

Volume 12 Issue 2
Winter, 2017 - 2018

District Events:

February 19

No School-Prof Dev

February 19

School Board Meeting -
Independence 6:00 p.m.

February 26

No School-Conferences

February 27

2 Hour Late Start -
Conferences

March 19

No School-Prof Dev

March 19

School Board Meeting -
Independence 6:00 p.m.

March 29-April 2

No School

April 3

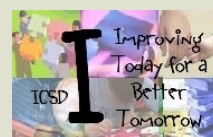
No School - Prof Dev

April 16

School Board Meeting -
Independence 6:00 p.m.

April 30

No School-Prof Dev



From the Desk of Superintendent Jean Peterson

Another school year seems to be going fast. It is hard to believe we are in our second semester already. The winter season is always very busy for our students, staff, and parents with all of the various activities that are happening during this time period. We continue to truly appreciate the support our school district receives from our parents and community members!



Jean Peterson,
Superintendent

National School Counseling Week

National School Counseling Week, sponsored by the American School Counselor Association, is celebrated from February 5-9, to focus public attention on the unique contribution of professional school counselors within U.S. school systems and how students are impacted as a result of what school counselors do.

School counselors work with all students to remove barriers to learning by addressing students' academic concerns, career awareness in post-secondary options, and social/emotional skills. Comprehensive school counseling programs help to increase student achievement and provide a much-needed resource for students, parents, teachers, and administrators.

I would like to recognize **Shalon Frye, Alisha Scholer, Brandon Drew, and Christie Litterer**, who are our school district's counselors and thank them sincerely for the work they do on a daily basis with our students, parents, and staff members. They each have a tremendous impact in not only helping our students achieve success in school but also plan for life in the post-secondary world.

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2018-2019 School Calendar Committee

It is that time of year again when we begin to work on next year's school calendar. We have a district wide committee made up of teachers, parents, one school board member, district supervisors, and administrators who have been meeting to discuss and create the 2018-2019 school calendar. The committee last met on January 10th and completed a draft of this calendar. We updated that calendar with the feedback from the committee and will be putting it on our school's website and on our Facebook Page for people to view. There will be a public hearing on this calendar right before the February 19th School Board Meeting. It will also be on that board meeting's agenda for the school board to discuss and possibly approve.

Iowa School Report Card

The Iowa School Report Card is a web-based ratings system to show how each public school is performing on certain educational measures. Schools receive a score for each measure, and then the scores are combined into an overall score. Based on the overall score, one of the following ratings is assigned to each school: Exceptional, High Performing, Commendable, Acceptable, Needs Improvement, and Priority.

The Iowa School Report Card offers a high-level view of student performance across some measures of achievement. However, an overall rating does not provide contextual information about our school, nor does it reflect staff quality or our ongoing work to raise our students' achievement.

Because several indicators in the Iowa School Report Card are based on results of the Iowa Assessments, fluctuations in student test scores can impact our school's scores and ratings. Our school can use information in the Iowa School Report Card to develop goals, to identify professional development needs, and to reflect on the effectiveness of our school improvement efforts.

The updated Iowa School Report Card is now available on the Iowa Department of Education's website. You can go to <https://www.educateiowa.gov> to locate this information. Once you get to the Department of Education's home page, click on the A-Z Tab at the top of the page. Click on the letter "I" and scroll down to the Iowa School Report Card. Click on that and then type in Independence and it will take you to our information.

East Elementary is unable to be fully rated as those students do not take the Iowa Assessments. West Elementary was rated Commendable last year and is rated Commendable again this year. The Jr/Sr High School was rated Acceptable last year but has moved up to the Commendable Category this year.

We do hope you take some time to explore this information about our school district. The Iowa School Report Card can add to conversations in our community about the work under way to prepare our students for success and to help them reach their full potential.

School Improvement by Erin Burmeister, Director of School Improvement

“Perhaps the amazing thing we can do is make growth mandatory—for ourselves as educators, as well as for our students. That is how we can truly serve our children.” –George Couros

The first step in making growth mandatory is having a growth mindset, believing that abilities can be developed through dedication and hard work. Carol Dweck, a Stanford Psychologist, encourages educators to have a growth mindset and to introduce students to the concept. George Couros takes this idea a step further with the innovator’s mindset. He states, “The innovator’s mindset can be defined as the belief that the abilities, intelligence, and talents are developed so that they lead to the creation of new and better ideas.”



Erin Burmeister,
Director of School Improvement

Teacher Leadership Compensation

Having a growth and innovator’s mindset, and capitalizing on this, is a cornerstone for the work being done by Instructional Coaches, Curriculum Leaders, and Mentor Teachers. These individuals are truly making growth mandatory. Below you can read about what the Instructional Coaches are currently focusing on.

This year the instructional coaches have been working to implement learning walks and learning labs in each of the buildings. A learning walk allows a teacher to observe effective instructional strategies while a learning lab is an opportunity for a team of teachers to observe a colleague's lesson. During the learning walk a teacher can simply pop in and out of classrooms. A learning lab involves a pre-brief conversation, observation of a lesson, and post-brief discussion. The purpose of both is to provide teachers an opportunity to grow professionally. Both types of experiences have provided great takeaways for all participants. We are looking forward to expanding these learning opportunities to more staff members!

These teacher leaders demonstrate daily what it means to have not only a growth mindset but also an innovator’s mindset. They constantly push themselves and others to be uncomfortable and open themselves up so growth can happen. They are making growth mandatory for students and staff.

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School Improvement by Erin Burmeister, Director of School Improvement

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Innovative Educators

It is not only important for Instructional Coaches, Curriculum Leaders, and Mentor Teachers to have both a growth and innovator's mindset, it is crucial for everyone in the district, including the students. We must be willing to try, fail, and try something else until we find or create a solution that works. Couros identifies some critical questions for the innovative educator. Those questions are listed below. I believe that these questions need to be answered honestly in order for school improvement to happen.

Would I want to be a learner in my own classroom?

What is best for this student?

What is this student's passion?

What are some ways we can create a true learning community?

How did this work for our students?

These questions are just a starting point but provide great opportunities for reflection. I agree completely with Couros and what he says about each of these questions. He states that it is important that students have opportunities to learn in ways that connect to their lives. We also must know each student and what works for him or her. We need to create better experiences for our students by tapping into their passions. It is important to embrace the idea that everyone in the classroom is both teacher and learner. Finally, we must provide opportunities for regular feedback that can help us reflect on how we are serving our students.

Ultimately, success for ourselves as well as our students isn't about how much we know, how efficient the system is, or even the scores on assessments. It is more about what you can do because of and with what you know. Independence Community School District needs the growth and innovator's mindset in order to be the best and provide the best education for all students. We are working toward making growth mandatory for all.

What's New for Independence? The District Website by Steve Noyes, Director of Technology

As you have probably noticed by now, we introduced a new district website on February 1, 2018. If you have not checked out the new site, please take a tour.

As we designed the new website we had several goals:

1. To create a pleasant modern website
2. To make the website more mobile friendly
3. To better exemplify the high quality staff
4. To make finding information easier



Steve Noyes,
Director of Technology

All four of these goals are intertwined and overlap in many areas. We cut down on the number of drop-down menus, the old site was difficult to navigate using a touch device. Hopefully, with fewer menus, you are able to find information quicker. We also organized the district using building menus and included grade levels for clarification. Not everyone in the world knows East Elementary is setup for grades junior kindergarten through second grade.

I could spend several pages talking about the structural changes to the website, but I am probably the only one interested in these details.

What I really want to talk about is the better layout of the staff pictures. The staff pictures are now in rows and in alphabetical order. As you move around the website, you will be able to go to any of the teachers' website and learn about them. Every teacher has interesting facts about themselves as well as highlighting their education and experience. You will want to bookmark your student's teachers as these website are updated regularly. Please use the information you learn about our staff as conversation starters. For example, when I was stationed in South Korea, I ran by the placard for the, "Home of the 4077 M.A.S.H." The running was not fun, but not everyone knows that there was actually a 4077 M.A.S.H unit in South Korea.

There are also several new features, I want to highlight:

1. SupeTube, <http://supetube.independence.k12.ia.us/>. SupeTube is our new video collection area. As we move forward, we will be placing all district and building videos into this one area. You will be able to search by tags, by name, alphabetical letters, and browse videos you may not know even existed. We will be combining all of our YouTube videos into one place.
2. Each building will have its own slide show for more variety of pictures related to the building. The slide shows will be updated monthly and will stay fresh and relevant.
3. On the homepage we are highlighting "Today's Events." This will give a snapshot of everything happening on a single day. We also have a link to the WAMAC calendar so you are able to plan for future events. The WAMAC calendar ties with other districts. Changes in schedules are noted as districts cancel or change scheduled games or events.
4. We have also created a Department and Building Information page. This page is also available as a PDF so you can print the information and place it on your refrigerator.
5. The final item I want to highlight is that the Independence Community School District logo is a live link and always goes back to the main page of the website.

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Kindergarten Roundup

Kindergarten Roundup will be March 15th or 16th. The teachers will spend time assessing students. Below are some skills that indicate readiness.

Social and Behavioral Skills

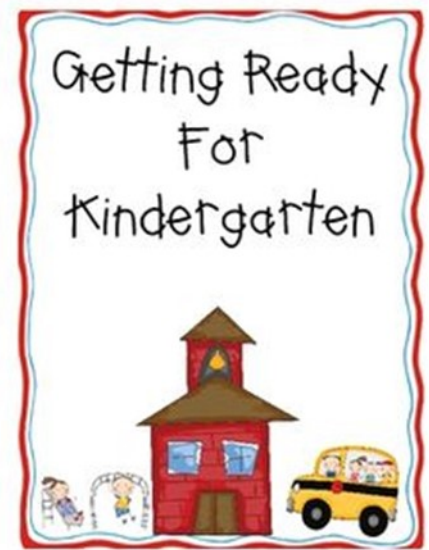
- Self Help Skills
- Language and Listening
- Math Skills
- Large Muscle Skills
- Small Muscle Skills
- Writing

Not only is it necessary for teachers to assess the students, it is equally important for students to gain a familiarity with the building. Below is a schedule of events for the students.

- Puzzles, Play-doh, Coloring pages
- Opening (Jobs, Schedule, Calendar), Names, Kindergarten, Morning message
- Read Big Red Barn/Activity
- Centers/Story/Songs
- Snack/Songs
- Recess
- Library – Principal Meyer reads
- Home



**Danielle Meyer,
Principal**



Preschool

In December, we did a Gingerbread unit where we compared several Gingerbread Men books to see how they were alike and different. The preschoolers were so involved and excited to read the many stories and "read along" with Mrs. Gilroy.

We have been working hard on recognizing our first and last names, and spelling and writing our first names! We are also going to continue to work on number recognition and writing numbers, as well as rhyming.

During our recent transportation unit, we got out our train table and the kids have had a blast playing with it!!

We are looking forward to visits from Fontana and SPARK this month!



Kindergarten

Kindergarten had a wonderful winter vocal music concert. Thank you to all that came to support us. In January they are busy working on nonsense words, cvc words, and sight words. Students are also working on their 5 Star Writing.



Students enjoyed a day with Fontana as they learned about nature at the prairie here at East. We are fortunate to have these experts near by. This coming month we will celebrate Valentine's Day and our 100th day of kindergarten.

1st Grade

In December we made ornaments with Fontana and learned about various winter holidays.

Students have been participating in the Spark program - kids made banana pops and learned the exercise mountain climbers in January.

We enjoyed a trip to the Gallagher Bludorn to see the musical version of Miss Nelson is Missing.

Students will be participating in Junior Achievement in the coming months.



2nd Grade

We celebrated community during our Stone Soup Unit. It was a great way for students to show kindness. All students have been using one to one technology in math with two programs - Xtra Math and Prodigy. We enjoyed a trip to the Gallagher Bludorn to see the musical version of Miss Nelson is Missing. 2nd grade students will be participating in Junior Achievement, focusing on community. This program is led by parents and community members.



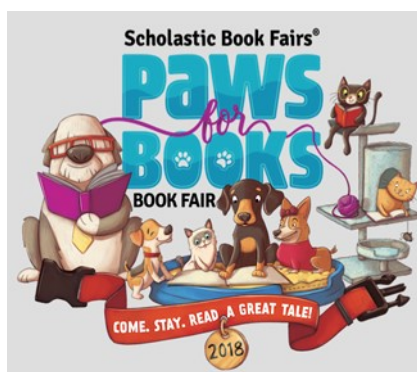
Specials

Please join us for our spring Scholastic book fair at East. This book fair will have books for K-6 students with some adult selections. The book fair is a major fundraiser for our library. It helps us to buy more books for our East students and staff.

Where: East Elementary

When: February 20th-27th

Family Nights: February 26th and February 27th during parent/teacher conferences.



WANTED!

Mileage Club Volunteers Needed!

If you would like to devote 15-30 minutes each week outside at recess to help students reach their goals in the Mileage Club, please call Val Maximovich at 319-332-0626 to volunteer your time!

Mentors Needed!

If you are interested in being a mentor and volunteering your time to work with a child for approximately 30 minutes each week on a regular basis, please call Val at 319-332-0626 and let her know!

Wanted: Substitutes

If you are available to substitute occasionally as a classroom, office or media paraprofessional, (duties vary), please call 334-7425.

We need YOU!

Box tops for Education/ Pop Can Tabs/Milk Moola for Schoola

We continue to collect Pizza Ranch Wagon Wheels, Donuts to Dough, General Mills Box Tops, Pop Can Tabs & bottle caps and bag tops from Kwik Star products. This is a good way to help us earn extra money for things we need. Thanks!

If you are interested in spending time at school or at home sorting/cutting and redeeming these items for our school, please call 334-7425.

Third Grade

Third graders have completed the Our City Junior Achievement program. A local member of the community visited each classroom for five sessions on cities, city planning and zoning, entrepreneurship, saving money, and banking. Students are studying the continents and the oceans in social studies. Our current writing focus is informative writing. In math, students are learning multiplication and division strategies, and place value.



Cheri Reed, Principal

News from Fourth Grade!

In fourth grade, new reading genres are being introduced in guided reading. Animal reports have been written by all students and shared with their peers. Some classrooms made dioramas of their animals' habitats as well. Multiplication and division are the focuses of Unit 5 and Unit 6 in Everyday Math. These processes can be a struggle, but the students are eager to learn the steps involved for multi-digit multiplication and division. The respiratory system will be studied in science, and the land, resources, and history of the Midwest region will be studied in social studies.

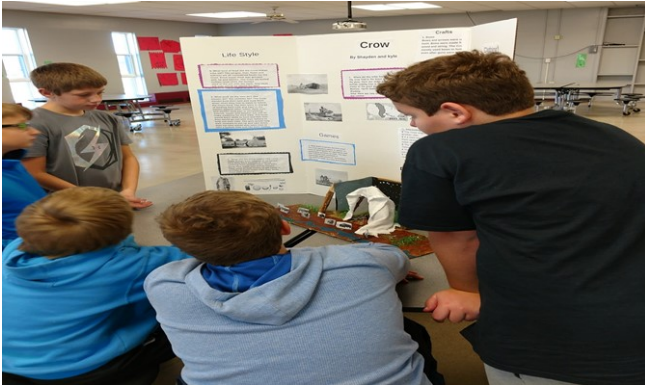
In December, fourth grade students enjoyed making crafts with their grandparents. They also had their vocal concert at the JSH. It was absolutely fabulous as snowflakes fell from the ceiling during the festive songs!

All fourth grade students are required to earn 10 Accelerated Reading points each month. Those students who earn the points have been enjoying the incentives. The latest incentive was "Minute to Win It".



5th Grade Ringing in 2018!

Fifth graders are off and running learning many new skills. Students have been investigating how fractions, decimals, and percents all work together. In our math classes, students will be learning to read and interpret bar and circle graphs. In the upcoming unit, students will learn how to incorporate data to create plot graphs. In reading class, students are learning about informational text to understand text structure and efficiently use text features. They are learning about author's purpose and studying new vocabulary to improve comprehension. In writing, students are learning about different styles of writing such as biographies, opinion writing, persuasive writing, and personal narratives.



Fifth graders have been creating presentations about Native Americans. These presentations have been displayed and presented to West Elementary students and staff. Students are learning about the Age of Exploration as history moves towards the settling of the Original Thirteen Colonies. Students have created bio cards to enhance their learning about some of these earlier explorers and the role they played in settling the Americas. Students recently had the opportunity to work with Fontana's Naturalist to reflect on how their lifestyles and choices affect the Earth by using an online program called Environmental Footprint.

Science is always a favorite as 5th graders engage in their studies about electricity and magnetism, and investigate the skeletal/muscular systems. In upcoming units, students will be learning about light and its impact on sight and the eye. We will finish our year with a unit about Fish Iowa. This will culminate in a field day at the Buchanan County Wildlife Association Quarry.

Students had a great day visiting Fontana State Park and Living History Farms!



Learning Experiences in 6th Grade

As part of our genre study of historical fiction, sixth graders are learning about the time period known as the Middle Ages. We will be reading short literature selections that include pieces about Robin Hood and King Arthur. In addition to that, each student will be reading a novel that takes place in this time period, learning about the characteristics and events of that particular time in history during social studies. This will include topics such as the feudal system, castle life and structure, knights, and medicine. We will compare and contrast historical fiction to other fiction, in addition to biographies and works of nonfiction. Be prepared to hear about the crazy meals and other bizarre aspects of daily life in the Middle Ages.



The Middle Ages



Students love the opportunity to learn from individuals in our community. Sarah Kielly, Local Foods Coordinator from Iowa State University Extension and Outreach, is presenting lessons on growing food. During the third culminating lesson, students will experience an interactive virtual field trip with Mr. Hayden, the agricultural teacher at the JSH, as he tours them through the district greenhouse.



Every winter, Sheryl Jeffrey, McDonald's Regional Marketing Supervisor, comes to speak to our students about the Honorary Crew program at McDonald's. She explains the process of completing a job application, and then the students are each given Honorary Crew applications. In the classroom, students will learn the components of writing a business cover letter to accompany a job application. These pieces are turned in to staff at McDonald's; they then select two students from each classroom. The students are provided the opportunity to work one shift at McDonald's and learn a little bit about the operation of the restaurant and its employees.



Greetings from the Independence Jr/Sr High School! I hope your 2018 has been going smoothly for you. It seems as though the time and school years go faster each year. Maybe it is because my schedule has been so busy attending many of the great events watching several different groups of students performing, representing our great school district.

In my day-to-day tasks of being assistant principal, there have been some parents who expressed concern about social media and the interactions of their child(ren) on social media. Recently, I was sent several online resources from SmartSocial.com. If you are in need of some resources, please feel free to use these, or if you are in further need of assistance, please contact your child's building administrator.



**Dewey Hupke, JSH
Assistant Principal**

Top 5 Kids Cell Phone Safety Tips for Parents

It's important to ensure your child is prepared for their first phone since [research shows](#) that 88% of teens have (or have access to) a cell phone. It can be difficult for parents to keep up with all of the new apps, features, and activities available on cell phones. Some parents might consider using [cell phone monitoring tools](#), while other parents might elect to create a [Family Cell Phone Contract](#). So, how can parents ensure their children are adequately prepared for getting a phone? We asked 5 experts to share their best kids cell phone safety tips for parents.

1. Choose a cell phone plan that only offers talk and text by Christine Gallup, [WhistleOut](#), [@CGallup](#)

To be safe, parents can choose a cellphone plan that offers only talk & text with the option of adding cellular data later when the child is ready for the responsibility of internet access (and get the concept of 'forever' because that's how long anything they post on the internet will last). Data plans can start as low as 100MB which is perfect for light web browsing. Aside from excellent third party software such as [NetNanny](#) and [Qustadio](#) which also have GPS and panic button features, both iPhone and Android operating systems offer safe site monitoring options. Cellphone carriers also provide 'child safety' features which are often not as robust as third party software features and more expensive.

2. Create dual passwords by Nick Sawinyh, [Seomator](#), [@Sawinyh](#)

Creating dual passwords allows you to install parental restrictions on iPhones and Androids, such as the Family Link app on Android. You can set location settings. Parents can see the location of their child's phone and they can see that you are checking up on this. This is mutually beneficial for both of you. It's important to control photos and public information, as you don't want your child to make some of these things available to the public. Just remember that you must be using the same type of phone, Android or iPhone.

3. The best safety resource is not an app, it's a dialog by Josh Ochs, [SmartSocial.com](#), [@JoshOchs](#)

In our [Parent University](#) program, we teach that the best social media safety resource is having a healthy dialog with your kids. Unfortunately, we can no longer rely on a social media app, or a tool that tracks your students, or keeping your students away from everything electronic, or ignoring the internet. Use their online activities to gently start a discussion around the dinner table or in the car ride home from school. Make your kids the expert and have them teach you how to use their phone. Join [Parent University](#) to become an expert on your student's favorite apps and to get digital safety conversation starters.

4. Help your children understand the dangers of having a phone by Tonia Baldwin, [A1 Connect](#)

Like it or not, this is the first generation of smartphone-wielding children. I have to work hard to pry mine away from their smartphones at dinner time. Child block apps are undoubtedly useful, but they can't catch everything. Also, while they provide an easy way to keep your kids safe, these apps can encourage a lazy, hands-off approach from parents. Sit down with your kids, talk to them regularly about why they're blocked from seeing certain things and using certain apps. This will help them to understand and appreciate the dangers.

5. Model the behavior you expect from your children by Justin Lavelle, [BeenVerified.com](#)

To help control your kid's screen time, download an app that limits their online usage. It will disable their device when the time is up. You can also block websites you don't want made available to your kids. Parents should own the passwords for each device and change them regularly, even daily if feasible. Only allow your kids the password once chores and homework are complete. It's also important that parents model the behavior they are expecting from their kids. If the kids see parents on their phones or iPads all the time, they will expect to be able to do so as well.

I hope you found this article useful. If you have any questions about anything, please do not hesitate to call the Independence Jr./Sr. High School.

Go Mustangs~

Mr. Hupke

“Today is a Good Day....”

Recently, I was watching television with two of our children—the middle and youngest ones. To protect my reputation as a pretty “serious” guy, I will not give the name of the show. Let’s just say that it was a popular, pre-teen program on the Disney Channel about three middle school kids adjusting to life at a gifted school. Anyway on that particular episode, in the background of a scene, there was a poster that caught my attention.

The poster simply read “Today is a Good Day to Learn Something New.” I thought to myself, “wow”, that would be a great theme for the 2017-2018 Winter Newsletter. Therefore, please allow me to pen some things about Independence students, staff, and parents.. Some pertain to academics; others address extra-curricular activities and, yes, some may even be classified as (somewhat) “funny or worthless” information. No matter, however, the goal is to learn something new today. Here goes.



**John Howard, Jr/Sr High
School Principal**

- *We just received our most recent Iowa Assessment scores, and they were very good. Just look at a few things...*
 - a. *20 different students (7-11) scored at the 99th percentile (highest possible) on at least one of the tests.*
 - b. *Nearly 70% of JH students met the state goals on at least two tests.*
 - c. *The percent of 9th and 10th graders proficient rose in every category...reading, math, science and social studies.*
 - d. *The 10th graders had the highest overall composite scores of any grade level since I have been here.*
 - e. *Nearly 175 students have been -or will be recognized with congratulations letters from administration for their scores.*
- *The average P-SAT score for this year, 1160, is 38 points higher than last year’s average.*
- *Of the 20 juniors who took the P-SAT test, 95% scored above the state mean score of 980. Out of the 22 sophomores who took the test, 95% scored above the state mean score.*
- *The class of 2018 had the highest scores of any class so far on the National Career Readiness Exam.*
- *The boys’ varsity basketball team is doing very well. The team has earned more wins this year than they have in many years!*
- *We have only had 1 snow day so far this year...much less than some other districts across the state.*
- *The transition to Chromebooks at the Jr/Sr High has gone pretty well.*
- *The school calendar for 2018-2019 is almost done.*
- *Students have begun working on the musical- “The Adams’ Family”.*
- *The students and staff, thanks to Mr. Hammond, welcomed Heather Stewart as a guest speaker. Her message was excellent.*
- *The Jr/Sr High School improved on the Iowa School Report Card and reached the “Commendable” status!*
- *And finally, the school year is ½ over!*

In summary, a poster from a television show on the Disney Channel provided the basis for this article. Hopefully, you did learn something new about Independence Jr/Sr High students and staff. I will thank my boys when I get home for the inspiration. Go Mustangs!

“Winter Highlights”

It is hard to believe that we are in the home stretch of winter activities. As I write this our sports are closing in on the post season, large group speech and pep band have ended, and we are just starting individual speech. We have had a busy winter with all kinds of activities. I wanted to use my column to share some of the “highlights” from this winter.

Archery Holds its First Ever Contest at Indee-

The Independence Archery Club hosted two competitions in the high school gym this year. We are in year three of our archery program and this was the first time that our Archery Club has hosted competitions.



**Justin Putz,
Activities Director**

Independence Wrestling Hosts Expanded Tournament Again-

The Independence Invitational went through our second year in an expanded format. This year we went from a 25 team invitational to a 31 team event. This event had over 1200 matches run on eight mats. The event created a ton of press and we received positive feedback. We had over 1800 people attend over the two days.



Winter Concert Aired on KCRG 9.2- For the third straight year the music department's high school band and vocal concert was aired on KCRG 9.2. They put on an outstanding performance. This event takes a ton of work from rehearsing to decorating the auditorium. It was great to see the hard work on display for the KCRG viewing area.



Large Group Speech Qualifies 6 Events Including 29 Students for State- The large group speech team took 6 events to state. The events qualified included one act play, ensembles, radio, and music theatre.

Boys' Basketball Improves Win Total- As I write this, the boys' basketball team improved their win total by four games with five games still to play. The boys have been very competitive all year long and have played well. The boys' current record is 11-6 and we have won double digit games for the first time in a long time. There is a new kind of energy in the gym and that is because of the energy the team plays with.



Cold vs Flu (influenza)

The peak of the cold and flu season is here. To prevent widespread flu in the school, we recommend that your child stay home from school if experiencing flu or cold symptoms. The chart to the right can help determine if your child is experiencing cold or flu symptoms and suggested symptom management.

Flu (influenza) vs Stomach flu (gastroenteritis)

Many times there is confusion between what the flu vaccine helps protect against. To the left you will find a chart that distinguishes the difference between the flu (influenza), which there is a vaccine for, and the stomach flu (gastroenteritis), which there is not a vaccine for.

COLD

VS

FLU

A cold and the flu (influenza) are two different illnesses. Make sure you know the difference.

Low or none	FEVER	High
Sometimes	HEADACHE	Very common
Stuffy, runny	NOSE	Stuffy, runny
Very common	SNEEZING	Sometimes
Mild, hacking	COUGH	Severe
Slight	ACHES/PAINS	Severe
Mild	FATIGUE	Can last for several weeks
Sore	THROAT	Sometimes sore
Normal, may feel sluggish	ENERGY	Extreme exhaustion
Symptoms can last 7-10 days	DURATION	Symptoms can last several weeks

TREATMENT OPTIONS
TO HELP RELIEVE COLD SYMPTOMS

- Over-the-counter cold medications, such as decongestants and cough medicine
- Over-the-counter antihistamines
- Rest
- Increased fluid intake
- Pain relievers for headache or fever
- Warm, salt water gargling for sore throat
- Petroleum jelly for raw, chapped skin around the nose and lips
- Warm steam for congestion


IF YOU HAVE A FEVER OF 101° OR HIGHER FOR MORE THAN 24 HOURS, SEEK TREATMENT.

PREVENTION

- Wash your hands often and keep your hands away from your eyes, nose and mouth
- Be sure to get your annual flu vaccination

If you are sick, stay home!

Influenza




VS.

"The Flu"

Symptoms:
Cough, runny/stuffy nose, fever, chills, body aches, headache, tired/fatigue.

Prevention Tip:
Get a flu shot.

Gastroenteritis



"Stomach Flu"

Symptoms:
Abdominal cramps, stomach pain, nausea, vomiting, diarrhea.

Prevention Tip:
Wash hands often. Don't share cups or personal items.

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees and your child may return to school after being fever free for 24 hours without taking fever reducing medication.)
- Vomiting
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

Often when a child awakens with vague complaints (the way colds and flu begin) it is wise to observe your

child at home for an hour or two before deciding whether or not to bring to school. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom.

Please note: If your child has tested positive for influenza (flu) please tell the secretary when calling your student in ill or the school nurse. This information is important for determining when and if further interventions need to be done.

Molly Beatty, RN
East Elementary
319-332-0533

Kelsi Donnelly, RN, BSN
West Elementary
319-332-0589

Rhonda Jasper, RN
Jr/Sr High School
319-332-0720



Val Maximovich,
Volunteer & Mentor
Coordinator

Independence Community Schools Volunteer & Mentor Program Update by Val Maximovich

The Mentoring Program 25 Years Strong and January is National Mentoring Month

Mustang Mentoring is still celebrating 25 years strong in the Independence Schools for the school based student mentoring program! We also celebrated National Mentoring Month!

Our mentoring cutout kids have visited many businesses this school year, but especially this January! Thank you to the following businesses for supporting our program! Advanced Auto, Advanced Family Eye Care, Bill's Pizza, Buttermilk Café, Color Divine, Fabulous Fridays, Quilter's Quarters, Veridian Credit Union and more yet to come! So be watching for them in our community!



Thank you coffees were held every Sunday in January during morning coffees at the local churches. This was to thank those members that have supported the mentoring program the last 25 years. Many current mentors and past mentors, as well as students were recognized! A special thanks to Casey's, Kwik Star, Salvation Army, and Wal-Mart for funding these events!

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Celebration Dinner! HyVee Chef William came to spend the afternoon with us and prepare chicken enchiladas. It was great fun and the food was yummy! We had great mentor pair photos taken by Julie Weber Photography, and ended the afternoon by watching the movie "SING"! What a great way to celebrate 25 years!



Mustang Foundation Event!

Mustang Mentoring also sponsored a lemon cake, "Let the Sunshine in...be a mentor" for the Independence Mustang Foundation event recently. A big thank you to those donors that contributed!



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MENTORS NEEDED! We need you!

It's only 30 minutes a week, during the school day, during the school year to make a difference in the life of a child! Contact Val at 319-332-0626 or email vmaximovich@independence.k12.ia.us, or download the volunteer registration form at <http://www.independence.k12.ia.us/district-departments/volunteer-information/>



Please like our Facebook page Independence Mustang Mentoring!

As you explore our new website, please remember we do have a Mobile App available from Apple and Google. Search for the app, and it will download in about 30 seconds. The Mobile App will also keep itself updated as we update the information on the website.

We're on the Web
<http://www.independence.k12.ia.us>

As always:

- We have breakfast and lunch menus available for downloading.
- We have "Quick Contacts" so you are able to find principals and other key district personnel.
- We have an extensive area of Board of Education material including Agendas and Minutes going back nine years.
- We have links for the communities of Brandon, Rowley, and Independence.
- Many of the previous Quick Links have been consolidated into one area on the Main page.

You can always click on the Indee Logo and go to the Main page of the website.



We hope you enjoy the new website and feedback is always welcome.

Everyday is a great day to be an Independence Community School District Mustang.

EQUAL EDUCATIONAL OPPORTUNITY

It is the policy of the Independence Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact: Erin Burmeister, Director of School Improvement, 1207 1st Street West, Independence, IA 50644, (319) 334-7400 or eburmeister@independence.k12.ia.us

The board requires all persons, agencies, vendors, contractors and other persons and organizations doing business with or performing services for the school district to subscribe to all applicable federal and state laws, executive orders, rules and regulations pertaining to contract compliance and equal opportunity.

NOTICE OF NON-DISCRIMINATION

It is the policy of the Independence School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact: Erin Burmeister, Director of School Improvement, 1207 1st Street West, Independence, IA 50644, (319) 334-7400 or eburmeister@independence.k12.ia.us

ANNUAL NOTICE OF NON-DISCRIMINATION

The Independence Community School District offers career and technical programs in the following areas of study:

Agriculture
Business
Family and Consumer Science
Industrial Technology
Marketing

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