
MOC-Floyd Valley Community School District



Fostering learning, excellence and civic responsibility

Dutch Dialog

October 2020



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



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.

Reminder to Parents and Guardians:

Please update your email and phone numbers in Infinite Campus, if your information has changed. You may also call/email your child's school to have it updated for you. School personnel will need accurate information listed in case of an emergency at school.

All School Musical

November 12, 13 and 14, at MOC-FV High School
MOC-Floyd Valley High School is pleased to present:



Directed by: Mrs. Pam Anderson
and Mrs. Leanne Bonnacroy
More information will be available at a later date.

Parent-Teacher Conferences

Parent-Teacher Conferences will be done differently in light of our current situation. Teachers will be reaching out to families between now and November 1, to discuss student progress.

There will be no school on Friday, November 6th.



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.

Thanksgiving Break

Students and staff will enjoy a three-day Thanksgiving break this year.

There will be **no school** November 25-27. Classes will resume on Monday, November 30th.

News from the Counselor's Desk: Mr. McDonald

COLLEGE PLANNING CHECKLIST:

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

2020-21 ACT test dates and registration deadlines:

ACT Test Date	Registration Deadline	Late Registration Deadline
Oct 10, 17, 24, 25, 2020	Sept 25, 2020	No late fees
Dec 12, 2020	Nov 6, 2020	Nov 20, 2020
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

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

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 a test location, Dordt University is a new test location.

CLASS OF 2021 SENIOR PICTURE INFORMATION

Pictures due by November 13th

MOC-Floyd Valley High School will again offer a MEMORY BOOK for the 2020-21 school year. Jack Bonnecroy and Sandy Groom-Meeks will be working to produce this 2020-21 Memory Book. The memory book will be available for students and parents to order next spring.

SENIOR PICTURES:

2021 seniors will need to provide the following pictures by: **Friday, November 13th.**

1. One vertical digital/scanned SENIOR picture
2. One vertical digital/scanned (but will accept an original) CHILD/INFANT picture

ALL photos must have the STUDENT'S name either in the body of the email or on the original picture.

(We'll accept an attached note or photo in an envelope with the student name.)

**For digital pictures, it is YOUR responsibility to get permission for any copyrighted picture.

**All digital pictures should be saved as a JPEG file (.jpeg or .jpg) and submitted as an attachment to an email, on a CD or flash-drive.

**Digital pictures must be at a resolution of at least 300 dpi. The higher the resolution the better the picture will reproduce in the memory book.

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 Sandy Groom-Meeks via email - sgroommeeks@mocfv.org or Jack Bonnecroy at jbonnecroy@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.



October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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	2 Early Dismissal- 7:00pm FB-Varsity Central Lyon / GLR	3 HS Band-Festival of Bands-S.Falls, SD-
4	5 4:15pm VB-7th Boyden-Hull 4:15pm VB-8th Boyden-Hull 5:00pm FB-9th Storm Lake 6:45pm FB-JV Storm Lake	6 4:00pm CC-MS Cherokee 4:15pm FB-7th Sheldon 4:15pm VB-8th LeMars Middle 4:15pm VB-7th LeMars Middle 4:15pm FB-8th Sheldon 4:30pm CC-JV-V Cherokee 5:30pm VB-9th Sibley-Ocheyedan 5:30pm VB-JV Sibley-Ocheyedan 6:50pm VB-Varsity Sibley-Ocheyedan	7	8 5:30pm VB-9th George-Little Rock 6:15pm VB-JV George-Little Rock 7:15pm VB-Varsity George-Little Rock	9 1:15pm Early Dismissal- 7:00pm FB-Varsity Sheldon	10 HS Band-Dutchmen Field Championships--OC- 8:30am VB-Varsity TBD
11	12 4:15pm VB-8th Sioux Center 4:15pm VB-7th Sioux Center 4:30pm VB-JV TBD 5:00pm FB-9th Sheldon	13 4:00pm CC-MS Sheldon vs. Conference 4:15pm FB-7th West Lyon 4:15pm FB-8th West Lyon 4:30pm CC-JV-V Sheldon vs. Conference 5:30pm VB-9th Sheldon 5:30pm VB-JV Sheldon 6:50pm VB-Varsity Sheldon	14	15 5:30pm VB-9th Rock Valley 6:15pm VB-JV Rock Valley 7:15pm VB-Varsity Rock Valley	16 Early Dismissal- 4:00pm CC-MS Unity Christian 4:30pm CC-JV-V Unity Christian 7:00pm FB-Varsity TBA	17 HS Band-Omaha Invitational-NWIBA Jr High Honor Band Auditions, Storm Lake-
18	19 4:00pm FB-9th Sioux Center 5:45pm FB-JV Sioux Center 7:00pm VB-Varsity TBD	20 7:00pm Middle School Concert-	21 7:00pm VB-Varsity TBD	22 4:00pm CC-JV-V TBA	23 End of 1st Qtr- 1:15pm Early Dismissal-	24 All-State Music Auditions-
25	26 MS Boys BB Begins-	27 7:00pm VB-Varsity TBD	28 Middle School Orchestra Festival-	29	30 Early Dismissal-	31 TBD CC-JV-V TBD

Calendar subject to change. For a complete list of school events and up-to-date information, please visit our website at www.mocfv.org.

MOC-Floyd Valley Breakfast Menu - October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served each morning, in all buildings.			1 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	2 Cini Minis Fruit Juice Milk Cereal (MS, HS)
5 Cereal Yogurt Fruit Juice Milk Sliders (MS, HS)	6 Waffles Fruit Juice Milk Cereal (MS, HS)	7 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	8 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	9 Muffins Fruit Juice Milk Cereal (MS, HS)
12 Breakfast Sliders Fruit Juice Milk Cereal (MS, HS)	13 Pancakes Fruit Juice Milk Cereal (MS, HS)	14 Toast w/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	15 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	16 Donuts Fruit Juice Milk Cereal (MS, HS)
19 Cereal Fruit Juice Milk Sliders (MS, HS)	20 French Toast Fruit Juice Milk Cereal (MS, HS)	21 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	22 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	23 Cini Minis Fruit Juice Milk Cereal (MS, HS)
26 Breakfast Sliders Fruit Juice Milk Cereal (MS, HS)	27 Waffles Fruit Juice Milk Cereal (MS, HS)	28 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	29 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	30 Muffins Fruit Juice Milk Cereal (MS, HS)

This institution is an equal opportunity provider.

MOC-Floyd Valley Lunch Menu - October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Patty on a Bun Tomato/Lettuce/Mayo Potato Smiles Broccoli Bananas Milk	2 Fish Sticks/Tartar French Fries/Ketchup Fruit Rice Krispie Bars Milk
5 Hot Dog on a Bun Potato Wedges Ketchup Carrots Apples Milk	6 Meatball Sub/Cheese Lettuce Salad/ Dressing Sun Chips Fruit Cup Milk	7 Crispito/Cheese Sauce Potato Coins Fresh Veggies/ Dressing Strawberries Milk	8 BBQ on a Bun Hash Brown/Ketchup Baked Beans Kiwi Cookie (MS, HS) Milk	9 Chicken Tenders Dipping Sauce Mashed Potatoes/ Gravy Broccoli Garlic Bread Mandarin Oranges Milk
12 Hamburger on a Bun Cheese/Lettuce/ Tomato Confetti Fries/ Ketchup Grapes Milk	13 Taco in a Bag Cheese/Lettuce/ Salsa Refried Beans Pineapple Churro Milk	14 Mac & Cheese Mini Corndogs/Ketchup Cooked Carrots Peas (HS) Peaches Rice Crispy Bar Milk <u>Hospers Elem.</u> Ham & Cheese Sand- wich Carrots Apples Chips Milk	15 Scalloped Potatoes and Ham Green Beans Cheese Breadstick Fruit Teddy Grahams (MS, HS) Milk	16 Grilled Cheese Tater Gems/Ketchup Candied Carrots Melon Milk
19 Deli Sub/Cheese Lettuce/Tomato Mayo/Mustard Hash Brown Carrots Fruit Cookie (HS) Milk	20 Pizza Garlic Twist/ Marinara Corn Bananas Milk	21 Chicken Patty on a Bun Tomato/Lettuce/ Mayo Potato Wedges Bananas Milk	22 Pasta Bake Lettuce Salad/ Dressing Garlic Bread Fruit Milk	23 Popcorn Chicken/ Dipping Sauce Smile Fries/Ketchup Green beans Fruit Dinner Roll Milk
26 Chicken Quesadillas Salsa Spinach Salad/ Dressing Fruit Milk	27 Mr. Rib on a Bun Confetti Fries/ Ketchup Baked Beans Fruit Milk	28 Chicken Strips/ Dipping Sauce Mashed Potatoes/ Gravy Broccoli/Cheese Dinner Roll Oranges Cookie Milk	29 French Toast/Syrup Sausages Hash Brown/Ketchup Baked Apples Juice Milk	30 Orange Chicken Brown Rice Stir Fry Veggies Egg Roll Milk

If you would like the calorie/allergen list emailed to you, please contact Stephanie Pottebaum at spottebaum@mocfv.org.

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

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