

MOC-Floyd Valley Community School District



MOC-FLOYD VALLEY
COMMUNITY SCHOOL DISTRICT

Fostering learning, excellence and civic responsibility

Dutch Dialog

March 2021

March 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.



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

Parent-Teacher Conference

Parent-Teacher Conferences will be done differently in light of our current situation. Teachers will be reaching out to families to discuss student progress.

Elementary: Virtual by appointment

Middle School: Virtual by appointment

High School: Open House on March 23rd 4:00 – 8:00 p.m. and by virtual appointment.



No School for Spring Break

There will be no school on Thursday, April 1st - Monday, April 5th for Spring Break.

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.

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.

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>

SCHOOL HEALTH NEWS:

Ashley Van Voorst, RN - School Nurse

What's on Your Plate?

March is National Nutrition Month. It is important to eat a well-rounded diet. The food pyramid consists of vegetables, fruits, grain, protein/meat, and milk/dairy.

From the vegetable group you should be eating at least 4 veggies per day; something dark green, red/orange, peas/beans, starch. A diet rich in vegetables helps to reduce the risk of heart disease, diabetes, stroke, and certain cancers. You should be consuming 4-5 servings per day.

The fruit group you should be eating whole fruit more often than you drink 100% fruit juice. Fruit is a great source of fiber, water and vitamins. Most fruits are low in sodium, fat and calories. And all of them have no cholesterol at all. You should be consuming 4-5 servings per day.

From the grain group, you should make sure that half of the grains you eat are whole grains. Processed grains are not as good for you. So, try some whole wheat pasta, brown rice and oatmeal. You should be consuming 7-8 ounces per day.

Protein should be a quarter of your plate. This category consists of meat, poultry, seafood, beans/peas, processed soy, eggs, nuts and seeds. Make sure the protein you are eating is lean. Your body needs protein to function. You should be consuming 6 ounces or less of lean meat per day and 4-5 servings of nuts/seeds per day.

Dairy provides a good source of calcium, which helps to build and maintain bone health. Items in the dairy category include milk, yogurt, milk-based desserts, natural cheese, American cheese. You should be consuming 2-3 cups per day.

Some fun facts about food:

- Banana plants are member of the herb family.
- Strawberries contain more vitamin C than oranges.
- Coffee beans are the seeds of the fruit from the coffee plant.
- One can of soda contains about 10 teaspoons of sugar.
- A hardboiled egg will spin but a soft-boiled egg will not.
- A medium size potato is about the size of a computer mouse.
- Only wash grapes right before you eat them because they keep better unwashed.
- Orange does not rhyme with any other word.
- Peanuts are one of the ingredients in dynamite.
- Honey is the only edible food for humans that will never go bad.
- An average strawberry has about 200 seeds.

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

[Tuesday, March 16th - "Chamber Singers Extravaganza"](#)

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

[Saturday, March 27th - State Solo/Ensemble Contest at MOC-FV High School](#)

The MOC-FV Vocal Music department has 28 solos, duets or small ensembles! We are hosting this event for our own school and students will be performing between 9 a.m.-1:30 p.m. Family and friends are encouraged to attend and support our students!!!

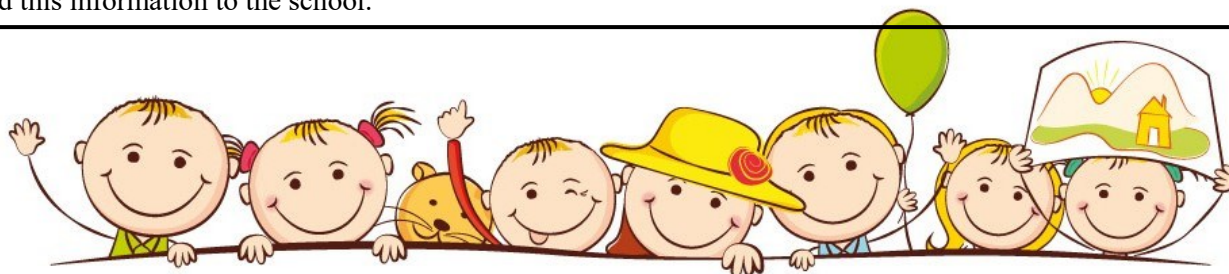
Iowa Immunization Law Requirements for 2021-2022 TK and Kindergarten

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.



Transitional Kindergarten and Kindergarten Round-Up

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, Hospers Elementary 712-752-8480 or Orange City Elementary 712-737-4606.

Attention Parents of Students Currently in 3rd through 11th Grade

If you feel that your child might qualify and benefit from the MOC-Floyd Valley Talented and Gifted Program, please pick up a Parent-Nomination Form from an elementary school office, the middle school office or the high school office. The student qualities include creativity, advanced language, analytical thinking, a sense of humor, accelerated learning, sensitivity, diverse perspectives, and education that is meaning motivated.

Please return these nomination forms to an elementary school office, middle school or high school office by **Friday, March 26**. If you have questions about the elementary or middle school program, please contact Amanda Van Kley at avankley@mocfv.org. If you have questions about the high school program, please contact Marlene De Zeeuw at mdezeeuw@mocfv.org.

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.***

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



March 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 TBD BB-B/Varsity TBA HS Track Begins- 5:30pm Pre-School Roundup for Parents- @ Orange City Preschool 5:30pm Kindergarten Roundup for Parents- @ Hospers Elementary	2	3	4	5 Dutchmen Jazz Festival- 1:15pm Early Dismissal	6
7	8 3:30pm-9:00pm MS Solo Performance Night (Orch and Band)-	9	10 MS Track Practice Begins-	11	12 End of 3rd Qtr- 1:15pm Early Dismissal	13 State Individual Speech Contest-
14	15 Boys Soccer, Boys Golf, Girls Golf Practice Begins- 7:00pm Middle School Concert- @ Middle School	16 7:00pm Chamber Singers Concert- @ HS Performing Arts Center 7:45pm HS Jazz Band Concert- @ HS Auditorium	17	18	19 1:15pm Early Dismissal	20
21	22 Girls Soccer Begins- 4:00pm TR-G/Varsity TBD 4:00pm TR-B/Varsity TBD	23 4:00pm-8:00pm Parent-Teacher Conferences- High School Only	24	25	26 1:15pm Early Dismissal	27 IHSMA Solo & Small Ensemble Contest-
28	29 All-State Individual Speech--C. Falls- 6:30pm FFA Banquet- @ HS New Gym	30 5:00pm TR-G/Varsity LeMars vs. Multiple Schools 5:00pm TR-B/Varsity LeMars vs. Multiple Schools	31	<i>March</i> EVENTS		

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 Schools



Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger on a Bun Cheese/Lettuce/ Tomato Confetti Fries/ Ketchup Fruit Milk	2 Taco in a Bag Cheese/Lettuce/ Salsa Refried Beans Pineapple Strawberry Mango Slush Cup Apple Churro Milk	3 Hot Dog on a Bun Potato Wedges Ketchup Broccoli Apple Cookie Milk	4 Ham Mashed Potatoes/ Gravy Green Beans Dinner Roll Kiwi Graham Cracker Snacks Milk	5 Grilled Cheese Potato Gems/Ketchup Baby Carrots Fruit Granola Bar (HS) Milk
8 Deli Sub Lettuce/Cheese/ Tomato/Mustard/ Mayo Hash Browns/Ketchup Broccoli Grapes Cookie (HS) Milk	9 Popcorn Chicken/ BBQ Sauce Potato Smiles Green Beans Orange Dinner Roll Gold Fish Crackers Milk	10 Tacos Lettuce/Cheese/ Salsa Baked Beans Tortilla Chips (HS) Pears Milk	11 Spaghetti & Meat Sauce Cucumbers & Carrots/ Dressing Garlic Knot Applesauce Cup Milk	12 Pizza Breadstick/Marinara Corn Bananas Milk
15 Chicken Quesadilla Salsa Spinach Salad/ Dressing Strawberries Milk	16 Mr. Rib on a Bun/ BBQ Confetti Fries/ Ketchup Baked Beans Fruit Milk	17 Chicken Tenders/ Dipping Sauce Mashed Potatoes/ Gravy Carrots Dinner Roll/Jelly Fruit Cookie Milk	18 Orange Chicken Brown Rice Egg Roll Stir Fry Veggies Fruit Milk	19 French Toast Sticks/ Syrup Sausage Potato Wedges/ Ketchup Peaches Juice Box Milk
22 Nachos/Ground Beef Lettuce/Cheese/ Tomatoes Baked Beans Carrots Fruit Milk	23 Italian Pasta Bake Broccoli Garlic Toast Fruit Cup Milk	24 Salisbury Steak Mashed Potatoes/ Gravy Green Beans Dinner Roll/Jelly Pineapple Milk	25 Pizza Breadstick/Marinara Lettuce Salad/ Dressing Bananas Milk	26 Egg/Cheese/Sausage Sandwich Potato Gems/Ketchup Blueberries Jonnie Pop Milk
29 Creamed Chicken on a Bun Green Beans Strawberries Sun Chips Milk	30 Tavern on a Bun Confetti Fries/ Ketchup Baked Beans Grapes Rice Krispie Bar Milk	31 Chicken Fajitas Cheese/Lettuce/ Tomato Spanish Rice Corn Tropical 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 Schools



Breakfast Menu

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)
29 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS,HS)	30 Pancakes/Syrup Fruit Juice Milk Cereal (MS, HS)	31 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	 WE SERVE BREAKFAST EVERY MORNING.	