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# MOC-Floyd Valley Community School District



*Fostering learning, excellence and civic responsibility*

## Dutch Dialog

December 2021

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**Strive for Excellence**

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### 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

## From the Superintendent...Russ Adams

### Gratitude

Miriam Webster defines gratitude as, “a feeling of appreciation or thanks; the state of being grateful.” Zig Ziglar once said, “Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

It seems we are living in a time when expressing gratitude is becoming a bit rare, but it doesn't have to be! We really do have much to be thankful for and I would encourage everyone to look for, notice and express gratitude on a regular basis. A few of the things I am thankful for as we near the end of the first semester are:

- Dedicated, caring staff that pour into our students daily – both academically and personally.
- Supportive, loving parents who pour into our students daily.
- Students who are engaged, stretching, learning and growing.
- Active, booster clubs for athletics, band, music, speech and so on.
- A visionary, supportive, engaged Board of Education that selflessly gives of their time and talents.
- A great fall with weather that, for the most part, cooperated with our building project.
- Talented, committed partners like CMBA, W.A. Klinger, EDA, etc . . .
- The progress made with the health and wellbeing of our students, families, and staff.

As we move into the winter holidays, **thank you** to everyone for what you contribute to the MOC-Floyd Valley communities! Let us all take to heart the words of John F. Kennedy, “As we express our gratitude, we must never forget that the highest appreciation is not just to utter words, but to live by them.”

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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## 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.*

## Receiving Weather Alerts and Informational Messages from the MOC-Floyd Valley School District

Signing up for weather alerts and informational school messages is easy. Infinite Campus is the source of this messaging system.

To choose how you would prefer to receive these messages, sign into your parent portal account, located on our school website homepage, and click on "Receive alerts". If you do not have a parent portal account and would like to have one created for you, or just need assistance, please contact one of the people listed below.

Cathy Van Es, [cvanes@mocfv.org](mailto:cvanes@mocfv.org), 712-737-4606

Ryan Noteboom, [rnoteboom@mocfv.org](mailto:rnoteboom@mocfv.org), 712-737-8197 x3007

Aaron Norman, [anorman@mocfv.org](mailto:anorman@mocfv.org) 712-737-8197 x3008



## Inclement Weather and School Cancellation Information

Several sources will be used when making the decision to close school including personal checks of the roads, conversations with neighboring school districts and county personnel.

Infinite Campus alerts are the first line of communication. MOC-Floyd Valley also notifies KSOU (1090 AM, 93.9 FM), KIWA (1550 AM, 105.5 FM), KDCR (88.5 FM), as well as TV stations KMEG, KTIV and KCAU. Every attempt will be made to have late start or school cancellation announcements posted to the media by 6:30 a.m.

If school starts late, all before-school activities will be cancelled, there will be no AM Transitional Kindergarten, and breakfast will not be served. If school is called off at mid-day and the weather clears up later in the day, we may attempt to hold scheduled events. If this happens, info will be announced on the radio and TV stations listed above.

If school is dismissed early during the day, someone will remain at the central office until all buses have checked in to make sure everyone is accounted for. MOC-Floyd Valley buses have two-way radios for effective communication between drivers and all school buildings.

**Note: If school starts late on a Friday (due to weather) with a scheduled early dismissal of 1:15 p.m., dismissal time will be 3:15 p.m.**

## WINTER VACATION

School will dismiss at regular dismissal times on December 21st.

Winter Vacation begins December 22nd - January 3rd, with regular classes resuming Tuesday, January 4th.



# SCHOOL HEALTH NEWS

## \*Ashley Van Voorst, RN - SCHOOL NURSE\*

### The 5 MUSTS during this Holiday Season

1. Wash your hands
2. Get your flu shot
3. Eat healthy foods
4. Get enough rest
5. If you get sick, stay home

Influenza is starting to arrive in Iowa. Influenza is not the same as the stomach (gastrointestinal) flu. Confirmed cases of influenza are still very low, but use the 5 MUSTS to keep bugs from spreading this holiday season.

### Be aware of these common Flu (Influenza) symptoms

- **Fever:** fever is usually present in up to 80% of flu cases. A temperature of 100 degrees, or higher, for three or four days is common. **REMEMBER - your child must be fever free for 24 hours, without the use of Tylenol or Ibuprofen, before returning to school.**
- **Headache, body aches, or chills** are common with the flu
- **Fatigue:** fatigue is moderate to severe with the flu. Adequate rest will help your body fight off the bug.
- **Cough:** A non-productive (no mucous) cough is usually present with the flu

Note: a stuffy nose and sore throat are not commonly present when you have the flu. These can be caused by other viruses.

### Should my child stay home from school???

- **Runny nose:** This may be due to an allergy or cold. Unless there is a fever present, your child may come to school. For fever or colored mucous, you may want to talk to your doctor.
- **Cough or Cold:** These can lead to, or indicate, more serious infections such as bronchitis or pneumonia. If your child is not acting like his/her normal self, has a fever, or has difficulty breathing, check with your doctor. If no fever is present and you feel it is a mild cold, your child may come to school. Please instruct them to wash their hands frequently, use their sleeve to cough, and drink plenty of fluids.
- **Diarrhea or Vomiting:** If your child has these symptoms, they should not come to school. This can be very contagious. You should monitor for signs of dehydration and consult with your doctor. Your child may return to school if there hasn't been an episode of either for at least 24 hours.
- **Fever:** For any temperature over 100.0 degrees, your child is considered contagious. Your child needs to be fever free for 24 hours without the use of Tylenol or Ibuprofen.
- **Sore throat:** These can accompany a cold or indicate a more serious infection such as strep or mono. If your child has difficulty swallowing consult with your doctor. If a strep infection is found, please notify the school and keep your child home from school for at least 24 hours after starting antibiotics.

### Reminders:

\*All ninth grade students need to have a dental screening and a Certificate of Dental Screening form sent to the school nurse by December 1, 2021. You will be getting a reminder in the mail if your child still needs this requirement.

\*Flu Vaccine: It is not too late to get your flu vaccine. Make an appointment with your clinic or attend a Community Health Partners vaccine clinic.

### Head Lice

Head lice is very common in every school, every year. Lice are not picky and it doesn't matter how clean, dirty, rich, or poor the place or person is. I tell all parents: EXPECT that there is head lice in the school year round and check your child regularly. If your child does have lice, inform the school nurse and use a lice shampoo or a treatment kit right away. Here is a great resource to educate yourself on head lice! <https://healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>



**Holiday Music Concert**

Our MOC-Floyd Valley High School students have been working hard to prepare a wonderful holiday concert to ease you into the holiday spirit. Join us on **Monday, December 13th at 7:00 p.m.**, at Christ Chapel, on the Northwestern College Campus, for our Holiday Concert featuring the Mixed Choir, Chamber Singers, Concert Choir, String Orchestra, Full Orchestra, Concert Band and Symphonic Band.

The concert concludes with a performance of Handel’s “Hallelujah Chorus” where the choir students and audience ~~members~~ are accompanied by the Full Orchestra. Come and enjoy the beautiful music that our students have to share! *(All students involved are expected to stay throughout the entire concert.)*



**News from the Counselor’s Desk: Mr. McDonald**

**COLLEGE PLANNING CHECKLIST:**

Sign-up for the ACT test

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

The following is a great, FREE ACT prep site:  
<https://act.tuforme.com/courses/ACT>

<b>ACT Test Date</b>	<b>Registration Deadline</b>	<b>Late Fee Deadline</b>	<b>Photo Upload Deadline</b>
December 11, 2021	November 5, 2021	November 19, 2021	December 3, 2021
February 12, 2022	January 7, 2022	January 21, 2022	February 4, 2022
April 2, 2022	February 25, 2022	March 11, 2022	March 25, 2022
June 11, 2022	May 6, 2022	May 20, 2022	June 3, 2022
July 16, 2022	June 17, 2022	June 24, 2022	July 8, 2022

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

- Visit with your school counselor to make sure you are on track to graduate and fulfill college admission requirements.
- Keep working hard all year; first semester grades can affect scholarship eligibility.
- Ask for personal references from teachers, school counselors, or employers early in the year or at least two weeks before application deadlines. Follow your school's procedure for requesting recommendations.
- Visit with admissions counselors who come to your high school.
- Attend a college fair.
- Begin your college essay(s).
- Apply for admission at the colleges you've chosen.
- Find out if you qualify for scholarships at each college you have applied to.
- Start the financial aid application process.
- See your school counselor for help finding financial aid and scholarships.

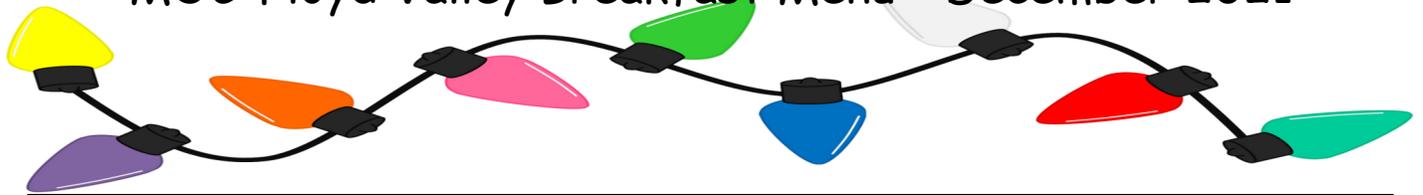




# December 2021

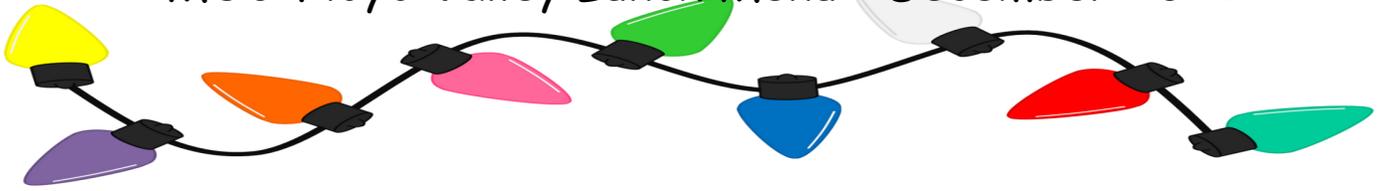
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 4:15pm BB-B/8th Sioux Center 4:15pm BB-B/7th Sioux Center 4:30pm BB-G/JV Spirit Lake 4:30pm BB-B/JV Spirit Lake 6:00pm BB-G/Varsity Spirit Lake 7:30pm BB-B/Varsity Spirit Lake	2 1:15pm Early Dismissal- 4:30pm BB-G/9th Okoboji 4:30pm BB-B/9th Okoboji 6:00pm BB-G/Varsity Okoboji 7:30pm BB-B/Varsity Okoboji	3 9:00am Quiz Bowl at Sp. Lake- 10:30am WR-Varsity MOC-Floyd Valley vs. Multiple Schools	4
	<i>1</i> December <b>EVENTS</b>						
5 4:15pm BB-B/7th Sheldon 4:15pm BB-B/8th Sheldon 4:45pm WR-JV MOC-Floyd Valley vs. Multiple Schools 6:00pm BB-G/9th Unity Christian 7:15pm BB-B/9th Unity Christian	6 4:30pm BB-G/JV Rock Valley 4:30pm BB-B/JV Rock Valley 5:45pm BB-B/9th Rock Valley 6:00pm BB-G/Varsity Rock Valley 7:30pm BB-B/Varsity Rock Valley	7 4:30pm BB-G/JV Rock Valley 4:30pm BB-B/JV Rock Valley 5:45pm BB-B/9th Rock Valley 6:00pm BB-G/Varsity Rock Valley 7:30pm BB-B/Varsity Rock Valley	8 4:15pm BB-B/7th Rock Valley 4:15pm BB-B/8th Rock Valley 6:00pm WR-Varsity Sheldon-South O'Brien vs. Multiple Schools 6:00pm WR-JV Sheldon-South O'Brien vs. Multiple Schools	9 4:15pm BB-B/7th Rock Valley 4:15pm BB-B/8th Rock Valley 6:00pm WR-Varsity Sheldon-South O'Brien vs. Multiple Schools 6:00pm WR-JV Sheldon-South O'Brien vs. Multiple Schools	10 1:15pm Early Dismissal- 4:30pm BB-G/JV Sibley-Ocheyedan 4:30pm BB-B/JV Sibley-Ocheyedan 6:00pm BB-G/Varsity Sibley-Ocheyedan 7:30pm BB-B/Varsity Sibley-Ocheyedan	11 Youth Girls BB Tourney- @ Multiple Locations 9:30am Quiz Bowl-- Lightning Round 10:30am WR-Varsity Sibley-Ocheyedan 7:00pm Jazz Band Holiday Concert w/SC at SC-	
12 4:15pm BB-B/7th LeMars Middle 4:15pm BB-B/8th LeMars Middle 5:00pm WR-JV Sergeant Bluff-Luton 7:00pm HS Holiday Music Concert- @ NWC Christ Chapel	13 4:30pm BB-B/JV George-Little Rock 4:30pm BB-G/9th George-Little Rock 6:00pm BB-G/Varsity George-Little Rock 7:30pm BB-B/Varsity George-Little Rock	14 4:30pm BB-B/JV George-Little Rock 4:30pm BB-G/9th George-Little Rock 6:00pm BB-G/Varsity George-Little Rock 7:30pm BB-B/Varsity George-Little Rock	15 4:00pm BB-B/7th Sergeant Bluff-Luton Middle 4:15pm BB-B/8th Sergeant Bluff-Luton Middle 6:00pm BB-G/9th Sioux Center 6:00pm WR-JV Sibley-Ocheyedan 6:00pm WR-JV Estherville / Lincoln Central vs. Multiple Schools 6:00pm WR-Varsity Estherville / Lincoln Central vs. Multiple Schools 6:00pm WR-Varsity Sibley-Ocheyedan 7:15pm BB-B/9th Sioux Center	16 4:00pm BB-B/7th Sergeant Bluff-Luton Middle 4:15pm BB-B/8th Sergeant Bluff-Luton Middle 6:00pm BB-G/9th Sioux Center 6:00pm WR-JV Sibley-Ocheyedan 6:00pm WR-JV Estherville / Lincoln Central vs. Multiple Schools 6:00pm WR-Varsity Estherville / Lincoln Central vs. Multiple Schools 6:00pm WR-Varsity Sibley-Ocheyedan 7:15pm BB-B/9th Sioux Center	17 MS GBB Practice Begins- 1:15pm Early Dismissal- 4:15pm BB-B/JV Central Lyon 4:30pm BB-G/JV Central Lyon 5:30pm BB-B/9th Central Lyon 6:00pm BB-G/Varsity Central Lyon 7:30pm BB-B/Varsity Central Lyon	18 10:00am WR-Varsity Cherokee	
19 Youth Girls BB Tourney- @ Multiple Locations	20 6:00pm BB-G/9th Western Christian 7:00pm MS Holiday Concert- @ NWC Christ Chapel 7:15pm BB-B/9th Western Christian	21 4:30pm BB-G/JV West Lyon 4:30pm BB-B/JV West Lyon 6:00pm BB-G/Varsity West Lyon 6:00pm WR-JV Sioux City North vs. Multiple Schools 6:00pm WR-Varsity Sioux City North vs. Multiple Schools 7:30pm BB-B/Varsity West Lyon	22 No School- End of 2nd Qtr-	23 No School-	24	25	
<b>WINTER BREAK</b>			<b>WINTER BREAK</b>				
26	27	28 HS Band departs-	29	30	31 Winter Break 	Classes Resume Tuesday, Jan. 4, 2022	
<b>WINTER BREAK</b>							

# MOC-Floyd Valley Breakfast Menu - December 2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Toast/Jelly Eggs Fruit Juice Milk	2 Breakfast Pizza Fruit Juice Milk	3 Donuts Fruit Juice Milk
6 Cereal Yogurt Fruit Juice Milk	7 Waffles/Syrup Fruit Juice Milk	8 Toast/Jelly Eggs Fruit Juice Milk	9 Breakfast Pizza Fruit Juice Milk	10 Muffins Fruit Juice Milk
Nutrigrain Bar (MS, HS)	Cereal (MS, HS)	Cereal (MS, HS)	Cereal (MS, HS)	Cereal (MS, HS)
13 Cereal Yogurt Fruit Juice Milk	14 French Toast/Syrup Fruit Juice Milk	15 Toast/Jelly Eggs Fruit Juice Milk	16 Breakfast Pizza Fruit Juice Milk	17 Donuts Fruit Juice Milk
Nutrigrain Bar (MS, HS)	Cereal (MS, HS)	Cereal (MS, HS)	Cereal (MS, HS)	Cereal (MS, HS)
20 Cereal Yogurt Fruit Juice Milk	21 Pancakes/Syrup Fruit Juice Milk	22 No School	23 No School	24 No School
Nutrigrain Bar (MS, HS)	Cereal (MS, HS)			
27 No School	28 No School	29 No School	30 No School	31 No School
			Breakfast is served each school day, in all buildings.	

# MOC-Floyd Valley Lunch Menu - December 2021



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Tenders/ Ketchup Mashed Potatoes/ Gravy Carrots Dinner Roll Fruit Cookie Milk	2 French Toast Sticks/ Syrup Sausage Links Potato Wedges/ Ketchup Baked Apples Juice Cup Milk	3 Orange Chicken Rice Egg Roll Stir Fry Vegetables Fruit Milk
6 Nachos/Ground Beef/ Cheese Lettuce/Tomatoes Baked Beans Carrots Fruit Milk	7 Italian Pasta Bake Broccoli Garlic Toast Fruit Milk	8 Salisbury Steak Mashed Potatoes/ Gravy Green Beans Dinner Roll Pineapple Milk	9 Meatball Sub Peas Fruit Rice Krispie Bar Milk	10 Egg/Sausage/Cheese Sandwich Potato Gems/Ketchup Fruit Slush Cup Milk
13 Creamed Chicken on a Bun Green Beans Strawberries Cookies Milk	14 Italian Dunkers Meat Sauce Broccoli Fruit Milk	15 Ham Mashed Potatoes/ Gravy Corn Dinner Roll Fruit Ice Cream Treat Milk	16 Tavern on a Bun/ Cheese Confetti Fries/ Ketchup Baked Beans Fruit Milk	17 Chicken Patty on a Bun Lettuce/Mayo Potato Smiles Carrots Peaches Milk
20 Hot Dog on a Bun/ Ketchup Potato Wedges Broccoli/Cheese Apple Cookies Milk	21 Pizza Boat/Marinara Mixed Veggies Fruit Milk	22 No School	23 No School	24 No School
27 No School	28 No School	29 No School	30 No School	31 No School

Menu is subject to change without prior notice due to supply chain interruptions.

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.*