

Treynor Community School

"COMMITTED TO EXCELLENCE"

NEWSLETTER



December, 2017

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

Happy holidays to all of you from me – and the entire staff of the Treynor Community School District! This is the greatest school in which to work and learn - all because of you, our parents and community members, and our students. We love serving in this great school.



The holidays are happy, fun and exciting for all of us. Our kids love the break from school and a chance to see friends and relatives. There are always special foods, music and family traditions. With all the festivities during this busy holiday season, stress can become a factor, even for our kids. Here are a few tips appropriate for all of us to help them manage their stress.

- Discuss holiday plans in advance, and let kids participate in decisions. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last-minute decisions can all increase stress for our kids.
- If you're traveling, leave plenty of extra time and bring snacks, books, games and/or music. It's amazing how travel increases stress level of many kids, but with a little planning that time can actually be a de-stressor.
- Don't over schedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
- Give kids some "down time." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, taking a walk or reading a book – even their favorite video game.
- Make sure kids get plenty of sleep. While it may be exciting to stay up late, lack of sleep often leads to increased irritability. Yes, it's those two words – structure and predictability. We as adults need it (and love it) and so do our kids. (They don't usually admit it! Ha!)
- Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
- Don't promise things you can't produce. For example, don't promise a parent/grandparent/favorite aunt will be home in time for the holidays if the decision is really out of your control. Surprises when they do arrive are so much more fun than disappointments when the "favorites" aren't able to join the festivities.
- Uphold and maintain family traditions. Kids count on certain traditions. They can have an important grounding effect by letting kids know that even though some things have changed, other things have remained the same. Watch that funny Christmas movie you have all seen "a million times," do the traditional toboggan run, or cozy up by the fire with the hot chocolate (and extra marshmallows).
- What most kids really want is your time, attention and reassurance. We are often surprised just how much our kids really want us, even more than all the toys and gifts. Sitting down with them to play that favorite board game, re-reading for the thousandth time that Christmas story, talking about their favorite music - those are the things that will be what they remember in years to come.

Special points of interest:

- ✓ JOI is sponsoring a winter clothing drive and "Souper Bowl" for the local food bank.
- ✓ Have a plan in place in the event of an early dismissal or no school.
- ✓ Plan to attend one of the many concerts coming up in December.
- ✓ Check out all the "happenings" at the elementary and high school..
- ✓ Happy Holidays!.

Inside this issue:

| | |
|------------------|-----|
| School Breakfast | 2 |
| JOI Club | 2 |
| Holiday Concerts | 3 |
| Commit to be Fit | 3 |
| School Closings | 3 |
| Elementary | 4 |
| High School. | 5 |
| Calendars | 6-7 |
| Menus | 8 |

DISTRICT DETAILS CONTINUED

- Take care of you! When you feel stressed, it increases the pressure and tension on our children. Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family.

No one knows your kids better than you! Capitalize on their personalities and their interests to assure you all have the best holiday ever!

Have the Merriest Christmas and the Happiest New Year!

Lou Howell
Interim Superintendent

SCHOOL BREAKFAST FACTS

A great breakfast program is offered at school every day!

Here are some fun facts about school breakfast:

- ◆ *It's easy!* Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash!
- ◆ *It's affordable!* If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.
- ◆ *It's tasty!* Schools now have more variety to choose from when deciding what to offer your children for breakfast.
- ◆ *It's good for the brain!* Research suggests that not having breakfast can affect children's intellectual performance (CDC).



JOI "SOUPER BOWL"/WINTER CLOTHING DRIVE



The Junior Optimist high school service club will again sponsor a "Souper Bowl" food pantry drive on Sunday, January 28, one week before the Super Bowl football game. Various food and paper products which can be distributed by the local food bank are to be left on the front entrance of homes on that date. More information will be available at a later date.

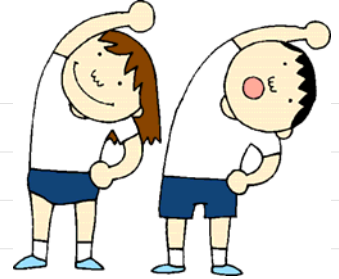
The JOI Club is sponsoring a winter clothing drive during December. Items may be left in boxes in the commons areas at the middle and high school. Coats, caps and gloves are especially needed.



COMMIT TO BE FIT!

Here are a few ideas to help you get moving:

- ⇒ Park farther away when you go shopping.
- ⇒ Take the stairs instead of the elevator.
- ⇒ Do knee bends while you brush your teeth.
- ⇒ Dance to the music.
- ⇒ Walk around while you are on the phone.
- ⇒ March in place during commercials on TV.



People who are active typically feel better, accomplish more and live longer.

CAUTION: Changes in weather arriving soon...

As the weather begins to change, school cancellations and early dismissals can occur at anytime. If severe weather causes school to be cancelled prior to the start of the day, we will try to have information to the media by 6:30 a.m. In addition to our school website, the media outlets that will carry our announcements this year are: **KMA, WOWT, KMTV and KETV.**



If weather or unforeseen circumstances (loss of power or water) should occur during the day and school is dismissed early, **PLEASE HAVE A PLAN IN PLACE WITH YOUR CHILD.** When early dismissals occur during the day, we usually have limited time to get information out and many parents aren't aware that an early out has taken place. Also, we have over 800 students in the district and only a couple of phone lines in each building. Don't assume that your child will be able to call you if a decision is made to dismiss school during the regular day. Have a plan in place! The elementary has forms for each parent to keep updated outlining your family's specific plan to deal with this type of situation. Parents of middle school and high school students need to discuss with their child what plan of action they will take in the event of an early dismissal during the school day. Proper planning now will provide assurance to you and your child that all will be okay should we ever have an unforeseen early dismissal.

Our student information database, JMC, will be used for all school notifications (voice, email, text). Please check your contact information to ensure it is up-to-date so you will receive these messages for school closings, late starts or early dismissals. Use the JMC Parent Access portal to check your contact information and make any additions or corrections as needed and to indicate how you want to receive notifications.

HOLIDAY MUSIC CONCERTS



Fifth and sixth grade band students will be in concert on Monday, December 11th at 7:00 p.m. in the high school auditorium. Following their concert, sixth grade students will entertain parents, family and friends, also in the high school auditorium.

The 4th grade vocal concert will be held on Thursday, December 7th at 7:00 in the high school auditorium. Third grade will present a concert on Thursday, Dec. 14th in the auditorium at 7:00.

On Monday, December 18th, the junior high choir and concert band will have their concert at 6:30 p.m. in the high school auditorium. There will be a short break and the high school will present their concert at 8:00 p.m.

FROM THE ELEMENTARY PRINCIPAL'S DESK



As the days have turned cold and continue to fly by, our students continue to perform well both in and outside the classroom. I am constantly amazed by the level of respect students show to each other and to adults in the building. It is truly heartwarming and I feel blessed to be part of a school community with such great families.

Our students had a great month and were able to be involved in lots of activities. These include student deposits in Cardinal Branch Bank, 5th Grade Veteran's Day Music Program, Cards for Success drawings and Mrs. Pearce's Class of the Month popcorn party. December activities include more of the same, plus 5th Grade Band Concert, 3rd and 4th Grade Music Concert and classroom parties.

December also ushers in the arrival of winter and the change in seasons so many of us dread. Please remind your children to dress warmly and make sure they are equipped with mittens, stocking caps, and boots on those treacherous days. Also, students are not allowed in the building until after 8:05 a.m., so please make an effort to see they are not here too early. FYI...our rule for indoor recess is 19 degrees or below when you factor in the wind chill.

Finally, a healthy school-community partnership is a common aspect of many successful schools. This past month we have enjoyed tremendous support from our families and community. Parent-Teacher conferences, field trips, classroom celebrations—the level of involvement has been inspiring. Thank you!

As always, please contact me if you have any questions, comments or concerns on happenings here at the elementary school!

Jillian Kay
Principal
Treyner Elementary

UPCOMING ELEMENTARY EVENTS

- December 7 4th Grade Music Program @ 7:00 p.m., HS Auditorium
- December 11 5th Grade Band Concert @ 7:00 p.m., HS Auditorium
- School Board Meeting @ 6:30 p.m.
- December 13 1:00 p.m. Early Dismissal—Teacher Inservice
- December 14 3rd Grade Music Program @ 7:00 p.m., HS Auditorium
- December 21 Classroom Holiday Parties @ 9:45 a.m.
- December 21 1:00 p.m. Early Dismissal
- December 22—Jan. 3 No School—Christmas Vacation



THOUGHTS FROM THE HIGH SCHOOL PRINCIPAL.....

MR. McNEAL

As we transition from fall to winter, our students continue to do great things. The musical, "The Wizard of Oz", was very well done and I congratulate everyone who was part of the performances on and off stage.



The Veteran's Day program was well attended. Thanks to the veterans, high school choir and to Payton Livengood, Gabe Carolus, Mitchell Griffin, Sienna Black, Seth Young, Allison Green and Kyle Christensen for their parts in a successful tribute to all veterans.

Congratulations to Jerry Jorgenson for being named to the Des Moines Register 1st Team 1A Cross Country All-State Team for the second year in a row.

Congratulations to the following volleyball players for receiving post-season honors: Sienna Black and Kayla Chapman were named 1st Team All-Conference, Konnor Sudmann and Sydni Huisman were named 2nd Team All-Conference and Jessica Vohs was named Honorable Mention. Sienna Black was also named to the WIC All-Academic team.

Congratulations to the following football players for receiving post-season honors: Seth Young, Luke Clausen and Kyle Christensen were named 1st Team All-District, Jack Tiarks and Austin Kulesa were named 2nd Team All-District and Jayedon Thiel, Luke Mieska, Ryan Danker and Jack Stogdill were named Honorable Mention. Seth Young, Luke Clausen, Sam Kaeding, Broc Livengood and Kyle Christensen were named to the District All-Academic team.

Mr. Koenck's Modern Issues classes participated in a community service project as part of the Iowa Pride Challenge. Their project raised over \$10,000 for the Junior Diabetes Research Foundation as well as a local family with two young children who have been diagnosed with Type 1 diabetes.

They hosted a girls' basketball game with Glenwood on November 17 where admission was charged and donations accepted. They also sold t-shirts and bracelets, hosted a K-12 Penny War competition and spaghetti dinner before the basketball game.

Many high school students have volunteered for several activities over the past month.

- Almost 200 Special Olympic athletes and coaches from southwest Iowa, approximately 40 Treynor High School boys and girls basketball players, and about 20 cheerleaders joined forces for a unified Special Olympics event hosted by Treynor High School. This is the fourth year Treynor has hosted this event and participation continues to increase.
- The Wrestling Cheerleaders are hosting "Pump Up the Pantry" to help the local food pantry.
- The National Honor Society is collecting supplies for the Catholic Charities Domestic Violence Shelter in Council Bluffs from November 27—December 1. Supplies with the highest need are toilet paper, Clorox wipes, laundry detergent, shampoo, conditioner, plastic bags and paper towels. Other needs include diapers, baby wipes and facial tissues. Donations can be brought to the high school office.

The first semester tests will be held on Wednesday—December 20 and Thursday—December 21. We will run a bell schedule where classes meet for a longer class period. Class periods 1st through 5th will test on Wednesday—December 20 and 6th through 8th will test on Thursday—December 21.

When we return to school on Thursday, January 4th, we will be back to regular classes and all grades will still be part of the second 9 weeks (1st semester) until that grading period ends on Friday, January 12th.

We wish you a very joyous holiday season and encourage you to attend the high school Winter Concert and winter sports events as they begin their seasons.

Gary McNeal, High School Principal

December 2017



Merry Christmas!



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|---|---|--|---|---|
| | | | | | 1 BB @ T-C 4:30 9th Boys 6:00 G Var 6:00 B JV 7:30 B Var 7:30 G JV | 2 Treynor Wrestling Tourney 10:00 |
| 3 | 4 JH B BB Audubon Here 4:15 | 5 JH B BB Shen 7th Here 4:15 & 8th There 4:15; BB Under. Here 4:30 9th Boys 6:00 GV/BJV 7:30 BV/GJV | 6 Wrestling @ Kuemper Catho- lic 5:30 | 7 JH B BB @ Mo Valley 4:15 4th Grade Vo- cal Concert 7:00 in Aud. | 8 BB @ Griswold 6:00 GV/BJV 7:30 BV/G JV | 9 SWI HS Honor Band @ Atlantic Wrestling @ Lenox 10:00 |
| 10 | 11 JH B BB Lo-Ma Here 4:15 5/6 Band & 6th Grade Vocal Concert 7:00 in Auditorium School Bd Mtg | 12 G & B V/JV BB Audubon Here 6:00/7:30 | 13 1:00 p.m. EARLY DISMISSAL TEACHER INSERVICE | 14 3rd Grade Vo- cal Concert 7:00 in Auditorium | 15 WIC Wrestling @ Tri-Center 5:00 BB @ IKM-M 9th Boys 4:30 V Girls 6:00 V Boys 7:30 | 16 WIC Wrestling @ Tri-Center 9:00 |
| 17 | 18 JV Wrestling @ Shen 5:00 JH Concert @ 6:30 HS Concert @ 8:00 in Aud. | 19 G & B JV/Var BB Lo-Ma Here 6:00/7:30 | 20 | 21 1:00 p.m. EARLY DISMISSAL BB @ Mo Valley 9th Boys 4:30 VG/JVB 6:00 VB/JVG 7:30 | 22 Christmas Vacation | 23 |
| 24 | 25  | 26 Christmas Vacation | 27 Christmas Vacation | 28 Christmas Vacation | 29 Christmas Vacation | 30 |

January 2018



Happy New Year!



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|---|--|--|
| | <p>1</p>  | 2 | 3 | <p>4</p> <p>Wrestling Here 6:00</p> | <p>5</p> <p>BB @ Riverside G V /B JV 6:00 B V/G JV 7:30</p> | <p>6</p> <p>JV Wrestling @ Lo-Ma 9:30 V Wrestling @ Tri-Center 10:00</p> |
| 7 | <p>8</p> <p>Wrestling @ Mo Valley 5:30</p> <p>School Board Meeting 6:30</p> | <p>9</p> <p>9th B BB @ AHSTW 4:30 G & B JV/V BB @ AHSTW 6:00/7:30</p> | 10 | <p>11</p> <p>9th B BB Shen Here 4:30 JV/V B BB Shenandoah Here 6:00/7:30</p> | <p>12</p> <p>1:00 DISMISSAL End of 2nd Quart. 9th B BB TC Here 4:30 G & B JV/Var BB TC Here 6:00/7:30 Wrestling @ T.J. 5:00</p> | <p>13</p> <p>JV Wrestling @ Thomas Jefferson 9:15</p> |
| 14 | <p>15</p> <p>NO SCHOOL INSERVICE SWIBA HS Honor Band @ Atlantic 9th B BB T.J. Here 4:00</p> | <p>16</p> <p>JH G BB @ F-M 4:15 9th B BB @ Underwood 4:30; G/B JV/V BB @ Underwood 6:00/7:30</p> | <p>17</p> <p>WIC Jazz Band/Jazz Choir Contest @ Riverside 9:00</p> | <p>18</p> <p>SWICDA Honor Choir @ IWCC JH G BB Riverside Here 4:15; Wrestling @ Under. 5:30</p> | <p>19</p> <p>G & B JV/V BB Griswold Here 9th Boys 4:30 G V/B JV 6:00 B V/G JV 7:30</p> | <p>20</p> <p>District Large Group Speech Here 8:00 Wrestling @ Colfax/Mingo G & B V BB @ Bishop Heelan 2:30/4:00</p> |
| 21 | <p>22</p> <p>JH G BB IKM-M Here 4:15 Girls JV/V BB Atlantic Here 6:00/7:30</p> | <p>23</p> <p>G & B V/JV BB @ Audubon 6:00/7:30</p> | 24 | <p>25</p> <p>JH Wrestling Here 4:15 JH G BB @ Griswold 4:15 Wrestling @ Griswold 6:00 9th B BB Harlan Here 6:00</p> | <p>26</p> <p>BB @ IKM-M 9th B 4:30 G V/B JV 6:00 B V/G JV 7:30</p> | <p>27</p> <p>State Jazz Band Festival Wrestling @ East Mills 10:00</p> |
| 28 | <p>29</p> <p>JH G BB T-C Here 4:15 JH Wrestling @ AHSTW 4:15</p> | <p>30</p> <p>Wrestling @ Denison 5:30 G & B V/JV BB @ Lo-Ma 6:00/7:30</p> | <p>31</p> <p>1:00 Dismissal— Teacher Inservice</p> | | | |



TREYNOR COMMUNITY SCHOOL

December, 2017 Breakfast & Lunch Menus



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| | | | | 1 Juice or Fruit WG Cereal Long John |
| | | | | Chicken Parmesan Marinara Sauce Green Beans Garlic Bread Green Peppers Pears (No Salad Bar) |
| 4 Juice or Fruit (1/2 c.) WG Cereal WG Breakfast Bar | 5 Juice or Fruit WG Pancakes Sausage | 6 Juice or Fruit WG Cereal Breakfast Bar K-5 Biscuits & Gravy 6-12 | 7 Juice or Fruit Breakfast Pizza | 8 Juice or Fruit WG Cereal Toast |
| French Toast Sticks Sausage Links Fresh Veggies Apples (6-12 Salad Bar) | Meatball Sub Steamed Carrots Mozzarella Sticks 9-12 Pears Brownie (4-12 Salad Bar) | Chicken Shapes Roasted Broccoli Triangle Potatoes Veggies & Hummus Pineapple (4-12 Salad Bar) | Chicken Fried Steak Mashed Potatoes/Gravy Corn WG Bread Peaches (4-12 Salad Bar) | Pizza Seasoned Peas Spinach Salad Applesauce Cookie (No Salad Bar) |
| 11 Juice or Fruit WG Cereal Breakfast Bar | 12 Fruit or Juice WG French Toast | 13 Fruit or Juice WG Cereal Breakfast Bar | 14 Fruit or Juice Egg, Sausage Cheese Biscuit | 15 Fruit or Juice WG Cereal Breakfast Bar K-5 WG Toast 6-12 |
| Hamburger Oven French Fries Lettuce, Tomato, Onion 6-12 Fresh Carrots Peaches (6-12 Salad Bar) | Beef Taco Bean Salsa 6-12 Potato Coins Peas Pineapple/Oranges (4-12 Salad Bar) | Grilled Chicken Sand. Mixed Vegetables Onion Rings 9-12 Relish Tray w/Dip Fruit Cake (4-12 Salad Bar) | Italian Pasta Bake Green Beans Spinach Salad Garlic Bread Pears (4-12 Salad Bar) | Popcorn Chicken Mashed Potatoes Gravy Corn Applesauce (No Salad Bar) |
| 18 Fruit or Juice WG Cereal Breakfast Bar | 19 Fruit or Juice WG Pancake Stick | 20 Fruit or Juice Biscuits & Gravy | 21 Fruit or Juice Egg WG Toast | 22 NO SCHOOL |
| Breakfast Pizza Potato Puffs Broccoli & Dip Orange Smiles (6-12 Salad Bar) | Chicken Noodle K-5 Chili 6-12 Crackers Celery/Carrots Cinnamon Roll Applesauce (4-12 Salad Bar) | Super Nachos Fiesta Beans Corn Pears (4-12 Salad Bar) | Christmas Nuggets Triangle Potatoes Garden Salad Fruit Ice Cream (4-12 Salad Bar) | NO SCHOOL |
| 25 MERRY CHRISTMAS | 26 | 27 | 28 | 29 |
|  | | | | (We reserve the right to make changes or substitutions as necessary.) |



**Treynor Community
School**

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POSTAL CUSTOMER

ADDRESS SERVICE REQUESTED

Treynor Community School does not discriminate in its' policies or programs 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). Treynor Schools supports Affirmative Action and Equal Opportunity

CHRISTMAS VACATION



School will be dismissed on Thursday, December 21st at 1:00 p.m. School will resume on Thursday, January 4, 2018.

From the administrators, teachers and staff, a very Merry Christmas and a Happy New Year to you and yours!

**Merry
Christmas**