

MOC-Floyd Valley Community School District



Fostering learning, excellence and civic responsibility

Dutch Dialog

January 2022

From the Superintendent...Russ Adams



Strive for Excellence

Gratitude and Grace...

Gratitude and grace are traits that often come to light around the holidays. As I was reflecting on these, and on the challenges that surface in our society these days, it drew me back to a newsletter article from a few years ago. I thought the message might be appropriate for us to consider again. . .

As a parent and grandparent, I am truly thankful for the impact the people of MOC-Floyd Valley have had – and continue to have on my family! (Four of our six children (counting in-laws) graduated from MOC-Floyd Valley, and six of our eight grandchildren currently attend MOC-Floyd Valley.) As the superintendent, I am just as thankful for the impact the people of MOC-Floyd Valley have on all of our students!

There is no doubt in my mind, that all of our employees are committed to our District Mission of *fostering learning, excellence and civic responsibility* in all of our students. One great example of this is demonstrated by our athletic coaches. Consider their responses when asked to consider the following prompt, “Ten years after graduation, I hope that the student-athletes I had the privilege of coaching would say . . . about their experience as a member of any MOC-FV athletic team . . .”

Below is a summary of their responses:

- *“I felt cared for, respected and invested in.”*
- *“I was challenged.”*
- *“I was valued.”*
- *“I learned to be selfless and care about others.”*
- *“I had tons of fun.”*
- *“I had to work hard, and it was worth it.”*
- *“I was encouraged – and encouraged my teammates.”*
- *“We had great relationships on our team.”*
- *“I, we all, were accountable to each other.”*
- *“I learned how to work hard and persist.”*
- *“I learned life lessons.”*
- *“Best four years of my life.”*
- *“We grew in character and learned how to handle adversity.”*
- *“I developed toughness and grit.”*
- *“We were a family.”*
- *“We were a team.”*

While our coaches are extremely competitive, memories of wins and losses were not mentioned – perhaps because they are of less importance than the development of character and the sense of belonging – and perhaps because wins and losses tend to work out when a team has the right focus.

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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

- **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

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A deeper look at their responses clearly shows alignment with our District Belief Statements of . . .

CARING – *We will show genuine interest in and sensitivity towards others.*

COOPERATION – *We will work together in partnership – school, families and communities.*

EFFORT – *We will demonstrate diligence and perseverance to achieve our personal best.*

RESPONSIBILITY – *We will be accountable for our actions and choices both individually and collectively.*

RESPECT – *We will recognize and honor the intrinsic worth of others as well as ourselves while valuing property and belongings.*

EXCELLENCE – *We will expect, strive for and encourage the highest level of achievement.*

INTEGRITY – *We will consistently reflect honesty and high moral character.*

CREATIVITY – *We will foster a safe learning environment where creative thinking and positive risk-taking are valued and nurtured.*

I am confident that the responses would be very similar from our activity sponsors who also pour into our students in the same selfless manner. The pay for coaching or sponsoring these activities is relatively low, and the investment of time is significant. Those who serve in these roles, do so because they care deeply about young people and see their sport or activity as a vessel for impacting those very young people! If you have the opportunity, please encourage them and thank them for all they do! They truly do deserve our gratitude and our grace!

Go Dutch!

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.

Schedule Change

Monday, February 14th, **will be a regular school day**, for all students and staff, to make up the snow day from December.

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, 712-737-4606

Ryan Noteboom, rnoteboom@mocfv.org, 712-737-8197 x3007

Aaron Norman, anorman@mocfv.org 712-737-8197 x3008

SCHOOL HEALTH NEWS

Ashley Van Voorst RN, BSN - School Nurse

TEN HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

The following tips are from the American Academy of Pediatrics (AAP).

1. I will clean up my toys and keep my room in good order.
2. I will brush my teeth twice a day and wash my hands before eating and after the bathroom.
3. I won't tease dogs, even friendly ones – and keep my hands and face away from their mouths.
4. I will drink more milk and water, and limit soda and fruity drinks.
5. I will apply sunscreen before going outdoors.
6. I will find a sport or activity that I like, and do it at least three times a week.
7. I will always wear a helmet when bicycling or boarding.
8. I will wear my seat belt every time I get in the car.
9. I'll be nice to others and friendly to kids who need friends – like someone shy or new to school.
10. I'll never give out personal information, or pictures of myself, to strangers or over the internet.

MAKE HEALTH YOUR RESOLUTION

Healthy You: Make healthy food choices, be active, make an appointment for a check-up, vaccination, or screening. Know your numbers – weight, blood pressure, cholesterol. Wash your hands often. Be smoke free. Get enough sleep. Learn and practice a new health tip each week. Make a new friend.

Healthy Family: Plan to eat more meals together as a family. Encourage and support physical activity. Put together a family health history. Know where to go for health care in town if you do not have insurance. Keep pets vaccinated and healthy. Add a health related website to your favorites list and check weekly updates. Spend more time together. Be courteous and practice good manners.

Healthy Home: Go green. Reduce, reuse, and recycle. Install smoke alarms and carbon monoxide alarms on every level. Keep cleaning products and medications away from children. Have a winter weather emergency plan and stock your home and car with necessary supplies. Avoid carbon monoxide poisoning and hypothermia. Never use generators, grills, camp stoves, or similar devices indoors.

Healthy Community: Volunteer at your church, school or one of the many community centers needing help or an extra hand. If you have received help from others, try to repeat the gesture. Extend a common courtesy wherever you are – they are always appreciated and hopefully duplicated.

Healthy Workplace: Stay home if you are sick. Wash your hands often. Participate in healthy workplace programs. Take steps to prevent job stress. Reduce work injuries and practice good body mechanics.

Enjoy a new year of healthy possibilities!



High School Happenings - Principal Mike Mulder

Student athletes from MOC-Floyd Valley High School and Unity Christian High School will come together to compete on the hardwood on **Thursday, January 27**. More importantly, members of both school communities will come together to make a difference in our area through our annual 'Reach-Out' event. All funds generated through this event are used to help pay for gas or groceries, thus off-setting expenses for the affected families. More than 650 families have been helped through Reach-Out funds since the start of this fundraising effort.

Together...we are stronger!

Eleventh Annual MOC-Floyd Valley/Unity Christian Reach-Out

Location:	Unity Christian High School		
Date:	Thursday, January 27		
Times:	<u>JV Girls</u>	3:45 p.m.	
	<u>JV Boys</u>	5:00 p.m.	
	<u>Varsity Girls</u>	6:15 p.m.	
	<u>Varsity Boys</u>	7:45 p.m.	

News from the Counselor's Desk: Mr. McDonald

COLLEGE PLANNING CHECKLIST:

Sign-up for the ACT test

ACT Test Date	Registration Deadline	Late Fee Deadline	Photo Upload Deadline
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 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.
- Visit with admissions counselors who come to your high school.
- [Apply for admission at the colleges you've chosen](#).

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

Mark your calendar with the following dates:

Tuesday, February 15th - Mass Choir Concert for grades 5th - 12th in the new Gymnasium

Tuesday, March 15th - 7:00 p.m. Chamber Singers Extravaganza in the Auditorium.

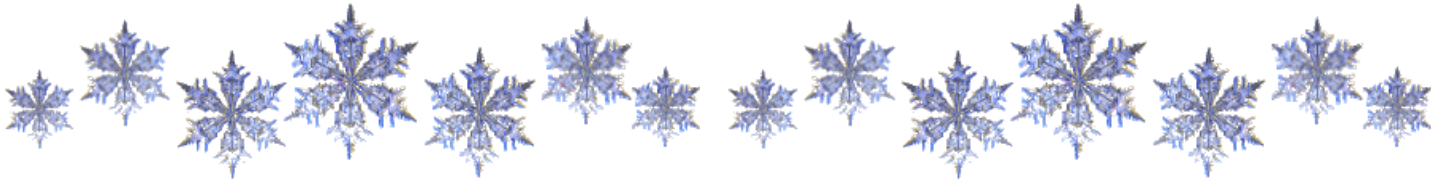


January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		JANUARY 				
HS Band Returns	No School	Classes Resume		4:30pm BB-G/9th Boydén-Hull 4:30pm BB-B/9th Boydén-Hull 6:00pm BB-G/Varsity Boydén-Hull 7:30pm BB-B/Varsity Boydén-Hull	1:15pm Early Dismissal 4:30pm BB-G/JV Sioux Center 4:30pm WR-Varsity Spirit Lake 4:30pm BB-B/JV Sioux Center 6:00pm BB-G/Varsity Sioux Center 7:30pm BB-B/Varsity Sioux Center	Youth Cheer Camp @ Middle School 10:30am WR-Varsity West Sioux
Holiday Vacation						
	Strong Foundation Honor 6th Grade Honor Band, SC East 4:30pm WR-JV West Sioux 6:00pm BB-G/9th Spirit Lake 7:15pm BB-B/9th Spirit Lake	4:30pm BB-B/JV LeMars 4:30pm BB-G/JV LeMars 6:00pm BB-G/Varsity LeMars 7:30pm BB-B/Varsity LeMars		4:15pm BB-G/8th Sioux Center 4:15pm BB-G/7th Sioux Center 6:00pm WR-Varsity West Lyon vs. Multiple Schools 6:00pm WR-JV West Lyon vs. Multiple Schools 7:00pm 5th Chorus Concert @ Orange City Elementary	1:15pm Early Dismissal 4:30pm BB-G/JV Sheldon 4:30pm BB-B/JV Sheldon 6:00pm BB-G/Varsity Sheldon 7:30pm BB-B/Varsity Sheldon	Youth Boys BB Tourney 9:30am-11:00am Quiz Bowl--Thinking Cap Online 10:00am WR-Varsity BH / RV
NWI Honor Choir at Dordt College 4:00pm BB-G/7th Sergeant Bluff-Luton Middle 4:15pm BB-G/8th Sergeant Bluff-Luton Middle 5:00pm WR-JV Storm Lake 6:00pm BB-G/9th Sheldon BB-9th (Cancelled)		4:30pm BB-G/JV Okoboji 4:30pm BB-B/JV Okoboji 6:00pm BB-G/Varsity Okoboji 7:30pm BB-B/Varsity Okoboji		6:00pm BB-G/9th Cherokee 6:00pm WR-Varsity MOC-Floyd Valley vs. Multiple Schools 6:00pm WR-JV MOC-Floyd Valley vs. Multiple Schools 6:00pm BB-B/9th LeMars	Soph Your Future at Work Day at NCC ILCC Jazz Festival 1:15pm Early Dismissal 4:15pm WR-MS MOC-Floyd Valley vs. Multiple Schools 4:30pm BB-B/JV Rock Valley 4:30pm BB-G/JV Rock Valley 5:45pm BB-B/9th Rock Valley 6:00pm BB-G/Varsity Rock Valley 7:30pm BB-B/Varsity Rock Valley	District Large Group Speech Contest
IHSMA State Jazz Band Festival 4:15pm WR-MS BH / RV vs. Multiple Schools 4:15pm BB-G/8th Boydén-Hull 4:15pm BB-G/7th Boydén-Hull 6:00pm BB-G/9th Western Christian 7:15pm BB-B/9th Western Christian		4:30pm BB-B/JV Sibley-Ocheyedan 4:30pm BB-G/JV Sibley-Ocheyedan 6:00pm WR-JV South Sioux City vs. Multiple Schools 6:00pm BB-G/Varsity Sibley-Ocheyedan 6:00pm WR-Varsity South Sioux City vs. Multiple Schools 7:30pm BB-B/Varsity Sibley-Ocheyedan		NWI MS & HS Honor Orchestra Festival 3:45pm BB-G/JV Unity Christian 4:15pm WR-MS Sibley-Ocheyedan vs. Multiple Schools 5:00pm BB-B/JV Unity Christian 6:15pm BB-G/Varsity Unity Christian 7:45pm BB-B/Varsity Unity Christian Reach-Out	1:15pm Early Dismissal 3:45pm BB-G/9th George-Little Rock 5:00pm BB-B/9th George-Little Rock 5:00pm WR-Varsity Sioux Center vs. Conference 6:00pm BB-G/Varsity George-Little Rock 7:30pm BB-B/Varsity George-Little Rock	8:30am Quiz Bowl at B-H 3:30pm-5:30pm Quiz Bowl--Friends and Family
4:15pm BB-G/7th Sibley-Ocheyedan 4:15pm BB-G/8th Sibley-Ocheyedan 4:15pm WR-MS West Lyon vs. Multiple Schools 4:45pm WR-JV MOC-Floyd Valley vs. Multiple Schools 6:00pm BB-B/9th Spencer 7:15pm BB-B/9th Spencer						

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

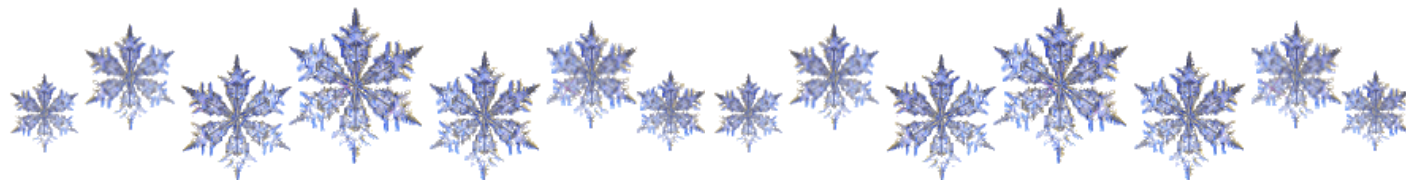
MOC-Floyd Valley Breakfast Menu - January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 Waffles/Syrup Fruit Juice Milk Cereal (MS, HS)	5 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	6 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	7 Muffins Fruit Juice Milk Cereal (MS, HS)
10 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	11 French Toast/Syrup Fruit Juice Milk Cereal (MS, HS)	12 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	13 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	14 Donuts Fruit Juice Milk Cereal (MS, HS)
17 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	18 Pancakes/Syrup Fruit Juice Milk Cereal (MS, HS)	19 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	20 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	21 Cinni Minis Fruit Juice Milk Cereal (MS, HS)
24 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	25 Waffles/Syrup Fruit Juice Milk Cereal (MS, HS)	26 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	27 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	28 Muffins Fruit Juice Milk Cereal (MS, HS)
31 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	Breakfast is served each school day, in all buildings.			

*This institution is an equal opportunity provider and employer.
Menu is subject to change.*

MOC-Floyd Valley Lunch Menu - January 2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School	4 Taco in a Bag Cheese/Lettuce/ Salsa Refried Beans Pineapple Apple Churro Milk	5 Chicken Tenders/ BBQ Sauce Mashed Potatoes/ Gravy Broccoli Garlic Toast Mandarin Oranges Milk	6 Scalloped Potatoes & Ham Green Beans Cheesy Breadstick Kiwi Graham Snacks Milk	7 Grilled Cheese Potato Gems/Ketchup Carrots Fruit Milk
10 Deli Sub Mayo/Mustard Cheese/Lettuce/ Tomato Candied Carrots Grapes Cookie	11 Pizza Garlic Twist/ Marinara Sauce Mixed Veggies Bananas Milk	12 Tacos Lettuce/Cheese/ Salsa Refried Beans Tortilla Chips (HS) Pears Milk	13 Spaghetti & Meat Sauce Cucumbers & Carrots/ Ranch Garlic Twist Applesauce Milk	14 Popcorn Chicken/BBQ Sauce Potato Smiles Green Beans Oranges Dinner Roll Milk
17 Chicken Quesadilla/ Salsa Corn Spinach Salad/Ranch Bananas Graham Snacks Milk	18 Mr. Rib on a Bun/ BBQ Sauce Confetti Fries/ Ketchup Baked Beans Fruit Milk	19 Chicken Nuggets/ Ketchup Mashed Potatoes/ Gravy Carrots Dinner Roll Oranges Choc. Chip Cookies Milk	20 French Toast Sticks/ Syrup Sausage Hash Brown/Ketchup Baked Apples Juice Cup Milk	21 Orange Chicken Brown Rice Egg Roll Stir Fry Fruit Milk
24 Nachos/ Ground Beef & Cheese Sauce Lettuce/Tomatoes Baked Beans Carrots Fruit Milk	25 Italian Pasta Bake Broccoli Garlic Toast Fruit Cup Milk	26 Salisbury Steak Mashed Potatoes/ Gravy Green Beans Dinner Roll Pineapple Cookie Milk	27 Meatball Sub/Cheese Peas Fruit Rice Krispie Treat Milk	28 Egg/Sausage/Cheese Sandwich Hash Brown Patty/ Ketchup Juice Cup Fruit Milk
31 Creamed Chicken on a Bun Sun Chips Green Beans Strawberries Choc Chip Cookies Milk				

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.

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