

MOC-Floyd Valley Community School District



Fostering learning, excellence and civic responsibility

Dutch Dialog

February 2022

From the Superintendent...Russ Adams

Love = and Productive Struggle

In February of 2020, I wrote about my experience visiting with a young man who exemplifies the importance of wrestling with failure so that you can experience success. At MOC-Floyd Valley, we refer to this as “productive struggle,” and we believe it is an essential element in any person’s growth and development! If you didn’t have the opportunity to read it then, please take the time to read it now.

Anyone fortunate enough to be a parent, knows that one of the most difficult things to do is watch your children struggle. Our instincts tell us that we need to protect them from pain because we love them. In some cases, that is true, but in many others, we could be short-circuiting their learning and not allowing them to develop the coping/life skills they need.

Last week, my wife and I were waiting to board a plane in San Diego. While sitting in the terminal, we noticed a fit, young man sitting across from us in the terminal. He had an Ironman Triathlon bag and fresh racing numbers on his hand and arm. He also had a service dog with him. He was clearly an athlete – and he was clearly vision-impaired. As fate would have it, when we loaded the plane, I had the good fortune to sit next to this young man – Kyle Coon – and he was able to share his story with me while we flew to Denver.

When Kyle was 10 months old, he was diagnosed with bilateral sporadic retinoblastoma, a form of cancer in both eyes. He underwent multiple treatments, but by the time he was 6 years old, both eyes had to be removed. Since then, he has excelled in many things. He was a college wrestler, and an avid skier and an accomplished rock climber. Currently, he is a resident-athlete at the Olympic Training Center in Colorado Springs, CO. He is a world-class athlete who is training hard and has a very good chance of representing the United States in the triathlon at the 2020 Para-Olympic Games in Tokyo, Japan.

Kyle credits his tenacity, drive, and grit to the way his parents raised him. He said that their constant encouragement and support were amazing. The greatest gift they gave him was the will to test his limits and persist! In a nutshell, they were masters of creating productive struggle for Kyle. He knows they were tempted to make accommodations for him to make his life easier, and he is thankful that they resisted that temptation. They supported and encouraged him, and just as importantly, they allowed him to fall and fail along the way so that he could overcome short-term setbacks to become the resilient young man that he is.

This is a lesson that we can all learn as we strive to do what is best for our children and our students. May we all love them enough to encourage and support them while we let them fall and fail – and eventually get up and succeed!



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.

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 14th

Due to our 'snow day' on December 10th, regular classes will be held on Monday, February 14th to make up the instructional time that was lost. Regular classes will be held on May 25th to compensate for the January 14th snow day.

Parent-Teacher Conferences

Parent-Teacher Conferences will be held in the elementary buildings on Thursday, March 17th; middle school and high school buildings on Monday, March 21st; and for all buildings on Tuesday, March 22nd. All conferences will be held from 4:00 p.m. - 8:00 p.m.

There will be no school on Friday, March 25th.



Transitional Kindergarten and Kindergarten Registration

Transitional Kindergarten and Kindergarten registration sign-up begins February 15th, for the 2022-2023 school year.

If you have a child that will be turning 5 years old on or before September 15, 2022, we would encourage you to log onto our school website (mocfv.org) after February 14th and click on the TK-KG Enrollment Form button, found on our homepage, to fill out the necessary information.

Due to the overwhelming need for AM TK placements, we have decided to, again, offer two morning sessions of TK in the 22-23 school year. Usually, there are parents who, on the advice of preschools or whose children have late summer birthdays, or both, are undecided which program best fits their child's needs, please note that on the form.

Our local preschool teachers will be doing their spring assessments following our Kindergarten Readiness tests and will be giving the recommendations of which program would best fit your child's needs for the fall. If you are undecided, and your child does not attend preschool, please contact the Orange City Elementary School office (712-737-4606) and we will set up a readiness screening with one of the kindergarten teachers.

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.



Iowa Immunization Law Requirements for 2022-2023 TK and Kindergarten

The following are the State of Iowa immunization requirements for students entering kindergarten or transitional kindergarten for the 2022-2023 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.

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 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

- Ask for personal references from teachers, school counselors, or employers at least two weeks before scholarship application deadlines.
- Make final visits to colleges
- Return financial aid forms to colleges
- Return housing forms and enrollment deposits
- 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.



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

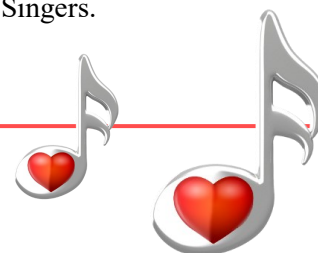
Mark your calendar with the following dates:

Tuesday, February 15th - Grades 5-12 Mass Vocal Music Concert

This concert will begin at 7:00 p.m. and will be held in the high school gymnasium. All choirs in grades 5-12 will perform at this concert. This concert will conclude with two mass choir pieces!!!

Tuesday, March 15th - “Chamber Singers Extravaganza” in the Auditorium

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



High School Happenings

Mike Mulder — High School Principal



MOC-FLOYD VALLEY HIGH SCHOOL 2022 SPRING/SUMMER DRIVER EDUCATION INFORMATION

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 the COVID-19 pandemic. Thus, we plan to offer the required 30 hours of classroom instruction via an online model using the platform: Edpuzzle.

Online Edpuzzle activities will be assigned on or after April 4th.

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 4th. 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 the registration form.

Registration forms are available in the High School and Middle School Buildings. Students must have a driver's permit by April 1, in order to be eligible for the 2022 Driver Education Class at MOC-Floyd Valley. **Completed registration forms, along with payment, must be turned in to the MOC-Floyd Valley High School office by Monday, March 28th.**

(Checks should be made payable to MOC-Floyd Valley Schools) by March 28th. 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.



February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4:30pm BB-B/JV Central Lyon 4:30pm BB-G/JV Central Lyon 6:00pm BB-G/Varsity Central Lyon 7:00pm WR-JV LeMars 7:00pm WR-Varsity LeMars 7:30pm BB-B/Varsity Central Lyon	2	3 Large Group Speech Showcase 4:15pm WR-MS MOC-Floyd Valley vs. Multiple Schools	4 1:15pm Early Dismissal 4:30pm BB-B/9th West Lyon 4:30pm BB-G/9th West Lyon 6:00pm BB-G/Varsity West Lyon 7:30pm BB-B/Varsity West Lyon	5 State Large Group Speech at Spencer 8:30am Robotics State Qualifier 12:00pm WR-Varsity Sergeant Bluff-Luton vs. Multiple Schools
6	7 4:15pm BB-G/7th Rock Valley 4:15pm BB-G/8th Rock Valley 4:15pm WR-MS West Sioux vs. Multiple Schools 6:00pm BB-G/9th Unity Christian 6:00pm BB-B/9th Unity Christian 7:15pm BB-G/JV Unity Christian 7:15pm BB-B/JV Unity Christian	8 4:30pm BB-G/JV Boyden-Hull 4:30pm BB-B/JV Boyden-Hull 6:00pm BB-G/Varsity Boyden-Hull 7:30pm BB-B/Varsity Boyden-Hull	9 Morningside Jazz Fest	10 4:00pm BB-G/8th Sergeant Bluff-Luton Middle 4:15pm BB-G/7th Sergeant Bluff-Luton Middle	11 1:15pm Early Dismissal 4:30pm BB-B/9th Sioux Center 6:00pm BB-B/JV Sioux Center 7:30pm BB-B/Varsity Sioux Center	12 12:00pm WR-Varsity Sioux Center vs. Multiple Schools 7:00pm BB-G/Varsity TBA
13	14 4:15pm BB-G/8th Sheldon 4:15pm BB-G/7th Sheldon	15 4:15pm BB-G/7th LeMars Middle 4:15pm BB-G/8th LeMars Middle 4:15pm WR-MS LeMars vs. Multiple Schools 7:00pm Choir Concert-- Grades 5-12 @ HS Auditorium	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 1:15pm Early Dismissal	19 All-State Large Group Speech-- Ames TBD WR-Varsity TBD 7:00pm BB-G/Varsity TBA
20	21 NWIBA District Jazz Contest-- LeMars HS Track Begins 4:15pm WR-MS Sheldon vs. Multiple Schools 7:00pm BB-B/Varsity TBA	22 4:15pm BB-G/8th Cherokee 4:15pm BB-G/7th Cherokee 7:00pm HS Band and Orchestra Concert @ HS Auditorium	23	24 4:15pm BB-G/8th LeMars Middle 4:15pm WR-MS Sheldon vs. Multiple Schools 4:15pm BB-G/7th LeMars Middle 7:00pm BB-B/Varsity TBA 7:00pm 4th Grade Program	25 Jazz Band Summit at Coe College 1:15pm Early Dismissal	26 District Individual Speech Contest
27	28 3:30pm-9:00pm MS Solo Performance Night (Orch and Band) @ Middle School 7:00pm BB-B/Varsity TBA					



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 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Italian Dunkers Meat Sauce Carrots Fruit Milk	2 Chicken Fajitas Cheese/Tomatoes/ Lettuce Spanish Rice Corn Tropical Fruit Milk	3 Tavern on a Bun/ American Cheese Confetti Fries/ Ketchup Baked Beans Fruit Milk	4 Chicken Patty on a Bun/Mayo Potato Smiles/ Ketchup California Veg. Blend Peaches Milk
7 Hot Dog on a Bun Potato Wedges/ Ketchup Broccoli Apple Cookie Milk	8 Pizza Boats/Marinara Mixed Veggies Fruit Milk	9 Chili Cinnamon Roll Cucumbers & Car- rots/Dressing Fruit Milk	10 BBQ on a Bun Curly Fries/Ketchup Baked Beans Kiwi Juice Slush Cup Milk	11 Mac & Cheese Corn Dog/Ketchup Candied Carrots Peas (HS) Peaches Milk
14 Hamburger on a Bun Cheese/Lettuce/ Tomatoes Confetti Fries/ Ketchup Grapes Milk	15 Taco in a Bag Cheese/Lettuce/ Salsa Refried Beans Pineapple Churro Milk	16 Chicken Tenders/ BBQ Sauce Mashed Potatoes/ Gravy Broccoli Garlic Toast Mandarin Oranges Milk	17 Scalloped Potatoes & Ham Green Beans Cheesy Breadstick Kiwi Graham Crackers Milk	18 Grilled Cheese Potato Gems/Ketchup Carrots Fruit Milk
21 Deli Sub Sandwich Mayo/Mustard/ Lettuce/Tomato Potato Wedges/ Ketchup Carrots Fruit Cookies Milk	22 Pizza Garlic Twist Marinara Sauce Mixed Veggies Bananas Milk	23 Tacos Lettuce/Cheese/ Salsa Refried Beans Tortilla Chips (HS) Pears Milk	24 Spaghetti & Meat Sauce Fresh Vegetables/ Ranch Dip Garlic Twist Applesauce Milk	25 Popcorn Chicken/BBQ Sauce Potato Smiles Green Beans Orange Dinner Roll Milk
28 Chicken Quesadilla/ Salsa Spinach Salad/ Dressing Corn Graham Snacks Banana 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.

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 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pancakes/Syrup Fruit Juice Milk Cereal (MS, HS)	2 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	3 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	4 Donuts Fruit Juice Milk Cereal (MS, HS)
7 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	8 Waffles/Syrup Fruit Juice Milk Cereal (MS, HS)	9 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	10 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	11 Cinni Mini Fruit Juice Milk Cereal (MS, HS)
14 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	15 French Toast/Syrup Fruit Juice Milk Cereal (MS, HS)	16 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	17 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	18 Muffins Fruit Juice Milk Cereal (MS, HS)
21 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	22 Pancakes/Syrup Fruit Juice Milk Cereal (MS, HS)	23 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	24 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	25 Donuts Fruit Juice Milk Cereal (MS, HS)
28 Cereal Yogurt Fruit Juice Milk Nutrigrain Bar (MS, HS)	Breakfast is available for all students, in all buildings, every morning.			

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