

MOC-Floyd Valley Community School District



Fostering learning, excellence and civic responsibility!

Dutch Dialog

January 2023

From the Superintendent...Russ Adams

Greetings MOC-Floyd Valley Families,



Strive for Excellence

Administration

- Russ Adams
Superintendent
737-4873
- Mike Mulder
High School Principal
737-4871
- Grant Hegstad
Asst. H.S. Principal
737-4871
- Mark Gunderson
Activities 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 has certainly been a unique winter so far! The safety and well-being of our students and staff are of the utmost importance, which has led to six snow days before Christmas! We know there may be more ahead, so we have developed a plan that will allow us to reclaim some lost instructional time and adjust our calendar so that our last day of school doesn't extend too far beyond our original end date for the school year.

As a District, we have made a significant commitment to ongoing professional development and collaboration, which we believe leads to outstanding educational opportunities for our students. Much of this professional development and collaboration occurs on Friday afternoons when we dismiss students at 1:15 p.m.

Thanks to the dedication and professionalism of our staff, and the flexibility and support of our Board, we are proposing the following:

- *We will limit 1:15 Dismissals to only the first Friday of each month – January 6, February 3, March 3, and May 5.*
- *The remaining Fridays will be full days of school, to allow us to reclaim lost instructional time. This adjustment will account for our first five snow days.*
- *Any remaining or additional snow days will be made up as scheduled in our 2022-2023 district calendar.*
- *As we enter January 2023, our last day of school is Wednesday, May 24. Additional Snow Days will be made up as follows:*
 - * *Snow Day #1 (December 22) = May 24 make up*
 - * *Snow Day #2 ??? = May 25, 2023 make up*
 - * *Snow Day #3 ??? = February 20, 2023 make up*
 - * *Snow Day #4 ??? = May 26, 2023 make up*
 - * *Snow Day #5 ??? = April 10, 2023 make up*
 - * *Snow Day #6 ??? = May 30, 2023 make up*
 - * *Snow Day #7 ??? = May 31, 2023 make up*
 - * *Snow Day #8 ??? = June 1, 2023 make up*
 - * *Etc . . .*

Pending official approval at our January 9, 2023, MOC-FV School Board meeting, we will adopt the above plan.

With Gratitude and Respect

Russ Adams
Superintendent of Schools

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

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, information will be announced on the radio and TV stations listed above, and posted on the district social media accounts.

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.

Friday Dismissals

Note changes below:

School will be dismissed two hours early (1:15 p.m.) on the first Friday of each month, as noted below - for staff development.

January 6
February 3
March 3
May 5

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, mnoteboom@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 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.

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 26**. 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!

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

Location:	MOC-Floyd Valley High School	
Date:	Thursday, January 27	
Times:	<u>JV Girls</u>	4:30 p.m.
	<u>JV Boys</u>	4:30 p.m.
	<u>Varsity Girls</u>	6:00 p.m.
	<u>Varsity Boys</u>	7:30 p.m.



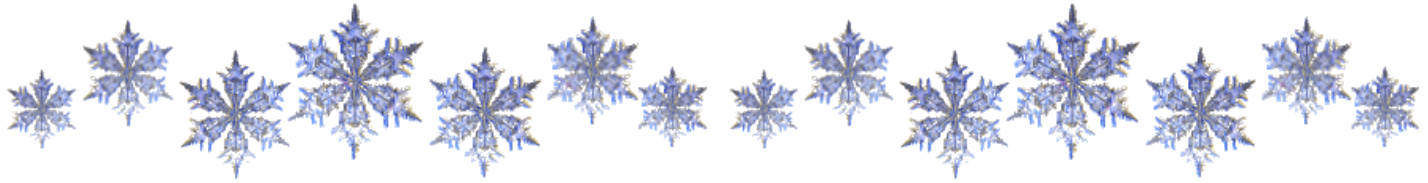
January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 4:30pm WR-G/JV-V Sheldon Holiday Vacation	3 No School	4 MS Wrestling Practice Begins School Resumes Classes Resume	5 6:00pm BB-G/9th Western Christian 7:00pm NHS Induction @ HS New Gym	6 1:15pm Early Dismissal 4:30pm BB-G/JV Okoboji 4:30pm BB-B/JV Okoboji 4:30pm WR-Varsity Spirit Lake 6:00pm BB-G/Varsity Okoboji 7:30pm BB-B/Varsity Okoboji	7 9:00am Robotics League Championship 9:30am Quiz Bowl Intramurals 10:30am WR-Varsity West Sioux
8 4:00pm BB-G/9th Spirit Lake 4:30pm WR-G/JV-V West Sioux 4:30pm WR-JV West Sioux 5:15pm BB-B/9th Spirit Lake	9 4:00pm BB-G/JV LeMars 4:00pm BB-B/JV LeMars 5:30pm BB-G/Varsity LeMars 7:00pm BB-B/Varsity LeMars	10 4:00pm BB-G/JV LeMars 4:30pm BB-B/JV LeMars	11 MS Wrestling Practice Begins School Resumes	12 4:15pm BB-G/7th Sioux Center 4:15pm BB-G/8th Sioux Center 6:00pm WR-G/JV-V Sioux Center vs. Multiple Schools 6:00pm BB-G/9th Sioux Center 6:15pm WR-Varsity Sioux Center vs. Multiple Schools 7:00pm 5th Grade Concert 7:15pm BB-B/9th Sioux Center	13 1:15pm Early Dismissal 4:30pm BB-B/JV Sheldon 4:30pm BB-G/JV Sheldon 5:00pm WR-G/JV-V Ridge View 5:00pm-6:30pm MOCFVEA Taco Feed @ HS Cafeteria 6:00pm BB-G/Varsity Sheldon 7:30pm BB-B/Varsity Sheldon	14 Youth Boys BB Tourney 9:30am Quiz Bowl-- Thinking Cap Quiz Bowl
15 Strong Foundation Honor 6th Grade Honor Band, SC East NWI Honor Choir at Dordt College 4:00pm BB-G/7th Sergeant Bluff-Luton Middle 4:00pm BB-G/8th Sergeant Bluff-Luton Middle 6:00pm BB-B/9th Sheldon	16 4:15pm BB-G/7th Spencer 4:15pm BB-G/8th Spencer 4:30pm BB-G/JV Boyden-Hull 4:30pm BB-B/JV Boyden-Hull 5:30pm WR-Varsity Spencer vs. Multiple Schools 6:00pm BB-G/Varsity Boyden-Hull 7:30pm BB-B/Varsity Boyden-Hull	17 4:15pm BB-G/7th Spencer 4:15pm BB-G/8th Spencer 4:30pm BB-G/JV Boyden-Hull 4:30pm BB-B/JV Boyden-Hull 5:30pm WR-Varsity Spencer vs. Multiple Schools 6:00pm BB-G/Varsity Boyden-Hull 7:30pm BB-B/Varsity Boyden-Hull	18 MS Wrestling Practice Begins School Resumes	19 6:00pm WR-G/JV-V Okoboji vs. Multiple Schools 6:00pm WR-JV Okoboji vs. Multiple Schools 6:00pm BB-B/9th LeMars 6:00pm WR-Varsity Okoboji vs. Multiple Schools	20 ILCC Jazz Festival 1:15pm Early Dismissal 4:15pm WR-MS MOC-Floyd Valley vs. Multiple Schools 4:30pm BB-G/JV Central Lyon 4:30pm BB-B/JV Central Lyon 5:45pm BB-B/9th Central Lyon 6:00pm BB-G/Varsity Central Lyon 7:30pm BB-B/Varsity Central Lyon	21 District Large Group Speech Contest 10:00am WR-Varsity Bishop Heelan
22 State Jazz Contest 4:15pm BB-G/7th LeMars 4:15pm WR-MS BH / RV vs. Multiple Schools 4:15pm BB-G/8th LeMars 5:00pm WR-JV Sioux Center 7:15pm BB-B/9th Western Christian	23 4:30pm BB-B/9th West Lyon 4:30pm BB-G/9th West Lyon 6:00pm WR-Varsity Sergeant Bluff-Luton vs. Multiple Schools 6:00pm BB-G/Varsity West Lyon 6:00pm WR-JV Sergeant Bluff-Luton vs. Multiple Schools 7:30pm BB-B/Varsity West Lyon	24 4:30pm BB-B/9th West Lyon 4:30pm BB-G/9th West Lyon 6:00pm WR-Varsity Sergeant Bluff-Luton vs. Multiple Schools 6:00pm BB-G/Varsity West Lyon 6:00pm WR-JV Sergeant Bluff-Luton vs. Multiple Schools 7:30pm BB-B/Varsity West Lyon	25 MS Wrestling Practice Begins School Resumes	26 NWI MS & HS Honor Orchestra Festival 4:15pm WR-MS Hinton vs. Multiple Schools 4:30pm BB-B/JV Unity Christian 4:30pm BB-G/JV Unity Christian 6:00pm BB-G/Varsity Unity Christian 7:30pm BB-B/Varsity Unity Christian Reach-Out	27 MS Jazz Band--Jazz on the Upper Great Plains Festival TBD WR-G/JV-V TBA 1:15pm Early Dismissal 4:30pm BB-G/JV Sioux Center 4:30pm BB-B/JV Sioux Center 6:00pm BB-G/Varsity Sioux Center 7:30pm BB-B/Varsity Sioux Center	28 Youth Cheer Camp 10:00am WR-Varsity Sioux Center vs. Conference 4:00pm Quiz Bowl-- Friends and Family
29 4:15pm BB-G/7th Spirit Lake 4:15pm BB-G/8th Spirit Lake 4:15pm WR-MS West Lyon vs. Multiple Schools 4:45pm WR-JV MOC-Floyd Valley vs. Multiple Schools 6:30pm BB-G/9th Spencer 7:45pm BB-B/9th Spencer	30 4:30pm BB-B/9th Sibley-Ocheyedan 4:30pm BB-G/9th Sibley-Ocheyedan 6:00pm BB-G/Varsity Sibley-Ocheyedan 7:30pm BB-B/Varsity Sibley-Ocheyedan	31 4:30pm BB-B/9th Sibley-Ocheyedan 4:30pm BB-G/9th Sibley-Ocheyedan 6:00pm BB-G/Varsity Sibley-Ocheyedan 7:30pm BB-B/Varsity Sibley-Ocheyedan				



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.

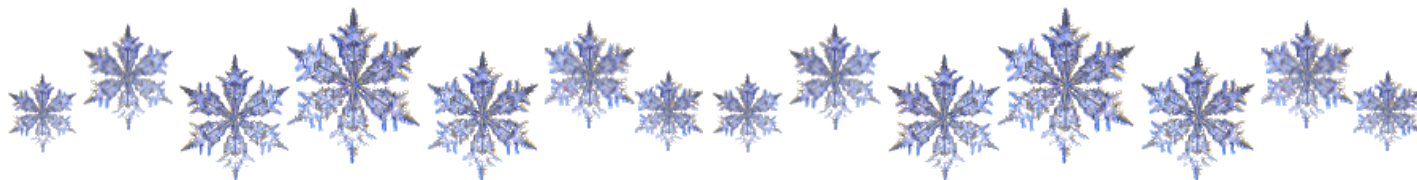
MOC-Floyd Valley January Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2  Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	3 Cereal (MS, HS)	4 Eggs Sausage Patty Fruit Juice Milk Cereal (MS, HS)	5 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	6 Cinni Minis Fruit Juice Milk Cereal (MS, HS)
9 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	10 French Toast/Syrup Fruit Juice Milk Cereal (MS, HS)	11 Eggs Sausage Patty Fruit Juice Milk Cereal (MS, HS)	12 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	13 Muffins Fruit Juice Milk Cereal (MS, HS)
16 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	17 Waffles/Syrup Fruit Juice Milk Cereal (MS, HS)	18 Eggs Sausage Patty Fruit Juice Milk Cereal (MS, HS)	19 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	20 Donuts Fruit Juice Milk Cereal (MS, HS)
23 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	24 Pancakes/Syrup Fruit Juice Milk Cereal (MS, HS)	25 Eggs Sausage Patty Fruit Juice Milk Cereal (MS, HS)	26 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	27 Cinni Minis Fruit Juice Milk Cereal (MS, HS)
30 Cereal Yogurt Fruit Juice Milk Mini Bagels (MS, HS)	31 French Toast/Syrup Fruit Juice Milk Cereal (MS, HS)	Breakfast is served in all buildings on regular school days.		

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

MOC-Floyd Valley January Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Crispito/ Cheese Sauce Potato Gems Carrots Fruit Milk	5 Mr. Rib Sandwich/BBQ Sauce Baked Beans Curly Fries/Ketchup Kiwi Applesauce Cup Milk	6 Pizza Boat/Marinara Mixed Veggies Spinach Salad/ Dressing Fruit Milk
9 Hamburger on a Bun Cheese/Lettuce/ Tomato Confetti Fries/ Ketchup Fruit Cocktail Milk	10 Taco in a Bag Cheese/Lettuce/Salsa Refried Beans Pineapple Frozen Fruit Slush Cup Churro Milk	11 Spaghetti & Meat Sauce Fresh Vegetables/ Ranch Garlic Knot Banana Milk	12 Scalloped Potatoes & Ham Green Beans Dinner Roll/Jelly Peaches Cookies Milk	13 Grilled Cheese Tater Tots Ketchup Carrots Fruit Milk
16 Deli Sub Cheese/Lettuce/ Tomato Mayo/Mustard Hash Brown Ketchup Peas Orange Rice Krispie Treat	17 Popcorn Chicken/ BBQ Sauce Potato Smiles Mixed Vegetable Trio Fruit Breadstick Milk	18 Tacos Cheese/Lettuce/ Tomato Fiesta Beans Carrots Pears (Chips & Salsa-HS) Milk	19 Hot Dog on a Bun Potato Wedges Ketchup Broccoli/Cheese Apple Cookie Milk	20 Pizza Breadstick/Marinara Spinach Salad/ Dressing Corn Fruit Milk
23 Chicken Quesadilla Salsa Ranchero Beans Carrots Strawberries & Blue- berries Jonny Pop Milk	24 French Toast Sticks/ Syrup Sausage Links Potato Rounds Ketchup Diced Peaches Juice Milk	25 Chicken Tenders/ Dipping Sauce Mashed Potatoes/ Gravy Broccoli Dinner Roll/Jelly Fruit Graham Snacks Milk	26 Meatball Sub Fresh Veggies/Ranch Sun Chips Fruit Cup Milk	27 Orange Chicken Brown Rice Egg Roll Stir Fry Vegetables Mandarin Oranges Milk
30 Nachos/Ground Beef/ Cheese Sauce Lettuce/Tomatoes Corn Tropical Fruit Cup Churro Milk	31 Mr. Rib on a Bun/ BBQ Confetti Fries/ Ketchup Baked Beans Fruit 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>