



The Knight Times

Sept. 2026 Issue

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North Cedar Community School District

From the Desk of Superintendent Dohmen

Building for What Comes Next: North Cedar Advances Facility Plans:

As we begin a new school year, we're looking ahead to an exciting future for North Cedar! The district continues planning facility improvements designed to better serve our students, staff, families, and communities for years to come.

The project represents a long-term investment across two district buildings:

Lowden Elementary and North Cedar Jr./Sr. High School.

At the Jr./Sr. High School, a planned multipurpose gymnasium will provide space for athletics, student performances, concerts, assemblies, presentations, awards ceremonies, and community gatherings. The space is expected to include a stage and seating, a full-size competition court, two cross-courts, locker rooms, restrooms, storage, and improved circulation.

At Lowden Elementary, a new two-story addition will replace the oldest section of the building and provide a more connected layout for classrooms, offices, student support services, collaboration areas, and the cafeteria and kitchen. The project will also feature a clearer, more welcoming, and secure main entrance.

Material selection will also be an important part of both projects. The district wants the finished buildings to reflect North Cedar's identity while using durable materials that will perform well over time. Appearance, maintenance needs, availability, and cost will all be considered before final selections are made.

The work will move forward in stages. The district is currently refining layouts, building systems, materials, project scope, and costs. The next stage will include completing construction documents, seeking bids, and developing construction schedules and phasing plans. Specific dates will be shared as decisions are finalized.

These projects are about much more than adding square footage. They are an investment in better spaces for learning, performing, competing, connecting, and celebrating together. We are incredibly grateful to the North Cedar community for supporting this project and helping make this investment in our students and our future possible.



With appreciation,
Mark Dohmen
Superintendent

Message from Principal Carlson

Ready for a Great Year Ahead

The school year is underway, and there are many things going on at the JH/HS. Students are engaged in learning, participating in activities, and showing school spirit throughout the building! We have three new teachers this school year, please give them a warm welcome.

- Mr. Wulf- Physical Education/Health
- Mr. Manternach- English
- Mr. Helgersen- Math

We wrapped up the summer with six talented North Cedar students attending Session 2 of Meistersinger All-State Camp at Wartburg College! These students have been working very hard, and we couldn't be more excited to see that hard work throughout the year.

Our volleyball team is off to a great start this season, and currently has a 10-2 record. This puts them as **the current #1 seed in the Tri-Rivers Conference**. We are proud of the start that they have had, and we wish them the best moving forward.

Our cross country team's season is underway as well. The team has been working extremely hard, and will continue their season with many meets coming up this month. Our home XC meet is on **September 28th at 3-30 Golf & Country Club in Lowden**. Come join us in supporting our Knights!

The football team hosts their **first home Varsity game Sept. 4, 2026**. The theme for this event is USA, and we are hosting our Salute to Service night. Our cheerleaders have put a lot of time into making this event happen, come out and support the Knights!

We're two weeks into the new school year, and students are settled into their classes at this time.

We are looking forward to an exciting year at the JH/HS.

As always,

LET'S GO KNIGHTS!

Tanner Carlson 7-12

Principal



Can't make it to an upcoming game? Stream from home!

North Cedar games can be streamed from home on the schools hudl page. Go to **north-cedar.org/livestream** to watch live or catch replays.

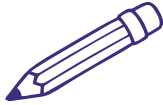
Want the schedule or to buy tickets? That can be done on the school's Bound page.

gobound.com/ia/schools/northcedarstanwood



3rd Graders Celebrate First Day of School

Our 3rd graders are ready to kick off a new school year! Students celebrated the first day by snapping a photo with a frame cutout and showing off their big first-day smiles. What a great way to start the year and make some memories!



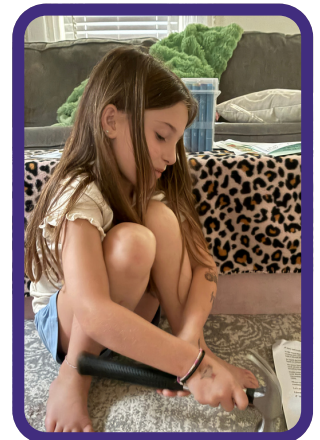
Preschoolers Practice Decision-Making with “No, David!” Activity

Our preschoolers learned about making safe, kind, and appropriate choices through the story No, David! They practiced sorting choices into “green” and “red” and learned that everyone makes mistakes. The important thing is to stop, think, and make it right! A fun, hands-on lesson in self-regulation, decision-making, and social-emotional skills!

Mrs. Green’s 2nd Grade

Our 2nd graders blasted off into the new school year with their very own rocket launchers! As they wrapped up summer and prepared for the first day of school, students enjoyed one last adventure with their families before launching into 2nd grade.

What a fun way to celebrate the end of summer and the exciting start of a new school year!



Cozy Friday at Lowden

Our 4th graders in Lowden kicked off their first Friday back to school with a special morning meeting around the “campfire” while sipping on some warm hot chocolate!

What a fun way to build connections, enjoy some conversation, and start the day together. We’re loving the smiles and positive energy these Knights are bringing into the new school year!

Mrs. Rouse’s Library

Welcome back to school! I’m Mrs. S. Rouse, and I’m excited to help your child(ren) discover the joy of reading in the Lowden School Library! I’m looking forward to partnering with our local public libraries for fun activities throughout the year. Book It begins in October, so watch for a Parent Letter with more details! Our Book Fair will also be held during October conferences, and this year, we’re opening it to the entire community. Grandparents, aunts, uncles, friends, and neighbors are all welcome! Have questions, concerns, or ideas? Reach out to me at rsrouse@north-cedarstu.org. Happy reading!

Elementary News Continued

Mrs. Jackson's 3rd Grade

Our 3rd graders had a fun opportunity to celebrate their THIRD day of THIRD grade!

Students shared their top THREE reasons why third grade rocks and enjoyed a little treat with Three Musketeers candy bars!



Mrs. Weber's 1st Grade

Let's get creative!

Mrs. Weber's 1st grade class is putting their creativity and learning skills to work by coloring fun activity sheets and using play dough to form different words. Learning is always more exciting when you can get hands-on!

Breakfast Staff Celebrate First Week Back

Our breakfast staff celebrated the first week back to school with school-supply-themed donuts at the elementary schools!

We always appreciate our kitchen staff's creativity!



A Reminder for Parents and Visitors

For the safety of our students and staff, all visitors must check in at the school office upon arrival, sign in, and wear a visitor badge while in the building.

We love welcoming parents to North Cedar Elementary! If you'd like to visit your child's classroom, please contact their teacher in advance to schedule a time. Thank you for helping us keep our school safe and welcoming for everyone!

Jazz It Up in the Library!

We're excited for another year of reading, learning, and exploring!
Here's what's happening in the library:

Library Days

- Lowden Elementary: Wednesdays with Mrs. Sharon Rouse
- Mechanicsville Elementary: Thursdays with Mrs. Laura Schroeder

Coming This Fall

- Scholastic Book Fair during Parent-Teacher Conference Week in October
- Monthly Elementary Reading Challenge

We can't wait for a great year of discovering new stories and growing a love of reading!



September 2026 Calendar

Sat., Sept. 5:

- 8:30am V Volleyball @ Midland HS



Mon., Sept. 7:

- No School

Tues., Sept. 8:

- Lunch: Chicken Nuggets
- 4pm 7th Grade Volleyball vs Midland
- 4pm JH Cross Country @ Tipton
- 4:30pm JH Football vs Calamus-Wheatland
- 5pm 8th Grade Volleyball vs Midland
- 5pm V Cross Country @ Tipton
- 6pm JV Football vs Calamus-Wheatland



Wed., Sept. 9:

- Lunch: Chicken Alfredo

Thurs., Sept. 10:

- Lunch: Beef Nachos
- 4pm 7th Grade Volleyball vs Prince of Peace
- 4:30pm JH Football @ Central City
- 5pm 8th Grade Volleyball vs Prince of Peace
- 5:15pm Fresh/Soph Volleyball @ Springville HS
- 6:15pm JV Volleyball @ Springville HS
- 7:30pm V Volleyball @ Springville HS



Fri., Sept. 11:

- Lunch: BBQ Rib or Chicken
- 7pm V Football @ Wapsie Valley HS



Mon., Sept. 14:

- Lunch: Chicken Strips
- 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 JV Football @ Edgewood-Colesburg

Tues., Sept. 15:

- Lunch: French Toast Sticks

Wed., Sept. 16:

- Lunch: French Dip

Thurs., Sept. 17:

- Lunch: Breaded Pork Chop
- 6:15pm JV Volleyball vs Starmont
- 7:30pm V Volleyball vs Starmont



Fri., Sept. 18:

- Lunch: Pizza
- 7pm V Football @ East Buchanan

Mon., Sept. 21:

- No School
- 4:30pm JH Cross Country @ Bellevue Golf Club
- 4:30pm V Cross Country @ Bellevue Golf Club
- 5pm JH Football vs WACO
- 6pm JV Football @ East Buchanan

Tues., Sept. 22:

- Lunch: Crispito
- 4pm 7th Grade Volleyball @ Midland
- 5pm 8th Grade Volleyball @ Midland
- 6:15pm JV Volleyball @ Midland
- 7:30pm V Volleyball @ Midland

Wed., Sept. 23:

- Lunch: Spaghetti



Thurs., Sept. 24:

- Lunch: Popcorn Chicken
- 4pm 7th Grade Volleyball vs Calamus-Wheatland
- 4:30pm JH Football vs Winfield-Mt. Union
- 5pm 8th Grade Volleyball vs Calamus-Wheatland
- 6:15pm JV Volleyball vs Calamus-Wheatland
- 7:30pm V Volleyball vs Calamus-Wheatland

Fri., Sept. 25:

- Lunch: Hamburger
- 7pm V Football vs Wapello



Sat., Sept. 26:

- 9am V Volleyball @ North Cedar

Mon., Sept. 28:

- Lunch: Chicken Patty
- 4:15pm Cross Country @ 3-30 Golf & Country Club
- 6pm JV Football vs Wapello

Tues., Sept. 29:

- Lunch: Walking Beef Taco
- 4pm 7th Grade Volleyball vs Easton Valley
- 5pm 8th Grade Volleyball vs Easton Valley
- 6:15pm JV Volleyball vs Easton Valley
- 7:30pm V Volleyball vs Easton Valley

Wed., Sept. 30:

- Lunch: Boneless Wings
- Elementary Walk-A-Thon @ Stanwood
- 6pm Homecoming Parade @ Stanwood



**STAY UP TO DATE WITH
NORTH CEDAR EVENTS!**

Follow us on Facebook
- facebook.com/nccsd

North Cedar News

You can nominate someone to receive an Alumni award!

The North Cedar Alumni Awards Committee is seeking nominations for the 2025-26 Alumni Awards. Know a deserving graduate who has made a difference in their profession or community? Submit a nomination by Sept. 15, 2025.

Awards include:

Achievement, Service, Athletics, Fine Arts, Community Impact

Nominees must be alumni of North Cedar or one of its predecessor districts and at least 28 years old.

Recipients will be selected later this year and honored in early 2027. Learn more and fill out the form at north-cedar.org/alumni



Join the Homecoming Parade!

North Cedar Student Council is looking for anyone interested in being a part of the 2026 Homecoming parade on **September 30th at 6pm**. Please contact Ms. Barnes to get in the parade lineup. We love seeing different community groups represented in our homecoming parade every year, helping to celebrate our Knight Pride.

Contact Ms. Barnes (abarnes@north-cedarstu.org) to get on the parade line up.



What is PBIS?

At North Cedar, Positive Behavioral Interventions and Supports (PBIS) helps create a positive, safe, and supportive learning environment where every student can thrive. PBIS focuses on teaching students clear expectations, giving them opportunities to practice positive behaviors, building strong relationships, and providing support when they need it. More than just a reward system, PBIS is a schoolwide approach that helps students develop the behavioral, social, emotional, and academic skills they need for success at school and beyond. At North Cedar, we are committed to helping every student Respect Yourself, Respect Others, and Respect Property!



NORTH CEDAR

Fine Arts

BAND

CHOIR

DRAMA

WE NEED

you!

VOLUNTEER AT THE

ENCORE CLUB

CONCESSION STAND!

SUPPORT OUR FINE ARTS STUDENTS

WORK WITH GREAT PEOPLE & HAVE FUN!

FUNDS RAISED SUPPORT BAND, CHOIR, DRAMA, ART & SPEECH

BE PART OF THE GAME DAY EXPERIENCE!

SIGN UP TODAY!

EVERY SHIFT MAKES A DIFFERENCE. THANK YOU FOR YOUR SUPPORT!

The Encore Club is looking for volunteers to help staff the concession stand at North Cedar home events! Every shift helps support band, choir, drama, art, and speech programs.

High school students can also earn Silver Cord hours by volunteering!

Thank you for supporting the Fine Arts at North Cedar!

See volunteer opportunities at north-cedar.org/encore-club



SEPTEMBER

Navigate & Educate Newsletter



CLASSROOM CLINIC

Classroom clinic available to students in grades 7-12.

Classroom Clinic provides children's mental health services through the use of telehealth. They can provide: Psychiatric Evaluations, Establishment of a Diagnosis, Medication Management, and Individual Therapy and can collaborate with the school regarding classroom strategies to ensure student success.

HOW DO I KNOW MY CHILD MIGHT BENEFIT FROM SERVICES?

Signs that a child may need help through therapy or a behavior evaluation varies from child to child. Some examples may include:

- Difficulties paying attention, can't sit still, fidgets
- Argumentative, defensive, defies authority
- Hyper verbal, interrupts
- Difficulty knowing boundaries
- Getting "in trouble" often
- Excessive worry or sadness
- Separation anxiety and clinginess
- Does not want to go to school
- Frequent temper tantrums, meltdowns
- Visits school nurse often or complains often of stomach aches, headaches, or other aches and pains with no cause.



RESOURCE NAVIGATOR

I work as a point of contact to help students and families overcome barriers outside the classroom. I provide information, support and connection. Assisting you to identify your options and navigate the system of resources that exist in your community. I also manage the school resource closet. A FREE "Closet" with: Clothes, shoes, personal hygiene items, menstruation products, school supplies, and more! My office is located in the Jr/Sr High School. However, I work with all North Cedar Families, including those in our elementary schools. Call: 563-886-4711

CEDAR COUNTY PUBLIC HEALTH

In a statewide initiative in response to the outbreak of measles in Iowa, Public health is providing the MMR (measles, mumps and rubella) vaccine FREE of charge for all.

Call 563-886-2226 to schedule an appointment.



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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