



# The Knight Times

Dec. 2025 & Jan. 2026 Issue

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# North Cedar Community School District

## From the Desk of Superintendent Dohmen

### A Season of Reflection and Gratitude

As winter settles in across the North Cedar community, our halls are filled with the excitement of students engaged in learning, the energy of winter sports and holiday festivities. This season reminds us of the balance our students find between academics, athletics, and artistic endeavors, and it fills me with gratitude to witness their growth and achievements every day.

Winter can be a busy season, but it also highlights the kindness and strength of our North Cedar family.

It is in this spirit of gratitude that I want to sincerely thank our community for your support of the recent Bond vote. Last month, voters approved important improvements at Lowden Elementary and North Cedar Jr./Sr. High School, including a new two-story addition at Lowden and a multipurpose activities space at the high school.

Your support reflects a deep belief in the value of education and your trust in North Cedar to provide high-quality opportunities for all students.

These projects are the result of careful planning, guided by a community-led facilities committee and a full assessment of our schools. Funded responsibly through a combination of SAVE funds and a GO bond, these improvements will allow North Cedar students to continue learning, creating, and thriving – without increasing property taxes.

Thank you for your continued partnership and faith in our schools. Together, we are building a brighter future where every student has the opportunity to succeed. We look forward to sharing updates, renderings, and timelines as design and construction move forward at [north-cedar.org/bond2025](http://north-cedar.org/bond2025).

With appreciation,  
**Mark Dohmen**  
**Superintendent**

### Winter Weather Reminders

We'd also like to take a moment to remind students and families of our Winter Weather policies and procedures. These can be found on **the 4<sup>th</sup> page of this newsletter**.

Thank you for your understanding, flexibility, and support as we navigate Iowa's winter season. Let's hope for mild conditions and safe travels – but know that when challenging weather arrives, your child's safety will guide every decision.

**Stay safe and stay warm!**

# Message from Principal Carlson

## Celebration, Competition, and Care

As we move through December and into January, our school is filled with the excitement and energy that make this time of year so special. Winter activities are in full swing, and our students continue to represent our school with pride in the classroom, on the stage, and in athletic competition.

Our winter sports are off to a strong start, with wrestling and basketball seasons underway. It has been wonderful to see our student-athletes demonstrate teamwork, dedication, and sportsmanship. We wish all of our teams the best as they continue to compete throughout the winter months.

We are also proud of the North Cedar Knights Royal Dance Team members who are heading to the State Dance Competition. They've worked hard and we wish them the very best as they represent our school at the state level!

The fine arts are also shining this season. Our band and choir students have been hard at work preparing for their winter concerts, which always highlight the talent within our school. We look forward to the Junior High Band and Choir Solo & Ensemble Festival, where students will have the opportunity to showcase their skills and growth as musicians.

Amid the excitement of the season, it's also a good time to check in on mental health. The winter months can be challenging for some, and we encourage students to take care of themselves, reach out when they need support, and continue showing kindness to others. Students are always welcome to connect with our counselors and staff for additional support.

Thank you for your continued support of our students, staff, and school community. We look forward to an exciting and successful start to the new year!

As always,  
**LET'S GO KNIGHTS!**

Tanner Carlson 7-12 Principal



## Food Drive Success

The community came together in a big way this year. We hosted a district-wide food drive across all school buildings. Students, families, community members, and staff generously donated non-perishable items to help support those in need.

**Thank you to everyone who contributed, your kindness makes a real difference!**



## A Thank You from Our School Board

On behalf of the North Cedar Community School District, we want to sincerely thank our residents for supporting the recent bond vote. Your trust and investment in our schools ensure that our students and community are prepared for the future.

With your support, we can move forward with renovating Lowden Elementary and creating a new multipurpose addition at the Jr./Sr. High School. These improvements will provide updated learning spaces, enhanced fine arts facilities, and flexible activity areas for all of our North Cedar Knights.

Thank you for helping our schools shine!

— North Cedar School Board

# Elementary News!

## Mrs. Havill's 2<sup>nd</sup> Grade

We wrapped up our reading and activities for "Frog and Toad Are Friends", and we even got a special visit from Cedar County Naturalist Sarah Subbert! Ms. Sarah taught us about wetland habitats and the animals that live there. Students were able to feel raccoon fur, observe an albino frog up close, and hold a toad (for those who were brave enough)!



## 3<sup>rd</sup> and 4<sup>th</sup> Graders Celebrate Fall

Third and fourth graders at Lowden Elementary enjoyed the fall foliage during recess in November!

## Mrs. Harvey's Kindergarten

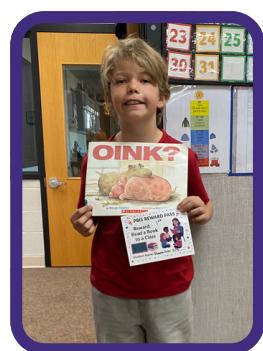
Kindergarten students at Mechanicsville have been working hard at learning, reading, and writing new sight words. Their hard work is paying off as they become more confident readers and writers.



## Mrs. Eichinger's 4<sup>th</sup> Grade

Fourth graders have been busy celebrating their October PBIS rewards, choosing fun activities like extra recess and reading to other classes. Students also enjoyed a Thanksgiving meal with Mrs. Walker's class. It was such a special treat!

Fourth graders also earned a purple ticket party just before Thanksgiving break, and chose to watch The Wild Robot in their pajamas with a stuffed animal. Leading up to the break, students have also been practicing a Reader's Theatre and had the chance to perform for neighboring classrooms.



## Mrs. Rouse's Lowden Library

Lowden Library hosted its first Book It celebration, and it was a hit! We had 109 students join the fun. Don't forget to return November Book It slips after Thanksgiving Break so your student can take part in the next celebration!

# Preparing for Winter Weather: Adjustments, Safety Measures & Communication

As we move into the winter season, it's important to revisit how our district responds to severe weather and the potential impact on school operations. Our top priority remains the safety of our students, families, and staff.

## Weather Event Updates

The National Weather Service has streamlined and renamed several winter weather advisories, which helps schools and families better understand potential hazards. Each winter event poses unique challenges and is evaluated carefully before any schedule changes are made.

Please know that any decision to delay, dismiss early, or cancel school is made only after gathering as much reliable information as possible with student safety foremost in mind.

## How Decisions Are Made

When winter storms are forecasted, I monitor conditions closely using multiple trusted sources such as:

- National Weather Service
- The Weather Channel
- Local television forecasting services

## The district also collaborates with:

- Tipton, Cal-Wheat, Midland, Olin, Bennett, West Branch, Lisbon, and Anamosa school districts
- Cedar and Jones County road departments and other local agencies
- Iowa Department of Transportation (via their road conditions website)

By consulting with surrounding districts and local authorities, we aim to have the most current data to assess road safety for buses, student drivers, and families.

## Timing & Decision Window

For storms expected overnight, the evaluation process begins early in the morning. We review snowfall, road conditions, wind chill, and forecasts with the goal of finalizing schedule decisions by 5:00–5:30 a.m. so families and staff have adequate time to plan.

## Late Starts & Early Releases

While we try to avoid them due to the disruption they cause for parents and guardians, these adjustments remain available when necessary:

- **Late Starts** — Used when a short delay is likely to improve travel conditions.
- **Early Releases** — Used when weather worsens during the day and sending students home early is the safest option. These measures are used sparingly, but they are valuable options when safety demands them.

## Extreme Cold Guidelines

When it comes to temperature-related closures, our district follows a clear framework:

- Extreme Cold Warning (sustained -30°F wind chill or lower) — School will be canceled.
- Extreme Cold Watch or Cold Weather Advisory — Typically will not result in cancellations or delays.

We will continue coordinating with neighboring districts to maintain reasonable consistency in cold-weather decisions.

## Dress for the Weather

As temperatures drop, please ensure students are prepared for outdoor conditions. Warm coats, hats, gloves, boots, and layers provide important protection, especially during arrival, dismissal, and outdoor transitions.

## Communication

Once a decision is made, families will be notified through:

- School Messenger system
- Local television stations

While we strive for well-informed, timely decisions, weather can be unpredictable and opinions may differ. Parents always retain the authority to keep their child home if they believe conditions are unsafe. Choosing to keep a student home during severe weather will not negatively affect their attendance standing.

# Elementary News Continued

## Ms. Petersen's Kindergarten

Kindergarteners celebrated Thanksgiving by decorating balloons and hosting their very own parade in class!



## Mrs. Jackson's 3<sup>rd</sup> Grade

November was filled with gratitude and great learning! We honored our veterans by writing letters, some of which wrote back, and delivered thankful notes to the local library and nursing home. We also traveled to Dubuque to hear the symphony and learn about all the different instruments.

Teresa visited for an Ag in the Classroom lesson on pumpkins, and we even made pumpkin pie in a bag!

We wrapped up the month with Thankful Thoughts writing and a 'Twas the Night Before Thanksgiving Reader's Theater, performing for classrooms before break. We truly have much to be thankful for!

## Mrs. Weber's 1<sup>st</sup> Grade

November was a busy month in first grade! Students created their own book about the first Thanksgiving, wrote about what they're thankful for, and learned all about pilgrims and turkeys.



## Mrs. Schroeder's Mechanicsville Library

Over 100 students reached their reading goals, and we celebrated our first Knights-Read-A-Lot challenge with a schoolwide assembly, cupcakes, certificates, and fun activities.

In December, we will have a Christmas Reading Buddy Day. Students also need to read at home over Winter Break, so your support in encouraging daily reading is truly appreciated.

Students are loving the new books we purchased thanks to the amazing support during our October Book Fair. Several titles even have long waiting lists, which is a wonderful problem to have!

# December 2025 Calendar

## Mon., Dec. 1:

- No School–PD Day
- 4pm 7th Grade Girls Basketball vs Marquette Catholic
- 5pm 8th Grade Girls Basketball vs Marquette Catholic

## Tues., Dec. 2:

- Lunch: Crispito
- 2pm Lowden Elementary Winter Concert Matinee
- 4pm JV Girls Basketball @ Prince of Peace
- 4:30pm JH Boys Wrestling
- 5pm V Boys Wrestling @ Muscatine HS
- 5:15pm JV Boys Basketball @ Prince of Peace
- 6:30pm V Girls Basketball @ Prince of Peace
- 7pm Lowden Elementary Winter Concert
- 8pm V Boys Basketball @ Prince of Peace



## Wed., Dec. 3:

- Lunch: Lowden: Pit Ham; McVille & Jr/Sr High: Homemade Lasagna

## Thurs., Dec. 4:

- Lunch: Popcorn Chicken
- 2pm Mechanicsville Elementary Winter Concert Matinee
- 4pm 7th Grade Girls Basketball @ Easton Valley
- 4pm JV Girls Basketball vs Columbus
- 5pm 8th Grade Girls Basketball @ Easton Valley
- 5:15pm JV Boys Basketball vs Columbus
- 6:15pm V Girls Basketball vs Columbus
- 7pm Mechanicsville Elementary Winter Concert
- 7:30pm V Boys Basketball vs Columbus



## Fri., Dec. 5:

- Lunch: Hamburger
- 4:30pm JV Girls Basketball @ Edgewood-Colesburg
- 5pm JV Boys Wrestling @ Wapello HS
- 5:30pm JV Boys Basketball @ Edgewood-Colesburg
- 6pm V Girls Basketball @ Edgewood-Colesburg
- 7:30pm V Boys Basketball @ Edgewood-Colesburg



## Sat., Dec. 6:

- 10am V Boys Wrestling @ Tipton Middle School

## Mon., Dec. 8:

- Lunch: Chicken Patty
- 4pm 7th Grade Girls Basketball vs Cal-Wheat
- 5pm 8th Grade Girls Basketball vs Cal-Wheat

## Tues., Dec. 9:

- Lunch: Walking Tacos
- 5pm JV Boys Basketball vs Marquette Catholic
- 6:30pm V Girls Basketball vs Marquette Catholic
- 7:30pm V Boys Basketball vs Marquette Catholic

## Wed., Dec. 10:

- Lunch: Cheese Ravioli

## Thurs., Dec. 11:

- Lunch: McVille: Pit Ham; Lowden & Jr/Sr High: Louisiana Chicken Breast
- 4pm 7th Grade Girls Basketball @ Midland
- 5pm 8th Grade Girls Basketball @ Midland
- 5pm JV Boys Basketball vs Durant
- 6pm V Girls Basketball vs Durant
- 7:15pm V Boys Basketball vs Durant

## Fri., Dec. 12:

- Lunch: Homemade Pizza
- 4pm JH Band and Choir Solo/Ensemble Festival
- 5:30pm JV Boys Basketball @ Cal-Wheat
- 6pm V Girls Basketball @ Cal-Wheat
- 7:30pm V Boys Basketball @ Cal-Wheat

## Sat., Dec. 13:

- 10am V Boys Wrestling @ North Cedar



## Mon., Dec. 15:

- No School–PD Day
- 4pm JH Solo/Ensemble Festival
- 5pm JV Boys Wrestling @ West Delaware
- 6pm School Board Meeting @ Stanwood

## Tues., Dec. 16:

- Lunch: Elem.: Orange Chicken; Jr/Sr High: Pit Ham
- 5pm JV Boys Basketball vs Midland
- 6pm V Girls Basketball vs Midland
- 7:15pm V Boys Basketball vs Midland

## Wed., Dec. 17:

- Lunch: Hot Ham & Cheese

## Thurs., Dec. 18:

- Lunch: Chicken Drumstick
- 7pm HS Winter Concert @ Jr/Sr High Gym

## Fri., Dec. 19:

- Lunch: Corn Dog or Cheddarwurst
- 4pm JV Girls Basketball @ Easton Valley
- 4:30pm V Boys Wrestling @ Clayton Ridge
- 5pm JV Boys Basketball @ Easton Valley
- 6pm V Girls Basketball @ Easton Valley
- 7:30pm V Boys Basketball @ Easton Valley



## Sat., Dec. 20:

- 9am V Boys Wrestling @ Regina

## Mon., Dec. 22 - Fri., Jan. 2:

- No School–Winter Break



## Parents – Keep Informed With Remind!

Want to stay up to date on news including  
weather closures and school events?



If you haven't signed up yet, please make sure to join Remind, as all notifications are sent through this platform. 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-app](http://north-cedar.org/remind-app).

# January 2026 Calendar

## Sat., Jan. 3:

- 8:30am JV Girls Wrestling @ Center Point-Urbana
- 12pm V Girls Wrestling @ Center Point-Urbana

## Tues., Jan. 6:

- 5pm JV Boys Basketball vs Lisbon
- 6pm V Girls Basketball vs Lisbon
- 7:15pm V Boys Basketball vs Lisbon



## Thurs., Jan. 8:

- 6pm V Girls Basketball vs West Liberty
- 6pm V Boys Wrestling @ Starmont

## Fri., Jan. 9:

- 5pm JV Boys Basketball vs Springville
- 6pm V Girls Basketball vs Springville
- 7:15pm V Boys Basketball vs Springville

## Sat., Jan. 10:

- 9am V Boys Wrestling @ Northeast



## Tues., Jan. 13:

- 5:30pm JV Boys Basketball @ East Buchanan
- 5:30pm V Girls Basketball @ East Buchanan
- 7pm V Boys Basketball @ East Buchanan
- 7pm JV Girls Basketball @ East Buchanan

## Thurs., Jan. 15:

- 6pm V Boys Wrestling @ Lisbon

## Fri., Jan. 16:

- 5pm JV Boys Basketball vs Central City
- 6pm V Girls Basketball vs Central City
- 7:15pm V Boys Basketball vs Central City

## Sat., Jan. 17:

- 9am JV Boys Wrestling @ Independence HS
- 9:30am V Boys Wrestling @ Solon
- 10am V Girls Wrestling @ West Branch



## Mon., Jan. 19:

- No School-PD Day
- 3:30pm JV Boys Wrestling @ Solon
- 6pm School Board Meeting @ Stanwood
- 6pm V Girls Basketball

## Tues., Jan. 20:

- 5:30pm JV Boys Basketball @ Marquette HS
- 5:30pm V Girls Basketball @ Marquette HS
- 7pm V Boys Basketball @ Marquette HS
- 7pm JV Girls Basketball @ Marquette HS

## Thurs., Jan. 22:

- 4pm 7th Grade Boys Basketball vs Prince of Peace
- 5pm 8th Grade Boys Basketball vs Prince of Peace
- 6pm V Boys Wrestling @ Springville

## Fri., Jan. 23:

- 4:30pm V Girls Wrestling @ Starmont
- 5pm JV Boys Basketball vs Calamus-Wheatland
- 6pm V Girls Basketball vs Calamus-Wheatland
- 7:30pm V Boys Basketball vs Calamus-Wheatland

## Sat., Jan. 24:

- 9:30am V Boys Wrestling @ Midland HS
- 1pm JV Boys Basketball @ Tipton
- 2:30pm V Boys Basketball @ Tipton

## Mon., Jan. 26:

- 4pm 7th Grade Boys Basketball @ Marquette
- 4:30pm JH Girls Wrestling @ Lisbon
- 5pm 8th Grade Boys Basketball @ Marquette

## Tues., Jan. 27:

- 4pm 7th Grade Boys Basketball @ Springville
- 5pm 8th Grade Boys Basketball @ Springville
- 5:30pm JV Boys Basketball @ Midland
- 6pm V Girls Basketball @ Midland
- 7pm V Boys Basketball @ Midland



## Thurs., Jan. 29:

- 4pm 7th Grade Boys Basketball vs Easton Valley
- 5pm 8th Grade Boys Basketball vs Easton Valley

## Fri., Jan. 30:

- 5pm JV Boys Basketball vs Easton Valley
- 6pm V Girls Basketball vs Easton Valley
- 7:30pm V Boys Basketball vs Easton Valley

## Sat., Jan. 31:

- 10am V Boys Wrestling @ North Cedar



## Stay Informed!

North Cedar CSD shares school news, updates, success stories and more to keep families informed! Be sure to follow us on Facebook and Twitter.

[Facebook.com/nccsd](https://www.facebook.com/nccsd)  
[Twitter.com/northcedarscsd](https://twitter.com/northcedarscsd)

# NAVIGATE & EDUCATE

## Newsletter December 2025

### Physical Health

Want a healthy challenge for the new year?

Try 30 Days of Movement

[spendsmart.extension.iastate.edu/video-category/physical-activity](https://spendsmart.extension.iastate.edu/video-category/physical-activity)

#### 30 Days of Movement

**SPEND SMART. EAT SMART.**  
[spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu/video-category/physical-activity)

Find all of the videos on the Spend Smart. Eat Smart. Physical Activity video page - [spendsmart.extension.iastate.edu/video-category/physical-activity](https://spendsmart.extension.iastate.edu/video-category/physical-activity)

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Low Impact, Cardio Intervals (11 minutes)	Chair Workout (8 minutes)	10 Minute Walk and Lower Body Stretches. (6 minutes)	Exercises for Balance (8 minutes)	Strength, Cardio, and Stretching (11 minutes)	10 Minute Walk and Upper Body Stretches (7 minutes)
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Cardio Pyramid (8 minutes)	Exercises for Balance (8 minutes)	10 Minute Walk and Chair Stretches (6 minutes)	Strength, Cardio, and Stretching (11 minutes)	Low Impact Cardio Intervals (11 minutes)	10 Minute Walk and Lower Body Stretches (6 minutes)
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
Exercises for Balance (8 minutes)	Strength, Cardio, and Stretching (11 minutes)	15 Minute Walk and Upper Body Stretches (7 minutes)	Chair Workout (8 minutes)	Low Impact Cardio Intervals (11 minutes)	15 Minute Walk and Chair Stretches (6 minutes)
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
At-home Beginner Strength Training Workout (18 minutes)	Cardio Pyramid (8 minutes)	15 Minute Walk and Lower Body Stretches (6 minutes)	Exercises for Balance (8 minutes)	At-home Cardio Interval Workout (15 minutes)	15 Minute Walk and Chair Stretches (6 minutes)
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Strength, Cardio, and Stretching (11 minutes)	Low Impact Cardio Intervals (11 minutes)	At-home Beginner Strength Training Workout (18 minutes)	15 Minute Walk and Upper Body Stretches (7 minutes)	Exercises for Balance (8 minutes)	15 Minute Walk and Lower Body Stretches (6 minutes)

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### LIHEAP

#### Low Income Home Energy Assistance Program (LIHEAP).

You may get help to pay for part of your winter heating costs if you meet income guidelines. Community Action of Eastern Iowa will help you apply for benefits. If you are determined to be eligible for benefits through the LIHEAP program, you will receive protection from being disconnected from your heating and electrical service through April 1st of each year. Things to note: If you are comfortable applying online, this is the fastest way to apply. CAEI recommends using a phone because you will be able to use the phone's camera to take photos of your documentation. To learn more and/or apply visit: [caeiaowa.org](https://caeiaowa.org)

Or contact Ms. Emily for more info.



### Mental Health

#### CALL 988 – SUICIDE

#### PREVENTION HOTLINE

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

#### Foundation 2 Mobile Crisis Outreach

Call 319-362-2174

In-person crisis support: Our Mobile Crisis Outreach program provides 24/7, in-person support where you are. This can include at home, a workplace, community location and more. This service is available in 12 Iowa counties. This is a FREE Service.

#### NEED FOOD? INFORMATION ABOUT MENTAL HEALTH? STRUGGLING FINANCIALLY?

To learn more about local resources. Visit the NC district website. Click "Departments" then Click "School Resource Navigation."

Questions? Contact Ms. Emily ([esmith@north-cedarstu.org](mailto:esmith@north-cedarstu.org))

**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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