

MOC-Floyd Valley Community School District



Fostering learning, excellence and civic responsibility

Dutch Dialog

February 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

February Information

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.

Regular Classes on February 15th

Due to our 'snow day' on January 15th, regular classes will be held on Monday, February 15th, to make-up the instructional time that was lost.

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.

Transitional Kindergarten and Kindergarten Roundup

Due to circumstances involving mitigation strategies for COVID-19 we are going to do Kindergarten and Transitional Kindergarten Round Up differently this year. We will not have a parent information night, instead we have an enrollment form on the school's website which allows parents to enroll their child for either Transitional Kindergarten or Kindergarten.

Due to the overwhelming need for AM TK placements, we have decided to again offer two morning sessions of TK in the 21-22 school year. Usually, there are parents who, on the advice of preschools or whose children have late birthdays, or both are undecided about which program best fits their child's needs. If you are undecided, please mark that on your enrollment form and we will plan a readiness screening for your child.

Parents interested in enrolling their children for next year's Kindergarten or AM TK classes are asked to go to www.mocfv.org after February 15th, and click on the TK-KG Enrollment Form button found on our homepage to fill out the necessary information.

If you have any questions or concerns regarding your incoming TK/KG student, please call your student's respective school office, Hoppers Elementary 712-752-8480 or Orange City Elementary 712-737-4606.

Iowa Immunization Law Requirements for 2021-2022 TK and Kindergarten

The following are the State of Iowa immunization requirements for students entering kindergarten or transitional kindergarten for the 2021-2022 school year. Immunization certificates, and other requirements, can be mailed to the office this spring, or you may email a copy to nurse@mocfv.org

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 send this information to the school.

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

Mark your calendar with the following dates:

Tuesday, February 16th - Vocal Music Concert

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

Tuesday, March 16th - Chamber Singers Extravaganza

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

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

ACT Test Date	Registration Deadline	Late Registration Deadline
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 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.

- Ask for personal references from teachers, school counselors, or employers at least two weeks before scholarship application deadlines.
- 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.

WITCC in Sioux City is offering FREE ONLINE ACT Prep (Saturdays):

Session Topic	Date Time	Date Time	Date Time	Date Time	Date Time
Intro	11/14/20 8am-10am	1/16/2021 8am-10am	3/27/21 8am-10am	5/15/21 8am-10am	6/19/21 8am-10am
Math	11/14/20 10am-12pm	1/16/21 10am-12pm	3/27/21 10am-12pm	5/15/21 10am-12pm	6/19/21 10am-12pm
English	11/21/20 8am-10am	1/23/21 8am-10am	4/3/21 8am-10am	5/22/21 8am-10am	6/26/21 8am-10am
Math Review	11/21/20 10am-12pm	1/23/21 10am-12pm	4/3/21 10am-12pm	5/22/21 10am-12pm	6/26/21 10am-12pm
Science	12/5/20 9am-10am	1/30/21 9am-10am	4/10/21 9am-10am	6/5/21 9am-10am	7/10/21 9am-10am
Overall Review	12/5/20 10am-12pm	1/30/21 10am-12pm	4/10/21 10am-12pm	6/5/21 10am-12pm	7/10/21 10am-12pm
ACT Test Date	12/12/20	2/6/21	4/17/21	6/12/21	7/17/21

Please contact Bea Houston with any questions at bea.houston@witcc.edu or call 712.274.8733 ext. 2379. All Sessions are Saturday mornings. There will be two sessions each Saturday, the first running 8-10am (except the last one which starts at 9am), the second running 10am-12pm (noon).

The same Zoom ID and password will be used for all meeting times.

Meeting ID: 525 207 3557 Passcode: ACTPrep

No call is necessary, all materials will be shared via google docs at the time of the session. You can also reach the sessions by following this link:

<https://witcc.zoom.us/j/5252073557?pwd=eXgzU3lBVWtHNVg2VE1BMTZjVS90Zz09>

High School Happenings



Mike Mulder — High School Principal



MOC-FLOYD VALLEY HIGH SCHOOL

2021 SPRING/SUMMER DRIVER EDUCATION – REGISTRATION FORM

Completed registration forms along with payment must be turned in to the MOC-Floyd Valley High School office by Monday, March 29th. We appreciate the interest and desire to have your student take the Driver Education course through MOC-Floyd Valley High School. Our course this year will operate a bit differently than normal as we continue to adjust our delivery of content as a result of COVID-19 pandemic. Thus, we plan to offer the required 30 hours of classroom instruction via an online platform: Edpuzzle.

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 2021 Driver Education Class at MOC-Floyd Valley. Classes will be filled based upon chronological age. Upon registration, Mr. Pfaffle will reach out to participants/parents with further information regarding the online coursework and class expectations. We anticipate a virtual class start date of April 12th. The classroom portion of the Driver Education Class will require the completion of course work within Edpuzzle, by the designated progress dates. (The state law requires a minimum of 30 classroom 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 as the course progresses. Students should indicate a preference of a driving partner on this registration form.

Please keep the top portion for your records

Please return the bottom portion to MOC-Floyd Valley High School

2021 DRIVER EDUCATION COURSE - MOC-FLOYD VALLEY HIGH SCHOOL

Last Name _____ First Name _____ Middle Name _____

Phone Number _____ Address _____

City/Town _____ Zip code _____

Email Address _____

School Attended during the current school year _____

Parent's/Guardian's Name _____

Your Permit Expiration Date: _____ (REQUIRED!)

Your birth date: Month/Day/Year _____

Partner (Student you wish to drive with) _____ (First and Last Name)

Softball (Circle one if applicable) Middle School High School

Baseball (Circle one if applicable) Middle School High School



Complete this registration form and turn it in to your school office with payment of \$350.

(Checks should be made payable to MOC-Floyd Valley Schools) by March 29th. 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.***



February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4:15pm WR-MS West Lyon vs. Multiple Schools 4:15pm BB-G/7th Sibley-Ocheyedan 4:15pm BB-G/8th Sibley-Ocheyedan 4:45pm WR-JV MOC-Floyd Valley vs. Multiple Schools 7:00pm BB-G/9th Spencer 7:00pm BB-B/9th Spencer	2 4:15pm BB-B/JV Central Lyon 4:45pm BB-G/JV Central Lyon 5:30pm BB-B/9th Central Lyon 6:00pm WR-JV LeMars 6:00pm WR-Varsity LeMars 6:15pm BB-G/Varsity Central Lyon 7:45pm BB-B/Varsity Central Lyon	3 ILCC Jazz Festival-	4 4:15pm WR-MS MOC-Floyd Valley vs. Multiple Schools 6:00pm Large Group Speech Showcase-	5 1:15pm Early Dismissal- 4:45pm BB-B/9th West Lyon 4:45pm BB-G/JV West Lyon 6:15pm BB-G/Varsity West Lyon 7:45pm BB-B/Varsity West Lyon	6 State Large Group Speech Contest- 12:00pm WR-Varsity West Lyon vs. Multiple Schools
7	8 4:15pm BB-G/7th Rock Valley 4:15pm WR-MS West Sioux vs. Multiple Schools 4:15pm BB-G/8th Rock Valley 6:00pm BB-B/9th Unity Christian 6:00pm BB-G/9th Unity Christian 7:15pm BB-B/JV Unity Christian 7:15pm BB-G/JV Unity Christian	9 K & 1st Grade Program- @ Hoppers Elementary 4:45pm BB-G/9th Boyden-Hull 4:45pm BB-B/9th Boyden-Hull 6:15pm BB-G/Varsity Boyden-Hull 7:45pm BB-B/Varsity Boyden-Hull	10	11 4:00pm BB-G/8th Sergeant Bluff-Luton Middle 4:15pm BB-G/7th Sergeant Bluff-Luton Middle	12 Early Dismissal- 4:45pm BB-B/JV Sioux Center 4:45pm BB-B/9th Sioux Center 7:45pm BB-B/Varsity Sioux Center	13 12:00pm WR-Varsity Bishop Heelan vs. Multiple Schools 5:00pm BB-G/Varsity TBA
	14 NWIBA District Jazz Contest-- LeMars- 4:15pm BB-G/7th Sheldon 4:15pm BB-G/8th Sheldon Regular school day - Snow make-up day	15 4:15pm BB-G/8th LeMars Middle 4:15pm BB-G/7th LeMars Middle 4:15pm WR-MS LeMars vs. Multiple Schools 7:00pm HS Concert--Choirs & Orchestras-	16 7:00pm BB-G/Varsity TBA	17 TBD WR-Varsity TBD 4:15pm BB-G/8th Sioux Center 4:15pm BB-G/7th Sioux Center	18 TBD WR-Varsity TBD Sioux Center Jazz Festival- 1:15pm Early Dismissal-	19 All-State Large Group Speech-- Ames- TBD WR-Varsity TBD 5:00pm BB-G/Varsity TBA
21 TBD BB-B/Varsity TBA Lewis & Clark Jazz Fest at WIT- 3:30pm-9:00pm MS Solo Performance Night (Orch and Band)- 4:15pm WR-MS Sheldon vs. Multiple Schools	22 4:15pm BB-G/7th Cherokee 4:15pm BB-G/8th Cherokee 7:00pm HS Band Concert-	23	24 TBD BB-B/Varsity TBA 4:15pm WR-MS Sheldon vs. Multiple Schools 4:15pm BB-G/8th LeMars Middle 4:15pm BB-G/7th LeMars Middle 7:00pm 4th Grade Concert- @ Orange City Elementary 7:00pm 4th Grade Program- @ Orange City Elementary	25 Early Dismissal- West Lyon Jazz Festival-	26 District Individual Speech Contest-	27
28						

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 Lunch Menu - February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Quesadilla Salsa Spinach Salad/Dressing Strawberries Milk	2 Mr. Rib on a Bun/BBQ Confetti Fries/Ketchup Baked Beans Fruit Milk	3 Chicken Tenders/ Ketchup Mashed Potatoes/ Gravy Carrots Dinner Roll Fruit Chocolate Chip Cookie Milk	4 French Toast Sticks Sausage Potato Wedges/Ketchup Fruit Punch Apple Milk	5 Orange Chicken Brown Rice Egg Roll Stir Fry Veggies Fruit Milks <u>*Hospers Elem. Sack Lunch</u> Deli Sub Carrots Apples Chips Milk
8 Nachos/Ground Beef Lettuce/Tomatoes Fiesta Beans Carrots Fruit Milk	9 Italian Pasta Broccoli Garlic Toast Fruit Milk	10 Salisbury Steak Mashed Potatoes/ Gravy Green Beans Dinner Roll Pineapple Snickerdoodle Milk	11 Pizza Garlic Twist Marinara Lettuce/Dressing Bananas Milk	12 Egg/Sausage/Cheese Sandwich Hashbrown Patty Fruit Milk Valentine's Treat
15 Creamed Chicken on a Bun Green Beans Strawberries Choc. Chip Cookies Milk	16 Italian Dunkers Meat Sauce Carrots Fruit Milk	17 Chicken Fajitas Cheese/Tomatoes/ Lettuce Spanish Rice Corn Tropical Fruit Milk	18 Tavern on a Bun Confetti Fries/Ketchup Grapes Rice Krispie Bar Milk	19 Chicken Patty on a Bun Lettuce/Mayo Mixed Vegetables Peaches Milk
22 Macaroni & Cheese Corn Dog/Ketchup Carrots Peas (HS) Peaches Rice Krispie Bar Milk	23 Chicken Tenders/BBQ Mashed Potatoes/Gravy Broccoli Garlic Toast Mandarin Oranges Milk	24 Crispito/Cheese Sauce Potato Gems Cucumbers & Baby Carrots/Dressing Strawberries Milk	25 BBQ Pulled Pork Sandwich Baked Beans Kiwi Applesauce Milk	26 Pizza Boats Marinara Sauce Mixed Vegetables Fruit 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>

This institution is an equal opportunity provider and employer.

MOC-Floyd Valley Breakfast Menu - February 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	2 Waffles/Syrup Fruit Juice Milk Cereal (MS, HS)	3 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	4 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	5 Muffins Fruit Juice Milk Cereal (MS, HS)
8 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	9 Pancakes/Syrup Fruit Juice Milk Cereal (MS, HS)	10 Toast w/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	11 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	12 Donuts Fruit Juice Milk Cereal (MS, HS)
15 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	16 French Toast/Syrup Fruit Juice Milk Cereal (MS, HS)	17 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	18 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	19 Cini Minis Fruit Juice Milk Cereal (MS, HS)
22 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	23 Waffles/Syrup Fruit Juice Milk Cereal (MS, HS)	24 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	25 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	26 Muffins Fruit Juice Milk Cereal (MS, HS)

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

This institution is an equal opportunity provider and employer.