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# MOC-Floyd Valley Community School District



*Fostering learning, excellence and civic responsibility*

## Dutch Dialog

October 2022

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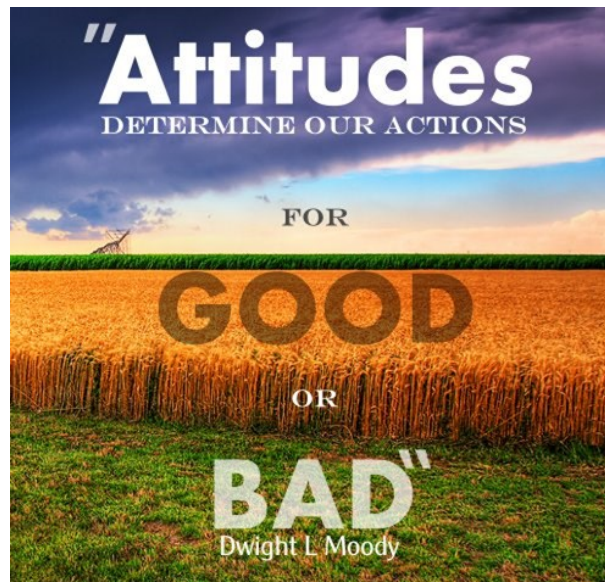
# October

### 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
- Chris Yaw  
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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**No School!**

There will be no school on **Friday, October 28th**.  
Staff development will be held that day.

**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.*

**Parent-Teacher Conferences**

Parent-Teacher Conferences will be held:

Monday, **October 24th** from 4:00-8:00 p.m. in  
**both elementary buildings.**  
Thursday, **October 27th** from 4:00-8:00 p.m. in  
**all school buildings.**  
Monday, **November 1st** from 4:00-8:00 p.m. in  
**the middle school and high school buildings.**

There will be no school on Friday, November 4th.

**Thanksgiving Break**

Students and staff will enjoy a three-day  
Thanksgiving break this year.  
There will be **no school** November 23-25.  
Classes will resume on Monday, November 28th.

**CLASS OF 2023 SENIOR PICTURE INFORMATION****Pictures due November 14th****SENIOR PICTURES:**

2023 seniors will need to provide the following pictures by: **Monday, November 14th**.

1. One vertical digital/scanned SENIOR picture
  2. One vertical digital/scanned (but will accept an original) CHILD/INFANT picture
- ALL photos must have the STUDENT'S name either in the body of the email or on the original picture.  
(We'll accept an attached note or photo in an envelope with the student name.)

**\*\*For digital pictures, it is YOUR responsibility to get permission for any copyrighted picture.**

**\*\*All digital pictures should be saved as a JPEG file (.jpeg or .jpg) and submitted as an attachment to an email, on a CD or flash-drive.**

**\*\*Digital pictures must be at a resolution of at least 300 dpi. The higher the resolution the better the picture will reproduce in the memory book.**

**\*\*Submit digital pictures to school via your student on a CD or flash/jump/travel drive **OR** via email.**

**Email is preferred.** An advisor will copy the pictures off and then give the CD or flash/jump/travel drive back to your student. Pictures may be submitted to Jack Bonnecroy at [jbonnecroy@mocfv.org](mailto:jbonnecroy@mocfv.org). Please send each picture in a separate email.

**Reminder to Parents and Guardians:**

Please update your email and phone numbers in Infinite Campus, if your information has changed. You may also call/email your child's school to have it updated for you. School personnel will need accurate information listed in case of an emergency at school.

## MOC-FV School Counselor Connection: Mrs. Koenig

Hello MOC-FV!

I hope you are off to a great start in the school year! As we walk this important year ahead, please reach out (face-to-face or email) with questions or concerns to me anytime. Remember - ALL questions are valid! It is normal to have uncertainties as you plan for your future and calling in life. We (MOCFV High School staff collectively!) are here to help you navigate the amazing opportunities at your doorstep.

I am in the process of updating our School Counseling website on [mocfv.org](http://mocfv.org). Until then, I wanted to send you a few important updates and common interests during your final fall semester in high school.

### JUNIOR/SENIOR SPECIFIC INFO:

1. **Be BRAVE** - go on a college site visit! We also have many college rep visits in the upcoming months. I will send you a google form to sign up for the specific college reps asap. (Remember, you may need to **check in/get a pass** from a teacher if it is during a class.)
2. **APPLY** to your college(s) of interest! Many colleges are major gifters of scholarships. However, you cannot apply for their scholarships until you are accepted.
3. **Transcripts** are requested directly by the college (to my email) or you may request one sent through [mocfv.org](http://mocfv.org) or by emailing me.
4. Start to gather 2022 tax information to fill out the **FAFSA** (after October 1). More info to come and find more at: [studentaid.gov](http://studentaid.gov)
5. **ACT** prep. If you have not taken the ACT, check out [act.org](http://act.org) for registration details. From my conversations with college reps this year, most colleges are looking at transcripts+involvement. Although, many private school scholarships and community colleges are linked to ACT so it continues to be recommended to take Junior/Senior year.
5. Start to contact those who could write outstanding **recommendations** for you. It helps to be from a variety of sources: teachers, coaches, pastors, employers, volunteer sponsors, etc. Don't ask relatives, friends, or someone who doesn't know you personally.
6. Mrs. Wiese's class takes time to prepare important essays for scholarship applications - you can start now! Also, prepare a high school resume with activities, honors, awards, academic lists, and work experience (paid and non-paid).

-- **STATE/NATIONAL SCHOLARSHIP and FINANCIAL AID INFO:** (Watch for information about local scholarships this spring - start researching scholarships through your parents' employment, other organizations, and church affiliation, too.)

### Best databases I have found so far:

[ICAN Scholarship Database | I Can Succeed](#)

Sign up for an account on [www.fastweb.com](http://www.fastweb.com)

[www.scholarships.com](http://www.scholarships.com)

[www.studentaid.gov](http://www.studentaid.gov)

College Savings Iowa accounts: [IowaStudentLoan.org/savenow](http://IowaStudentLoan.org/savenow) and [IowaStudentLoan.org/seniorscholarship](http://IowaStudentLoan.org/seniorscholarship)

[Raise.me](http://Raise.me)

(if links do not work, copy/paste them in your browser)

For added information, check out [act.edu](http://act.edu)'s "College & Career Readiness Workshop" or "MyJourney" virtual event at [ACT College and Career Readiness Workshops - 2022](#) or [My Journey - College Planning Event for Students and Parents | ACT](#)

ICAN also has an excellent webinar series: [On Track | I Can Succeed](#)

Let me know how else I can help you!

Mrs. Koenig

MOCFV Middle & High School Counselor

## Workers Needed for Upcoming Quiz Bowl Event

MOC-Floyd Valley will be hosting the Dutch Invite on Saturday, November 19th. Approximately 45 workers are needed for this event.

No experience is necessary! If you have a heart for high school kids and enjoy trivia, then working at a quiz bowl tournament is just the place for you! The time commitment will be from approximately 8:30 a.m. until 12:30 p.m.

Two adults will be in each competition room. One person will serve as the reader of the trivia questions and the other person will be the picker/scorer (the person who determines which team rings in first).

Please call Marlene De Zeeuw 737-4871 ext. 227 or email at [mdezeeuw@mocfv.org](mailto:mdezeeuw@mocfv.org) if you are interested in helping.

## SCHOOL HEALTH NEWS:

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

### *Keep the Momentum of a Good Year with these Health Tips*

1. *Start off strong with a healthy breakfast.* A good breakfast provides energy and will help keep you alert and attentive in class. Highly sugared foods (cereals) leave you feeling tired soon after eating. Try eating breakfast food high in protein to last your child until lunch.  
Remember: Your school performance is directly related to what you eat!
2. *Drink plenty of water.* Water is the best fluid to stay hydrated without the added sugar found in some juice and soft drinks. Also, remember to drink the recommended amount of reduced-fat milk or milk alternative. Water and milk are served at school for breakfast and lunch every day.
3. *Don't forget to wash your hands often.* Keep hands away from your face, mouth, and nose where germs can enter your body.
4. *Boost your immune system.* Get plenty of sleep, talk to your doctor about taking a multiple vitamin, and eat colorful fruits and vegetables every day. Think about variety and rainbow colors!

## Vocal Music News! Vocal Music News!! Vocal Music News!!!

### Mr. Balt, MOC-FV HS Choral Director

**Fall Vocal Concert:** Our first concert for the school year will be on Thursday, October 20, 2022 at 7pm in the High School auditorium. Mixed Choir (Freshmen) needs to wear an all black dressy top, and an all black dressy/professional bottom, and black shoes. Concert Choir will wear robes and have black bottoms and black shoes on the bottom. Please consult the MOC-FV High School Choirs Handbook that was emailed to you through Infinite Campus back in August for specific guidelines and policies in regards to attire. Each choir will also go through the attire expectations during class as well. All seats in the auditorium are general admission, and Fine Arts passes will be accepted. Admission is \$6 a person.

**Wreath Fundraiser** - Thank you to those of you who took part in our vocal music & strings boosters wreath fundraiser this fall. All orders will be delivered to the school the Monday before Thanksgiving.

**PARENTS/GUARDIANS/GRANDPARENTS:** If you help us sort wreaths on the morning of Monday, November 21, 2022, you can earn credit towards your students' account(s) for their trip(s) in 2024 (Choir) and/or 2026 (Orchestra). This applies to all incoming freshmen for proceeding years as well. Please contact either Laura Haverdink ([lhaverdink@mocfv.org](mailto:lhaverdink@mocfv.org)) or Travis Balt ([tbalt@mocfv.org](mailto:tbalt@mocfv.org)) in order to be placed in the group. Commitment times would be 9:00-11:00 that morning and we are flexible with schedules during that time.

**All-State Auditioners:** Good luck to the following Vocal All-State Students auditioning on Saturday, October 22, 2022 at LeMars Community High School!

Soprano: Annika Bonestroo '25, Evelyn Bundt '26, & Aubrey Sloan '26  
Alto: Amanda Hulstein '23, Emma Drescher '25, & Autumn Anderson '26  
Tenor: Max Koenig '26  
Bass: Roman Fude '24 & Ian Grossmann '25

### **Mark Your Calendars for the Holiday Concert:**

MOC-FV Music Department Presents: Annual High School Music Concert  
Monday, December 12, 2022 at Northwestern College, Christ Chapel, 7pm  
All ensembles wear concert blacks!

# Vocal Music News! Vocal Music News!! Vocal Music News!!!

Mr. Balt, MOC-FV HS Choral Director

MOC-Floyd Valley High School Music & Theatre Departments Present:



Book by **Doug Wright** - Music by **Alan Menken**

Lyrics by **Howard Ashman & Glenn Slater**

Based on the Hans Christian Anderson story and the Disney film produced by Howard Ashman & John Musker and written & directed by John Musker and Ron Clements

Originally Produced by Disney Theatrical Productions

Show Times:

**Thursday, November 10, 2022 - 7pm**

**Friday, November 11, 2022 - 7pm**

**Saturday, November 12, 2022 - 2pm**

**Saturday, November 12, 2022 - 7pm**

All show times are performed at MOC-Floyd Valley HS Auditorium.

Tickets are sold online through OnTheStage:



Ticket Prices:

\$10 - Adult (Prepaid Online)

\$8 - Students K-12 (Prepaid Online)

No Passes Accepted


\*There will be a \$2 upcharge for each ticket level for people who walk up the day of the performance wanting a ticket. All sales are final with no exchanges. Please plan ahead.

Disney's The Little Mermaid is presented by special arrangement with and all authorized performance materials are supplied by Music Theatre International, 421 West 54th Street, New York, NY 10019.





# October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 HS Band-Festival of Bands-S.Falls, SD
2 4:15pm VB-7th Spencer 4:15pm VB-8th Spencer 5:00pm FB-9th West Sioux 6:45pm FB-JV West Sioux	3 4:00pm CC-MS Cherokee 4:15pm VB-8th LeMars Middle 4:15pm VB-7th LeMars Middle 4:15pm FB-8th Sheldon 4:15pm FB-7th Sheldon 4:30pm CC-JV-V Cherokee 5:30pm VB-9th Sheldon 5:30pm VB-JV Sheldon 6:50pm VB-Varsity Sheldon	4 8:00am-11:00am ASVAB Test @ HS Old Gym	5 5:30pm VB-JV Rock Valley 5:30pm VB-9th Rock Valley 6:50pm VB-Varsity Rock Valley	6 1:15pm Early Dismissal 7:00pm FB-Varsity Carroll Community	7 HS Band-Dutchmen Field Championships--OC 8:30am VB-Varsity TBD	
9 4:15pm VB-8th Sioux Center 4:15pm VB-7th Sioux Center 4:30pm VB-JV TBD 5:00pm FB-9th Sheldon 6:45pm FB-JV Sheldon	10 4:00pm CC-MS Okoboji vs. Multiple Schools 4:15pm FB-7th West Lyon 4:15pm FB-8th West Lyon 4:30pm CC-JV-V Okoboji vs. Conference 5:30pm VB-JV Okoboji 5:30pm VB-9th Okoboji 6:50pm VB-Varsity Okoboji	11 Middle School Orchestra Festival MS Boys BB Begins 4:00pm CC-JV-V TBA 7:00pm VB-Varsity TBD	12 5:30pm VB-9th Sioux Center 5:30pm VB-JV Sioux Center 6:50pm VB-Varsity Sioux Center	13 1:15pm Early Dismissal 4:00pm CC-MS Unity Christian 4:30pm CC-JV-V Unity Christian 7:00pm FB-Varsity BH / RV	14 NWIBA Jr High Honor Band Auditions, Storm Lake HS Band-Omaha Invitational	
16 4:00pm FB-JV Sioux Center 5:15pm FB-9th Sioux Center 7:00pm VB-Varsity TBD	17 7:00pm MS Concert--Choir, Band, Orchestra	18 Middle School Orchestra Festival MS Boys BB Begins 4:00pm CC-JV-V TBA 7:00pm VB-Varsity TBD	19 7:00pm HS Choir Concert @ HS Auditorium	20 End of 1st Qtr 1:15pm Early Dismissal 7:00pm FB-Varsity Sioux Center	21 All-State Music Auditions	
23 4:00pm-8:00pm Parent-Teacher Conferences @ Multiple Locations	24 7:00pm VB-Varsity TBD	25 7:00pm VB-Varsity TBD	26 4:00pm-8:00pm Parent-Teacher Conferences @ Multiple Locations	27 No School! Staff Development	28 10:30am CC-JV-V TBD	
30 1st Girls Wrestling Practice	31					

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 October Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)	<b>4</b> French Toast/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>5</b> Eggs Sausage Patty Fruit Juice Milk  Cereal (MS, HS)	<b>6</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>7</b> Donuts Fruit Juice Milk  Cereal (MS, HS)
<b>10</b> Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)	<b>11</b> Waffles/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>12</b> Eggs Sausage Patty Fruit Juice Milk  Cereal (MS, HS)	<b>13</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>14</b> Cini Minis Fruit Juice Milk  Cereal (MS, HS)
<b>17</b> Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)	<b>18</b> Pancakes/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>19</b> Eggs Sausage Patty Fruit Juice Milk  Cereal (MS, HS)	<b>20</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>21</b> Muffins Fruit Juice Milk  Cereal (MS, HS)
<b>24</b> Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)	<b>25</b> French Toast/Syrup Fruit Juice Milk  Cereal (MS, HS)	<b>26</b> Eggs Sausage Patty Fruit Juice Milk  Cereal (MS, HS)	<b>27</b> Breakfast Pizza Fruit Juice Milk  Cereal (MS, HS)	<b>28</b> No school
<b>31</b> Cereal Yogurt Fruit Juice Milk  Mini Bagels (MS, HS)		Breakfast is served each morning, in all buildings.		

# MOC-Floyd Valley October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Macaroni & Cheese Corn Dogs/Ketchup Peas Peaches Rice Krispie Treat Milk	4 Chicken Nuggets/ BBQ Sauce Mashed Potatoes/ Gravy Broccoli Garlic Toast Mandarin Oranges Milk	5 Crispito/Cheese Sauce Potato Gems Fresh Veggies/ Ranch Dip Strawberries Milk	6 BBQ on a Bun Curly Fries/Ketchup Baked Beans Melon Milk	7 Pizza Boat Marinara Sauce Mixed Veggies Fruit Milk
10 Hamburger on a Bun Cheese/Lettuce/ Tomato Confetti Fries/ Ketchup Fruit Milk	11 Taco in a Bag Cheese/Lettuce/ Tomato Refried Beans Pineapple Apple Churro Milk	12 Spaghetti & Meat Sauce Cucumbers & Car- rots/Ranch Garlic Knot Applesauce Cup Milk	13 Ham Mashed Potatoes/ Gravy Green Beans Dinner Roll/Jelly Kiwi Graham Snacks Milk	14 Grilled Cheese Potato Gems Carrots Fruit Milk
17 Deli Sub Sandwich Cheese/Lettuce/ Tomato/Mayo/ Mustard Green Beans Pears Sun Chips Milk	18 Popcorn Chicken/ BBQ Sauce Potato Smiles Mixed Veggies Oranges Mini Grahams Milk	19 Tacos Lettuce/Cheese/ Tomatoes Fiesta Beans Chips & Salsa (HS) Bananas Milk	20 Hot Dog on a Bun Potato Wedges/ Ketchup Broccoli Apple Choc. Chip Cookies Milk	21 Pizza Breadstick/Marinara Spinach Salad/ Dressing Corn Fruit Milk
24 Quesadilla/Salsa Lettuce Salad/ Dressing Strawberries & Blue- berries Cookie Milk	25 Mr. Rib on a Bun/ BBQ Sauce Confetti Fries/ Ketchup Baked Beans Fruit Milk	26 Chicken Tenders/ Dipping Sauce Mashed Potatoes/ Gravy Carrots Dinner Roll/Jelly Fruit Milk	27 French Toast Sticks/ Syrup Sausage Links Potato Wedges/ Ketchup Peaches Juice Milk	28 No school
31 Nachos/Ground Beef Cheese Sauce Lettuce/Tomatoes Refried Beans Fruit Milk				

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.*