

# MOC-Floyd Valley Community School District



## Dutch Dialog

October 2019

### From the Superintendent...Russ Adams



#### 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

### Supporting our Students

Below are two of this year's MOC-Floyd Valley District Foci:

- *Social & Emotional Well-Being to Support Learning*

We will strive to address the social and emotional needs of students and staff so that everyone feels a sense of belonging at MOC-FV, and is able to learn and grow in a safe, supportive environment.

- *Communication to Support Learning*

We will communicate with parents and others in a mission-focused, positive, productive manner.

In an effort to address these foci and better serve our students and their families, we recently invited two speakers to share with parents and community members. On Tuesday, September 17, Jeff Herzberg, Chief Administrator at Prairie Lakes AEA, Superintendent at Gilmore City-Bradgate, and strong advocate around mental health, shared an important message with MOC-Floyd Valley parents. Mr. Herzberg's message centered around helping parents navigate the challenging waters of trauma and mental health. He shared research around the impact of trauma, truths about mental health, strategies for self-care and resources for parents.

The following evening, Wednesday, September 18, Mike Donahue, co-founder of Value Up, shared another important message with parents. According to Mr. Donahue, parents try to understand the pressures our kids face, but struggle to relate because they did not grow up in the digital age. Students have a hard time "shutting down" and the drama that occurs at 11:00 in the morning may follow them until they go to bed at night.

Continued on page 2.

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).

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Mr. Donahue notes that one of the best ways we can help our children is by listening to them, not lecturing, and patiently working to get to their deeper feelings. Mr. Donahue's closing message was, "Love your kids when they are home. Make sure it is a place where they feel safe, feel loved, and can decompress from the stresses of life."

Prior to meeting with parents, Mr. Donahue spent the day working with MOC-Floyd Valley Middle and High School students. First, he shared a message with all of our 6th-8th grade students, followed by all of our 9th-12th grade students. During the assemblies he emphasized "walking a mile" in someone else's shoes and understanding that every person has value. He states, "When students understand their innate value and the innate value of others, they are more likely to thrive." The message touched on topics of value, respect, and building a school culture that promotes positive and respectful interactions. In addition to the assembly programs, Mike led a leadership seminar with 75 students from the high school and middle school. The focus of this leadership seminar was to equip students with ways that they can serve as positive leaders in the school and promote the positive and respectful school culture that they want.

Both speakers agreed to let us record their presentations and make them available to parents and community members who were unable to attend. We will be making these available on the [MOC-Floyd Valley School District website](#) in the very near future.

## All School Play

October 31, November 1st and 2nd at MOC-FV High School

MOC-Floyd Valley High School is pleased to present

### *Pride and Prejudice*

Directed by: Mrs. Nicole Mena and Mrs. Amanda Lemke  
 Tickets may be purchased at the door. All tickets are \$5.  
 Performances will be at 7:00 p.m.

## 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 4, 18  
 November 8, 22  
 December 6  
 January 24  
 February 7, 21  
 March 6, 20  
 April 24  
 May 8

## Parent-Teacher Conferences

Parent-Teacher Conferences will be held:

Thursday, **October 17th** from 4:00-8:00 p.m. for  
**middle school and high school.**

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

Monday, **October 28th** from 4:00-8:00 p.m. in  
 the **elementary buildings.**

**There will be no school on Friday, November 1st.**

## Thanksgiving Break

Students and staff will enjoy a three-day Thanksgiving break this year. There will be **no school** November 27-29. Classes will resume on Monday, December 2.

## CLASS OF 2020 SENIOR PICTURE INFORMATION

MOC-Floyd Valley High School will again offer a MEMORY BOOK for the 2019-20 school year. Jack Bonnacroy and Sandy Groom-Meeks will be working to produce this 2019-20 Memory Book. The memory book will be available for students and parents to order next spring.

### SENIOR PICTURES:

2020 seniors will need to provide the following pictures by: **Friday, November 15th.**

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)

**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 Sandy Groom-Meeks via email - sgroommeeks@mocfv.org or Jack Bonnacroy at jbonnacroy@mocfv.org. Please send each picture in a separate email.



### SCHOOL HEALTH NEWS: \*Ashley Van Voorst, RN - 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!* Sleep can help fight illness and keep children 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 10<sup>th</sup> through October 21<sup>st</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

ACT Test Date	Registration Deadline	Late Reg. Deadline	ACT Score Release
Oct 26, 2019	Sept 27, 2019	Oct 13, 2019	Nov 12; Nov 26, 2019
Dec 14, 2019	Nov 8, 2019	Nov 25, 2019	Dec 24, 2019; Jan 7, 2020
Feb 8, 2020	Jan 10, 2020	Jan 17, 2020	Feb 18; Mar 3, 2020
Apr 4, 2020	Feb 29, 2020	Mar 16, 2020	Apr 14; Apr 28, 2020
June 13, 2020	May 8, 2020	May 25, 2020	June 23; July 7, 2020
July 18, 2020	June 19, 2020	June 29, 2020	July 28; Aug 11, 2020

### 2019-20 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



### Workers Needed for Upcoming Quiz Bowl Event

MOC-Floyd Valley High School will be hosting the Dutch Invite on Saturday, November 9th. 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 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4:15pm FB-7th Sioux Center 4:15pm FB-8th Sioux Center 4:30pm CC-JV-V Western Christian 5:30pm VB-9th Central Lyon 5:30pm VB-JV Central Lyon 6:50pm VB-Varsity Central Lyon	2	3 4:15pm VB-7th Rock Valley 4:15pm VB-8th Rock Valley 5:30pm VB-9th Boyden-Hull 5:30pm VB-JV Boyden-Hull 6:50pm VB-Varsity Boyden-Hull	4 1:15pm Early Dismissal 7:00pm FB-Varsity Central Lyon / GLR	5 HS Band-Festival of Bands-S.Falls, SD-
		6 4:15pm VB-7th Boyden-Hull 4:15pm VB-8th Boyden-Hull 5:00pm FB-JV LeMars	7 4:00pm CC-MS Cherokee 4:15pm FB-8th Sheldon 4:15pm FB-7th Sheldon 4:15pm VB-8th LeMars Middle 4:15pm VB-7th LeMars Middle 4:30pm CC-JV-V Cherokee 5:30pm VB-9th Sibley-Ocheyedan 5:30pm VB-JV Sibley-Ocheyedan 6:50pm VB-Varsity Sibley-Ocheyedan	8 ASVAB Test-	9	10 5:30pm VB-9th George-Little Rock 6:20pm VB-JV George-Little Rock 7:25pm VB-Varsity George-Little Rock
13 Jr. Career Day at NCC- Jr. Career Day at NCC- 4:15pm VB-7th Sioux Center 4:15pm VB-8th Sioux Center 5:00pm FB-JV Sheldon	14	15 4:00pm CC-MS Sibley-Ocheyedan vs. Conference 4:15pm FB-8th West Lyon 4:15pm FB-7th West Lyon 4:30pm CC-JV-V Sibley-Ocheyedan vs. Conference 5:30pm VB-9th Sheldon 5:30pm VB-JV Sheldon 6:50pm VB-Varsity Sheldon	16 PSAT Test-	17 10:20am Concert Choir at Prairie Ridge- 10:40am Concert Choir at Landsmeer Ridge- 10:40am Concert Choir 4:00-8:00 p.m. Parent-Teacher Conferences Middle School and High School 5:30pm VB-9th Rock Valley 6:15pm VB-JV Rock Valley 7:30pm VB-Varsity Rock Valley	18 1:15pm Early Dismissal 4:00pm CC-MS Unity Christian 4:30pm CC-JV-V Unity Christian 7:00pm FB-Varsity BH / RV	19 HS Band-Omaha Invitational- NWIBA Jr High Honor Band Auditions, Storm Lake-
20 4:30pm VB-JV TBD 5:30pm FB-9th Sioux Center 7:15pm FB-JV Sioux Center	21	22 Parent-Teacher Conferences All Buildings 4:00-8:00 p.m.	23 Middle School Orchestra Festival- 7:00pm VB-Varsity TBD	24 4:00pm CC-JV-V TBD 7:00pm MS Band, Orch, Chorus Concert-	25 End of 1st Qtr- 7:00pm FB-Varsity Okoboji	26 ACT Test- All-State Music Auditions- 9:00am Quiz Bowl Intramurals-
27 Parent-Teacher Conferences Elementary Buildings 4:00-8:00 p.m.	28	29 MS Boys BB Begins- 7:00pm VB-Varsity TBD	30	31 7:00pm HS Play--Pride & Prejudice-		

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 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Cereal Yogurt Juice Fruit Milk  Donut Holes (HS, MS)	<b>1</b> Pancake Sausage Minis Syrup Fruit Juice Milk  Cereal (HS, MS)	<b>2</b> Toast/Jelly Eggs Juice Fruit Milk  Cereal (HS, MS)	<b>3</b> Breakfast Pizza Fruit Juice Milk  Cereal (HS, MS)	<b>4</b> Cinni Minis Fruit Juice Milk  Cereal (HS, MS)
<b>7</b> Cereal Yogurt Fruit Juice Milk  Muffins (HS, MS)	<b>8</b> French Toast Syrup Fruit Juice Milk  Cereal (HS, MS)	<b>9</b> Toast w/jelly Scrambled eggs Fruit Juice Milk  Cereal (HS, MS)	<b>10</b> Breakfast Pizza Fruit Juice Milk  Cereal (HS, MS)	<b>11</b> Donuts Fruit Juice Milk  Cereal (HS, MS)
<b>14</b> Cereal Yogurt Fruit Juice Milk  Donut Holes (HS, MS)	<b>15</b> Waffles Syrup Fruit Juice Milk  Cereal (HS, MS)	<b>16</b> Toast/Jelly Egg Omelet Fruit Juice Milk  Cereal (HS, MS)	<b>17</b> Breakfast Pizza Fruit Juice Milk  Cereal (HS, MS)	<b>18</b> Muffins Fruit Juice Milk  Cereal (HS, MS)
<b>21</b> Cereal Yogurt Fruit Juice Milk  Muffins (HS, MS)	<b>22</b> Pancakes Syrup Fruit Juice Milk  Cereal (HS, MS)	<b>23</b> Toast/Jelly Scrambled Eggs Fruit Juice Milk  Cereal (HS, MS)	<b>24</b> Breakfast Pizza Fruit Juice Milk  Cereal (HS, MS)	<b>25</b> Cinni Minis Fruit Juice Milk  Cereal (HS, MS)
<b>28</b> Cereal Yogurt Fruit Juice Milk  Donut Holes (HS, MS)	<b>29</b> French Toast Syrup Fruit Juice Milk  Cereal (HS, MS)	<b>30</b> Toast/Jelly Eggs Juice Fruit Milk  Cereal (HS, MS)	<b>31</b> Breakfast Pizza Fruit Juice Milk  Cereal (HS, MS)	Breakfast is served each day, in all buildings.

*This institution is an equal opportunity provider.*

# MOC-Floyd Valley Lunch Menu - October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 30 Creamed Chicken on a Bun Green Beans Strawberries Milk	OCT. 1 Italian Dunkers Meat Sauce Spinach Salad Dressing Carrots Fruit Milk	2 Chicken Fajitas Cheese/Tomato/ Lettuce Spanish Rice Corn Tropical Fruit Milk	3 Grilled Chicken/Gravy Sauce Savory Rice Broccoli Bananas Garlic Toast Cookie Milk	4 Tavern on a Bun Cheese Confetti Fries/ Ketchup Baked Beans Grapes Rice Crispy Bar Milk
7 Teriyaki Chicken Mixed Veggies Rice Egg Roll Fruit Milk	8 Chicken Fingers/BBQ Sauce Mashed Potatoes/ Gravy Broccoli Garlic Toast Mandarin Oranges Milk	9 Crispito/Cheese Sauce Potato Coins Cucumbers & Carrots Dressing Strawberries Churro Milk	10 BBQ Sandwich Hash Brown/Ketchup Baked Beans Kiwi Applesauce Snickerdoodle (MS, HS) Milk	11 Mac & Cheese Corn Dogs Ketchup Carrots Peas (HS) Peaches Rice Crispy Bar Milk
14 Hamburger on a Bun Cheese/Lettuce/ Tomato Confetti Fries/ Ketchup Fruit Milk	15 Taco in a Bag Cheese/Lettuce/ Salsa Refried Beans Pineapple Side Kick Slushie Churro Milk	16 Hot Dog on a Bun Potato Wedges/ Ketchup Broccoli/Cheese Apple Cookie Milk	17 Ham Mashed Potatoes/ Gravy Green Beans Breadstick Fruit Graham Snack Milk	18 Grilled Cheese Chicken Noodle Soup Baby Carrots/Ranch Fruit Granola Bar Milk
21 Deli Sub Lettuce/Tomato/ Mustard/Mayo Hash Brown/Ketchup Cooked Broccoli Grapes Cookie (HS) Milk	22 Pizza Bread Stick/ Marinara Corn Banana Milk	23 Tacos Lettuce/Tomato/ Cheese Baked Beans Chips/Salsa (HS) Pears Milk	24 Pasta & Meat Sauce Fresh Veggies/ Dressing Garlic Toast Applesauce Milk	25 Popcorn Chicken/ Dipping Sauce Potato Smiles/ Ketchup Green Beans Dinner Roll/Jelly Oranges Rice Crispy Bar Milk
28 Mr. Rib on a Bun/BBQ Tomato/Lettuce Baked Beans Confetti Fries/ Ketchup Fruit Milk	29 Quesadillas Salsa Spinach Salad/ Dressing Strawberries Milk	30 Chicken Strips/ Ketchup Mashed Potatoes/ Gravy Broccoli Dinner Roll/Jelly Fruit Cookie Milk	31 French Toast Sticks/ Syrup Sausage Potato Wedges/ Ketchup Peaches Orange Juice Milk	

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>

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