

**Volume 14 Issue 1**  
**Fall, 2019 - 2020**

### **District Events:**

#### **Nov 18**

School Board Meeting  
 5:30 p.m.

#### **Nov 20**

90 Min ED-Prof Dev

#### **Nov 27-29**

No School;  
 Thanksgiving Break

#### **Dec 6**

No School

#### **Dec 11**

90 Min ED-Prof Dev

#### **Dec 23 - Jan 2**

No School;  
 Winter Break

#### **Jan 3**

No School-Prof Dev

#### **Jan 6**

School Resumes

#### **Jan 22**

90 Min ED-Prof Dev

#### **Feb 5 and Feb 19**

90 Min ED-Prof Dev

#### **Mar 4**

90 Min ED-Prof Dev

#### **Mar 12**

2 Hour ED-PT Conf

#### **Mar 13**

No School-PT Conf

#### **Mar 18**

90 Min ED-Prof Dev

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### ***From the Superintendent's Desk...***

Back in 2015, federal legislation created the Every Student Succeeds Act (ESSA) that required every state to annually assess all students. These tests are to be grade-level and based on state adopted standards in reading, mathematics, and science.

The **Iowa Statewide Assessment of Student Progress (ISASP)** has replaced the old Iowa Assessments for accountability across the state for all Iowa students. The test was developed by the Iowa Testing Program through the University of Iowa. Students in grades 3-11 took the test for the first time and we just received the results in November. It's a new test that gives us good baseline data but does not allow us to compare to any previous test results. District staff and administration will be taking some time to assess our results and use that information to modify our instruction. Student test results will be sent home after the November 18<sup>th</sup> Board meeting. Additional information for families can be obtained by going online to <http://iowa.pearsonaccessnext.com>

The Iowa Department of Education has provided this fact sheet about the new Iowa Statewide Assessment of Student Progress (ISASP).

**A standardized test administered once a year is only one piece of a full body of evidence educators and parents should consider when evaluating students' academic performance.** Results should be viewed interdependently with additional assessment results, and examples of student performance and work. Whether a standardized test score is high, or low, overreacting to a single score is never in the best interest of a student.

**We will see overall scores across the state go down.** When our state introduced the Iowa Core Curriculum, and Next Generation Science Standards, the intent was to raise the bar in what we expected students to know, and be able to do. Several research studies completed between 2012 and 2014 demonstrated that the old Iowa Assessment was not well-aligned to those new standards, and that a new, more highly-aligned assessment was needed. More rigorous standards require a more rigorous test, and we will now have access to better-aligned results about what our students know and are able to do.

**Iowa schools and students will demonstrate growth in knowledge and skills in coming years.** This first administration is establishing a new baseline for schools across our state. As a school district, we will examine our results for strengths and opportunities for improvement. We will then do what we have always done, engage our educators in working collaboratively to provide Independence students with a first class education.

Once you receive results, if you have questions, I encourage you to reach out to your building principal, and they can assist you, or direct you to the appropriate person.



**Russell Reiter,  
 Superintendent**

## School Improvement by Erin Burmeister, Director of School Improvement

“Students can hit any target that they know about and that stands still for them.” –Rick Stiggins

Over the past year we have worked really hard to not make learning a mystery for students. Students can and will succeed when they know what the target is and how to get there. Teachers have been aligning classroom instruction to the state standards and creating learning goals and learning targets to guide instruction and take the mystery out of learning for students. In addition, we are grateful that the state is finally assessing our students on the very things that we are expected to teach. Assessment is an important piece of teaching and learning when it is aligned and provides useful information for teachers, students, and parents.



**Erin Burmeister,  
Director of School Improvement**

### Iowa Statewide Assessment of Student Progress (ISASP)

The Iowa Statewide Assessment of Student Progress (ISASP) replaced Iowa Assessments as the required state assessment. Our students took these tests for the first time in the spring of 2019. English Language Arts and mathematics tests were given to students in grades 3 to 11 and science tests were administered to students in grades 5, 8 and 10. The test was administered online for all students. ISASP was designed to measure the Iowa Core Standards in English Language Arts, Mathematics and Science.

Results from these tests were made available to districts in early November. These results are currently being analyzed by staff for local discussion and planning and will be shared with families and the public in the very near future. Two cut scores that define three levels of performance (Not-Yet-Proficient, Proficient and Advanced) have been established for the ISASP English Language Arts, Mathematics and Science tests. These cut scores will serve as the baseline for future years.

The ISASP results cannot be directly compared to previous state results for a number of reasons, illustrated in the table below.

ISASP	Prior to ISASP
All students tested in the spring of 2019	Schools opted to test at any time throughout the
ISASP was developed to be specifically aligned	A national assessment was used
English Language Arts standards in reading, writing and language were measured	Only standards in reading were measured
Essays and constructed-response questions were	All questions were multiple-choice
Grade-specific content (as defined by the Iowa	Content across two grades was measured
A standard setting study was completed to define cut scores for the three levels of performance	A statistical procedure was used to define cut scores for the three levels of performance

As a district we will use the results to provide summary information to the community and to assist with improvement planning. Our results will become a part of our Performance Profile that is produced by the Iowa Department of Education.

For the 2019-2020 school year an equivalent form of the ISASP will be administered between March 16 and May 15, 2020. After these spring results are available, an index of student growth will be available. We are excited to have test results that will help take the mystery out of learning for both teachers and students.

## An Important Message from...

This message is the introduction to a voice call from the school district and includes reminders, school events, and most importantly school closings.

Several things to remember about weather:

1. Independence Community School District covers a very long area from south of Oelwein to south of Rowley and Brandon. Just because the roads look fine on your street, they might be impassible in other areas.
2. The number one goal is student safety. Are buses able to safely travel, are students safely able to wait for a bus?

Ideally, the district sends out announcements by 6:00 a.m. Things do not always go according to plan and sometimes, we decide to try a two-hour delay but then need to cancel school for the entire day. If necessary the second message will be sent by 8:15 a.m.

These are the general guidelines of expected decisions for each type of school delay or closure. During late starts and cancellation, school offices may not be open and phones are not always answered.

### Late-Start:

- The late-start is usually two-hours.
- Buses will adjust times to follow delayed schedule.
- Morning activities will be cancelled.
- Morning PK4 at all of the PK4 sites will be cancelled.
- St. John School will follow ICSD lead.
- Buses will run full bus routes unless specifically noted in the message.
- All afternoon activities and events will stay on schedule.

### School Cancellation:

- School is cancelled for the day.
- There will not be morning activities.
- There will not be morning or afternoon PK4 at any of the PK4 sites..
- St. John will follow ICSD lead.
- Even if school is cancelled, we may not cancel afternoon and evening events.

### Early-Dismissal

- Weather-related dismissal times will vary depending on conditions.
- Buses will run normal afternoon routes, unless noted.
- St. John School will follow ICSD lead.
- Listen for status of afternoon/evening activities and events

We provide school delays and cancellation information in a variety of ways and you should plan to receive multiple communications.

**Radio/TV Announcements:** Limited information can be easily missed in the list of delays and cancellation. The school district does not control when these announcements will appear.

<u>TV Stations</u>	<u>Radio Stations</u>
KWWL	KQMG 95.3 FM & 1220 AM
KCRG	KOEL 950 AM & 98.5 FM
KGAN	KMCH 94.7 FM
	KKHQ 92.3 FM
	KCRR 97.7 FM



**Steve Noyes,  
Director of Technology**

*Continued on page 4*

## *Continued from page 3*

**Website:** The website announcement section will have the most complete and up-to-date information.

**Facebook/Twitter:** We post information to these services, but the official announcement is located on the district website.

**SchoolMessenger:** You may edit your contact information at any time by using the PowerSchool Parent Portal. SchoolMessenger updates the contact information as part an overnight process.

- Phone Calls:
  - ◇ These can take up to 45 minutes to reach your phone.
  - ◇ If you expect a phone call and do not receive one for a school-delay or cancellation, please send an email to Steve Noyes, [snoyes@independence.k12.ia.us](mailto:snoyes@independence.k12.ia.us) with the student name, expected phone number, and phone carrier. I will follow-up with all reports of missed calls with SchoolMessenger to help for next time.
  - ◇ The phone message is always repeated in its entirety.
- Email: Both the student (grades 3-12) and parents email will receive this message.
- Text Message: If we have text number for you, the text will be sent.

**Independence Mobile App:** This will be delivered within a minute of ICSD sending the message. You must download the Independence Mobile App from the Apple Store or Google Play.

### **Important Notes about weather-related announcements:**

1. Hawkeye Community College follows their own rules and guidelines for classes.
2. The state-wide voluntary PK4 programs at St. John, Kidsville, WeeCare and Moser will follow the district cancellation policies. However, these facilities may also have daycare and other programs not associated with ICSD.
3. Sometimes because of predicted bad weather, ICSD decides to delay school or cancel school the previous day. These messages will go out between 4:30 p.m. and 9:30 p.m.
4. Many school-related groups may also use twitter, facebook, Remind and other forms of communication. The official announcements are always available on the district website if you receive conflicting information.

Since we are in the month of November, by now you should have received communication from SchoolMessenger. If you have not received email, phone calls, or text messages please contact your buildings school office.

If you have any questions about the school cancellation and school delays, please contact Steve Noyes, [snoyes@independence.k12.ia.us](mailto:snoyes@independence.k12.ia.us), 319-332-0719.





There have been many exciting things happening at ECC/ East Elementary this year. Students have done a great job of adjusting to the school year. We have been fortunate to have many visitors to help enhance our students' learning experiences. We are fortunate to have great community partners.

This year East Elementary has implemented our Positive Action Curriculum. These lessons are taught by the classroom teachers and take 10-15 minutes a day. Positive Action is based on the philosophy that we feel good about ourselves when we do positive actions.

The Thoughts-Actions-Feelings Circle illustrates how this works in life: our thoughts lead to actions and those actions lead to feelings about ourselves which in turn lead to more thoughts.



When this cycle is positive, students want to learn. When this cycle is negative, students do not want to learn. Students are now learning about positive actions in their domain and how to care for their bodies and mind.

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## PK4

Several of our PK4 and ECSE programs were the recipients of a STEM grant through UNI. The focus is Lights and Shadows and we received a lot of fun materials for the children to use! We have been having so much fun exploring shadows on the SMART board, shadow puppets, colored blocks on the Light Tables and so much more! We look forward to introducing them to more materials and explore more concepts, such as how we can manipulate shadows and light to make different designs.



**Danielle Donnelly,**  
Principal

## Kindergarten

In Kindergarten, we have been busy learning about routines and rules of the school and classroom. We have been working hard to learn letters and sounds, as well as numbers.

Shelby Hawkins of the Buchanan County and Delaware County Farm Bureau has been coming in monthly to do 'Ag in the Classroom' lessons. Kids have enjoyed learning about how 'farmers are superheroes' and learned about how wheat is harvested through the use of the story, The Little Red Hen. Students got to 'harvest' their own wheat!

We also enjoyed a tour of the Independence Fire Station for Fire Safety week. We always enjoy this field trip!

Mr. Hayden and his Plant Science students also visited to teach about the pumpkin life cycle. We got to explore with real pumpkins and counted the seeds!

Michael Maas has visited from Fontana to teach about the Fall season. Kids always enjoy getting outside to explore nature!

We look forward to Thanksgiving and spending time with our families.



## First Grade

In First Grade we have been learning routines and expectations along with our Positive Action Curriculum.

We enjoyed learning celebrating Homecoming at the Parade. We loved the fire trucks and band!

Students and First Grade Team enjoyed their Fall Party. Everyone looked great in their costumes!

We had the Naturalists from Fontana visit to teach us about bats and nocturnal animals.



## 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.



## Second Grade

Students have done many different forms of writing and have spent time sharing with their peers.

We enjoyed spending time outside for the homecoming parade and playing in the snow already this fall.

We showed a commitment to anti bullying and support of a grade level student going through cancer treatment by wearing blue.

Sondra from Fontana came and helped the 2nd grade students harvest the stone soup garden. Students were able to get in the dirt and then taste some garden fresh vegetables.

Students are working in small groups for reading instruction.





## Greetings from West Elementary!

At West Elementary, we continually teach our students that we are here to help keep them safe, healthy, and happy by providing them with the tools, the support, and the education *to be life long learners and respectful, responsible citizens.*

Our West Elementary students are proud to be Mustangs and to be *Living the Mustang Way* by being responsible, being respectful, showing kindness, and living gratefully. When asked about what makes being a Mustang at West the best, our students had this to say:

*West Elementary is the best because we get our own personal lockers,* Finn Crawford, 3<sup>rd</sup> Grade.

*West Elementary is the best because we get to meet new people,* Stephanie Straw, 4<sup>th</sup> Grade.

*West Elementary is the best because of all of the wonderful teachers,* Malorie Myers, 5<sup>th</sup> Grade.

*West Elementary is the best because of the excellent teachers who help you and care about you,* Ryker Hurtis, 6<sup>th</sup> Grade.



**Cheri Reed, Principal**

### Third Grade

The third graders have been composing personal narratives during writing workshop. They are working hard to include lots of details and write using complete sentences. The first math units covered number sense, and addition and subtraction. Currently, we're working on measurement and area in math. We began science this year learning about plants. We explored the plant life cycle and how selection can be used to grow specific varieties of fruits and vegetables. Students have been enjoying hands-on learning about forces, motion, and magnets in our second science unit. Our first social studies unit was about the three types of communities and natural resources. Shelby from the Buchanan County Farm Bureau and Miss United States Agriculture have been in to read about some of the natural and renewable resources that we have in Buchanan County like wind, corn, and soybeans.

### Fourth Grade

*The Birth of Rocks* was our first science unit this year. Fourth grade students enjoyed learning about volcanoes. During the unit, a lesson about the three types of rocks was presented by Fontana naturalist, Sondra Cabell. The northeast and southeast regions of the United States have been the focus in social studies. Students are busy learning the capitals, abbreviations, and location of each state. Math has consisted of geometry, addition and subtraction review, data collection, multiplication, and decimals. Any additional practice at home with multiplication facts is beneficial.

Read, read, read! All students have a 10-point Accelerated Reading goal each month. There are incentives for students who meet their reading goals. Students made a craft, played outside, and enjoyed a popsicle during the first reading incentive this year. Consider setting aside a specific time each night for reading.

Shelby Hawkins, Agriculture in the Classroom Coordinator with the Buchanan County Farm Bureau, will be presenting Ag related lessons to our students each month. We look forward to her visits as each lesson is relevant to our lives.

In October, Mrs. Fisher took us to the Gallagher Bluedorn Performing Arts Center in Cedar Falls to see *Sugar Skull: A Dia de Los Muertos* musical adventure. It had a lot of traditional Mexican music and dance incorporated into the show.





## 5th Grade

Fifth grade students visited Living History Farms in September. Students met storekeepers and skilled craftsmen in the 1875 Walnut Hill village, such as the Blacksmith, Broom Shop, Newsprint Office and General Store. Fifth graders were able to make small purchases. They especially liked the sarsaparilla. Students also visited the Flynn Victorian Mansion and 3 other historic farms on a 300 year walk. We were able to experience farm life from the 1600's of the Ioway Indians, walking into the future 200 years later, we learned about cabin life of the early settlers of Iowa in 1860. We eventually wound our way around to a 1900 farm, where we saw more modern conveniences. It was a great field trip experience. One we will never forget. We will enjoy discussing our LHF experiences in our Social Studies classes throughout the school year.

Math - Fifth graders have studied number theory in Unit 1: Facts, Number-line patterns, factor arrays, divisibility rules, square numbers, and prime/composite numbers. We have also studied estimation and computation in Unit 2: Addition/Subtraction whole number and decimals, Multiplication/Division of whole numbers, decimals, and by powers of 10. In Unit 3: We are learning about geometry: angles, line segments, polygons, and tessellations. Some upcoming units, we will be studying division and fractions.

Social Studies and Science - Some classes are working on Native Americans and Explorers. Fifth graders are learning about Spaceship Earth utilizing our new curriculum with Mystery Science. We started the year constructing marshmallow/spaghetti towers with only noodles, string, tape and a marshmallow to work with. We used problem-solving skills to help us in this activity. We will be learning about Chemical Magic soon.

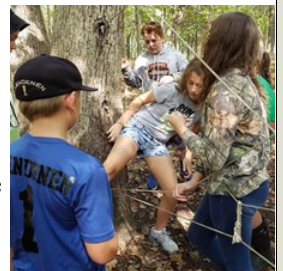
Reading/ Writing and Language Arts - Fifth graders are working towards taking charge of their reading life. Our 5th grade classrooms are implementing Units of Study for Teaching Reading. Students are learning how to respond to their reading by thinking analytically in their independent reading. Students will be thinking about the important parts of their book and supporting their ideas with evidence from the text. One thing for sure is 5th graders will be doing a lot of reading every day! Thank you for all your support!

*SPARK! –Igniting Health in Kids* is a program developed by the Buchanan County Health Center. Fifth grade students will be engaged in nutrition education and physical activity instructed by Buchanan County Health Center staff for 25 minutes once each month. They will have the opportunity to taste various fruits and vegetables and learn fun ways to play and stay active. Fruits and vegetables will be included in a healthy snack prepared by the students. Each one will bring home a handout of important information about important health topics.

## Sixth Grade

Where does 6<sup>th</sup> grade go on an all-day outdoor adventure? To Camp EWALU, of course! On Tuesday, September 24<sup>th</sup>, students and staff were excited to leave the books behind to have fun together working on team-building skills with a focus on communication, listening, and collaboration. A couple of the activities, such as mountain top and toxic waste, were quite challenging and everyone learned the value of sticking with it and encouraging teammates. The toxic waste activity involved the entire team of 12-13 students trying to use strings connected to a bungee cord to pick up small logs and move them out of the toxic waste area and into a pit. Although it was tricky, with perseverance and encouragement, some teams did succeed in the challenge. Kids were also given the option of ziplining. This meant overcoming fears for some, but was by far the most memorable and enjoyed activity. Another favorite activity of the students was the spider web where they had to move through a giant web, using each opening only once. Here they learned the value of thinking and planning prior to reacting. After several different stations of team-building activities, the adventure had to come to an end. On the ride home, students were laughing, talking, and discussing the day, wishing for an opportunity to return.

During science, students have been learning about the types of rock and layers of Earth. On Friday, October 18, we traveled to the Brooks (Bruening) Rock Quarry to learn about rocks and fossils found in our area. We were shown some of the most rare and most interesting discoveries from the quarry with explanations. We were fortunate to visit on a day when the rock crusher was being used, so students witnessed some of the processes that occur at the quarry. Students were able to search for unique rocks and fossils before returning to school. Some of these rocks were then analyzed during subsequent science class periods. Despite the cold weather, the kids were asking when we would get to return for more rock hunting!



## *5th Grade continued*

### *Fine Arts (K-6)*

As we approach the holiday season, the Fine Arts team is excited to reflect on the amazing progress we've made in our classrooms so far this year. Art, K-6 General Music, and 5th and 6th Grade Band have all made incredible strides with student achievement, and we're excited to share with you.

In the Art classroom, Mrs. Anderson shares that K-6 students have been learning about color mixing and how lines play a role in art. Student artwork will be hanging at Ryan's Pharmacy throughout the year, displaying select artwork. Students whose artwork has been selected to display will have a letter sent home informing parents/guardians that their work is available for viewing in the pharmacy.

At East Elementary, Miss Baskerville, K-2 Music, shares that all grade levels have been preparing for the Veterans Day assembly with patriotic songs which will be shared on Monday, November 11 at 9:40 at East Elementary. In addition to Veterans Day, Kindergarten and 2nd grade are busy preparing for their Christmas programs on December 17 at 6:30 and 7:00 respectively. They are excited to share their holiday spirit with family, friends, and community members! 1st grade, in addition to Veterans Day, have been working hard on rhythm and dynamics.

Mrs. Fisher at West Elementary, 3-6 Music, shares that grades 3-5 are busy working on their Christmas programs that will be performed on December 9 at 6:30, 7:00, and 7:30 respectively. Students are excited to share their hard work with the audience! 6th grade students, in the meantime, have been working through music history. They are currently working on Jazz musicians, and presenting group projects about some of the most famous musicians of their time. 5/6 Choir is hard at work on their Christmas songs that will be performed on December 10 at the Band and Choir concert at 7:00.

From the Band room, Mr. Upmeyer shares that 5th grade band is off to a good start. Students are progressing slowly but surely, earning their ribbons as they go, and are excited to perform onstage for their very first concert. 6th grade band has been honing their music vocabulary and pinpointing specific sections in their holiday music to work on in lessons to put on the best performance they can. Mr. Upmeyer is proud of all the progress that both groups of students are making and invite everyone to our December 10 concert.



5/6 Choir Fall 2019

## **“Hot Dog but No Ketchup or Mustard” Mr. Howard**

What does one ponder upon hearing the word “hot dog”? Don’t worry....I can practice my wait time. Maybe a frankfurter doused with ketchup, mustard, relish, and onions? Possibly a ballpark in the blazing summer sun, a night’s cooking over a roaring fire, or maybe even a person showing off in a sport? Well, all of these are logical and totally accurate, but the theme of this Fall Newsletter focuses on using this term as “an expression of wow, pleasure, and approval.” So here goes.

Let’s give a great big, loud, and clear “HOT DOG” to:



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

- Our excellent student body for their outstanding behavior in the classroom, on the field/court and course and also in the stands cheering. We get multiple positive comments from opposing coaches and fans for our students’ commitment and sportsmanship. For all of these characteristics, I am proud and humbled to be their principal.
- Our varsity football team for finishing an undefeated regular season, its first since 1973, and its first district championship in school history. To put that into more perspective, a gallon of gas in 1973 was \$0.39; a new home was \$35,500 and many television viewers were enthralled with “All in the Family.” Not to mention, I was not alive in 1973...that is a long time ago.
- Our varsity volleyball team for completing another excellent year advancing to the regional final vs. the #1 team in the state. Though they did not win the match, the players and coaches did a great job in the game and throughout the year.
- Our marching band for competing, once again, at BOA Grand Nationals in Indianapolis. The commitment, dedication and work ethic of this group, teachers, staff and parents is unbelievable. I can foresee an even higher placing than last year.
- Our cross country team for running very well during the season, and the girls’ team won the home cross country meet. The future looks very bright for the program.
- Our thespians did an outstanding job with the fall play. I am always impressed with the zeal and poise displayed by our student actors.
- Our new school initiative, Capturing Kids’ Hearts, for “transforming our school”. We have seen a tremendous improvement in student attendance and behaviors as well as attitudes of both staff and students.
- Our staff for doing an outstanding job each and every day. Too often, our staff is not recognized enough for all they do, but I can tell you they are tremendous.
- Our students for their excellent MAP scores. I was very impressed.
- Our parents and fans for being great during the fall season. At most, if not all games/contests, we had more fans than the host team/school. It was great to see! There was definitely a great sense of Mustang Pride!
- Our stakeholders for believing in and supporting the Independence Community School District. In this age of open enrollment, parents/guardians have a choice. We are grateful each day to those who choose to send their children to our schools. As a parent of an alumnus and two others in the district, our school system is phenomenal.

Thus, in this edition of the Fall Newsletter, it is quite easy to see some of the “positives” associated with Independence. All of these, in keeping with our theme, can and should be celebrated with simply two words....“HOT DOG.” Nothing more and nothing less. And no ketchup or mustard, please.



Greetings from the Independence Jr/Sr High School. The 2019-2020 school year has started off on a positive note. I would like to share with you some of these positive events.

The Jr/Sr High School has a therapy dog, McCoy, in training. Our students and staff have found his presence in our building to be a positive addition to their education and work day. Often times, they stop in for a little chat or enjoy seeing him walk into their classroom with me close behind. Students of all ages like to stop by and say 'hello' to McCoy. This might be as he greets them in the morning, passing him in the hallway, or at the end of the school day. I have included some pictures of McCoy interacting with some of our students.



While visiting Kidsville this summer, McCoy enjoyed listening to Cora Torgerson read him books.

This year, Independence Jr/Sr High School has 6 foreign exchange students attending our school. From Left to right: Hillary Zhu from China, Alexa Gonzales Rodriguez from Mexico, Sevinc Mammadli from Estonia, Alejandra Nozal from Spain, Miyabi Heshiki from Japan, and Lara Theil from Germany. At a welcome lunch, they were able to interact with McCoy. They all enjoyed the visit.



**Dewey Hupke, JSH  
Assistant Principal**



Senior student, Paxton Fredericksen relaxing with McCoy. Students and staff alike, enjoy petting McCoy as a part of their day.

On September 18, 2019, the Independence Jr/Sr High School participated in an afternoon of service in the Independence Community. Students were bussed out to Oakwood Cemetery and worked together to help clean up the cemetery. Around 600 students cleaned tombstones with a cleaning solution donated by the local VFW Post 2240, set fallen tombstones, picking up trash and fallen limbs, as well as other tasks. Brushes were donated by the Independence Presbyterian Church and Norby's of Independence. The Independence Fire Department and Blake Hayward helped rinse tombstones with their water tanker. Bob Hughes, Roger Allen, Bob Beatty and his staff assisted in many different ways. The Independence Community School District transportation staff transported all students and staff. This was a great project for the students, staff, and all other groups to get to work at giving back to our community who has given our school so much.



Fall is a very busy time in the activity world and Independence has had a great fall. We have three different high school sports going as well as the fall play, marching band, and a vocal concert. Every season I enjoy seeing our students have the opportunity to pursue their passions and interests throughout their school year. I enjoy seeing the work they put in and how our students develop over the year. However, many times people get caught up in results, playing time, role in the group, etc. and forget the reason why we offer such a variety of activities. While everyone would like to win a state championship, get a “1” rating, qualify for all-state, be the lead in a play or musical, it is important not to lose sight of all the reasons kids participate in extra-curricular activities and their benefits. A few times a year I believe that we forget all the benefits of and what it means to be a on the team, in the cast, or a part of the activity. I always like to remind myself and others during those times of all the reasons our students are in activities and the benefits they gain by participating. In the spring I surveyed our student participants and I wrote about why, in their eyes, they do activities. Following that same concept, I again surveyed some of our students. I asked a few senior students involved in multiple activities throughout their high school career to share with me what they have learned from participating in activities. Their responses are quoted below.



**Justin Putz,  
Activities Director**

“This fall I was involved in numerous school affiliated activities including cross country, fall play, marching band and several out of school activities. By being involved in a variety of things, I learned how to better manage my time between all of my activities while still making space for school work. Through all of my activities I got the opportunity to work with lots of different types of people which taught me to be more observant of other’s personalities when interacting with them”  
– 12th grade student

“Activities this fall taught me that all the time and effort I put in over my 4 years of my high school career led to the results. Whether this was lifting weights, going to practice, being involved in 4 sports all year long, or doing the extra work. Going into my senior year for football, I didn't know what kind of player I was going to be because I missed most of last year due to injury. So, over the offseason I put in a lot of work, I changed my mentality, and I was going to do whatever I could to stay on the field. If there is anything I could tell someone, it's to never give up and keep grinding. I learned never be satisfied and always push to become better.” – 12th grade student

“Being involved in extracurricular activities taught me that things do not always go your way and that it is important to be invested. Being invested makes it hard to give up when things are not going your way.” – 12th Grade Student

“Extracurricular activities taught me how important it is to be a team player and to be a good team member. A team or group is bigger than one person and can accomplish more than one person.”  
– 12th grade student

“Activities really taught me a lot about involved and prideful our community is. There was constant support each week on Friday nights and throughout the week. I would be in the community and have community members come up and congratulate me or stop and talk to me for a few minutes asking how things are going with football.” – 12th grade student

As you can see our students have learned a lot over their time in activities. They also all responded that activities help them learn to handle adversity, be part of a team, and fell community involvement. These students responses were a nice reminder of how activities benefit students. It is also a nice reminder that no matter one’s role, or the results that being a part of the team, cast, or activity is still an experience that can benefit students and an opportunity to learn valuable lessons.



## Information from your School Nursing Department

### When your child is sick:

School policy requires a child to stay home if they:

- Have a **fever** of 100 degrees or higher
- Have been **vomiting** or have **diarrhea**
- Has **draining red eyes**
- Has symptoms that keep your child from participating in school such as:
  - ◊ Very tired or lack of appetite
  - ◊ Cough that they cannot control or sneezing often
  - ◊ Headache, body aches, or earache
  - ◊ Sore throat- a little sore throat is ok for school, but a bad sore throat could be strep throat, even if there is no fever.



### **ICSD follows the 24 hour rule:**

- Fever: Keep your child home until his or her fever has been gone for 24 hours without medication, such as Tylenol or Ibuprofen.
- Vomiting or diarrhea: Keep your child home for 24 hours after the **LAST** time they vomited or had diarrhea.
- Antibiotics: Keep your child home for 24 hours after the **FIRST** dose of antibiotic is given.

### GET YOUR FLU SHOT



### Flu Season

Early October-  
Late May

It takes  
**2 weeks** for  
flu vaccine to  
kick in.

**FLU MYTHS vs. FLU FACTS**

- MYTH:** THE FLU SHOT CAN GIVE ME THE FLU
- FACT:** FLU VIRUSES USED IN FLU SHOTS ARE INACTIVATED, SO THEY CANNOT CAUSE INFECTION
- FACT:** GETTING THE FLU SHOT PROVIDES BENEFITS SUCH AS THE POTENTIAL TO REDUCE ILLNESS AND PREVENT TIME LOST FROM WORK
- MYTH:** IT IS BETTER TO GET THE FLU THAN TO GET A FLU VACCINE
- FACT:** IF YOU GET THE FLU VACCINE, YOU ARE ABOUT 60% LESS LIKELY TO NEED TREATMENT FOR THE FLU
- MYTH:** VACCINES ARE NOT PROVEN TO PREVENT THE FLU
- MYTH:** I SHOULD WAIT TO GET VACCINATED SO THAT I'M COVERED THROUGH THE END OF THE SEASON
- FACT:** PEOPLE SHOULD GET A FLU SHOT AS SOON AS THEY ARE AVAILABLE BECAUSE IT TAKES ABOUT TWO WEEKS FOR ANTIBODIES TO DEVELOP

For more flu myths and facts, go to [www.cdc.gov/flu/keyfacts.htm](http://www.cdc.gov/flu/keyfacts.htm) or [www.cdc.gov/flu/about/ga/misconceptions.htm](http://www.cdc.gov/flu/about/ga/misconceptions.htm)

**gsk** do more. feel better. live longer.

As always, please contact your school nurse with questions, concerns, needs, or changes with your child's health.

Molly Beatty, RN  
East Elementary  
319-332-0533

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

Jennifer Eddy, BSN, RN  
Jr/Sr High School  
319-332-0720





Val Maximovich,  
Volunteer & Mentor  
Coordinator

## **Independence Community Schools Volunteer & Mentor Program Update by Val Maximovich**



What's been happening with mentoring? We're meeting and greeting our mentors and students!

We started our year with the Annual Back to School event on Sept. 9. We had lots of fun, students and their mentors made plans for their year together! We have 74% of our matches returning from last year! We look forward to adding more matches as we continue to make a difference. Here are some of the upcoming events... November – Chalk art with Wapsi Chalk, Tues., Nov. 26, 5:30-7 p.m. In January we will be celebrating National Mentoring Month! We are planning a fun cooking event sponsored by a grant from Bank Iowa. This will be a collaboration with ISU Extension and the BCHC Wellness program! Be watching for more information.

**YUMMY, YUMMY!** Our staff enjoyed a tasty lunch from Aunt Emmy's food truck in October, as a fundraiser for the mentoring program. Next be watching for the opportunity to pre-order her yummy cupcakes.



**Calling all volunteers!** There is always a need for more volunteers to come and spend time with our students! Reading with students, testing readers, door greeters, mentoring and more!



Volunteers also needed for mentoring, meeting with one student 30-45 minutes a week, during the school day, during the entire school year. To make a difference in the life of a child, contact Val at 319-332-0626, email

[vmaximovich@independence.k12.ia.us](mailto:vmaximovich@independence.k12.ia.us), or download the volunteer registration form at <http://www.independence.k12.ia.us/district-departments/volunteer-information/>

## **MENTORING MATTERS**

Mentoring has a positive lifelong impact for both students and mentors. It builds leadership and management skills, expands professional networks, and provides an empowering opportunity to give back to the community.

**BECOME PART OF THIS LEGACY** – Please consider sending a gift of time or resources. All contributions are welcomed and greatly appreciated.

For more information: Phone Val Maximovich, 319-332-0626, [vmaximovich@independence.k12.ia.us](mailto:vmaximovich@independence.k12.ia.us), or mail to: Mustang Mentoring, West Elementary office, 1301 1<sup>st</sup> St W, Independence, IA 50644.



Please like our Facebook page Independence Mustang Mentoring!

*While visiting with friends and family over the holidays, please share that we have a great need for volunteers, including students that are waiting for that special adult to be a mentor!*

## Walking Guidelines for 2019-2020

BEGINNING November 1, 2019

Only the Junior Senior High School will offer walking hours.

Junior Senior High School - Enter Main Doors

Monday through Friday - 5:30 a.m.-7:30 a.m. and  
7:30 p.m.-9:30 p.m.

Buildings will be closed to walkers when...

- there is a school activity in the building
- there is no school
- there is a late start (morning walkers only)
- there is an early dismissal (evening walkers only)

Due to safety and to keep floors clean and dry, please bring shoes other than your street shoes for walking.

### Access Card Request

Due to safety and security concerns the District is requesting all building walkers request an Access Card for entry into the building.

- the Access Cards are free, please return card when finished
- request an Access Card from the JSH office starting November 1, 2019
- the building secretary will record your name and give you an Access Card with Lanyard
- card will only work during published hours

**Check the District website for details!**



## 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

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: Equity Coordinator: Erin Burmeister, Director of School Improvement, 1207 1st Street West, Independence, IA 50644 Telephone Number and Email Address): (319) 334-7400 or eburmeister@independence.k12.ia.us