

# MOC-Floyd Valley Community School District



*Fostering learning, excellence and civic responsibility*

## Dutch Dialog

January 2021



### Strive for Excellence

#### Administration

- Russ Adams  
Superintendent  
737-4873
- Mike Mulder  
High School Principal  
737-4871
- Mark Gunderson  
Athletic Director  
737-4871
- Cam Smith  
Middle School Principal  
756-4128
- Mike Landhuis  
OC Elementary Principal  
737-4606
- Marcia De Graaf  
Hospers Elem Principal  
752-8480

### Friday Dismissals

School will be dismissed two hours early (1:15pm) on Fridays - for staff development.

*In the unlikely event that we have a weather-related late start on one of the scheduled professional development Fridays, we will cancel the early dismissal and attend until our regular 3:15 p.m. dismissal time.*

### Receiving Weather Alerts and Informational Messages from the MOC-Floyd Valley School District

Signing up for weather alerts and informational school messages is easy. Infinite Campus is the source of this messaging system.

To choose how you would prefer to receive these messages, sign into your parent portal account, located on our school website homepage, and click on "Receive alerts". If you do not have a parent portal account and would like to have one created for you, or just need assistance, please contact one of the people listed below.

Cathy Van Es, [cvanes@mocfv.org](mailto:cvanes@mocfv.org), 712-737-4606

Ryan Noteboom, [rnoteboom@mocfv.org](mailto:rnoteboom@mocfv.org), 712-737-8197 x3007

Aaron Norman, [anorman@mocfv.org](mailto:anorman@mocfv.org) 712-737-8197 x3008

It is the policy of the MOC-Floyd Valley Community School District not to illegally 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 district's Equity Coordinator, Russ Adams, Superintendent, 709 8th St SE, Orange City, IA 51041 712-737-4873, [radams@mocfv.org](mailto:radams@mocfv.org)

## Inclement Weather and School Cancellation Information

Several sources will be used when making the decision to close school including personal checks of the roads, conversations with neighboring school districts and county personnel.

Infinite Campus alerts are the first line of communication. MOC-Floyd Valley also notifies KSOU (1090 AM, 93.9 FM), KIWA (1550 AM, 105.5 FM), KDCR (88.5 FM), as well as TV stations KMEG, KTIV and KCAU. Every attempt will be made to have late start or school cancellation announcements posted to the media by 6:30 a.m.

If school starts late, all before-school activities will be cancelled, there will be no AM Transitional Kindergarten, and breakfast will not be served. If school is called off at mid-day and the weather clears up later in the day, we may attempt to hold scheduled events. If this happens, info will be announced on the radio and TV stations listed above.

If school is dismissed early during the day, someone will remain at the central office until all buses have checked in to make sure everyone is accounted for. MOC-Floyd Valley buses have two-way radios for effective communication between drivers and all school buildings.

**Note: If school starts late on a Friday (due to weather) with a scheduled early dismissal of 1:15 p.m., dismissal time will be 3:15 p.m.**

**Visit Us on the Web!**

**[www.mocfv.org](http://www.mocfv.org)**



## News from the Counselor's Desk: Mr. McDonald

### COLLEGE PLANNING CHECKLIST:

ACT Test Date	Registration Deadline	Late Registration Deadline
Feb 6, 2021	Jan 8, 2021	Jan 15, 2021
Apr 17, 2021	Mar 12, 2021	Mar 16, 2021
June 12, 2021	May 1, 2021	May 21, 2021
July 17, 2021	June 18, 2021	June 25, 2021

#### [Sign-up for the ACT test](#)

2020-21 ACT test dates and registration deadlines:

ACT.com website for ALL information: registration, test prep, and more information.

[www.actstudent.org](http://www.actstudent.org) [MOC-FV Code is 163-335](#)

First time registration takes at least 45 minutes.

Keep your username and password.

If NWC is not an available test location, Dordt University is a new test location.

- Visit with your school counselor to make sure you are on track to graduate and fulfill college admission requirements.
- See your school counselor for help finding financial aid and scholarships.

# SCHOOL HEALTH NEWS

## \*Ashley Van Voorst RN, - School Nurse\*

### TEN HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

The following tips are from the American Academy of Pediatrics (AAP).

1. I will clean up my toys and keep my room in good order.
2. I will brush my teeth twice a day and wash my hands before eating and after the bathroom.
3. I won't tease dogs, even friendly ones – and keep my hands and face away from their mouths.
4. I will drink more milk and water, and limit soda and fruity drinks.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like, and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others and friendly to kids who need friends – like someone shy or new to school.
10. I'll never give out personal information, or pictures of myself, to strangers or over the internet.

### MAKE HEALTH YOUR RESOLUTION

**Healthy You:** Make healthy food choices, be active, make an appointment for a check-up, vaccination, or screening. Know your numbers – weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Learn and practice a new health tip each week. Make a new friend.

**Healthy Family:** Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Know where to go for health care in town if you do not have insurance. Keep pets vaccinated and healthy. Add a health related website to your favorites list and check weekly updates. Spend more time together. Be courteous and practice good manners.

**Healthy Home:** Go green. Reduce, reuse, and recycle. Install smoke alarms and carbon monoxide alarms on every level. Keep cleaning products and medications away from children. Have a winter weather emergency plan and stock your home and car with necessary supplies. Avoid carbon monoxide poisoning and hypothermia. Never use generators, grills, camp stoves, or similar devices indoors.

**Healthy Community:** Volunteer at your church, school or one of the many community centers needing help or an extra hand. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are – they are always appreciated and hopefully duplicated.

**Healthy Workplace:** Stay home if you are sick. Wash your hands often. Participate in healthy workplace programs. Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.

*Enjoy a new year of healthy possibilities!*



**VOCAL MUSIC NEWS! VOCAL MUSIC NEWS!! VOCAL MUSIC NEWS!!!**

**Mark your calendar with the following dates:**

Tuesday, February 16th - 7:00 p.m. All high school choirs will have their Mid-Winter Concert!! Please plan to attend!!!

Tuesday, March 16th - 7:00 p.m. Chamber Singers Extravaganza!

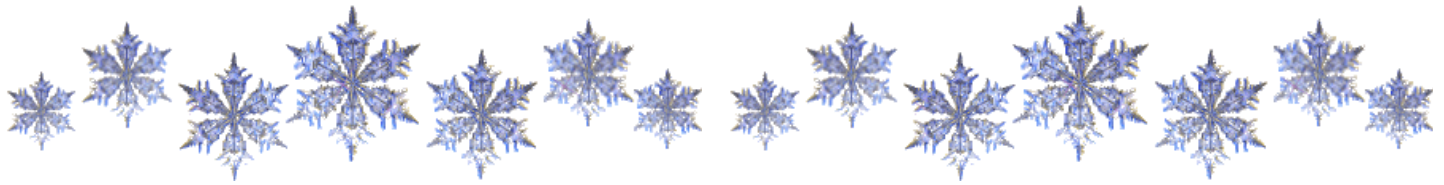


# January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JANUARY</b> 					 Holiday Vacation	
3	4 No School-	5 School Resumes- 4:45pm BB-G/JV Boyden-Hull 4:45pm BB-B/JV Boyden-Hull 6:15pm BB-G/Varsity Boyden-Hull 7:45pm BB-B/Varsity Boyden-Hull	6	7 4:45pm BB-G/9th Sioux City North 6:00pm BB-B/9th Sioux City North	8 Early Dismissal- 4:45pm WR-Varsity Spirit Lake 4:45pm BB-G/JV Sioux Center 4:45pm BB-B/JV Sioux Center 6:15pm BB-G/Varsity Sioux Center 7:45pm BB-B/Varsity Sioux Center	9 NWI Honor Band at S. City- 9:00am Quiz Bowl w/Unity- 10:30pm WR-Varsity West Sioux
10 4:30pm WR-JV West Sioux 6:00pm BB-G/9th Spirit Lake 7:15pm BB-B/9th Spirit Lake	11	12 4:00pm BB-G/JV LeMars 4:00pm BB-B/JV LeMars 5:30pm BB-G/Varsity LeMars 7:00pm BB-B/Varsity LeMars	13	14 Strong Foundation Honor 6th Grade Honor Band, SC East- 4:15pm BB-G/7th Sioux Center 4:15pm BB-G/8th Sioux Center 6:15pm WR-JV MOC-Floyd Valley vs. Multiple Schools 6:15pm WR-Varsity MOC-Floyd Valley vs. Multiple Schools 7:00pm 5th Chorus Concert- @ Orange City Elementary	15 Early Dismissal- 4:45pm BB-G/JV Sheldon 4:45pm BB-B/JV Sheldon 6:15pm BB-G/Varsity Sheldon 7:45pm BB-B/Varsity Sheldon	16 Youth Boys BB Tourney- @ Multiple Locations 10:00am WR-Varsity BH / RV
17 NWI Honor Choir at Dordt College- 4:00pm BB-G/7th Sergeant Bluff-Luton Middle 4:15pm BB-G/8th Sergeant Bluff-Luton Middle 5:00pm WR-JV Storm Lake 6:00pm BB-B/9th Sheldon <del>BB-9th (Cancelled)</del>	18	19 4:45pm BB-G/JV Okoboji 4:45pm BB-B/JV Okoboji 6:15pm BB-G/Varsity Okoboji 7:45pm BB-B/Varsity Okoboji	20	21 6:00pm BB-G/9th LeMars 6:15pm WR-Varsity BH / RV vs. Multiple Schools 6:15pm WR-JV BH / RV vs. Multiple Schools 7:15pm BB-B/9th LeMars	22 ILCC Jazz Festival- 1:15pm Early Dismissal- 4:15pm WR-MS MOC-Floyd Valley vs. Multiple Schools 4:30pm BB-B/JV Rock Valley 4:45pm BB-G/JV Rock Valley 5:45pm BB-B/9th Rock Valley 6:15pm BB-G/Varsity Rock Valley 7:45pm BB-B/Varsity Rock Valley	23 District Large Group Speech Contest-
24 IHSMA State Jazz Band Festival- 4:15pm BB-G/8th Boyden-Hull 4:15pm BB-G/7th Boyden-Hull 4:15pm WR-MS BH / RV vs. Multiple Schools 6:00pm BB-G/9th Western Christian 7:15pm BB-B/9th Western Christian	25	26 4:45pm BB-G/JV Sibley-Ocheyedan 4:45pm BB-B/JV Sibley-Ocheyedan 6:00pm WR-Varsity MOC-Floyd Valley vs. Multiple Schools 6:00pm WR-JV MOC-Floyd Valley vs. Multiple Schools 6:15pm BB-G/Varsity Sibley-Ocheyedan 7:45pm BB-B/Varsity Sibley-Ocheyedan	27	28 NWI MS & HS Honor Orchestra Festival- 4:15pm WR-MS Sibley-Ocheyedan vs. Multiple Schools 4:45pm BB-B/JV Unity Christian 4:45pm BB-G/JV Unity Christian 6:15pm BB-G/Varsity Unity Christian 7:45pm BB-B/Varsity Unity Christian	29 Early Dismissal- 4:45pm BB-G/9th George-Little Rock 4:45pm BB-B/9th George-Little Rock 5:00pm WR-Varsity Sioux Center vs. Conference 6:15pm BB-G/Varsity George-Little Rock 7:45pm BB-B/Varsity George-Little Rock	30 9:00am Quiz Bowl at Boyden-Hull-
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Please note: Events can, and do, change often. Please check our website to view up-to-date information regarding all events. [www.moc-fv.org](http://www.moc-fv.org)

# MOC-Floyd Valley Breakfast Menu - January 2021

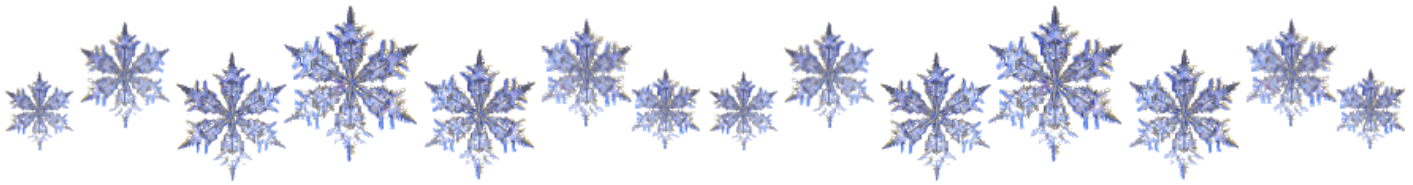



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> No School  Breakfast is served each school day, in all buildings.	<b>5</b> French Toast/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>6</b> Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	<b>7</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>8</b> Cini Minis Fruit Juice Milk  Cereal (MS, HS)
<b>11</b> Cereal Yogurt Fruit Juice Milk  Sliders (MS, HS)	<b>12</b> Waffles/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>13</b> Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	<b>14</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>15</b> Muffins Fruit Juice Milk  Cereal (MS, HS)
<b>18</b> Breakfast Sliders Fruit Juice Milk  Cereal (MS, HS)	<b>19</b> Pancakes/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>20</b> Toast w/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	<b>21</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>22</b> Donuts Fruit Juice Milk  Cereal (MS, HS)
<b>25</b> Cereal Fruit Juice Milk  Sliders (MS, HS)	<b>26</b> French Toast/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>27</b> Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	<b>28</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>29</b> Cini Minis Fruit Juice Milk  Cereal (MS, HS)



*This institution is an equal opportunity provider and employer.  
Menu is subject to change.*

## MOC-Floyd Valley Lunch Menu - January 2021



Monday	Tuesday	Wednesday	Thursday	Friday
4 No School 	5 Italian Dunkers/ Meat Sauce Carrots Fruit Milk	6 Tavern on a Bun Confetti Fries/ Ketchup Baked Beans Fruit Milk	7 Chicken Fajitas/ Cheese/Tomatoes/ Lettuce Spanish Rice Corn Tropical Fruit Milk	8 Chicken Patty on a Bun Lettuce/Mayo Mixed Veggies Peaches Rice Krispie Treat Milk
11 Ham and Cheese on a Bun Potato Wedges Ketchup Carrots Apples Milk	12 Meatball Sub/Cheese Lettuce Salad/ Dressing Sun Chips Fruit Cup Milk	13 Crispito/Cheese Sauce Potato Coins Fresh Veggies/ Dressing Strawberries Milk	14 BBQ on a Bun Hash Brown/Ketchup Baked Beans Side Kick Slush Cup Cookie (MS, HS) Milk	15 Chicken Tenders/ Dipping Sauce Mashed Potatoes/ Gravy Broccoli Garlic Bread Mandarin Oranges Milk
18 Hamburger on a Bun Cheese/Lettuce/ Tomato Confetti Fries/ Ketchup Grapes Milk	19 Taco in a Bag Cheese/Lettuce/ Salsa Refried Beans Pineapple Churro Milk	20 Mac & Cheese Corn Dogs/Ketchup Cooked Carrots Peas (HS) Peaches Milk	21 Scalloped Potatoes and Ham Green Beans Cheese Breadstick Fruit Milk	22 Grilled Cheese Tater Gems/Ketchup Candied Carrots Fruit Milk
25 Deli Sub/Cheese/ Lettuce/Mustard/ Mayo Hash Brown Carrots Fruit Cookie (HS) Milk	26 Pizza Garlic Twist/ Marinara Mixed Veggies Bananas Milk	27 Tacos Lettuce/Cheese/ Salsa Baked Beans Tortilla Chips (HS) Pears Milk	28 Italian Dunkers/Meat Sauce Broccoli Fruit Milk	29 Popcorn Chicken/ Dipping Sauce Potato Smiles/ Ketchup Green beans Oranges Dinner Roll Milk

If you would like the calorie/allergen list emailed to you, please contact Stephanie Pottebaum at [spottebaum@mocfv.org](mailto:spottebaum@mocfv.org).

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Click this link for allergen and carb info: <http://bit.ly/mocfv-newsletter>