

# Treynor Community School

"COMMITTED TO EXCELLENCE"

# NEWSLETTER



April, 2019

## *"District Details" ... a few notes from Superintendent Howell*

### **PROPOSED CALENDAR FOR 2019-20 SCHOOL YEAR**

Next year's calendar will look a little different from past calendars for the school year. We are recommending to the Treynor Board of Education on April 8 that the school calendar for 2019-2020 include a weekly early out at 2:00 P.M. each Wednesday, beginning August 28 and ending May 20, for professional learning for our staff. All other early outs (e.g., end of quarter, parent/teacher conferences) would also be at 2:00 P.M. as we believe this would provide consistency for families.



Check out the proposed calendar for next school year!

You will note that the first day of school would be August 23 for students, the earliest date school can start per state legislation.

If we have no weather-related/state tournament days, we would end the year on May 27 at 11:00 A.M.; however, we have four "built-in" days for weather-related/state tournament days that would end our school year on June 2. If we had more than four days of these events, we would have to add additional days to the calendar.

There is a public hearing at the April 8 board meeting at 6:30 P.M. if you would like to share your in-put regarding this calendar. You may also provide Lou Howell (lhowell@treynorcardinals.org) with written comments before April 8, and she will share them with the board.

#### **Special points of interest:**

- ✓ Next school year will begin on Aug. 23.
- ✓ The proposed 2019-2020 school calendar is included in this newsletter and also posted on the website.
- ✓ Kindergarten Roundup is April 18.
- ✓ Check out all the happenings in our buildings.
- ✓ Last day of school will be announced following the April board meeting!

### **INFORMATION REGARDING LAST DAY OF SCHOOL**

Information regarding the last day of school for this school year will be available following the school board meeting on April 8th.

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# Treyrnor Community Schools

## 2019 - 2020 School Calendar

**Summary of Calendar:**

Days in First Semester: 90  
 Days in Second Semester: 90

- Professional Development Day
- Holiday / Vacation Day
- Parent-Teacher Conference Day
- Quarter Begins
- Quarter Ends (1:00 p.m. dismissal)
- Last Day of School / End of 4th Qtr.
- Progress reports sent home

**180 Student Days:**  
 178 Classroom days  
 2 Parent-Teacher Conf. days

**190 Teacher Days:**  
 178 Classroom days  
 2 Parent-Teacher Conf. days  
 6 In-service days  
 4 Holidays

4 extra days are included within this calendar for snow days, unforeseen cancellations, state tournament days, etc., for students and staff. If we don't use all the built-in days, school will be dismissed prior to June 2. Cancellations beyond 4 days will be made up by all students and staff.

**Days by Quarter:**  
 1st = 45      2nd = 45  
 3rd = 44      4th = 44

2:00 Dismissal for Teachers' Professional Learning occurs every Wednesday August 28 - May 20.

If bad weather causes a delay (e.g., 1 hour, 2 hour, 90 minutes) in the morning, the professional development in the afternoon will be cancelled.

		Hrs / week	Date	Event
AUG.	5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	5 31	Aug. 1 Aug. 16 Aug. 19, 20, 21, 22 Aug. 20 Aug. 21 Aug. 22 Aug. 23	Registration: 2:00 - 7:00 P.M. New Staff Orientation Teacher "Back to School" PD Grade 9 Orientation @ 6:00 P.M. K-5 "Meet Your Teacher" night 4-6 P.M. Grade 6 Orientation @ 6:00 P.M. First day of school - 2:00 dismissal
SEPT.	2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30	24.5 31 31 31 6.5	Sept. 2 Sept. 13 Sept. 25	Labor Day - No School Homecoming - Treyrnor vs Shenandoah Progress reports sent home
OCT.	1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31	24.5 31 31 29.5 24.5	Oct. 24 Oct. 25 Oct. 28 Oct. 29	Parent - Teacher Conf. - 2:00 dismissal End of 1st Quarter - 2:00 dismissal Begin 2nd Quarter Parent - Teacher Conf. - 2:00 dismissal
NOV.	4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	31 31 31 13	Nov. 1 Nov. 27, 28, 29	No School (PT Conf. Comp. Day) Thanksgiving Holiday
DEC.	2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30 31	31 31 31 0 0	Dec. 3 Dec. 23 - 31	Progress reports sent home Christmas Vacation
JAN.	6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31	31 23 24.5 31	Jan. 1, 2, 3 Jan. 6 Jan. 16 Jan. 17 Jan. 20 Jan. 21	Vacation School Resumes End of 2nd Quarter - 2:00 dismissal Teacher PD - End-of Semester Workday - No : Teacher WIC PD - No School Beginning of 3rd Quarter
FEB.	3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28	31 31 31 31	Feb. 19	Progress reports sent home
MARCH	2 3 4 5 6 9 10 11 12 13 16 17 18 19 20 23 24 25 26 27 30 31	31 31 29.5 24.5 13	Mar. 20 Mar. 23 Mar. 24 & 26 Mar. 27 Mar. 30 - April 3	End of 3rd Quarter - 2:00 dismissal Begin 4th Quarter Parent - Teacher Conf. - 2:00 dismissal No School (PT Conf. Comp. Day) ISASP Assessments (Grades 3-11)
APRIL	6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30	18 24.5 24.5 31 24.5	Mar. 30 - April 3 April 10 - 13 April 28	ISASP Assessments (Grades 3-11) Easter/Spring Vacation Progress reports sent home
MAY	4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	6.5 31 31 31 9	May 8 May 13 May 15 May 15 May 18 May 25 May 27	Elementary Field Day (K-3) Senior Awards Night / Baccalaureate Elementary Track Meet (4-6) Projected last day for Seniors Graduation - 2:00 p.m. Memorial Day Last day of school - 11:00 dismissal if no weather/tourney days taken
JUNE	1 2 3 4 5 8 9 10 11 12	2-Jun	2-Jun	Last day of school with 4 snow days built in

## FROM THE ELEMENTARY PRINCIPAL'S DESK



March started off beautifully and appears to be going out soggy. Our students are certainly starting to get some spring fever, but that hasn't kept them from participating in some fun and educational activities. Treynor Elementary students had a great month and purchased books from our Scholastic Book Fair, took part in the 8th Annual Elementary Night of the Arts and danced at the Cardinal Core's Elementary Dance.

April will prove to be just as busy with our Iowa State Assessment of Student Progress tests for grades 3 through 5, 1st grade music concert, and our spring state-wide FAST testing. Kindergarten Roundup will be held on April 18th.

We look forward to the warm days that April will provide and the activities that our students will take part in. As we begin to wind down the school year, please let me know if you ever have questions or concerns about your children's education. Feel free to call or email at any time, or schedule an appointment to meet. I can be reached at 712-487-3422 or [jkay@treynorcardinals.org](mailto:jkay@treynorcardinals.org).

Thanks for all of your educational support and for making Treynor Elementary a wonderful place for everyone.

Mrs. Kay, Principal

## UPCOMING ELEMENTARY EVENTS

April 1	Spirit Week
April 8-12	Iowa State Assessment of Student Progress Week
April 10	Early Dismissal 1:00 p.m.
April 11	First Grade Music Program, 7:00 p.m.
April 18	Kindergarten Roundup
April 19	No School
April 22	No School
April 24	Early Dismissal 1:00 p.m.
April 25	5th Grade Band Concert 7:00 p.m.
April 27	Night with your Knight



## KINDERGARTEN ROUNDUP

If you have a student who will be in Kindergarten next fall, please plan to attend Kindergarten Roundup on Thursday, April 18th. If you don't have a child currently in school, please call the elementary office to make sure that your upcoming child is on our list. An informational letter will be sent out the end of March. Please let us know if you are planning to send your child to Kindergarten and do not receive a letter. If you have questions, please contact Mrs. Kay, Elementary Principal, 712-487-3422.



# NOTES FROM THE MIDDLE SCHOOL PRINCIPAL .... MRS. BERENS



<b>ISASP Tests</b>	<b>April 8—12</b>
<b>Easter Vacation</b>	<b>April 19—22</b>
<b>Progress Reports</b>	<b>April 24</b>

The school year has gone by so quickly that it's hard to believe we are in the fourth quarter already. We recognize that this is the time of year when some students tend to start letting their work slide because they would rather be outside enjoying the weather than working on homework. "Parents Still Make a Difference" has a few suggestions for parents in regard to this. They are as follows:

1. Ask questions about assignments. Which one was most interesting? Which one was the most difficult? What are you studying about now in History? Do you have any projects or tests coming up? Convey to your child that you are still very much interested and want them to continue focusing on school work.
2. If your teen averaged three hours of homework per night during the winter, a new 15 minute homework average should make you suspicious. A comment like, "Your teacher sure let up on the homework suddenly", might be enough to fix the problem.
3. Suggest that your teen do the reading aspect of homework on the front steps. That way they are still able to enjoy the sun without sacrificing homework time.

Also, in a few short weeks, students will be taking their annual state required spring tests. Starting on Monday, April 8, our middle school students will be taking the newly developed Iowa State Assessment of Student Progress (ISASP). The students will test at the beginning of each day of that week with the exception of Friday. (The following week will be make-ups for those that missed any testing.) Please try to make sure that your child is getting plenty of rest and eating a nutritious breakfast before heading off to school each day so they are at their best for testing!

As always, please let me know if you ever have questions or concerns. Thank you for all of your educational support!

Jenny Berens  
Middle School Principal

## OPTIMIST YOUTH APPRECIATION PROGRAM



The Treynor Optimist Club will have their annual Youth Appreciation Program on Sunday, April 28 beginning at 3:00 p.m. at Zion Congregational Church. A reception will follow in the fellowship hall. Teachers nominate at least two boys and two girls in grades 7-12 to be honored. Other students, such as all state speech, art, etc., will also be recognized. Once a student is honored, he/she is not considered in any future year. Teachers receive a list of past honorees to avoid any duplication. The students introduce their family members and have a brief interview before receiving their certificates. The public is invited. This is the 29th year of the program.



# THOUGHTS FROM THE HIGH SCHOOL PRINCIPAL.....

## MR. McNEAL



The second semester seems to be flying by and we are now entering the last nine weeks of the school year. As the temperatures continue to warm up and we enter the spring seasons, I want to congratulate many students on their accomplishments over the last month.

The following speech students advanced to the State Individual Speech Contest.

<i>Alora Nowlin (Expository &amp; After Dinner)</i>	<i>Molly Griffin (Improv)</i>
<i>Allison Green (Expository)</i>	<i>Isabelle Kudron (Musical Theatre)</i>
<i>Miranda Becker (Storytelling &amp; Prose)</i>	<i>Clarissa Weitzel (Poetry &amp; Improv)</i>
<i>Sophie Showalter (Review &amp; Musical Theatre)</i>	<i>Ty Kline (Literary Program)</i>
<i>Lucy Thiel (Poetry)</i>	<i>Emma Ehmke (Review)</i>
<i>Delaney Waterman (Acting &amp; Storytelling)</i>	<i>Mia Nichols (Acting)</i>

Molly Griffin received the honor of performing at the All State Speech Festival in Cedar Falls on March 25.

The Girls Basketball team finished the season 26—1 and the 2A State Champions.

<i>All-Tournament Team:</i>	<i>Konnor Sudmann (Captain) and Kayla Chapman</i>
<i>IPSWA &amp; IBCA 1st Team All State:</i>	<i>Kayla Chapman and Konnor Sudmann</i>
<i>IBCA Class 2A Player of the Year:</i>	<i>Konnor Sudmann</i>
<i>IBCA Class 2A Region 8 Coach of the Year:</i>	<i>Joe Chapman</i>
<i>WIC All-Conference:</i>	<i>1st Team Kayla Chapman and Konnor Sudmann</i>
	<i>2nd Team Sydney Huisman</i>
	<i>Honorable Mention Mandy Stogdill, Noel James, Sydney Carman, Tori Castle</i>

The Boys Basketball team finished the season with a record 20—4 after a very hard fought loss to Des Moines Christian in the sub-state game.

<i>IBCA Class 2A Sub-State 7 Team:</i>	<i>Jerry Jorgenson, Jon Schwarte, Jack Stogdill</i>
<i>WIC All-Conference:</i>	<i>1st Team Jerry Jorgenson, Jon Schwarte, Jack Stogdill, Jack Tiarks</i>
	<i>Honorable Mention Luke Mieska, Quinn Navara</i>
<i>Academic All-Conference:</i>	<i>Kyle Christensen, Jerry Jorgenson</i>

Alora Nowlin was recently named the Runza Student of the Week. Here is the link to Alora's feature:

<https://www.dropbox.com/s/i93id6gkoepa5ro/RSOTW-60-26-AN.mp4?dl=0>

The National Honor Society Blood Drive will be held on April 16 in the East Gym from 8:00—2:00.

Good luck to the Jazz Band at the Iowa Jazz Championships in Ames on April 2.

We will be taking the replacement for the Iowa Assessments called the Iowa Statewide Assessment of Student Progress, or ISASP, during the week of April 8—12. It is important for our students to be rested in order for them to do their best on the tests. Also, please try not to schedule any appointments during the mornings on those days.

Prom will be held on Saturday, April 13 at the Palace Barn just east of Treynor and catered by Silos. Here is a schedule of events:

3:00—4:00	Check-in/Formal Pictures/Photo Stations
4:00	Gym open to the general public
4:30—5:30	Parade of Stars
5:30—5:45	Class Pictures
5:45—6:00	Travel to Palace Barn for dinner
6:00—10:00	Dinner and Dance
10:00—10:15	Travel to Post Prom activities at school



## SPRING MUSIC CONCERTS



April 11

First Grade Concert @ 7:00

April 25

Fifth & Sixth Grade Band & Sixth Grade Vocal Concert @ 7:00 in the Auditorium

May 2

High School Fine Arts Night @ 7:30 in the Auditorium/MS Commons

May 7

Junior High Concert @ 7:00 in the Auditorium

May 16

Kindergarten Concert @ 7:00

## LUNCH ACCOUNTS & IND. TECH FEES

Just a reminder with the end of the school year approaching—all lunch accounts must have a positive balance on the last day of school. Students who have a negative lunch balance will not be able to sign out for the year.

Fees will also be due for Industrial Tech. classes and projects. Please check the bulletin board in the Middle School Commons. Lists are posted through Hex 2. Also check JMC under Tuition/Fees. Payment can be made in the Middle School or Superintendent's Office.



## LAKIN OUTSTANDING TEACHER AWARDS



Charles Lakin was a well-known area philanthropist who was a native of Emerson, Iowa. He created these awards in 2008 to recognize teachers who “motivate kids to come to school each day, “ and see teaching as a calling, rather than a job. Over the last eleven years, the Lakins have awarded more than \$360,000 to area teachers and their associated school districts.

This is the 12th anniversary of the awards whose purpose is to reward and acknowledge teachers who, “entice students to come to school every day”. This year there will be 4 awards of \$10,000 each—two for elementary school teachers and two for secondary school teachers. In addition, each recipient's school will receive \$2,500.

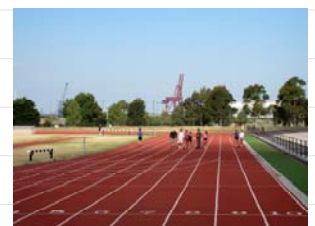
Eligible teachers must be certified full-time teachers or counselors currently employed in accredited Iowa schools with a minimum of three years continuous teaching experience in the same school. Nominations will be accepted through March 31 and can be made online by accessing KMA's website at this address: <http://kmaclosings.connections.net/lakin.php>

## VOLUNTEERS NEEDED FOR TRACK MEETS

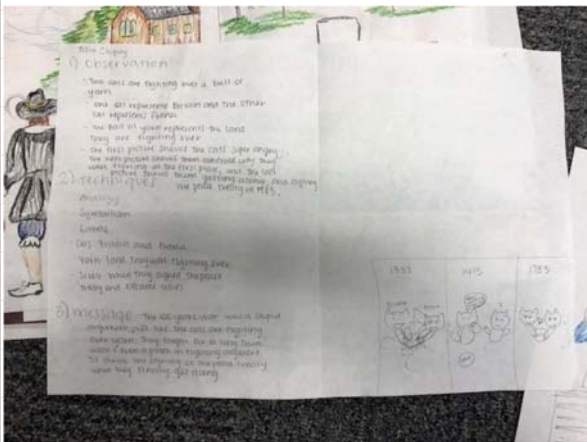
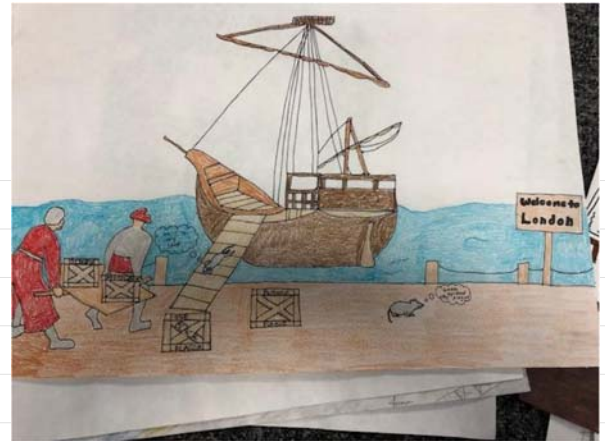
Treynor is hosting three track meets this spring:

April 1	Cardinal Relays @ 4:30
April 8	JH Relays @ 4:00
April 15	Cardette Relays @ 4:30

It takes a lot of volunteers to run a track meet well. If you would like to help at any or all of these meets this spring, contact Danette in the high school office, 712-487-3804 or [dblackledge@treynorcardinals.org](mailto:dblackledge@treynorcardinals.org).



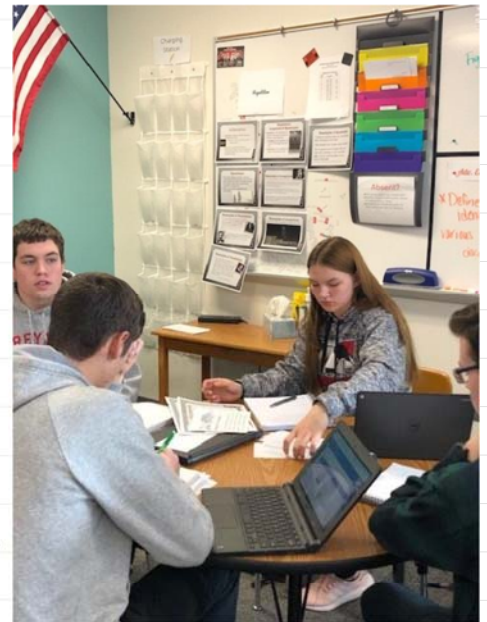
# MIDDLE & HIGH SCHOOL CLASS ACTIVITIES



Middle School students created political cartoons in World History over the 100 Year War and/or Black Death.



Advanced English students using quick writes and stations to review previously taught skills.



## SUN SAFETY



Spring has finally sprung and summer will be here before we know it. Warmer weather allows families to spend more time outside enjoying activities such as barbecues, sporting events, swimming, hiking, biking and numerous other family fun ideas. Participating in these events is healthy both physically and emotionally. While outside enjoying these activities, it is important to consider the harmful effects of the sun when not properly protected.

According to the American Academy of Dermatology Association, anyone that spends any length of time outside should be protected by sunscreen, even in winter months. That's because up to 80 percent of the sun's UV rays are still able to penetrate your skin, even when it's cloudy outside. Activities such as snow skiing and spending time swimming or boating increases the need for sunscreen as the sun's rays are reflected off of water and snow.

Experts recommended a water resistant sunscreen with an SPF of 30 or higher. These same experts state that consistently wearing sunscreen can lessen the chances of developing skin cancer. According to a study conducted in 2007, one in five people will develop skin cancer in their lifetime. That number is five times the amount of people diagnosed with breast or prostate cancer.

So next time you stop at the store, make sure you pick up an extra bottle or two of sunscreen. Alternative options for chemical sunscreens are wearing a zinc based sunscreen or using clothing or sunshades to protect yourself. This will allow you to have fun family activities while protecting you from the sun's harmful rays.

### Chemical and Physical Sunscreens

Chemical sunscreens work like a sponge, absorbing the sun's rays. They contain one or more of the following active ingredients: oxybenzone, avobenzene, octisalate, octocrylene, homosalate and octinoxate. These formulations tend to be easier to rub into the skin without leaving a white residue.

Physical sunscreens work like a shield, sitting on the surface of your skin and deflecting the sun's rays. They contain the active ingredients zinc oxide and/or titanium dioxide. Opt for this sunscreen if you have sensitive skin.

The U.S. Food & Drug Administration has approved the active ingredients in both types of sunscreen as safe and effective.

### What type of sunscreen should I use?

The best type of sunscreen is the one you will use again and again. Just make sure it offers broad-spectrum (UVA and UVB) protection, has an SPF of 30 or higher and is water-resistant.

The kind of sunscreen you use is a matter of personal choice, and may vary depending on the area of the body to be protected. Available sunscreen options include lotions, creams, gels, ointments, wax sticks and sprays.

- Creams are best for dry skin and the face.
- Gels are good for hairy areas, such as the scalp or male chest.
- Sticks are good to use around the eyes.
- Sprays are sometimes preferred by parents since they are easy to apply to children. Make sure to use enough of these products to thoroughly cover all exposed skin. Do not inhale these products or apply near heat, open flame or while smoking.
- Current FDA regulations on testing and standardization do not pertain to spray sunscreens. The agency continues to evaluate these products to ensure safety and effectiveness.
- There also are sunscreens made for specific purposes, such as for sensitive skin and babies.





Some sunscreen products are also available in combination with moisturizers and cosmetics. While these products are convenient, they also need to be reapplied in order to achieve the best sun protection.

Sunscreen also may be sold in combination with an insect repellent. The AAD recommends purchasing and using these products separately — sunscreen needs to be applied generously and often, whereas insect repellent should be used sparingly and much less frequently.

Regardless of which sunscreen you choose, be sure to apply it generously to achieve the UV protection indicated on the product label.

### Is a higher spf work better than a lower?

Dermatologists recommend using a sunscreen with an SPF of at least 30, which blocks 97 percent of the sun's UVB rays. Higher-number SPFs block slightly more of the sun's UVB rays, but no sunscreen can block 100 percent of the sun's UVB rays.

It is also important to remember that high-number SPFs last the same amount of time as low-number SPFs. A high-number SPF does not allow you to spend additional time outdoors without reapplication. Sunscreens should be reapplied approximately every two hours when outdoors, even on cloudy days, and after swimming or sweating, according to the directions on the bottle.

### Does sunscreen expire?

Dermatologists recommend using sunscreen every day when you are outside, not just during the summer. If you are using sunscreen every day and in the correct amount, a bottle should not last long. If you find a bottle of sunscreen that you have not used for some time, here are some guidelines you can follow:

- The FDA requires that all sunscreens retain their original strength for at least three years.
- Some sunscreens include an [expiration date](#). If the expiration date has passed, throw out the sunscreen.
- If you buy a sunscreen that does not have an expiration date, write the date you bought the sunscreen on the bottle. That way, you'll know when to throw it out.
- You also can look for visible signs that the sunscreen may no longer be good. Any obvious changes in the color or consistency of the product mean it's time to purchase a new bottle.

### Are sunscreens safe ?

Using sunscreen, seeking shade and wearing protective clothing are all important behaviors to reduce your risk of skin cancer. Sunscreen products are regulated as over-the-counter drugs by the U.S. Food and Drug Administration.

Scientific evidence supports the benefits of using sunscreen to minimize short-term and long-term damage to the skin from the sun's rays. Claims that sunscreen ingredients are toxic or a hazard to [human health](#) have not been proven.

If you are concerned about certain sunscreen ingredients, you can select a formula that contains different active ingredients. As long as your sunscreen is broad-spectrum, water-resistant and has an SPF 30 or higher, it can effectively protect you from the sun.



Council Bluffs Schools Foundation  
**STARS SCHOLARSHIP**

An Iowa West Foundation Initiative #

You may be eligible for a **\$3,500 scholarship** if you can answer **yes** to the following questions:

- Are you a parent?
- Are you a U.S. citizen?
- Are you a resident of Pottawattamie County?
- Are you at least 20 years old?
- Are you, or will you be, a full time student?
- Are you eligible for a Pell Grant or does your income qualify you for public assistance?
- Is your intended career or major likely to increase your family income?

The STARS Scholarship Program provides scholarships to parents who want to return or have returned to school. The scholarship can be used for books, supplies, equipment, tools, software, uniforms, dues for professional organizations, exam fees, childcare and transportation.

**Interested?**

Download the application at [www.cbsf.org/stars-scholarship](http://www.cbsf.org/stars-scholarship) or pick up an application at the Council Bluffs Schools Foundation office at 300 West Broadway, Suite 212, Council Bluffs, Iowa (Omni Centre).

**Deadline: All applications must be received or postmarked by June 19, 2019.**

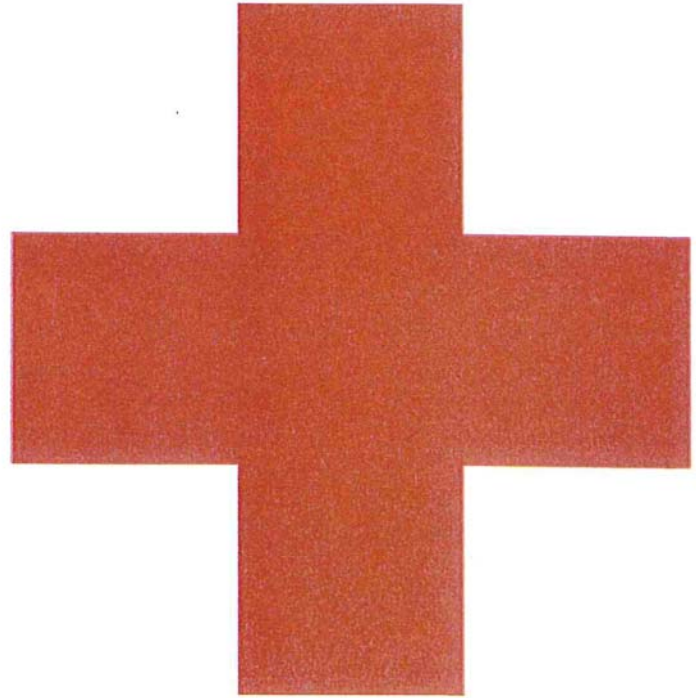
**Questions?**

For more information, contact the STARS Program Director at 322-8800 ext. 5 or email at [stars@cbsf.org](mailto:stars@cbsf.org)

*Give blood.*

Every 2 seconds someone  
in the U.S. needs blood.

**American Red Cross**



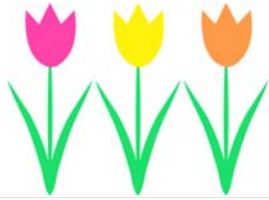
**Blood Drive**  
**Treynor High School**  
East Gymnasium

**Tuesday, April 16, 2019**  
**8:00 AM to 2:00 PM**

Please contact Cory Young at 487-3181 ext 1121 or visit [RedCrossBlood.org](http://RedCrossBlood.org)  
and enter: Cardinals to schedule an appointment.



Your donation helps the school earn a scholarship for one or more graduating seniors.

# April 2019



Happy Easter!  
Happy Spring!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Boys Track Here 4:30	<b>2</b> Iowa Jazz Champ @Ames G/B JH Track @ Underwood 4:00 G Golf @ Glen- wood 4:30; G/B Soccer T-C Here 5/6:30; G Track @ Clarinda 4:30	<b>3</b>	<b>4</b> G Track @ Harlan 4:30 B Track @ Mo Valley 4:30 B JV/V Soccer Conestoga Here 5/7:00	<b>5</b> B Track @ Clarin- da 4:30 G & B Golf Here 4:00 G JV/V Soccer Here Sioux City West 5:30/7:30	<b>6</b> State Solo & Ensemble Con- test Girls Soccer @ Thomas Jefferson 8:30 a.m.
<b>7</b>  Iowa Assessments →	<b>8</b> JH Track Here 4:00 G & B Golf @ Lo-Ma 4:00 B JV/V Soccer @ St. Albert 4/6:30 School Board 6:30	<b>9</b> G Track @ Lewis Central G JV/V Soccer WCV Here 5:00/6:30 JH B Track @ Atlantic 4:00 B Track @ Harlan	<b>10</b> <b>1:00 p.m. Early Dismissal Teacher Inservice</b>	<b>11</b> B Track @ AL G Track @ TC G JH Track @ Atlantic 4:15 G JV/V Soccer A.L. Here 5:00/6:00 1st Grade Concert @ 7:00 Auditorium	<b>12</b> G/B Golf Here Audubon 4:00 B Track @ Un- derwood 4:30 G & B V Soccer Underwood Here 5:00/6:30	<b>13</b> B JV Soccer @ Glenwood 9:00 Prom Meal 6-7:00 Dance 7-10:00
<b>14</b>	<b>15</b> G/B Golf @Underwood 4:00; G Track Here 4:30 G JV/V Soccer @ Atlantic	<b>16</b> B Track @ L C 4:00 Blood Drive in East Gym 8:00—2:00	<b>17</b>	<b>18</b> Kind. Roundup JH Track @ Audu- bon 4:00 B Track @ Waukee 4:30 G Track @ Un- derwood 4:00	<b>19</b> Easter Vacation	<b>20</b>
<b>21</b> Easter 	<b>22</b> Easter Vacation G & B Golf T-C Here 4:00 B Track @ Glen- wood 4:30 JH Track @ Shen 4:00; G & B JV Soccer @ Glenwood	<b>23</b> G & B Track @ Audubon 4:30 ; B JV Soccer Clarin- da Academy Here 5:00	<b>24</b> <b>1:00 p.m. Early Dismissal Teacher Inservice</b> Progress Reports	<b>25</b> Drake Relays G/B Soccer Panora- ma Here 5:00/6:30 JH Track @ Red Oak 4:15; G Track @ Woodbine 5:00 5/6 Band & 6 Vocal Concert 7:00	<b>26</b> Drake Relays G/B Golf M V Here 4:00 G & B Soccer Lo-Ma Here 5:00/6:30	<b>27</b> Drake Relays MS Large Group Band @ Red Oak G Soccer @ Den- ison-Schlesweig Night with Your Knight 7:00
<b>28</b> Optimist Youth Ap- preciation Recognition 3:00 @ Zion Church	<b>29</b> G & B Golf @Riverside 4:00 Baseball Practice Begins	<b>30</b> G/B Track @ Riverside 4:00 B JV/V Soccer @ A.L. 5:30/7:00 G Soccer CBTJ Here 6:00		<b>WIC Art Show @ AHSTW April 25-29</b> 		



# May 2019



*Happy Mother's Day!*  
*Congrats Grads!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> WIC G & B Golf @ Atlantic 9:00 a.m.	<b>2</b> G & B Golf @ Manning <b>4:00</b> JH WIC Track @ T-C 4:00; B JV/V Soccer Glenwood Here 4:30/6:00 Fine Arts Night	<b>3</b> G & B V Soccer @ AHSTW 5:00/6:30	<b>4</b> State Large Group Music Festival
<b>5</b>	<b>6</b> Softball Practice Begins; JH Track @ M.V. 4:00; B JV/V Soccer Atlantic Here 5:00/6:30 G Track @ T-C 4:30	<b>7</b> JH Spring Concert 7:00	<b>8</b> <b>1:00 Early Dismissal Teacher Inservice</b>	<b>9</b> Girls & Boys District Track	<b>10</b> Grades K—3 Field Day B Sect. Golf G & B V Soccer @ Riverside 5:00/6:30	<b>11</b>
<b>12</b> Mothers Day 	<b>13</b> G Regional Golf G & B Soccer @ Underwood 4:30/6:30 School Board Meeting 6:30	<b>14</b> Senior Trip College Planning Night 6:00 in Auditorium Financial Aid Meeting 7:15 in Auditorium	<b>15</b> Senior Awards Night @ 6:00 Baccalaureate @ Zion Congregational Church 8:00	<b>16</b> G & B State Track in Des Moines Kindergarten Program 7:00	<b>17</b> Grades 4—6 Track Meet G/B State Track G & B V Soccer MV Here 5/6:30 B District Golf Seniors Last Day	<b>18</b> G & B Soccer @ T.J. 8:00 a.m. Girls & Boys State Track in Des Moines
<b>19</b> Graduation 2:00 	<b>20</b> G Regional Golf B Substate Soccer JV/V BB @ TJ 5:30/7:30	<b>21</b> JV/V SB & BB Lo-Ma Here 5:30/7:30	<b>22</b> Boys Substate Soccer	<b>23</b> JV/V SB/BB @ Audubon 5:30/7:30	<b>24</b> JV/V SB/BB AHSTW Here 5:30/7:30 Boys State Golf MS Musical 7:30 in Auditorium	<b>25</b> Boys State Golf Boys Substate Soccer Softball @ Red Oak 9:00 a.m. Baseball @ Shenandoah 12:00
<b>26</b>	<b>27</b> Memorial Day 	<b>28</b> Girls State Golf Girls Regional Soccer JV/V BB MVAOCO Here 5:30/7:30	<b>29</b> Girls State Golf JV/V SB & BB @ T-C 5:30/7:30	<b>30</b> Boys State Soccer JV/V SB & BB Riverside Here 5:30/7:30	<b>31</b> Girls Regional Soccer Boys State Soccer JV/V SB & BB @ IKM-M 5:30/7:30	



## TREYNOR COMMUNITY SCHOOL

### April, 2019 Breakfast & Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Fruit or Juice (1/2 c.) WG Cereal Breakfast Bar	<b>2</b> Fruit or Juice French Toast Sticks	<b>3</b> Fruit or Juice WG Cereal K-12 Breakfast Bar K-5 Blueberry Twisted Stick 6-12	<b>4</b> Fruit or Juice Omelet WG Toast	<b>5</b> Fruit or Juice WG Cereal Long John
Stuffed Crust Pizza Corn Garden Salad Pineapple/Oranges  (6-12 Salad Bar)	Fried Chick. Drumsticks Mashed Potatoes/Gravy Peas Peaches WG Bread (4-12 Salad Bar)	Nachos Black Bean Salsa Green Beans Cherry Crisp  (4-12 Salad Bar)	Chicken Sandwich Tater Tots Broccoli Slaw Lettuce, Tomato Fresh Fruit (4-12 Salad Bar)	Mac & Cheese Corn Dog Mixed Vegetables Applesauce  (No Salad Bar)
<b>8</b> Juice or Fruit (1/2 c.) WG Cereal Breakfast Bar or Banana Bar	<b>9</b> Juice or Fruit Mini Cinni Sausage	<b>10</b> Juice or Fruit Biscuits & Gravy	<b>11</b> Juice or Fruit Breakfast Pizza	<b>12</b> Juice or Fruit WG Cereal K-5 Banana Bread K-5 Grab-n-Go 6-12
French Toast Sticks Sausage Yogurt 9-12 Warm Apples  (6-12 Salad Bar)	Sloppy Joe Oven Fries Green Beans Peaches Pudding (4-12 Salad Bar)	Popcorn Chicken Mashed Potatoes/Gravy Corn Pears WG Bread 6-12 (4-12 Salad Bar)	Chicken Wrap Savory Rice Peppers/Onions 9-12 Steamed Carrots Fresh Fruit (4-12 Salad Bar)	Cheese Pizza Seasoned Peas Spinach Salad Pineapple Cookie (No Salad Bar)
<b>15</b> Juice or Fruit WG Cereal Breakfast Bar	<b>16</b> Fruit or Juice WG Pancakes Sausage	<b>17</b> Fruit or Juice WG Cereal K-5 WG Breakfast Bar K-5 Grab-n-Go 6-12	<b>18</b> Fruit or Juice Eggs, Sausage WG Toast	<b>19</b>  <b>NO SCHOOL</b>
Chicken Nuggets Sweet Potato Fries Green Beans WG Bread 9-12 Pears (6-12 Salad Bar)	Walking Taco Black Bean Salsa Lettuce, Tomato, Cheese Peas Applesauce (4-12 Salad Bar)	Chicken Fried Steak Mashed Potatoes California Blend Vegetables Peaches (4-12 Salad Bar)	Mr. Ribb Roasted Broccoli Triangle Potatoes Pineapple/Oranges Cake (4-12 Salad Bar)	<b>NO SCHOOL</b>
<b>22</b>  <b>NO SCHOOL</b>	<b>23</b> Fruit or Juice Pancake Stick	<b>24</b> Fruit or Juice WG Cereal K-5 Breakfast Bar K-5 Biscuits & Gravy 6-12	<b>25</b> Fruit or Juice Egg, Sausage & Cheese Biscuit	<b>26</b> Fruit or Juice WG Cereal Mini Bagel
<b>NO SCHOOL</b>	Breakfast Pizza Triangle Potatoes Veggies & Hummus Fresh Fruit String Cheese 9-12  (4-12 Salad Bar)	Hamburger on Bun Oven Fries Broccoli & Cheese Lettuce/Tomato/Onion Pears  (4-12 Salad Bar)	Chick. Noodle Soup K-5 Chili 6-12 Crackers Celery & Carrots Applesauce Cinnamon Roll (4-12 Salad Bar)	Stir Fry Seasoned Rice Vegetables Pineapple/Oranges  (No Salad Bar)
<b>29</b> Fruit or Juice WG Cereal Breakfast Bar	<b>30</b> Fruit or Juice- French Toast Sticks K-5 Grab-n-Go 6-12			(We reserve the right to make changes or substitu- tions as necessary.)
Pizza Crunchers K-5 Fiestada 6-12 Mixed Vegetables Garden Spinach Salad Pineapple/Oranges (6-12 Salad Bar)	Pasta & Meatballs Green Beans Garlic Bread Pears (4-12 Salad Bar)			Fresh Vegetable Bar Monday—Friday

Elementary: \$1.35 Breakfast—\$2.35 Lunch; Extra Milk \$0.50

MS-HS: \$1.35 Breakfast—\$2.50 Lunch; Extra Milk \$0.50

Breakfast includes 100% juice or fruit (1/2 cup required) and a milk choice. All lunches include a fruit choice available each day, whole grain bread and buns are served along with a daily milk choice. Treynor Community School is an equal opportunity provider.



## **Trey nor Community School**

PO Box 369  
Trey nor, IA 51575  
Phone: 712-487-3414  
Fax: 712-487-3332



## **POSTAL CUSTOMER**

### **ADDRESS SERVICE REQUESTED**

It is the policy of the Trey nor 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 the principals, who serve as the equity coordinators:

Jill Kay, Elementary Principal, #2 Elementary Drive, 712-487-3422, [jkay@treynorcardinals.org](mailto:jkay@treynorcardinals.org)  
Jenny Berens, MS Principal, 102 E. Main St., 712-487-3181, [jberens@treynorcardinals.org](mailto:jberens@treynorcardinals.org)  
Gary McNeal, HS Principal, 102 E. Main St., 712-487-3804, [gmcneal@treynorcardinals.org](mailto:gmcneal@treynorcardinals.org)

## **CHECK OUR WEBSITE DAILY**

So many articles of information regarding upcoming and past events are posted to the school website that we'd like to encourage you to make [www.treynorschools.org](http://www.treynorschools.org) a daily stop during your web browsing. We try to reserve email notices to items that are important or that have deadlines, so we ask that you visit the website regularly to stay up to date on the happenings at Trey nor CSD. If you have Facebook or Twitter, you can also visit the District/Social Media page to follow Trey nor CSD.

