

## Secondary News



**News from Mrs. Anderson**

**7th-12th special education**

**The Importance of Schedules and Routines**

Just like adults, students feel more confident and secure when their daily activities are predictable and familiar. Step-by-step routines and a consistent daily schedule give students a predictable day. Such schedules and routines help children to feel in control of their environment, to feel safe, to know what is happening now and what comes next. By following routines our learners know how to do an activity or task and ultimately be engaged in learning.

The middle school students in my special education classroom demonstrate emerging independence and can adjust to change more easily when they know they are in a predictable environment. Part of our school routine includes practicing emergency procedures such as fire drills, tornado drills and lockdown/intruder drills. After doing these drills my special ed students always comment on how the drill went, how they remained calm, and problem solved scenarios such as being in the restroom when a drill is announced. All of these practices help to build their self confidence and preparedness for an actual event.

At home parents can help their child feel secure by reviewing the schedule every morning as this helps them know what is going to happen next. Families should try to keep the schedule and routine as similar as possible each day while also knowing flexibility is part of life. For coaches the implications are to have a predictable routine for practices and talking through your expectations for competitions.

What is the difference between a schedule and a routine? A schedule includes main activities that will happen across the day. At school, this means period 1 may be math, period 2, science, etc. Whereas routines are the steps needed to complete each part of the schedule. The routines change just as each subject changes. The math class may always start with students completing a few review problems while science class may begin with a weather question.

Source: <https://eclkc.ohs.acf.hhs.gov/about-us/article/importance-schedules-routines>



## **Congratulations**

Audrie Helmichs scored her 1000<sup>th</sup> point in the Varsity basketball game, Tuesday, Dec 19, 2023 vs. Starmont

## **Student of the Week**



**Allyson White- December 2-9**

Mr. Woods, Mr. Hanna's student teacher, chose freshman Ally White for Student of the Week. Mr. Woods notes, "One reason why she deserves this week's honor is how she always has a great attitude about what we do in class and how she will always provide the answers down to the smallest and most specific detail. Besides having a great attitude, Ally also distinguishes herself from her peers by the effort that she gives in class as well. I'm always left impressed by how Ally gives her best effort with everything she does in class." Congratulations, Ally!



**Joseph Eglsteder- December 10-16**

*Maya Keck, Ed-Co Echoes*

The Student of the Week is Joseph Eglsteder chosen by Miss LeGrand. As Miss LeGrand would say, "Joseph is a great role model for all of his peers during class. I think he deserves some recognition for his great attitude while at school. He does a great job staying on task, following classroom rules, and participating in activities. Also, Joseph does a great job raising his hand and asking clarifying questions; he is a good advocate for himself and his peers. Another thing about Joseph that is appreciated is that he always has a positive attitude. No matter what, he comes ready to learn." Congratulations, Joseph!



**Cael Helmrichs- December 24-30**

Mrs. Pierschbacher selected Cael Helmrichs, a sophomore, as Student of the Week. He plays percussion in the band. According to Mrs. Pierschbacher, "I chose Cael because he went above and beyond to learn his part for the concert. He was playing a percussion instrument that is new to him, and he worked really hard to make sure he had his part down." Congratulations, Cael!

## Elementary News



### News from Mrs. McCool

Now that 2023 has ended, 2024 offers a wealth of opportunities for setting new goals, habits, and traditions. Perhaps as a family you have already discussed what you hope to accomplish in the new year. Or you have a growth mindset and are willing to try new things this year. Here are some suggestions!

With the 7 Habits, students are learning how to be good leaders by being proactive, beginning with the end in mind, putting first things first, thinking win-win, seeking first to understand and then be understood, synergizing, and sharpening the saw. Being proactive involves taking initiative, being responsible, not blaming others, and choosing one's own attitude. Beginning with the end in mind means having a plan to set goals and be a good citizen. Putting first things first is work, then play, to show discipline and organization through priorities. Think win-win balances what one wants with consideration of others to seek alternatives during conflict and make deposits into others Emotional Bank Accounts. Seeking first to understand then be understood listens to others without interrupting to gain their viewpoints before voicing one's own opinions. Synergizing acknowledges together is better, getting along to work well with others' strengths and create even better solutions. Sharpening the saw encourages personal care, spending quality time with others, and learning more about oneself through service to others.

One ideal way to exhibit these 7 Habits is through daily routines and expectations. Daily homework completion is one of the best ways to support your child in further developing these habits. Some students may need some time to decompress, leaving school to have a snack and talk about his/her day before delving back into studies. Other students may need to get the homework out of the way while still

in the mindset of school. Similarly, if your child has input on a study area, materials, lighting, noise, etc., it will improve his/her buy-in and subsequent outcomes. If possible, engage your child in reading to a younger sibling, asking questions as your child reads aloud, or by setting an example, sitting down yourself to read the mail, a magazine, or materials for work or pleasure. Knowing the daily homework expectations and assisting your child in completing that goal increases your child's confidence and belief in him/herself as a learner. Going above and beyond that basic minimum helps to lessen any gap and creates an ethic of hard work.

Research suggests it takes 18-21 days for a routine to become a habit. Such a commitment shows the value of a routine becoming a habit and a habit becoming a daily part of life. You are your child's first teacher, and he/she looks up to you. The choices you make and the examples you set are the behaviors your child will repeat. You are also your child's first leader. Please ask your child which of the 7 Habits were used at school, at home, and in the community. Please point out when you are using the 7 Habits. Please use the language of the 7 Habits at home in everyday conversation. Hopefully these leadership habits will become familial traditions, regardless of the year, to further strengthen the Edgewood-Colesburg community.



### News from Mrs. Lawrence

Happy 2024! I hope everyone had a warm and safe winter break. I can't believe the 2<sup>nd</sup> quarter is already over. Keep a lookout for report cards coming your way!

In 5<sup>th</sup> grade math, students have totally rocked adding and subtracting numbers using decimal place value. During the end of December, they have started learning about multiplying and dividing decimals. You can help your student succeed this month by practicing multiplying in the real world with prices in weekly ads or at stores. Ask them things like "How much would I cost if I bought 3 of this item?" Continue reviewing their learning by asking follow up questions "What would I end up paying if I used a coupon for \$1.50 off?" "What change should I expect back with a \$20 bill?"

In 6<sup>th</sup> grade math, students have really done a great job with learning about ratios. Students will continue this semester working on using equivalent fractions/ratios to find percentages and working on

unit conversions. You can help your student succeed this month by asking them questions about conversions or percentages. "My birthday is in 8 weeks, how many days are equivalent to 8 weeks?" "This item says it is 1.75 feet long, how many inches would that be?" "It has snowed 3 out of the last 5 days, what percentage of days has it snowed? What percentage of days has it not snowed?"



### **News from Mrs. Allen**

Happy Holidays from First Grade!

Our firsties are becoming really great readers and mathematicians. In literacy, we've continued to practice reading fluently, sight words, sequencing of a story, and how to identify the elements of a story. We're getting really good at phonics and writing multiple sentences at a time!

In math, we are still practicing our addition and subtraction strategies. Keep up the fact practice at home to continue their fact fluency!

In science, we recently did an experiment on why we shouldn't eat snow! Ask your child if they would eat white snow.. hopefully the answer is no! The next thing we will be talking about is hibernation, perfect for the winter months.

Lastly, in social studies we just finished up a unit about families and traditions. It was a great tie-in to the holiday season!

Please continue to bring appropriate winter gear to school as the weather gets colder!



### **News from Ms. Flint**

Greetings!

I hope you all have had a wonderful holiday season and are looking forward to the New Year! In December the elementary students had their winter concerts on December 4th and December 18th. The students did a wonderful job singing and performing! Our Orff groups were given the opportunity to perform for the first time as an ensemble as well. This is the first time in a few years we have had an Orff group (made up of xylophones, metallophones, and glockenspiels), and the first time many of these students have performed in an ensemble. They did a wonderful job!

As we look forward to the new year, we have lots on the horizon for music! In January, we will spend a couple of weeks focusing on keyboarding skills and piano. This is a really fun unit and a great

opportunity for students to practice a new instrument!

Soon, we will begin to prepare for our Spring Concerts. These concerts will be on March 26<sup>th</sup> (JK-2<sup>nd</sup>), and April 9<sup>th</sup> (3<sup>rd</sup>-6<sup>th</sup>). We look forward to seeing you all there and celebrating the hard work of our students.



### **News from Mrs. George**

With the arrival of January, it's fun to look back and see all of the December creativity. Our elementary students created winter crafts to give as gifts this past holiday. Each ornament was tied to a story and one of our Elementary Art Standards.



Our kindergarten and Junior kindergarten students created miniature Rudolph ornaments from recycled products inspired by the story, *The Night Before Christmas*.

Our first grade and second grade students created gingerbread guys, gals, and miniature houses inspired by the story: *The Gingerbread Man*.



Third grade students made mitten collage ornaments inspired by the story: *The Mitten* by Jan Brett.

Our fourth-grade students created designer hat ornaments from popcorn bags.



The fifth-grade class used blue jean pockets to make soft sculpture angel ornaments.

The sixth-grade class created self-portrait ornaments from cardboard tubes, felt, and a lot of imagination.

All of the elementary holiday projects were on display in our school atrium during December and helped to decorate the gym and stage area for our elementary Holiday programs.







### **Viking of the Week**

#### **Harper Ellis- December 2-9**

By Kaydence Uhlenkamp, *Ed-Co Echoes*

For this last snowy week of November, second grader Harper Ellis was chosen by Miss Huber.

Harper's family includes her mom, Paige; her dad, Austin; her 3 sisters Hadley, Havana, and Paisley; and her brother Hudson. Their family owns some cats. When Harper has free time, she enjoys painting her nails, playing softball and volleyball, and shopping. In school, she enjoys recess, math, and reading because she thinks that they are fun. After Harper was told that she was chosen for Viking of the Week, she was happy and excited! Congratulations, Harper!

#### **Tycen Spilman- December 10-16**

Kaydence Uhlenkamp, *Ed-Co Echoes*

Fourth Grader, Tycen Spilman, was chosen for the Viking of the Week by his teacher, Mrs. Kruse. Tycen's family includes his

mom, his dad, and his 3 siblings, Olivia, Griffin, and Bexleigh. Their family owns 5 dogs, 2 ferrets, and some fish. When Tycen has free time, he enjoys fishing, playing video games, and watching TV. He would like to try hunting too. In school, he enjoys math rotations because there are a lot of things to do. After Tycen was told that he was chosen for Viking of the Week, he was happy and said "Oh! I am?!" Nice job, Tycen!



#### **Eden Wulfekuhle - December 24-30**

Kaydence Uhlenkamp, *Ed-Co Echoes*

This week, the second Viking of the Week is also a 3<sup>rd</sup> grader. Eden Wulfekuhle was nominated by teacher Miss Johnson.

Eden's family includes her mom, her dad, and her three siblings, Kian, Kroy, and Mila. When Eden has free time, she enjoys practicing dance, reading, and coloring. In school, Eden likes learning about other countries, and how they celebrate holidays, because she likes learning about other countries. She makes a good impact in school and in her classroom by helping her friends and classmates when they get stuck on a problem. She tries to help by explaining the problem and helping them through it.

After Eden was told that she was chosen for Viking of the Week, she was proud of herself! Congratulations, Eden!



#### **Aubree Aulwes - December 24-30**

Kaydence Uhlenkamp, *Ed-Co Echoes*

This week, the first Little Viking is 3<sup>rd</sup> Grader, Aubree Aulwes, chosen by her

teacher Mrs. Brady. Aubree's family includes her mom, Kayla; her dad, Calvin; her sister, Rylee; and her brother, Cooper. Their family owns 5 dogs, Dottie, Troy, Sparky, Sis, and Sass; 2 goats, Babs and Brownie; 1 pig, Pig-Pig; and some chickens.

When Aubree has free time, she enjoys playing her sports, basketball, softball, and volleyball; reading, and riding motorcycles. In school, Aubree enjoys recess, because she gets to run around and play. She also likes science, because she gets to perform experiments. She makes a good impact in school and in her classroom by opening the door for others. She also helps her classmates with math problems and sounding out words. After Aubree was told that she was chosen for Viking of the Week, she was really happy and excited! Good job, Aubree!

## District News



### News from Superintendent Dave Hoeger

The construction project is moving along well thanks to mild weather in November and December. The concrete blocks for the classrooms portion is nearly complete and the precast panels for the gymnasium will be going up in January. The HVAC project in Colesburg is nearly complete for now. There are a few more items to finish in the summer in Colesburg.

I continue to learn more about Ed-Co every day. I want to sincerely thank everyone for their patience as I continue to gain an understanding about the district. Thankfully, our school board members all decided to run for another term. It is very apparent that they want what is best for our entire school community. The principals and I meet each week and every meeting is a new learning adventure for me. There are great conversations taking place in our buildings on how to continually offer the best education possible for our Ed-Co students.

The Ed-Co school district is doing great things and I consider myself fortunate to be a part of the team. I wish everyone a happy holiday season and I hope you all are able to enjoy time with family and friends. Thanks,  
Dave

### **COURTESY AT EXTRA-CURRICULAR EVENTS**

We are looking forward to excellent extra-curricular events at Edgewood-Colesburg. We share the responsibility for appropriate behavior at the activities. For the safety of all spectators and support of the participants, the following are Ed-Co's expectations.

1. Be respectful and quiet during the national anthem. Hold your right hand over your heart.
2. Watch the game.
3. Visit with your friends.
4. Demonstrate good sportsmanship, be respectful and courteous to others; Support the teams, cheer and clap.
5. Be a positive credit to your family, school and community.
6. Leave your seat only between quarters, at half time and between games.



Mornings can be really crazy...the alarm doesn't go off...the kids don't want to get up...there's no time to eat breakfast before the bus comes...or they're just not ready to eat. Or maybe your teenager grabs a can of soda and a candy bar on the way to school. If this sounds like your house, we have good news for you.

Breakfast is served at school! School breakfast will energize your child's day and provide them with a healthy start. A nutritious breakfast helps students be more alert so they can learn more in class, and has plenty of vitamins and nutrients for a strong and healthy body.

Breakfast at school is affordable, too. The cost is only \$1.60. If you qualify for free and reduced price meals, you also qualify for the breakfast program, with no additional paperwork. You can't find a healthy breakfast at such a low cost anywhere else.

So help your child start the day right with school breakfast!



How do snowmen greet each other?



"Ice to meet you!"

## January 2024 Calendar of Events

\*Events are subject to change. For the most up to date information go to [www.edge-cole.k12.ia.us](http://www.edge-cole.k12.ia.us)

### Jan. 1 & 2-No School

#### Jan. 2

5:30pm-JV Girls/Boys Basketball @ Springville  
(only 2 Quarters of JV Girls)

5:30pm-V Girls/Boys Basketball @ Springville

#### Jan. 3

Classes Resume

#### Jan. 4

6:00pm-Fresh/Soph Boys Basketball vs. Starmont @ Edgewood

6:00pm-HS Wrestling @ Midland (Gold Gym)

#### Jan. 6

10:00am-HS Wrestling @ Central

#### Jan. 8

HS Conf. Instrumental Festival @ North Cedar

#### Jan. 9

4:00pm-JV Girls/Boys Basketball vs. Marquette Catholic @ Edgewood (only 2 Quarters of JV Girls)

5:00pm-HS Wrestling @ Clayton Ridge-Guttenberg

5:45pm-V Girls/Boys Basketball vs. Marquette Catholic @ Edgewood

#### Jan. 11

6:00pm-Fresh/Soph Boys Basketball vs Alburnett @ Colesburg

6:00pm-HS Wrestling @ Starmont

#### Jan. 12

4:00pm-JV Girls/Boys Basketball vs. Alburnett @ Edgewood (only 2 Quarters of JV Girls)

5:45pm-V Girls/Boys Basketball vs. Alburnett @ Edgewood (Alumni Pep Band Performances)

#### Jan. 13

Little Vikes Wrestling @ Colesburg Gym

9:00am-Conf. HS Large Group Speech Contest @ Edgewood Jr/Sr Bldg

#### Jan. 15

4:00pm-JH Boys Basketball vs. NFV @ Edgewood

#### Jan. 16

4:00pm-JV Girls/Boys Basketball vs. North Linn @ Edgewood (only 2 Quarters of JV Girls)

5:45pm-V Girls/Boys Basketball vs. North Linn @ Edgewood

#### Jan. 18

4:00pm-JH Boys Basketball vs. Springville @ Colesburg

4:00pm-JV Girls/Boys Basketball vs. North Cedar @ Edgewood (only 2 Quarters of JV Girls)

5:45pm-V Girls/Boys Basketball vs. North Cedar @ Edgewood

6:00pm-HS Wrestling @ East Buchanan

#### Jan. 19

4:30pm-Fresh/Soph, JV Boys Basketball @ Central City (2 quarters freshman at 4:30, JV boys to follow at 5:30)

5:30pm-V Girls/Boys Basketball @ Central City

#### Jan. 20

District Large Group Speech @ Cascade

9:30am-HS Wrestling @ Midland

#### Jan. 22

4:00pm-JH Boys Basketball @ Marquette Catholic

#### Jan. 23

4:00pm-JV Girls/Boys Basketball vs. East Buchanan @ Edgewood (only 2 Quarters of JV Girls)

5:45pm-V Girls/Boys Basketball vs. East Buchanan @ Edgewood

6:00pm-HS Wrestling @ Maquoketa Valley

#### Jan. 25

4:00pm-JH Boys Basketball @ North Linn

6:00pm-Fresh/Soph Boys Basketball vs. MFL MarMac @ Edgewood

#### Jan. 26

4:30pm-JV/V Girls/Boys Basketball @ Maquoketa Valley (only 2 Quarters of JV Girls)

6:00pm-V Girls/Boys Basketball @ Maquoketa Valley

#### Jan. 27

10:00am-HS Wrestling @ Maquoketa Valley (Conference meet)

#### Jan. 29

4:00pm-JH Boys Basketball @ East Buchanan

6:00pm-Fresh/Soph Boys Basketball vs. Cascade @ Colesburg

#### Jan. 30

4:00pm-Fresh/Soph Basketball vs. Starmont @ Edgewood

5:00pm-JV Boys Basketball vs. Starmont *NO JV GIRLS*

6:15pm-V Girls/Boys Basketball vs. Starmont @ Edgewood

*Fusion Danceworks Halftime Shows*



# January 2024 Menu

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>Fruit and milk will be served daily with breakfast</b>  |   | 3<br>Muffin K-6<br>Poptart & Yogurt 7-12   | 4<br>French Toast & Toast<br>Bagel 7-12   | 5<br>Fruit & Yogurt Parfait & Toast<br>K-12  |
| 8<br>Pancakes K-6<br>Cereal & String Cheese 7-12   | 9<br>Long John & Yogurt K-12  | 10<br>Breakfast Pizza<br>K-12  | 11<br>Breakfast Bar & Toast K-6<br>Bagel 7-12   | 12<br>Omelet & Toast K-6<br>PBJ 7-12   |
| 15<br>Poptart & Yogurt K-12  | 16<br>Glazed Donuts K=12  | 17<br>Pancake Stick K-6<br>Muffin 7-12   | 18<br>Little Smokies & Toast K-6<br>Blueberry Crumble 7-12  | 19<br>Sausage & Toast K-6<br>PBJ 7-12  |
| 22<br>Mini Cinnis K-6<br>Poptart & Yogurt 7-12   | 23<br>Biscuits & Gravy K-6<br>Cereal & Sting Cheese 7-12  | 24<br>Sausage, Egg, Cheese<br>Croissant K-12   | 25<br>Breakfast Bites & Toast K-6<br>Bagel 7-12   | 26<br>Waffles & Toast K-6<br>PBJ 7-12  |
| 29<br>Blueberry Donuts<br>K-12   | 30<br>Breakfast Tornado<br>K-12   | 31<br>Muffin K-12  |   |  |
| <b>Fresh Fruit &amp; Vegetables Available Daily</b><br><br><b>Alternative Main Dish includes a fruit and vegetable</b> | <b>PBJ offered daily Grades 5-12 can choose a Chef Salad, Garden Salad with crackers.</b><br><b>Hoagie offered daily</b>                                    | 3<br>Chicken Strips<br>WG Biscuit<br>Corn<br>Mandarin Oranges<br><br>Alternative Main Dish:<br>Sausage, Egg, Cheese<br>Croissant                 | 4<br>Chicken & Noodles<br>WG Dinner Roll<br>Peas<br>Applesauce<br><br>Alternative Main Dish:<br>Hotdog/ WG Bun  | 5<br>Meatball Sub<br>Romaine Lettuce<br>Cherry Tomatoes<br>Pears<br><br>Alternative Main Dish:<br>Ham Patty<br>WG Bun                                  |
| 8<br>Walking Taco's<br>Corn<br>Applesauce<br><br>Alternative Main Dish:<br>Fish Square<br>WG Bun                       | 9<br>French Bread Pizza<br>Romaine Lettuce<br>Cherry Tomatoes<br>Strawberries<br><br>No Alternative Main Dish   | 10<br>Mini Corn Dogs<br>Baked Beans<br>Peaches<br><br>Alternative Main Dish:<br>Cheese Bites   | 11<br>Ham Patty<br>WG Bun<br>Augratin Potatoes<br>Cucumbers<br>Pears<br><br>Alternative Main Dish:<br>Chicken Wings<br>Biscuit  | 12<br>Mandarin Orange Chicken<br>WG Rice<br>Broccoli<br>Mandarin Oranges<br><br>Alternative Main Dish:<br>Cheddarwurst<br>WG Bun                       |
| 15<br>Chicken Wrap<br>Corn<br>Strawberries<br><br>Alternative Main Dish:   | 16<br>Mac & Cheese<br>WG Dinner Roll<br>Little Smokies<br>Green Beans<br>Mandarin Oranges<br><br>Alternative Main Dish:<br>Chicken Strips<br>WG Dinner Roll | 17<br>Sloppy Joe's<br>WG Bun<br>Tater Tots<br>Applesauce<br><br>Alternative Main Dish:<br>Pepperoni Pizza  | 18<br>Hoagie<br>Baked Beans<br>Banana<br><br>Alternative Main Dish:<br>Rib Patty<br>WG Bun  | 19<br>Pork Fritter<br>WG Bun<br>Broccoli/Carrots<br>Peaches<br><br>Alternative Main Dish:<br>Hamburger<br>WG Bun                                       |
| 22<br>Turkey & Dressing<br>Sandwich<br>Corn<br>Mandarin Oranges<br><br>Alternative Main Dish:<br>Hotdog<br>WG Bun      | 23<br>French Toast<br>Sausage<br>Tri Taters<br>Oranges<br>Applesauce 9-12<br><br>Alternative Main Dish:<br>Grilled Cheese                                   | 24<br>Spaghetti<br>Breadstick<br>Romaine Lettuce<br>Cherry Tomatoes<br>Banana<br><br>Alternative Main Dish:<br>Chicken Nuggets<br>WG Dinner Roll | 25<br>Rib Patty<br>WG Bun<br>Baked Beans<br>Pears<br><br>Alternative Main Dish:<br>Chicken Patty<br>WG Bun  | 26<br>Fish Shapes K-6<br>WG Butter Sandwich K-6<br>Fish Sandwich 7-12<br>Green Beans<br>Grapes<br><br>Alternative Main Dish:<br>Ham & Turkey Croissant |
| 29<br>Super Nachos<br>Corn<br>Applesauce<br><br>Alternative Main Dish:<br>Pork Fritter<br>WG Bun                       | 30<br>Chicken Patty<br>WG Bun<br>Broccoli/Cheese<br>Peaches<br><br>Alternative Main Dish:<br>Sloppy Joe's<br>WG Bun   | 31<br>Hotdog<br>WG Bun<br>Baked Beans<br>Apple Slices<br><br>Alternative Main Dish:<br>Cheese/ Chicken<br>Quesadilla                             | <b>Meal Prices:</b><br><b>Breakfast P-12 \$1.60</b><br><b>Breakfast Adult \$2.10</b><br><b>Lunch PK-6 \$2.40</b><br><b>Lunch 7-12 \$2.60</b><br><b>Adult Lunch \$4.85</b> |  |

The institution is an equal opportunity provider. Menu subject to change.