come first.

Our staff is committed to ensuring that every student succeeds and is challenged to reach their full potential. Whether it's through rigorous coursework, hands-on learning experiences, or opportunities for leadership and growth, we're focused on preparing students for their future. We are excited about the progress already being made and look forward to celebrating the successes of our students throughout the year.

Together, we are building a culture of excellence where learning, respect, and school pride thrive.

As always,

LET'S GO KNIGHTS!

Tanner Carlson 7-12

Principal



North Cedar Homecoming – Sept. 19, 2025

You can help us celebrate the North Cedar Spirit. Join us for this year's Homecoming events happening Sept. 19, 2025. The day will be filled with school pride, fun activities, and opportunities to come together as a community to support our students.

The Wednesday night parade and festivities are open to the public. **The parade starts at 6:00 PM** from the NC District Office in Stanwood and ends at the Doug Jackson Football Field. On-field events follow around 6:30–6:45 PM, featuring the band, cheerleaders, court announcements, crowning of the king and queen, senior dance, and powderpuff, capping off with Iron Man Volleyball back at the District Office.

At school, students enjoy the Homecoming spirit with pep rallies, themed days, and student-led events all week leading up to the big day.

Go Knights!



Want to Support Our Students? Elementary Boosters is Recruiting!

You can make a difference for our kids! Join the North Cedar Elementary Boosters!

The group helps organize fun events like the Walk-A-Thon, Daddy/Daughter Dance, and Mother/Son Events, all of which create lasting memories and leave a positive mark on our school.

What the Boosters made possible, just by volunteering their time:

- Purchased indoor recess toys for both elementary buildings
- Provided meals to staff during Parent/Teacher Conferences
- Celebrated all staff during appreciation weeks/days
- Helped fund the 6th-grade graduation
- Provided funding so every class could take a field trip
- Contributed to end-of-year celebrations

Want to get involved? Contact Principal Horman at jhorman@north-cedarstu.org.

Already a Booster or know someone who'd be perfect? Help spread the word!



Ms. Kent's 4th Grade

Ms. Kent's fourth grade class is working on writing personal narratives. To start the unit, students brought in an item or picture that reminds them of a special trip, day, or event. They'll then use their item to inspire their stories.



A North Cedar Tradition

Before their first home game, the Varsity Football team welcomed elementary students as they arrived at school, sharing high-fives, smiles, and words of encouragement to start the day.

It's a wonderful tradition that strengthens our North Cedar family, builds lasting connections, and inspires our younger learners.



Mrs. Rouse's Library

Welcome back to school!

I am Mrs. S. Rouse and am looking forward to helping your child(ren) find books in our Lowden School Library.

I have visited our local public libraries and am excited about planning some fun 'coordinated' activities with them!

We will also be doing Book It again this year! I had a parent tell me they took a few of their Pizza certificates from JANUARY to the DeWitt Pizza Hut in August and they honored those expired certificates!. **So, just because they expire don't toss them away, go ahead and treat the kids!**

Speaking of our wonderful public libraries, I heard Lowden was looking into doing an "Adult Book It", how exciting! We will again be welcoming the Book Fair to the library during our October and March conference weeks. I would like to extend and open those dates with the public, not just the school families. Grandparents, Aunts, Uncles, friends, and neighbors, I look forward to welcoming you to the Book Fair as well! Please feel free to reach out if you have any questions, concerns, or ideas to help the adventure of reading books explode in our little communities at srouse@north-cedarstu.org! **Happy reading, Mrs. S. Rouse**



Parents — Keep Informed With Remind!

Want to stay up to date on news from your school? Get added to Remind! No app downloads necessary.

For families with children in multiple buildings, be sure to subscribe to updates from each school. More information can be found at north-cedar.org/remind



North Cedar

September

2025

6 Steps to a Healthy Relationship With Your Phone

Many people find it hard to regulate their phone usage, which can lead to or contribute to mental health challenges like anxiety and depression.

1. Explore your experience. Many phones can give you information about your screen time and usage: How much time are you actually spending on your phone? Which apps take up the most time? The answers might be surprising and will give you baseline knowledge of your habits.

2. Assess your needs. Check in with yourself: how are you feeling? Do you experience more stress or anxiety while using your phone? Are there things you'd rather use your time for? What do you have to use your phone for?

3. Make a phone schedule. Most of us need our smartphones too often for us to stop using them entirely. But placing boundaries over when you use your phone can help. We often wake up and grab our phones immediately in the morning, kickstarting that cycle of scrolling and anxiety. Try not using your phone for the first 30 minutes of your day. Giving yourself time away can be a great way to start the morning. Try the same thing at night! We sleep better when we reduce our screen and blue light exposure, so try not using your phone for an hour before you go to bed.

4. Set app limits. Smartphones usually have features that let you set screen time limits on certain apps, turning them off automatically. You might set a 30-minute limit on your favorite social media during the week and a bit longer on weekends.

5. Manage your notifications. If your phone is constantly buzzing and dinging, it's hard to ignore. Try turning some notifications off, making them silent or delivering all your notifications in a bundle at a few chosen times per day. Different phones have different options, so explore yours and experiment.

6. Clean up your phone's home screen. Clear away distracting apps so you can keep your focus on those that matter and be less tempted when you open your phone.



Ms. Emily

HI, I'M MS. EMILY THE SCHOOL RESOURCE NAVIGATOR

I connect youth and families with academic, medical, dental, social/emotional and other support service needs. I provide support, information, assistance identifying options and potential solutions, empowering students and families to set goals and make choices that are right for them. My office is located in the Jr/Sr High School Room 107; however, I work with all North Cedar students and families including those in our elementary schools

Work Cell (Call or Text): 563-886-4711
Email: esmith@north-cedarstu.org

Does Your Family Need ...

- A doctor
- A dentist
- An eye care provider
- Healthcare
- A therapist / counselor / psychiatrist
- Transportation to health appointments
- SNAP (food assistance)
- Help paying rent
- Help paying for utilities
- School supplies



- Clothing
- Hygiene products (soap/ shampoo/ conditioner/ deodorant etc.).
- Period care products
- Food
- Help applying for services



Do have questions about support or resources in your community? School Resource Navigator (Ms. Emily) can help get you connected to resources available in your community!

September 2025 Calendar

Tues., Sept. 2:

Lunch: Orange Chicken
Picture Day @ Jr/Sr High

Wed., Sept. 3:

Lunch: Hot Ham & Cheese

Thurs., Sept. 4:

Lunch: Chicken Bowl
4pm V Girls Cross Country @ Iowa City Kickers
4:45pm V Boys Cross Country @ Iowa City Kickers
5:15pm Fresh/Soph Volleyball vs Central City
6:15pm JV Volleyball vs Central City
7:30pm V Volleyball vs Central City

Fri., Sept. 5:

Lunch: Corn Dog or Cheddarwurst
7pm V Football @ Wyoming Fairgrounds

Sat., Sept. 6:

8:30am V Volleyball @ Midland HS

Mon., Sept. 8:

Lunch: BBQ Rib or Fire Braised Chicken
5:30pm JV Football @ Calamus-Wheatland

Tues., Sept. 9:

Lunch: Chicken Sticks
4pm JH Boys/Girls Cross Country @ Tipton
5pm V Boys/Girls Cross Country @ Tipton
5:15pm Fresh/Soph Volleyball vs Alburnett
6:15pm JV Volleyball vs Alburnett
7:30pm V Volleyball vs Alburnett

Wed., Sept. 10:

Lunch: Chicken Alfredo

Thurs., Sept. 11:

Lunch: Beef Nachos or Soft Taco
4:30pm JH Football @ Maquoketa Valley HS
5:15pm Fresh/Soph Volleyball vs East Buchanan
6:15pm JV Volleyball vs East Buchanan
7:30pm V Volleyball vs East Buchanan

Fri., Sept. 12:

Lunch: Mac & Cheese
7pm V Football @ Stanwood

Mon., Sept. 15:

No School-PD Day
4:30pm JH Cross Country @ Little Bear Country Club
5pm V Girls Cross Country @ Little Bear Country Club
5:30pm V Boys Cross Country @ Little Bear Country Club
6pm School Board Meeting @ Stanwood

Tues., Sept. 16:

Lunch: Chicken Tenders
4pm 7th Grade Volleyball vs Lisbon
5pm 8th Grade Volleyball vs Lisbon



Wed., Sept. 17:

Lunch: French Toast Sticks
6pm Homecoming Parade and Pep Rally

Thurs., Sept. 18:

Lunch: French Dip
3:30pm Cheer Clinic @ Jr/Sr High
4pm 7th Grade Volleyball @ Midland
4:30pm JH Football vs Lisbon
5pm 8th Grade Volleyball @ Midland
5:15pm Fresh/Soph @ Midland
6:15pm JV Volleyball @ Midland
7:30pm V Volleyball @ Midland

Fri., Sept. 19:

Lunch: Elem.: Pizza; Jr/Sr High: Cookout
7pm V Football vs East Buchanan — Homecoming

Sat., Sept. 20:

Homecoming Dance

Mon., Sept. 22:

Lunch: Crispito
4:30pm JH Cross Country @ Bellevue
4:30 V Cross Country @ Bellevue

Tues., Sept. 23:

Lunch: Pork Chop or Salisbury Steak

Wed., Sept. 24:

Lunch: Homemade Lasagna

Thurs., Sept. 25:

Lunch: Chicken Nuggets
4pm 7th Grade Volleyball @ Marquette HS
4:30pm JH Football @ East Buchanan
5pm 8th Grade Volleyball @ Marquette HS
5:15pm Fresh/Soph Volleyball @ Marquette HS
6:15pm JV Volleyball @ Marquette HS
7:30pm V Volleyball @ Marquette HS

Fri., Sept. 26:

Lunch: Elem.: Hamburger; Jr/Sr High: Pizza
7pm V Football @ Wapello

Sat., Sept. 27:

9am V Volleyball @ North Cedar Volleyball Invitational

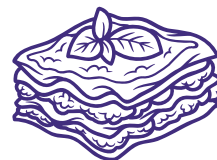
Mon., Sept. 29:

No School-PD Day

4:15pm JH Cross Country @ 3-30 Golf & Country Club
4:40pm V Girls Cross Country @ 3-30 Golf & Country Club
5:10pm V Boys Cross Country @ 3-30 Golf & Country Club
6pm JV Football @ Wapello

Tues., Sept. 30:

Lunch: Walking Taco
4pm 7th Grade Volleyball vs Prince of Peace
5pm 8th Grade Volleyball vs Prince of Peace
6pm Fresh/Soph Volleyball vs Prince of Peace
7pm JV Volleyball vs Prince of Peace
8pm V Volleyball vs Prince of Peace



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

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