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# MOC-Floyd Valley Community School District



## Dutch Dialog

March 2022

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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



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.*

## No School for Spring Break

There will be no school on Friday, April 15th - Monday, April 18th for Spring Break.



## 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.**

## FROM THE COUNSELOR'S OFFICE — 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

ACT Test Date	Registration Deadline	Late Fee Deadline	Photo Upload Deadline
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

- 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.

## 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 15th - "Chamber Singers Extravaganza" in the Auditorium

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

Saturday, April 2nd - State Solo/Ensemble Contest at MOC-FV High School

The MOC-Floyd Valley Vocal Music department has 28 solos, or small ensembles! We are hosting this event for our own school and students will be performing between 9:00 a.m.-2:00 p.m. Family and friends are encouraged to attend and support our students!!!

## 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](mailto: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 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](http://mocfv.org)) after February 14<sup>th</sup> 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.

**MOC-FLOYD VALLEY HIGH SCHOOL**  
**2022 SPRING/SUMMER DRIVER EDUCATION – REGISTRATION FORM**



**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 4<sup>th</sup>.

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 4<sup>th</sup>. 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 28<sup>th</sup>.** 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 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<b>March EVENTS</b>			1:15pm Early Dismissal	
6	7	8	9	10	11	12
	5:30pm Kindergarten Roundup for Parents @ Hospers Elementary	7:00pm Grade 7-12 Jazz Band Night @ HS Auditorium	MS Track Practice Begins		End of 3rd Qtr 1:15pm Early Dismissal	State Individual Speech Contest
13	14	15	16	17	18	19
	HS Soccer and Golf Practices Begin 7:00pm MS Concert--Choir, Band, Orchestra @ Middle School	5:00pm TR-G/Varsity Spirit Lake 5:00pm TR-B/Varsity Spirit Lake 7:00pm Chamber Singers Concert @ HS Auditorium		4:00pm-8:00pm Parent-Teacher Conferences @ Multiple Locations	1:15pm Early Dismissal	
20	21	22	23	24	25	26
	4:00pm-8:00pm Parent-Teacher Conferences @ Multiple Locations 5:00pm TR-B/Varsity Unity Christian 5:00pm TR-G/Varsity Unity Christian	4:00pm-8:00pm Parent-Teacher Conferences @ Multiple Locations	Picture Day @ Hospers Elementary		No School	
27	28	29	30	31		
	All-State Individual Speech--C. Falls 6:30pm FFA Banquet @ HS New Gym	String Recitals @ Hospers Elementary 4:15pm TR-G/Varsity LeMars vs. Multiple Schools 4:30pm TR-B/Varsity LeMars vs. Multiple Schools 5:00pm Soccer-B/JV-V Sergeant Bluff-Luton 5:30pm Soccer-G/JV-V Sergeant Bluff-Luton		HS Orchestra Chicago Trip 4:30pm TR-G/Varsity Sioux Center vs. Multiple Schools 4:30pm TR-B/Varsity Sioux Center vs. Multiple Schools		

Calendar subject to change. For a complete list of school events and up-to-date information, please visit our website at [www.mocfv.org](http://www.mocfv.org).



## MOC-Floyd Valley Schools



## Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mr. Rib on a Bun/ BBQ Sauce Confetti Fries/ Ketchup Baked Beans Fruit Milk	2 Fish Sticks/Ketchup Mashed Potatoes/ Gravy Carrots Dinner Roll/Jelly Oranges Choc. Chip Cookies Milk	3 Orange Chicken Brown Rice Egg Roll Stir Fry Veggies Fruit Milk	4 French Toast Sticks/ Syrup Sausage Links Hash Brown /Ketchup Fruit Juice Cup Baked Apples Milk
7 Nachos with Ground Beef Cheese/Lettuce/ Tomatoes Baked Beans Carrots Fruit Milk	8 Italian Pasta Bake Broccoli Garlic Toast Fruit Cup Milk	9 Salisbury Steak Mashed Potatoes/ Gravy Green Beans Dinner Roll/Jelly Pineapple Cookie Milk	10 Meatball Sub Peas Fruit Rice Krispie Treat Milk	11 Egg/Sausage/Cheese Sandwich Hash Brown Juice Cup Fruit Milk
14 Creamed Chicken on a Bun Sun Chips Green Beans Strawberries Chocolate Chip Cookie Milk	15 Italian Dunkers Meat Sauce Carrots Fruit Milk	16 Chicken Fajitas Cheese/Lettuce/ Tomatoes Spanish Rice Baked Beans Tropical Fruit Milk	17 Tavern on a Bun/ Cheese Confetti Fries/ Ketchup Fruit Milk	18 Pizza Boats Marinara Mixed Veggies Fruit Milk
21 Hot Dog on a Bun Potato Wedges Ketchup Apple Cookie Milk	22 Chicken Patty on a Bun Lettuce/Mayo Broccoli Potato Smiles Peaches Milk	23 Chili Cinnamon Rolls Fresh Veggies/ Ranch Dip Fruit Milk	24 BBQ Sandwich Curly Fries/Ketchup Baked Beans Kiwi Sidekick Slush Cup Milk	25 No School
28 Hamburger on a Bun Lettuce/Tomato Confetti Fries/ Ketchup Grapes Milk	29 Taco in a Bag Cheese/Lettuce/ Salsa Refried Beans Pineapple Churro Milk	30 Chicken Tenders/ BBQ Sauce Mashed Potatoes/ Gravy Broccoli Garlic Toast Mandarin Oranges Milk	31 Scalloped Potatoes & Ham Green Beans Cheesy Breadstick Fruit Graham Snacks 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](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.*

## MOC-Floyd Valley Schools



## Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Waffles/Syrup Fruit Juice Milk  Cereal (MS, HS)	2 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	3 Breakfast Pizza Boat Fruit Juice Milk  Cereal (MS, HS)	4 Cinni Mini Fruit Juice Milk  Cereal (MS, HS)
7 Cereal Yogurt Fruit Juice Milk  Nutrigrain Bar (MS, HS)	8 French Toast/Syrup Fruit Juice Milk  Cereal (MS, HS)	9 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	10 Breakfast Pizza Boat Fruit Juice Milk  Cereal (MS, HS)	11 Muffins Fruit Juice Milk  Cereal (MS, HS)
14 Cereal Yogurt Fruit Juice Milk  Nutrigrain Bar (MS, HS)	15 Pancakes/Syrup Fruit Juice Milk  Cereal (MS, HS)	16 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	17 Breakfast Pizza Boat Fruit Juice Milk  Cereal (MS, HS)	18 Donuts Fruit Juice Milk  Cereal (MS, HS)
21 Cereal Yogurt Fruit Juice Milk  Nutrigrain Bar (MS, HS)	22 Waffles/Syrup Fruit Juice Milk  Cereal (MS, HS)	23 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	24 Breakfast Pizza Boat Fruit Juice Milk  Cereal (MS, HS)	25 No School
28 Cereal Yogurt Fruit Juice Milk  Nutrigrain Bar (MS, HS)	29 French Toast/Syrup Fruit Juice Milk  Cereal (MS, HS)	30 Toast/Jelly Eggs Fruit Juice Milk  Cereal (MS, HS)	31 Breakfast Pizza Boat Fruit Juice Milk  Cereal (MS, HS)	

**WE SERVE BREAKFAST EVERY MORNING.**

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