

# MOC-Floyd Valley Community School District



*Fostering learning, excellence and civic responsibility*

## Dutch Dialog

February 2020

### MOC-FV CSD RESIDENTS TO VOTE ON BOND REFERENDUM TO ADDRESS FACILITIES NEEDS ON MARCH 3



#### 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

ORANGE CITY, IOWA — The MOC-FV Community School District Board of Education has approved a general bond referendum question that will appear on a special election ballot Tuesday, March 3, 2020.

The District has been experiencing growth, with future enrollment projections show additional growth of approximately 18 students per year.

The question will ask voters to approve a new TK-5 elementary school and additions/renovations to the high school, at a total cost not to exceed \$37 million. If approved, the 20-year bond would have a net property tax impact of \$11.30 per month on a \$100,000 home.

An approved bond would place MOC-FV's levy rates still less than comparable districts in the area - and still less than the state average.

"We are growing and thriving – that's a great problem to have," said Russ Adams, MOC-FV CSD Superintendent. "For the District, our needs came down to three main components: capacity, maintaining older buildings and the limitations of our current sites. With both elementary schools approaching or exceeding their useful lifespan and being limited for expansion possibilities at the current site, the Board decided to move forward with the proposed plan for a new elementary school."

*The plan we have developed will provide benefit to all students throughout the District. A new elementary school will allow for our space and programming needs and also unites our students and staff and increases opportunities for collaboration and balancing of classes. At the middle school level, the improvement and development of our athletic practice facilities will be beneficial. At the high school, we will be expanding and improving our special education classrooms, student services area, and creating more general classroom space. At all levels, we will be developing and enhancing safe, secure entrances where visitors entering our buildings will automatically flow through the main office.*

*Upon passage of the bond referendum, the architects and engineers will begin to work on developing the actual site and building designs. Our goal is to be engaged in actual site work by the spring of 2021, move into the new elementary and upgraded middle school and high school by the start of the 2023 school year.*

The District will be hosting public meetings for the community to learn more about the projects and answer any questions. Meetings will be held on February 3<sup>rd</sup> at 7 p.m. at Hospers Elementary, and on February 6th at 7 p.m. at Orange City Elementary.

To learn more about MOC-FV CSD's facility needs and the March 3 bond referendum, please visit the MOC-FV School's website at [www.mocfv.org](http://www.mocfv.org).

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,

## 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

February 7, 21  
March 6, 20  
April 24  
May 8



## Parent-Teacher Conferences

Parent-Teacher Conferences will be held for middle school/high school on Thursday, March 19th; for all buildings on Monday, March 23rd; and for the elementary buildings on Tuesday, March 24th. All conferences will be held from 4:00 p.m. - 8:00 p.m. **There will be no school on Friday, March 27th.**



## Transitional Kindergarten and Kindergarten Roundup on March 2nd

**Hospers Elementary School** will hold Kindergarten Roundup on Monday, March 2, 2020, at 5:30 p.m.

**Orange City Elementary School** will hold Kindergarten and Transitional Kindergarten Roundup on Monday, March 2, 2020. The Transitional Kindergarten meeting will be held from 6:30 p.m. - 7:00 p.m. and the Kindergarten meeting will begin at 7:00 p.m.

The meetings will be held in the respective elementary buildings. Please go to the meeting at the center where your child will attend school. ***Please note that Transitional Kindergarten is held in Orange City Elementary for the entire school district.*** All possible TK parents should meet at Orange City Elementary at 6:30 p.m. on March 2.

These meetings are for parents only of all students who will be five years old by September 15, 2020. Parents of these children will get an overview of the transitional kindergarten and kindergarten program, including information from the teachers, counselor, nurse and principal. **Parents need to bring their child's birth certificate and official immunization records with them.**

Parents of next year's kindergarteners and transitional kindergarteners are asked to call the school office (Hospers Elementary School at 752-8480 or Orange City Elementary School at 737-4606) and provide their name, child's name, birth date, phone number and address.

## Regular Classes on February 14th

Due to our 'snow day' on January 17th, regular classes will be held on Friday, February 14th to make-up the instructional time that was lost.



## Iowa Immunization Law Requirements for 2020-2021 TK and Kindergarten

The following are the State of Iowa immunization requirements for students entering kindergarten or transitional kindergarten for the 2020-2021 school year. Please bring your shot records to Kindergarten Roundup on March 2, 2020.

**The following immunizations must be complete before the first day of school.**

- Five doses of DTaP, one of which is after age 4
- Four doses of Polio, one of which is after age 4
- Two doses of varicella unless student has had history of chickenpox
- Three doses of Hepatitis B
- Two doses of MMR

All TK and kindergarten students must have updated immunizations and kindergarten students must be seen by a dentist and an eye doctor before the first day of school. If your child has already had their four year old booster shots, please bring this information with you to put in their health folder.

# SCHOOL HEALTH NEWS:

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

### February is American Heart Month

**February is Heart Health month.** Heart disease is the number one cause of death in the United States. Heart disease consists of diseases, or abnormal functions, like coronary artery disease (narrowing of the arteries in the heart), heart attacks, abnormal heart rhythms, heart failure, valve diseases, congenital heart disease, cardiomyopathy, and vascular diseases. The benefits of having a healthy heart are because it pumps oxygen from your lungs to the rest of your body, it makes physical activity and exercise easier, and it reduces your risk of heart attack or stroke. The good news is there are ways to keep your heart, and your children's hearts, healthy!

#### **Be more active**

Be active for at least 30 minutes on most days of the week. If you cannot do 30 minutes, try breaking it up into two-15 minute or three-10 minute sessions. Invite friends or family to join you so you have some accountability.

#### **Make healthy food choices**

Eat a wide variety of fruits and vegetables. Fresh is best, but frozen or dried are good, too. Grill, or bake, instead of frying your foods. Avoid butter, lard or shortening with your cooking. Choose lean meat or fish. Limit the amount of salt you take in. Look for "sodium free" or "no salt added" when shopping. Eat meals together at home. It's a good way to prevent eating unhealthy foods from drive thru or carry out. Also, a great opportunity to have some family time. Choose water instead of sugary drinks like fruit juice, soda, sweet tea or sports drinks.

#### **Avoid tobacco products**

This includes cigarettes, cigars, chewing tobacco and e-cigarettes. There are resources to help you quit. Get free help by calling 1-800-QUIT-NOW or contact your family physician for options. Second hand smoke is also harmful so if you do smoke, take it outside or away from others.

#### **Know your numbers**

High blood pressure makes your heart work harder. It also damages the blood vessels in your heart and kidneys. Have your blood pressure checked at your doctor's appointments. Ask what the target number should be for you and if you need to check it more often. Take your medications as prescribed. Know what your cholesterol level is and if you need to do anything to change it.

### Healthy heart tips for kids:

#### **Increase fiber intake**

Eat oatmeal  
Eat 100% whole wheat bread  
Eat beans in soups or as a side dish  
Eat fruit and veggies  
Drink fresh fruit smoothies with low fat yogurt

#### **Decrease saturated fat intake**

Eat low fat mozzarella or Swiss cheese  
Eat fish and chicken breast more often than red meats  
Stir fry or bake your meals, not fried

#### **Increase intake of healthy fats**

Eat nuts and seeds, they have healthy fat in them  
Add flax seeds into fruit smoothies, cereal or salads

#### **Decrease screen time**

- Encourage outside activity like jumping rope, sports, walking or running.
- Children 18 months, and younger, should not have any screen time.
- Children 18-24 months can be introduced to high quality television, but should watch with parents, so it can be explained what they are watching and how it relates to our world.
- Children two-five years can watch one hour per day of high quality television.
- Children six years, and older, should have consistent limits of time spent on any social media or television.
- Ensure that children are not having screen time take the place of sleeping, physical activity or other healthy living options.
- Remember, children are exposed to screen time during school hours so this should be taken into consideration.
- Have designated times of no screens, instead play games or do physical activities. Have areas of no screens such as in the vehicle or bedrooms.



## **FROM THE COUNSELOR'S OFFICE — MR. MCDONALD**

### **COLLEGE PLANNING CHECKLIST:**

#### Sign-up for the ACT test

Test Date	Registration Deadline	(Late Fee Required)
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

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

- Ask for personal references from teachers, school counselors, or employers at least two weeks before scholarship application deadlines.
- Make final visits to colleges
- Return financial aid forms to colleges
- Return housing forms and enrollment deposits
- Find out if you qualify for scholarships at each college you have applied to.
- See Mr. McDonald for help finding financial aid and scholarships.
- Local MOC-FV Foundation Scholarship applications will be available in March.



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

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

#### Tuesday, February 18th - Vocal Music Concert

All high school choir members will be singing at our Mid-Winter Concert at 8:00 p.m. in the auditorium.

#### Tuesday, March 17th - "Chamber Singers and Jazz Band Extravaganza" in the Choir Room

Our program will begin at 7:00 p.m. and will feature the Chamber Singers and Jazz Band.

#### Saturday, March 28th - State Solo/Ensemble Contest

The MOC-FV Vocal Music department will have several solos, duets and small ensembles performing! More details coming next month about the location and event.

# High School Happenings

Mike Mulder — High School Principal



## MOC-FLOYD VALLEY HIGH SCHOOL

### 2020 SPRING/SUMMER DRIVER EDUCATION – REGISTRATION FORM

The 2020 Summer Driver Education Program will begin with an **informational meeting on Saturday, April 18 at 9:00 a.m.** Class will follow on that day from 10:00 a.m. – 12:00 noon, in the MOC-Floyd Valley High School Auditorium. **Completed registration forms along with payment must be turned in to the MOC-Floyd Valley High School office by Monday, April 6th.** The Tentative schedule is shown below (*Note: This schedule will change if we need to schedule snow make-up days at the end of the school year. SM=Snow Make-up*)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					April 18 (T – 3 Hr)
					April 25 (T – 3 Hr)
					May 2 (T – 3 Hr)
					May 23 (T – 3 Hr)
			May 28 (E/L)	May 29 (T)	May 30 (T)
June 1 (E/L)	June 2 (E/L)	June 3 (T)	June 4 (E/L)	June 5 (E/L)	June 6 (T)
<i>Snow Make-up</i>	<i>Snow Make-up</i>				

\*T=together, E=early, L=late

**Registration forms are available in the high school and middle school buildings.** Students must have a driver's permit by May 1, in order to be eligible for the 2020 Summer Driver Education Class at MOC-Floyd Valley. Classes will be filled based upon chronological age.

The classroom portion of the driver education class will require daily attendance for two hours per day for 15 days. (The law requires a minimum of 30 hours.) The six hours of behind-the-wheel instruction will be scheduled on an individual basis. An initial driving time will be scheduled with your behind-the-wheel instructor at the organizational meeting on April 18. Students should indicate a preference of a driving partner on the registration form.

**Registration forms are available in school offices. Complete the form and turn it in to your school office with payment of \$350.**

(Checks should be made payable to MOC-Floyd Valley Schools) by Monday, April 6. Any late registrations will be accepted on a "space available" basis and a late fee of \$25.00 will be applied.

\*\*\**Non-district students may be accepted on a "space available" basis and will be charged \$450.*

**Once your registration is received, you are enrolled, unless notified.**



# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>February</i> <b>EVENTS</b>				1 9:00am Quiz Bowl at B-H 3:30pm-5:30pm Family & Friends Quiz Bowl-
2	3 4:15pm BB-G/8th Sibley-Ocheyedan 4:15pm BB-G/7th Sibley-Ocheyedan 4:15pm WR-MS West Lyon vs. Multiple Schools 4:45pm WR-JV MOC-Floyd Valley vs. Multiple Schools 6:30pm BB-G/9th Spencer 7:45pm BB-B/9th Spencer	4 4:45pm BB-B/JV Sibley-Ocheyedan 4:45pm BB-G/JV Sibley-Ocheyedan 6:15pm BB-G/Varsity Sibley-Ocheyedan 7:00pm WR-JV LeMars 7:00pm WR-Varsity LeMars 7:45pm BB-B/Varsity Sibley-Ocheyedan	5 Morningside Jazz Fest-	6 4:15pm WR-MS MOC-Floyd Valley vs. Multiple Schools 6:30pm Large Group Speech Showcase-	7 3:45pm BB-G/9th George-Little Rock 4:45pm BB-B/9th George-Little Rock 6:15pm BB-G/Varsity George-Little Rock 7:45pm BB-B/Varsity George-Little Rock <i>Early Dismissal 1:15 p.m.</i>	8 State Large Group Speech Contest at LeMars- ACT Test- 12:00pm WR-Varsity Sergeant Bluff-Luton
9	10 4:15pm WR-MS West Sioux vs. Multiple Schools 4:15pm BB-G/8th Rock Valley 4:15pm BB-G/7th Rock Valley 6:00pm BB-B/9th Unity Christian 6:00pm BB-G/9th Unity Christian 7:15pm BB-G/JV Unity Christian 7:15pm BB-B/JV Unity Christian	11 4:45pm BB-G/JV Central Lyon 4:45pm BB-B/9th Central Lyon 6:00pm BB-B/JV Central Lyon 6:15pm BB-G/Varsity Central Lyon 7:45pm BB-B/Varsity Central Lyon	12	13 4:15pm BB-G/7th Sergeant Bluff-Luton Middle 4:15pm BB-G/8th Sergeant Bluff-Luton Middle	14 4:45pm BB-B/9th West Lyon 6:15pm BB-B/JV West Lyon 7:45pm BB-B/Varsity West Lyon 	15 12:00pm WR-Varsity Sheldon
16	17 District Jazz Festival-LeMars- 4:15pm BB-G/7th Sheldon 4:15pm BB-G/8th Sheldon	18 4:15pm BB-G/7th LeMars Middle 4:15pm WR-MS LeMars vs. Multiple Schools 4:15pm BB-G/8th LeMars Middle 7:00pm HS Concert--Choirs & Orchestras- @ HS Auditorium	19	20 K & 1st Grade Program- @ Hospers Elementary TBD WR-Varsity TBD 4:15pm BB-G/7th Sioux Center 4:15pm BB-G/8th Sioux Center	21 TBD WR-Varsity TBD <i>Early Dismissal 1:15 p.m.</i>	22 TBD WR-Varsity TBD All-State Large Group Speech-Ames-
23	24 Lewis & Clark Jazz Fest at WIT- 3:30pm MS Solo Performance Night (Orch and Band)- @ Middle School 4:15pm WR-MS Sheldon vs. Multiple Schools 7:00pm 4th Grade Concert- @ Orange City Elementary	25 4:15pm BB-G/7th Cherokee 4:15pm BB-G/8th Cherokee 7:00pm HS Band Concert- @ HS Auditorium	26	27 4:15pm BB-G/7th LeMars Middle 4:15pm BB-G/8th LeMars Middle 4:15pm WR-MS Sheldon vs. Multiple Schools	28	29 District Individual Speech Contest-

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 Lunch Menu - February 2020


Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Creamed Chicken on a Bun Green Beans Strawberries Sun Chips Milk	<b>4</b> Italian Dunkers Meat Sauce Spinach Salad/Dressing Carrots Fruit Milk	<b>5</b> Chicken Fajitas Cheese/Lettuce/ Tomatoes Spanish Rice Corn Tropical Fruit Milk	<b>6</b> Tavern on a Bun/ Cheese Confetti Fries/Ketchup Baked Beans Grapes Rice Crispy Bar (MS, HS) Milk	<b>7</b> Chicken Patty on a Bun Lettuce/Mayo Potato Smiles/Ketchup Broccoli Bananas Milk
<b>10</b> Teriyaki Beef Mixed Veggies Rice Egg Roll Fruit Milk	<b>11</b> Chicken Fingers/BBQ Sauce Mashed Potatoes/Gravy Broccoli Garlic Bread Mandarin Oranges Milk	<b>12</b> Crispito Cheese Sauce Potato Coins Cucumbers & Carrots/ Dressing Fruit Milk	<b>13</b> BBQ on a Bun Hash Brown/Ketchup Baked Beans Kiwi Applesauce Cups Snickerdoodle (MS, HS) Milk	<b>14</b> Mac & Cheese Mini Corn Dogs/Ketchup Carrots Peas (HS) Peaches Valentine's Cookie Milk
<b>17</b> Hamburger on a Bun Lettuce/Tomatoes/ Cheese Confetti Fries/Ketchup Fruit Milk	<b>18</b> Taco in a Bag Cheese/Lettuce/Salsa Refried Beans Pineapple Side Kicks Apple Churro (MS, HS) Milk	<b>19</b> Hot Dog on a Bun Potato Wedges Ketchup Broccoli Apple Choc. Chip Cookie Milk	<b>20</b> Ham Mashed Potatoes/Gravy Green Beans Breadstick Kiwi Graham Snack Milk	<b>21</b> Grilled Cheese Potato Coins Ketchup Carrots Fruit Granola Bar (HS) Milk
<b>24</b> Deli Sub Lettuce/Tomato/ Mustard/Mayo Hash Brown/Ketchup Cooked Broccoli Grapes Cookie (HS) Milk	<b>25</b> Pizza Bread Stick/Marinara Corn Banana Milk	<b>26</b> Tacos Lettuce/Tomato/ Cheese Baked Beans Chips/Salsa (HS) Pears Milk	<b>27</b> Spaghetti & Meat Sauce Fresh Veggies/Dressing Garlic Toast Applesauce Cups Milk	<b>28</b> Popcorn Chicken/Dipping Sauce Potato Smiles/Ketchup Green Beans Dinner Roll/Jelly Oranges Graham Crackers (MS, HS) 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>

*This institution is an equal opportunity provider and employer.*

# MOC-Floyd Valley Breakfast Menu - February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Cereal Yogurt Fruit Juice Milk  Muffins (MS, HS)	<b>4</b> French Toast Fruit Juice Milk  Cereal (MS, HS)	<b>5</b> Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	<b>6</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>7</b> Donuts Fruit Juice Milk  Cereal (MS, HS)
<b>10</b> Cereal Yogurt Fruit Juice Milk  Donut Holes (MS, HS)	<b>11</b> Waffles Fruit Juice Milk  Cereal (MS, HS)	<b>12</b> Toast w/Jelly Egg Omelet Fruit Juice Milk  Cereal (MS, HS)	<b>13</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>14</b> Cinni Minis Fruit Juice Milk  Cereal (MS, HS)
<b>17</b> Cereal Yogurt Fruit Juice Milk  Muffins (MS, HS)	<b>18</b> Pancakes Fruit Juice Milk  Cereal (MS, HS)	<b>19</b> Toast/Jelly Scrambled Egg Fruit Juice Milk  Cereal (MS, HS)	<b>20</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>21</b> Muffins Fruit Juice Milk  Cereal (MS, HS)
<b>24</b> Cereal Yogurt Fruit Juice Milk  Donut (MS, HS)	<b>25</b> French Toast Fruit Juice Milk  Cereal (MS, HS)	<b>26</b> Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	<b>27</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>28</b> Donuts Fruit Juice Milk  Cereal (MS, HS)

Breakfast is available for all students,  
in all buildings, every morning.

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