

## Megan Pierschbacher

### KCRG Oct. Student of the Month



EDGEWOOD, Iowa (KCRG) - The KCRG-TV9 Student of the Month for October is a student who community members say will be missed when she goes off to college next year.

Megan Pierschbacher is involved in all kinds of activities, including band, choir, drama, FBLA, school newspaper, STEAM Club, Student Council, and is the cheer team captain. Her senior cheer season almost didn't happen though.

Cheer Advisor, and Edgewood Chamber Director Elise Bergan, said Megan stepped up to have the season for Bailey, a classmate with different abilities. Following an example to do the right thing, set by her parents. She wants to make her dad proud.

"He was the Greeley Fire Chief and over in Greeley for 16 years, from just before I was born, until he died at the end of my sophomore year," Megan said. "He was very active here at Ed-Co. He coached quite a few sports. He also worked at the bank here in town. He did a lot and I just want to live up to him."

Bergan says she sees Megan taking on the volunteering role in the community, following in her dad's footsteps. "Her dad was active in the Greeley Community, the Edgewood Community, EMT, firefighter, he taught I don't know how many people first aid and CPR, and he did that all on his own too with keeping a full-time job, and also raising a family," Bergan said. "I see Megan taking on that role because she just embodies that spirit of helping." Megan's mom, Kari, is also a volunteer firefighter. "She's just always grown up with Dave and I always volunteering," Kari recalled. "There were lots of times in the middle of the night the kids got woken up like, we've got to go there's a call, and so they'd have to grab their sleeping bags and sleep at the station where someone could watch them."

Megan gives back to the community too. "She is one of the best volunteers we have," Bergan said. She helps out at community celebrations, the fire department, and with shows at the Elkader opera house. She was so busy one weekend, the only time she saw her mom, who is also the Ed-Co band director, was in class the days around it. "She was working with the Elkader Opera House on their production, if I wasn't her teacher, I wouldn't have seen her, because I saw her in class Friday morning,

and then I didn't see her again until class Monday morning," Kari said.

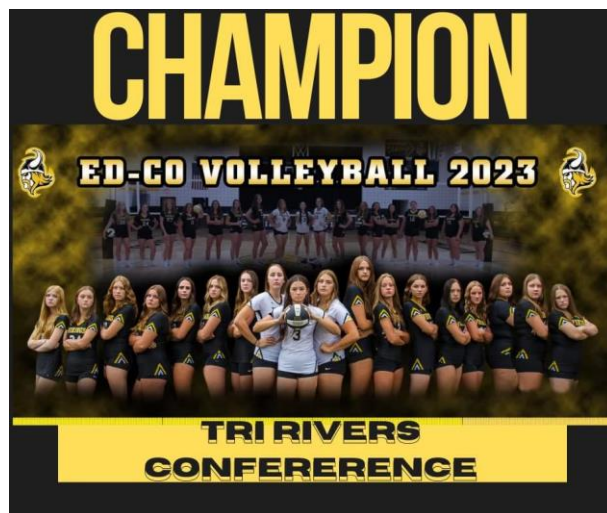
Megan is also kind to others. "Everyone loves Megan," Bergan said. "She's got such a caring spirit and attitude with anyone. She is there if you need help and she identifies that help before you even know you need it." "If she sees somebody else having a bad day, she reaches out, and because I think we know what it feels like to have those bad days, and she doesn't want anyone else to be feeling that," Kari said.

She finds meaning through music and theater, and grew up making plays in her grandma's garage. Through all her activities, and involvements, she also maintains a 4.0 GPA. "Megan is amazing, her maturity level her passion for volunteering her intelligence," Bergan said. "She is the epitome of a student of the month."

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Click the below link to watch the story.

<https://www.kcrg.com/2023/10/31/kcrg-tv9-student-month-grew-up-volunteering-gives-back-honor-her-dad/>



### Tri-Rivers West All-Conference VB Honors

**MVP:** Audrie Helmrichs

**First Team:** Audrie Helmrichs, Marin Gaul, Campbell Kirby, Lilee Boriskey

**Honorable Mention:** Savannah Drips

**Coach of the Year:** Dana Kopren

**Academic All State-Campbell Kirby**

## Secondary News



### News from Mrs. Lange

I can't believe we are almost done with the first quarter of the school year already. It feels like only a week ago we started. The 7<sup>th</sup> -9<sup>th</sup> grade math classes are off to a great start for the year. The 7<sup>th</sup> graders have adjusted well to being in a new school building, and to having all new teachers. We are excited to see what the year holds. The first few days of math were spent getting to know each other, outlining what would be learned this year, reviewing some 6<sup>th</sup> grade topics, learning problem solving strategies, and we have just recently finished our first unit. It may seem like it took us quite a while to get through, but we are starting off with some brand new concepts for them. They include: learning about negative numbers: how to work with them, what negative fractions and decimals are, ordering these numbers, and will move to adding, subtracting, multiplying, and dividing them. Our next unit, we will begin working with variables and solving equations.

The 8<sup>th</sup> graders are excited to be back, and we were able to jump in to our first unit almost right away. They learned about square roots of numbers, and how to classify a number as rational or irrational. They took this knowledge into learning about the Pythagorean Theorem. We are now wrapping up our second unit on solving equations. Much of it was review from last year, but we also introduced some new and more challenging problems as well.

Finally, the freshmen have been cruising right along. We breezed through our first unit on working with rational and irrational numbers, solving equations, and now solving inequalities. We are taking all the things we learned in junior high a step further. In all the classes we are working on enhancing our critical thinking skills.



### News from Mrs. Ostwinkle

Mrs. Ostwinkle's Science class made chocolate chip models of the cell to study the organelles (& eat good stuff!). We were really pleased with how they turned out.

They were tasty also!



*Under the Direction of Carston Calderwood  
Ed-Co Drama Department Presents:*

# Baba Yaga and the Black Sunflower

*Text and Lyrics by: Carol Korty  
Music by: Scott Wheeler*

**Nov. 10 - 7:30pm**  
**Nov. 11 - 7:30pm**  
**Nov. 12 - 2:00pm**

**Edgewood Gym**  
Admission: \$5

*RESERVED SEATING available  
Contact Carston Calderwood at  
563-928-6412 or  
ccalderwood@edge-cole.k12.ia.us*

Produced by special arrangement  
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of Louisville, Kentucky.



### News From Mr. Hamann

Learning is once again in full swing in the math department, and students are eagerly working on their learning targets in class. Much like previous years, the students work hard at practicing with these topics, doing homework and formative assessments, before their progress is tested on a summative assessment. For those of you who have not yet asked their math student about topics currently being studied, here is a glimpse into what each of my 1<sup>st</sup> semester classes is tackling.

The students in **Algebra 2** have been reviewing some basic solving techniques and are working hard on creating equations that describe relationships. They are also spending time interpreting the structure of expressions and practicing their evaluating skills. **Algebra III** students have been working hard on the topic of rational functions and their structure. This class tends to be very intensive for students as the targets we lay out for them are advanced, requiring a deeper level of thinking, but both sections of this class seem up for the challenge. In our **Principles of Money** class, we have just finished our unit on budgeting and will be starting to explore the concept of credit.

This semester has just two upper-level math offerings that are challenging our juniors and seniors. **Pre-Calculus** is a semester-long class emphasizing topics that advance beyond the Algebra previously learned while also exploring topics that prepare students for the rigors of college math. Our **Statistics** class is geared for any student who has completed our regular math progression and covers many topics that students bound for a post-secondary institution will likely face. We have just finished up the basics of bivariate data and are now moving on to the topic of probability. If you ever have any questions about any of these programs, please feel free to contact the school or me directly via email or phone.

## Student of the Week



### **Tucker Bolsinger- October 8-14**

Maya Keck, *Ed-Co Echoes*

Mrs. Amundson chose Student of the Week. She has chosen Tucker Bolsinger, a freshman, because he helps in class by passing out papers without being asked, is always nice to the teacher in and out of class, is hard working, is willing to answer questions, and isn't afraid to ask questions if he has any. Mrs. Amundson notes that "Tucker is kind, hardworking, and always has a smile." Congratulations, Tucker!



### **Ryan Lange- October 15-21**

Mr. Calderwood selected Ryan Lange, a seventh grader, for Student of the Week. Ryan is involved with the musical, *Baba Yaga and the Black Sunflower*.

He has been willing to try new things and has even stepped into new roles. Mr. Calderwood also appreciates Ryan's willingness to help make things happen. Congratulations, Ryan!



### **Rachel Eglseder -October 22-28**

Maya Keck, *Ed-Co Echoes*

Miss Darnell has picked the Student of the Week, and this week is Rachel Eglseder. She chose Rachel because she is always smiling and has a positive attitude even when things are challenging for her. Miss Darnell says, "Rachel puts a smile on her face every day and inspires me to be a better teacher. She is a great leader in class and is always setting a positive example of how to be responsible and hard-working while still having fun!" Congratulations, Rachel!



### **Faith Fry – Oct. 29-Nov. 4**

Dakota Hamann, *Ed-Co Echoes*

This week Ms. Davis picked Faith Fry for the Student of the Week. She is a tenth-grade student enrolled in Ms. Davis's Introduction to Business class. She has selected Faith because she is a well-behaved student who follows instructions and works well with others. Congratulations, Faith!

## Elementary News



### News from Mrs. Mary Streicher

Happy Fall Yall from Preschool!!! The weather has been so beautiful outside and we have really enjoyed watching the leaves fall from the trees outside of the elementary!!! We can't believe that October is half way over already!!! The year is sure going fast so far!!!! We just finished this week learning about fire safety and practicing calling 911 on our phone in our classroom!!! In September, we did some fun activities with apples!!!! We will be starting our pumpkin study next week and will have lots of fun doing different activities with pumpkins and learning all about pumpkins!!!! We are also excited for Halloween and our party that is coming up on October 31<sup>st</sup>!! We have met a lot of new friends this year and we are having lots of fun together!!!! I have 15 students in my class this year!!! We had a lot of fun on our field trip that we took to Sherman's Pumpkin Patch!!! We also got to play and eat at Tirril Park in Manchester before going back to school!!!! We would love for you to come and visit preschool!!! We sure love having visitors come and visit!!!



### News from Mr. Beatty

October has been a busy month for 4<sup>th</sup> grade and we are happy to have Mrs. Kruse back! Over the last few weeks we have been working on learning a variety of strategies for two digit by one digit multiplication. This is leading us into our next challenge of 2-digit by 2-digit multiplication! We are continuing to work on mastering our multiplication facts, as they are pretty essential for the rest of 4<sup>th</sup> grade math.

In reading, we have been reviewing comprehension skills and strategies, as well as applying what we read into our own writing. In Social Studies, students have been exploring Iowa's agriculture and the history of how it has changed and stayed the same. This has been a really interesting topic that students have had a lot of prior knowledge to share. In Science

they have been setting up experiments and chain reaction models to learn about energy and energy transfer. We look forward to wrapping up 2023 with lots of fun and learning in 4<sup>th</sup> grade!



### **News from Mrs. Tegeler**

Our school weeks have been exciting! In science we learned about bats, spiders, and the life cycle of a pumpkin. We also know the different types of light and discovered transparent, translucent, and opaque items. We are busy learning about communities and community helpers. We took a walk around the Colesburg neighborhood to identify different locations in our community.

We have practiced nouns. We can name lots of fall nouns using person, place, thing, and animals. We also know what an adjective is and use those words to describe characters. Story writing is beginning to be fun as we share our thoughts and illustrations. We are getting good at retelling a story using sequencing words.

We are practicing addition and subtraction using different strategies such as counting on, using our number line, and taking items away. We are learning doubles facts, doubles + 1 facts, and sums of 10.

Thanksgiving will be exciting as we will have our own feast and share food with friends. We have many things to be thankful for! Happy Thanksgiving from First Grade!!



### **News from Mrs. Priem**

Second graders have been busy learning. In science, we watched our painted lady butterflies go quickly through their life cycles due to the heat. We are watching our milkweed bugs as they emerged from their eggs and are growing every day. Our latest insect is our mealworms, and we can't wait to see what they turn into next. We even took a field trip to Swiss Valley in Dubuque to see insects in their natural habitat. We are working on main idea, key details, and character analysis in reading. Math has us learning about place value, different ways to write numbers, and skip counting. We are excited for Halloween and enjoyed delivering pumpkins around the community. Happy Fall!



### **News from Ms. Rausch**

There have been so many fun things happening in 5<sup>th</sup> grade! We have been able to go on two field trips already this year: Motor Mill and the Dubuque Symphony

Orchestra! Another fun thing we recently did was decorating pumpkins and delivering them around the community! In my classroom, students have been working hard on writing a personal narrative and taking through the writing process where they pre-write, draft, revise, edit, and finally publish! After that, we will be learning about the U.S. states and capitals where they will end the unit researching and presenting on the state of their choice! I'm really enjoying my first year teaching!



### **News from Mrs. Brady & Mrs. Bonert**

We have been learning so much in third grade recently!



In Reading, we have been working with personal narratives. Students have been enjoying reading personal stories from authors and their classmates. They have found it fun to learn what is important to other people. We have also practiced reader's theater. The first was Harriet Tubman and the Underground Railroad.

In Writing, we are working on a unit on writing personal narratives. Students chose a memory to write and share about with their class. We will begin learning about procedural writing next.

In Math, we have started learning about multiplication. We have learned a couple tricks and strategies to help us. Some of these strategies are skip counting, making arrays, repeated addition, making equal groups, and using a number line to make jumps. We have also been learning the properties of multiplication. Here are some examples:

Commutative Property:  $3 \times 4 = 4 \times 3$ . The order that you multiply two numbers doesn't matter.

Identity Property:  $1 \times 7 = 7$  Anything multiplied by one equals itself.

Zero Property of Multiplication:  $0 \times 7 = 0$  Anything multiplied by zero equals zero.

Distributive Property:  $7 \times 8 = (7 \times 4) + (7 \times 4)$  You can break apart the factors.

Associative Property:  $3 \times (2 \times 2) = (3 \times 2) \times 2$  When the grouping of the factors is changed, the product stays the same.

In Social Studies, we have been learning about the Great Migration, when people were moving north across the country.

In science, we finished our unit about motion and matter. The students had fun learning about magnets, building carts, mixing materials such as sand and gravel. We also learned about reactions, such as baking soda and vinegar.

We are having a great year in third grade!



### **News from Mr. Fankhauser**

Research from the Cooper Institute and other entities show that students who are physically fit perform better in school, have higher reading and math scores, fewer behavioral problems and miss fewer days of school. Dynamic Physical Education is key to a child's development. Research also shows that students should be getting 60 minutes of physical activity a day. Encourage your child to "Get up and play 60 minutes a day".

Students in grades 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> completed fitness testing in September. It was fun to see these students compete to set personal and school records. Students in Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> have been building on last year's progress as well as developing essential skills and routines.

Remember, it is school policy that students wear tennis shoes while in PE class. Please make sure your student has tennis shoes on their assigned PE day. As always, don't forget to ask your child what they did in PE today! Go Vikings!



### **News from Mrs. Mather**

We've been doing a lot of great things in 6<sup>th</sup> grade during the month of November. We first did a fundraiser to buy our nonfiction books in the spring by selling Butter Braids. The students did a great job, and raised a lot of money for their project. Then we had The National Theatre for Children come and put on an assembly called, "Spend it or Save it." The kids learn about money and how to save it for future expenses.

After that the 6<sup>th</sup> graders were lucky enough to go to our high school and watch a dress rehearsal of the musical, "Baba Yaga and the Black Sunflower." It sure got the sixth graders excited to try out for the musical when they get to high school.

Last of all the sixth graders were able to go on a field trip to Cedar Falls and watch the performance of "The Lightning Thief." After the performance we ate our sack lunch at the Manchester Terrill Park, and then we had the opportunity to tour the Manchester

courthouse and visit the courtroom. We had a great day and the kids enjoyed it a lot.

### **Viking of the Week**

#### **Lincoln Hanna – October 8-14**

Kaydence Uhlenkamp, *Ed-Co Echoes*



This week, Viking of the Week is 6<sup>th</sup> grader Lincoln Hanna, who was chosen by Mrs. Lawrence. Lincoln's family

includes his mom, Amy; his dad, Alex; and his sister, Claire. In Lincoln's free time he enjoys playing football and gaming. He also enjoys math and reading, and he enjoys playing board games with his family. In school, he enjoys math because he is good at it. Lincoln makes a good impact in school because he is the Vice President for Student Council, and he helps his classmates in math if they are struggling. After Lincoln found out that he was chosen for Viking of the Week, he felt cool because he didn't expect to be chosen. Good job, Lincoln!

#### **Maverick Horstman – October 15-21**

Kaydence Uhlenkamp, *Ed-Co Echoes*



The Viking of the Week is Kindergartener Maverick Horstman, who was chosen by Ms. Popenhagen. His family includes

Kaytlyn, CJ, Lydia, John, Remington, Oakley, and Leah. In Maverick's free time, he enjoys playing on his tablet at home. In school, he enjoys learning new shapes because he likes shapes. Maverick makes a good impact in school because he is kind to his classmates and he plays with them at recess. After Maverick was informed that he was chosen for Viking of the Week, he felt good! Congratulations, Maverick!

#### **Decker Baumgartner- October 22-28**



Decker Baumgartner, a fifth-grade student in Mrs. Schulte's class, is Viking of the Week. Decker's family includes his mom, Carrie; his dad, Daryl; and his

brother, Brock. He also has two dogs, Rusty and Gus. Some of Decker's hobbies include baseball, football, basketball, hunting, and fishing. Decker was surprised to be chosen as Viking of the Week. He really likes to help others at school, whether it is helping them with math problems, helping them stay on track, or assisting with a school job like recycling. He especially enjoys playing with his friends at recess. Congratulations, Decker!



## Randi McCoy - October 29-November 4

Kaydence Uhlenkamp, *Ed-Co Echoes*

Let us congratulate first grader, Randi McCoy, who was chosen by Mrs. Tegeler. Her family includes her mom and dad; her sister, Cheryl; and her brother, Adan. For pets, Randi has one dog, Doggy, and one rabbit, Hop-Hip. In Randi's free time, she enjoys playing on her playground at home. In school, she enjoys playing on recess and doing homework because it is fun. Randi makes a good impact in school by pushing her classmates and friends on the swing outside at recess. After Randi was told that she was chosen for Viking of the Week, she felt really happy! Congrats, Randi!

## District News

### School Closing/Delays Information



As the winter weather season gets ready to begin, Edgewood-Colesburg Community Schools will continue to evaluate the

process it uses to decide when to close schools due to bad weather and how to best alert parents and students about the closure.

The district is aware of the implications of emergency school closures. We realize when schools shut down parents must make alternative plans, bus and food services must be altered, class and test schedules must change, and events must be canceled. We also feel strongly that our students' education can best be served when they are in class; however, safety is our number one priority. We will always do what is best to safeguard the well-being of our students and staff, but sometimes closing schools is not the obvious choice. The school district covers almost the width of an entire county. There have been times when the weather has changed, road conditions have deteriorated, or a storm has stalled over the area that a last-minute decision has been made to close. These late decisions are made to protect our students and staff. There are many factors that are considered.

The images of our bus drivers on slippery roads, of young children standing at frozen bus stops, and teens, or their parents, driving in hazardous conditions is always present when the decision is made to close schools. Once the decision is made, the Edgewood-Colesburg Community Schools must disseminate the message quickly to the media, staff, and parents.

You can obtain school closings, late starts, early outs, and cancellations at the following locations:

Text messages are available via Remind, sign up at

[Join Ed Co District Remind](#).

Edgewood-Colesburg Community School Web Site at [www.edge-cole.k12.ia.us](http://www.edge-cole.k12.ia.us)

KCTN- 100.1 FM Radio      KMCH- 94.7 FM Radio

KCRG-TV 9      KGAN-TV 2      KWWL-TV 7

Facebook: [Edgewood Colesburg CSD](#)

\*Some stations get the information out faster than others. The best advice is to listen to more than one, so our information is not overlooked.

Since parents are the primary protectors, they will need to decide what is best for their children regardless of any decision by the school district. The option to keep children at home when weather conditions are extreme is always at the parents' discretion and the school understands and respects the decision. Parents can contact the school and arrange for an excused student absence. All families should make advanced arrangements for their children in case of school closures and for the rare situation when it is necessary to close school because of a power failure or another circumstance. Children should know where to go if a parent will not be home and how to contact parents and guardians. Make sure your parent contact information, including work telephone numbers, are kept up to date with the school.

During cold weather you should always make sure your child is dressed appropriately. Bulky coats and boots can be stored in classrooms, or other areas designated by the principal in addition to student lockers so don't be afraid to bundle them up.

Working together we can ensure the safety of the Edgewood-Colesburg Community Schools during the hazardous weather season.

#### ANNUAL NOTICE OF NONDISCRIMINATION

*(Board Policy 102.E2)*

It is the policy of the Edgewood-Colesburg 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: Karla Trenkamp, District Equity Coordinator, [ktrenkamp@edge-cole.k12.ia.us](mailto:ktrenkamp@edge-cole.k12.ia.us), 563-928-6412. Inquiries may also be directed in writing to Karla Trenkamp, Edgewood Colesburg Community Schools, P.O. Box 316, Edgewood, Iowa 52042.

## November 2023 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)

### Nov. 1-4

National FFA Convention @ Indianapolis, IN

### Nov. 2

4:00pm-JH Girls Basketball vs. Springville @ Edgewood

4:30pm-JH Boys Wrestling @ Colesburg

### Nov. 6

4:00pm-JH Girls Basketball @ Marquette Catholic

### Nov. 7

1:30pm-Early Dismissal

3:30pm-7:45pm-P/T Conferences K-12

4:30pm-JH Boys Wrestling @ Lisbon

### Nov. 9

1:30pm-Early Dismissal

3:30pm-7:45pm-P/T Conferences K-12

4:00pm-JH Girls Basketball @ North Linn

4:30pm-JH Boys Wrestling @ Midland

### Nov. 10-No School

7:30pm-Musical "Baba Yaga and the Black Sunflower" @ Edgewood Gym

### Nov. 11

7:30pm-Musical "Baba Yaga and the Black Sunflower" @ Edgewood Gym

### Nov. 12

2:00pm-Musical "Baba Yaga and the Black Sunflower" @ Edgewood Gym

### Nov. 13-No School

HS Conf. Vocal Festival @ Midland

4:00pm-JH Girls Basketball @ East Buchanan

### Nov. 14

4:15pm-JH Girls Basketball @ Clayton Ridge Garnavillo

4:30pm-JH Boys Wrestling @ Starmont

### Nov. 16

4:30pm-JH Boys Wrestling @ East Buchanan

5:00pm-JV/V Girls Basketball vs Beckman @ Edgewood (*Scrimmage*)

### Nov. 17

4:00pm-JH Girls Basketball vs. Central City @ Edgewood

### Nov. 18

5:00pm-V Boys Basketball @ Dunkerton  
*Hall of Pride Scrimmage*

### Nov. 20

4:00pm-JH Girls Basketball vs. Maquoketa Valley @ Edgewood

### Nov. 21

3:00pm-JH Boys Wrestling @ Solon

5:30pm-JV/V Girls Basketball vs. Springville @ Edgewood

### Nov. 22

12:30pm-Early Dismissal

### Nov. 23-No School

### Nov. 24

No School

10:00am-JV/V Boys Basketball @ MFL Mar Mac Monona (*Scrimmage*)

### Nov. 27

4:00pm-JH Girls Basketball @ Starmont

### Nov. 28

4:00pm-JV/V Girls/Boys Basketball vs. Calamus Wheatland @ Edgewood

4:30pm-JH Boys Wrestling @ Starmont

### Nov. 30

4:00pm-JH Girls Basketball vs. East Buchanan @ Edgewood

6:00pm-HS Boys Wrestling @ Central

6:00pm-7pm-Family Reading night @ Colesburg

### 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.



## Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them—as early as 9 years old.

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go a lot better if you're open and you show concern.



### 1 Show you disapprove of underage drinking and other drug misuse.

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.

### 3 Show you're a good source of information about alcohol and other drugs.

You want your child to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don't want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

### 2 Show you care about your child's health, wellness, and success.

Show you're aware of what your child is up to, as young people are more likely to drink or use other drugs if they think no one will notice. Do this in a subtle way, without prying.



### 4 Show you're paying attention and you'll discourage risky behaviors.

### 5 Build your child's skills and strategies for avoiding drinking and drug use.

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.



SMA-18-5073

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[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)



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!



## Community Conversation: Addressing the Emerging Needs of Iowa's Youth

You are invited to an online community conversation as one of the project activities associated with the Multidisciplinary Pathways to Recruit, Train, and Retain School Mental Health Providers in Iowa (MPPath) project. As improving the mental health supports of K-12 students involves all stakeholders, we want to hear from you: parents, guardians, and caregivers living within the Keystone Area Education Agency. By participating in this event, you will be able to share your unique perspectives and insights regarding the emerging mental health needs of K-12 students. Please join us and share experiences as we work together to co-create and envision innovative strategies and solutions to better serve Iowa's youth.

Thursday, November 9, 2023 | 5 p.m.-7p.m.\*

Location: Zoom (link will be emailed to participants who register)



Use the link or QR to register → [https://uiowa.qualtrics.com/jfe/form/SV\\_eV853d7TUDGdPMi](https://uiowa.qualtrics.com/jfe/form/SV_eV853d7TUDGdPMi)

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact (Echo Amos, Project Manager, echo.amos@uiowa.edu)

**IOWA**



# November 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breakfast Bar & Toast K-6 Bagel 7-12	2 Sausage, Egg, Cheese Croissant K-12	3 Fruit & Yogurt Parfait K-12 Toast K-12
6 Pancakes K-6 Poptart & Yogurt 7-12	7 Long John & Yogurt K-12	8 Breakfast Pizza K-6 Toast K-6	9 Breakfast Bites & Toast K-6 PBJ 7-12	10 NO SCHOOL
13 NO SCHOOL	14 Poptart & Yogurt K-12	15 Pancake Stick K-12	16 Little Smokies & Toast K-6 Blueberry Crumble 7-12	17 Sausage & Toast K-6 PBJ 7-12
20 Pancake Bites K-6 Cereal & String Cheese 7-12	21 Blueberry Donuts & Yogurt K-12	22 Waffles & Toast K-6 Bagel 7-12	23 NO SCHOOL	24 NO SCHOOL
27 Mini Cinnis K-6 Cereal & String Cheese 7-12	28 Long John & Yogurt K-12	29 Muffin K-12	30 French Toast & Toast K-6 PB& J	<b>Fruit and milk will be served daily with breakfast</b>
<b>PBJ offered daily Grades 5-12 can choose a Chef Salad, Garden Salad or Hoagie</b>	<b>Milk served daily with breakfast and lunch</b>	1 Sloppy Joe's WG Bun Tater Tots Banana  Alternative Main Dish: Cheese Pizza	2 Hoagie Baked Beans Applesauce  Alternative Main Dish: Rib Patty WG Bun	3 Pork Fritter WG Bun Carrots/Broccoli Peaches  Alternative Main Dish: Chicken Nuggets/WG Dinner Roll
<b>Fresh Fruit &amp; Vegetables Available daily</b>				
6 Pepperoni Pizza Green Beans Mandarin Oranges  Alternative Main Dish : Ham & Turkey Croissant	7 Fish Shapes K-6 WG Butter Sandwich K-6 Fish Sandwich 7-12 Peas Pears  Alternative Main Dish: Grilled Cheese	8 Spaghetti Cheese Filled Breadstick Romaine Lettuce Cherry Tomatoes Banana  Alternative Main Dish: Chicken Strips WG Dinner Roll	9 Rib Patty WG Bun Baked Beans Grapes  Alternative Main Dish: Hamburger WG Bun	10           NO SCHOOL
13 NO SCHOOL	14 Beef Fingers WG Butter Sandwich Baked Beans/Cucumbers Peaches  Alternative Main Dish: Taco Bites	15 Chicken Wrap Corn Strawberries  Alternative Main Dish: Pork Fritter WG Bun	16 Chicken & Noodles WG Dinner Roll Peas Applesauce  Alternative Meal: Hotdog/WG Bun	17 Meatballs Mozzarella Sticks Romaine Lettuce Cherry Tomatoes Pears  Alternative Main Dish: Ham Patty WG Bun
20 Chicken Patty WG Bun Broccoli/Cheese Peaches  Alternative Main Dish: Sloppy Joe's WG Bun	21 Turkey & Dressing Sandwich Cheesy Potatoes Green Beans Mandarin Oranges Pumpkin Fluff  Alternative Main Dish: Cheddarwurst WG Bun	22 Hotdog WG Bun Baked Beans Apple Slices  Alternative Main Dish: Pizza Crunchers	23 NO SCHOOL	24 NO SCHOOL
27 Walking Taco's Corn Applesauce  Alternative Main Dish: Fish Square WG Bun	28 French Bread Pizza Romaine Lettuce Cherry Tomatoes Strawberries  Alternative Main Dish: Pork Fritter/WG Bun	29 Mini Corn Dogs Baked Beans Banana  Alternative Main Dish: Cheese Bites	30 Ham Patty WG Bun Augratin Potatoes Cucumbers Pears  Alternative Main Dish: Breadsticks	<b>Meal Prices: Breakfast PK-12 \$1.60 Breakfast Adult \$2.10 Lunch PK-6 \$2.40 Lunch 7-12 \$2.60 Lunch Adult \$4.85</b>

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