

# MOC-Floyd Valley Community School District



*Fostering learning, excellence and civic responsibility*

## Dutch Dialog

October 2018

### From the Superintendent...Russ Adams



#### Strive for Excellence

As a parent and grandparent, I am truly thankful for the impact the people of MOC-Floyd Valley have had, and continue to have, on my family! (Four of our six children (counting in-laws) graduated from MOC-Floyd Valley, and six of our eight grandchildren currently attend MOC-Floyd Valley.) As the superintendent, I am just as thankful for the impact the people of MOC-Floyd Valley have on all of our students!

There is no doubt in my mind, that all of our employees are committed to our District Mission of *fostering learning, excellence and civic responsibility* in all of our students. One great example of this is demonstrated by our athletic coaches. Last spring, they were asked to respond to the following: "Ten years after graduation, I hope that the student-athletes I had the privilege of coaching would say . . . about their experience as a member of any MOC-FV athletic team.

Below is a summary of their responses:

- *"I felt cared for, respected and invested in."*
- *"I was challenged."*
- *"I was valued."*
- *"I learned to be selfless and care about others."*
- *"I had tons of fun."*
- *"I had to work hard, and it was worth it."*
- *"I was encouraged – and encouraged my teammates."*
- *"We had great relationships on our team."*
- *"I, we all, were accountable to each other."*
- *"I learned how to work hard and persist."*
- *"I learned life lessons."*
- *"Best four years of my life."*
- *"We grew in character and learned how to handle adversity."*
- *"I developed toughness and grit."*
- *"We were a family."*
- *"We were a team."*

Continued on page 2.

- **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

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).

Continued from page 1 - From the Superintendent

While our coaches are extremely competitive, memories of wins and losses were not mentioned – perhaps because they are of less importance than the development of character and the sense of belonging – and perhaps because wins and losses tend to work out when a team has the right focus.

A deeper look at their responses clearly shows alignment with our District Belief Statements of . . .

**CARING** – *We will show genuine interest in and sensitivity towards others.*

**COOPERATION** – *We will work together in partnership – school, families and communities.*

**EFFORT** – *We will demonstrate diligence and perseverance to achieve our personal best.*

**RESPONSIBILITY** – *We will be accountable for our actions and choices both individually and collectively.*

**RESPECT** – *We will recognize and honor the intrinsic worth of others as well as ourselves while valuing property and belongings.*

**EXCELLENCE** – *We will expect, strive for and encourage the highest level of achievement.*

**INTEGRITY** – *We will consistently reflect honesty and high moral character.*

**CREATIVITY** – *We will foster a safe learning environment where creative thinking and positive risk-taking are valued and nurtured.*

The pay for coaching is relatively low. Those who coach selflessly do so because they care deeply about young people and see their sport as a vessel for impacting those young people! If you have the opportunity, please encourage them and thank them for all they do!

Go Dutch!

## Friday Dismissals

Please notice below, the designated Friday - two-hour early (1:15) dismissals for professional 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.

### MOC-Floyd Valley

#### Professional Development - Early Dismissal Fridays

October 12, 26  
November 16  
December 7  
January 25  
February 8, 22  
March 8, 22  
April 12, 26  
May 10

## Parent-Teacher Conferences

Parent-Teacher Conferences will be held:

Thursday, **October 18th** from 4:00-8:00 p.m. for  
**middle school and high school.**

Monday, **October 22nd** from 4:00-8:00 p.m.  
**in all buildings.**

Tuesday, **October 30th** from 4:00-8:00 p.m. in  
the **elementary buildings.**

There will be **no school** on Friday, November 2nd.

## Thanksgiving Break

Students and staff will enjoy a three-day  
Thanksgiving break this year.  
There will be **no school** November 21-23.  
Classes will resume on Monday, November 26.

## CLASS OF 2019 SENIOR PICTURE INFORMATION

### Pictures due by November 16th

MOC-Floyd Valley High School will again offer a MEMORY BOOK for the 2018-2019 school year. Miss Nicole Montgomery and Miss Heather Hofmeyer will be working to produce this 2018-19 Memory Book. This Memory Book will be available for students and parents to order next spring.

#### SENIOR PICTURES:

2019 seniors will need to provide the following pictures by: **Friday, November 16th.**

1. vertical digital/scanned senior picture for the MEMORY BOOK
2. vertical digital/scanned senior picture for the CLASS COMPOSITE
3. vertical or horizontal digital/scanned senior picture for the SENIOR CLASS VIDEO
4. vertical child picture of each senior for the VIDEO (preferably digital/scanned, but will accept an original)

\*\*Submit digital pictures to school via your student on a CD or flash/jump/travel drive **OR** via email.

**Email is preferred.** An advisor will copy the pictures off and then give the CD or flash/jump/travel drive back to your student. Pictures may be submitted to Miss Nicole Montgomery via email - [nmontgomery@mocfv.org](mailto:nmontgomery@mocfv.org). Please send each picture in a separate email.



### SCHOOL HEALTH NEWS:

**\* Karina Nonnemacher, RN, BSN - SCHOOL NURSE\***

### Keep the Momentum of a Good Year with these 10 Health Tips

1. *Start off strong with a healthy breakfast.* A good breakfast provides energy and will help keep you alert and attentive in class. Highly sugared foods (cereals) leave you feeling tired soon after eating. Try eating breakfast food high in protein to last your child until lunch.  
Remember: Your school performance is directly related to what you eat!
2. *Drink plenty of water.* Water is the best fluid to stay hydrated without the added sugar found in some juice and soft drinks. Also, remember to drink the recommended amount of reduced-fat milk or milk alternative. Water and milk are served at school for breakfast and lunch every day.
3. *Don't forget to wash your hands often.* Keep hands away from your face, mouth, and nose where germs can enter your body.
4. *Boost your immune system.* Get plenty of sleep, talk to your doctor about taking a multiple vitamin, and eat colorful fruits and vegetables every day. Think about variety and rainbow colors!
5. *Eat a nutritious lunch and supper and cut back on sugar and salty snacks.* Choose foods from all of the food groups. Different food groups supply our bodies with energy to think, move, and grow. Make healthy choices from the daily menus, or pack a healthy lunch from home. Try and eat as a family for supper. This has shown to positively impact your kids. Limit sodas, sport drinks, candy, chips, and ice cream – they add on extra calories, can harm your teeth, and leave you feeling tired and weak. Need a snack at school? Ask the nurse for a healthy snack alternative!
6. *Enhance your brain performance.* Exercise, play memory games, do crossword puzzles, and eat brain foods like berries, cold water fish, and nuts. Just say "NO" to fast food and enjoy a home cooked meal together at least four nights a week.
7. *Get at least 30 minutes of exercise every day* – at recess and at home. Go for a daily walk with a friend, a parent, or your pet. Exercise helps our bodies to be strong, flexible, and resilient.
8. *Remind your kids: Do your homework every day after school.* It's so important to be prepared! Your child will feel better about coming to school if they are proud of their work.
9. *Turn off the TV and video games at least one hour prior to bedtime.* Take time to relax, take a bath or shower, brush your teeth, and pack up for the morning.
10. *Get to bed on time!* Below is a good reference as to when your child should be getting to bed. Sleep can help fight illness and keep them alert and ready during the school day.

## Vocal Music News! Vocal Music News!! Vocal Music News!!!

**Evergreen and Wreath Sales** - Vocal and String students will be selling wreaths and evergreen roping from October 18<sup>th</sup> through October 29<sup>th</sup>. If you are interested in purchasing a product to support a student, please contact Mrs. Anderson at the high school. 737-8197 x 3236



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

### COLLEGE PLANNING CHECKLIST:

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

### 2018-19 ACT test dates and registration deadlines:

ACT web site for ALL information: registration, test prep, and more information.

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

Test Date	Registration Deadline	(Late Fee Required)
October 27, 2018	September 28, 2018	September 29-October 14, 2018
December 8, 2018	November 2, 2018	November 3-19, 2018
February 9, 2019	January 11, 2019	January 12-18, 2019
April 13, 2019	March 8, 2019	March 9-25, 2019
June 8, 2019	May 3, 2019	May 4-20, 2019
July 13, 2019	June 14, 2019	June 15-24, 2019



The following is a great FREE ACT prep site:

<https://act.tutorme.com/courses/ACT>

## Workers Needed for Upcoming Quiz Bowl Event

MOC-Floyd Valley High School will be hosting the Dutch Invite on Saturday, November 10th. Approximately 40 workers are needed for this event.

No experience is necessary! If you have a heart for high school kids and enjoy trivia, then working at a quiz bowl tournament is just the place for you! The time commitment will be from approximately 8:30 a.m. until 12:30 p.m. Two adults will be in each competition room. One person will serve as the reader of the trivia questions and the other person will be the picker/scorer (the person who determines which team rings in first).

Please call Marlene De Zeeuw 737-8197 ext. 3227 or email [mdezeeuw@mocfv.org](mailto:mdezeeuw@mocfv.org) if you are interested in helping.





# October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:15pm VB-7th Boyden-Hull 4:15pm VB-8th Boyden-Hull 6:30pm FB-JV LeMars Community Bulldog	2 4:00pm CC-MS Cherokee 4:15pm FB-7th Sheldon 4:15pm FB-8th Sheldon 4:15pm VB-7th LeMars Middle 4:15pm VB-8th LeMars Middle 4:30pm CC-JV-V Cherokee 5:30pm VB-JV Central Lyon 5:30pm VB-9th Central Lyon 6:50pm VB-Varsity Central Lyon	3	4 5:30pm VB-JV Boyden-Hull 5:30pm VB-9th Boyden-Hull 6:50pm VB-Varsity Boyden-Hull	5 7:00pm FB-Varsity Sioux Center	6 Special Olympics State Bowling HS Band-Festival of Bands-S.Falls, SD 8:30am VB-Varsity TBD 9:00am HS Band-State Marching Band Contest
						
7	8 4:15pm VB-7th Sioux Center 4:15pm VB-8th Sioux Center 5:00pm FB-JV Sheldon 5:00pm FB-9th BH / RV	9 4:00pm CC-MS Conference 4:00pm CC-MS Conference 4:15pm FB-8th West Lyon 4:15pm FB-7th West Lyon 4:30pm CC-JV-V Conference 5:30pm VB-JV Sibley-Ocheyedan 5:30pm VB-9th Sibley-Ocheyedan 6:50pm VB-Varsity Sibley-Ocheyedan	10 NWI MS String Festival 8:00am ASVAB 11:30am PSAT Test	11 5:30pm VB-9th (Location Changed) George-Little Rock 6:20pm VB-JV (Time Changed) George-Little Rock 7:25pm VB-Varsity (Time Changed) George-Little Rock	12 1:15pm Early Dismissal 4:00pm CC-MS Unity Christian 4:30pm CC-JV-V Unity Christian 7:00pm FB-Varsity BH / RV	13 HS Marching Band, Dutchmen Field Championship NWIBA Jr High Honor Band Auditions, Storm Lake 9:00am Quiz Bowl at Unity
14	15 PLUS Pop can drive 4:30pm VB-JV TBD 5:00pm FB-9th Sioux Center 6:45pm FB-JV Sioux Center	16 PLUS Pop can drive 10:15am Concert Choir at Prairie Ridge 10:40am Concert Choir at Landsmeer Ridge 7:00pm MS Choir, Orch, Band Concert	17 PLUS Pop can drive 7:00pm VB-Varsity TBD	18 PLUS Pop can drive 4:00pm CC-JV-V TBD Parent-Teacher Conferences Middle School and High School 4:00-8:00 p.m.	19 PLUS Pop can drive 7:00pm FB-Varsity Okoboji	20 All-State Music Auditions
21	22 Parent-Teacher Conferences All Buildings 4:00-8:00 p.m.	23 MS Boys BB Begins 7:00pm VB-Varsity TBD	24	25	26 End of 1st Qtr 1:15pm Early Dismissal 7:00pm FB-Varsity TBA	27 ACT Test TBD CC-JV-V TBD
28	29 Picture Re-Take Day 7:00pm VB-Varsity TBD	30 Parent-Teacher Conferences Elementary Buildings 4:00-8:00 p.m.	31 12:30pm HS Musical Wizard Of Oz Matinee @ HS Auditorium			

Calendar subject to change. For a complete list of school events and up-to-date information, please visit our website at [www.mocfv.org](http://www.mocfv.org).

# MOC-Floyd Valley Breakfast Menu - October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Cereal Yogurt Juice Fruit Milk	<b>2</b> French Toast Sticks Syrup Fruit Juice Milk	<b>3</b> Toast/Jelly Eggs Juice Fruit Milk	<b>4</b> Cinnamon Roll Minis Fruit Juice Milk	<b>5</b> Chocolate or Grape Crescent Rolls Fruit Juice Milk
<b>8</b> Cereal Yogurt Fruit Juice Milk	<b>9</b> Waffles Syrup Fruit Juice Milk	<b>10</b> Toast w/jelly Scrambled eggs Fruit Juice Milk	<b>11</b> Breakfast Pizza Fruit Cup Juice Milk	<b>12</b> Muffin Fruit Juice Milk
<b>15</b> Cereal Yogurt Fruit Juice Milk	<b>16</b> Pancakes Syrup Fruit Juice Milk	<b>17</b> Toast/Jelly Egg Omelet Fruit Juice Milk	<b>18</b> Breakfast Pizza Fruit Juice Milk	<b>19</b> Donuts Fruit Juice Milk
<b>22</b> Cereal Yogurt Fruit Juice Milk	<b>23</b> French Toast Syrup Fruit Juice Milk	<b>24</b> Toast/Jelly Scrambled Eggs Fruit Juice Milk	<b>25</b> Breakfast Pizza Fruit Juice Milk	<b>26</b> Chocolate or Grape Crescent Rolls Fruit Juice Milk
<b>29</b> Cereal Yogurt Fruit Juice Milk	<b>30</b> Waffles Syrup Fruit Juice Milk	<b>31</b> Toast/Jelly Eggs Juice Fruit Milk	Breakfast is served each day, in all buildings.	

*This institution is an equal opportunity provider.*

# MOC-Floyd Valley Lunch Menu - October 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Creamed Chicken on a Bun Lettuce Salad/ Dressing Green Beans Strawberries Milk</p>	<p>2 Meatball Sub Cheese Cucumbers &amp; Carrots/ Dressing Corn Fruit Cup/Milk Graham Snacks (HS)</p>	<p>3 Chicken Fajitas Cheese/Tomato/ Lettuce Spanish Rice Carrots Tropical Fruit Milk</p>	<p>4 Italian Pasta Spinach Salad/ Tomatoes/Dressing Garlic Toast Apple Cookie (HS) Milk</p>	<p>5 Tavern on a Bun Cheese Confetti Fries/ Ketchup Baked Beans Grapes Crispy Bar/Milk</p>
<p>8 Meatloaf Mashed Potatoes/ Gravy Dinner Roll/Jelly Candied Carrots Fruit/Milk</p>	<p>9 Chicken Fingers/BBQ Sauce Potato Smiles/ Ketchup Broccoli Breadstick/Milk</p>	<p>10 Chili Spinach Salad/ Dressing Cinnamon Roll Fruit Milk</p>	<p>11 BBQ Sandwich Hash Brown/Ketchup Green Beans Kiwi Sun Chips (MS, HS) Milk</p>	<p>12 Scalloped Potatoes &amp; Ham Mixed Veggies Dinner Roll/Jelly Fruit Cookies/Milk</p>
<p>15 Hamburger on a Bun Cheese/Lettuce/ Tomato Confetti Fries/ Ketchup Fruit Cocktail Milk</p>	<p>16 Taco in a Bag Cheese/Lettuce/ Tomato Refried Beans Pineapple Churro (MS,HS) Milk</p>	<p>17 Hot Dog on a Bun Potato Wedges/ Ketchup Broccoli/Cheese Apple Cookie Milk</p>	<p>18 Ham Mashed Potatoes/ Gravy Green Beans Breadstick Fruit Graham Snack /Milk</p>	<p>19 Macaroni &amp; Cheese Mini Corn Dogs Carrots Peas (HS) Fruit Crispy Bar Milk</p>
<p>22 Deli Sub Lettuce/Tomato/ Mustard/Mayo Hash Brown/Ketchup Cooked Broccoli Grapes Cookie (HS)/Milk</p>	<p>23 Pizza Bread Stick/ Marinara Romaine Salad/ Dressing Fruit Milk</p>	<p>24 Tacos Lettuce/Tomato/ Cheese Fiesta Beans Chips/Salsa (HS) Pears Milk</p>	<p>25 Pasta &amp; Meat Sauce Fresh Veggies/ Dressing Garlic Toast Fruit Milk</p>	<p>26 Popcorn Chicken/ Dipping Sauce Mashed Potatoes/ Gravy Green Beans Dinner Roll/Jelly Fruit/Milk</p>
<p>29 Mr. Rib on a Bun/BBQ Tomato/Lettuce Baked Beans Confetti Fries/ Ketchup Fruit Milk</p>	<p>30 Italian Dunkers Meat Sauce Spinach Salad/ Dressing Carrots Mixed Fruit Milk</p>	<p>31 Chicken Strips/ Ketchup Mashed Potatoes/ Gravy Broccoli Dinner Roll/Jelly Fruit/Milk</p>		

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

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

*This institution is an equal opportunity provider.*