

MOC-Floyd Valley Community School District



Fostering learning, excellence and civic responsibility

Dutch Dialog

December 2019



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

High School News: Seniors!

CLASS OF 2020 SENIOR PICTURE INFORMATION

MOC-Floyd Valley High School will again offer a MEMORY BOOK for the 2019-20 school year. Jack Bonnacroy and Sandy Groom-Meeks will be working to produce this 2019-20 Memory Book. The memory book will be available for students and parents to order next spring.

SENIOR PICTURES:

2020 seniors will need to provide the following pictures as soon as possible.

1. vertical digital/scanned senior picture for the MEMORY BOOK
2. vertical digital/scanned senior picture for the CLASS COMPOSITE
3. vertical or horizontal digital/scanned senior picture for the SENIOR CLASS VIDEO
4. vertical child picture of each senior for the VIDEO (preferably digital/scanned, but will accept an original)

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 Sandy Groom-Meeks via email - sgroommeeks@mocfv.org or Jack Bonnacroy at jbonnacroy@mocfv.org. Please send each picture in a separate email.



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

Please notice below, the designated Friday - two-hour early (1:15) dismissals for professional 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.

MOC-Floyd Valley Professional Development - Early Dismissal Fridays

December 6
January 24
February 7, 21
March 6, 20
April 24
May 8

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

WINTER VACATION

School will dismiss at the following times on Friday, December 20th for winter vacation:

1:05 p.m. Hoppers Elementary
1:15 p.m. Middle School & High School
1:20 p.m. Orange City Elementary

No School

There will be
no school on
Monday,
January 13th for
all students.
Staff development
will be held for
our teaching
staff on that day.

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.

SCHOOL HEALTH NEWS

Ashley Van Voorst, RN - SCHOOL NURSE

The 5 MUSTS during this Holiday Season

1. Wash your hands
2. Get your flu shot
3. Eat healthy foods
4. Get enough rest
5. If you get sick, stay home

Influenza is starting to arrive in Iowa. Influenza is not the same as the stomach (gastrointestinal) flu. Confirmed cases of influenza are still very low, but use the 5 MUSTS to keep bugs from spreading this holiday season.

Be aware of these common Flu (Influenza) symptoms

- **Fever:** fever is usually present in up to 80% of flu cases. A temperature of 100 degrees, or higher, for three or four days is common. **REMEMBER - your child must be fever free for 24 hours, without the use of Tylenol or Ibuprofen, before returning to school.**
- **Headache,** body aches, or chills are common with the flu
- **Fatigue:** fatigue is moderate to severe with the flu. Adequate rest will help your body fight off the bug.
- **Cough:** A non-productive (no mucous) cough is usually present with the flu

Note: a stuffy nose and sore throat are not commonly present when you have the flu. These can be caused by other viruses.

Should my child stay home from school???

- **Runny nose:** This may be due to an allergy or cold. Unless there is a fever present, your child may come to school. For fever or colored mucous, you may want to talk to your doctor.
- **Cough or Cold:** These can lead to, or indicate, more serious infections such as bronchitis or pneumonia. If your child is not acting like his/her normal self, has a fever, or has difficulty breathing, check with your doctor. If no fever is present and you feel it is a mild cold, your child may come to school. Please instruct them to wash their hands frequently, use their sleeve to cough, and drink plenty of fluids.
- **Diarrhea or Vomiting:** If your child has these symptoms, they should not come to school. This can be very contagious. You should monitor for signs of dehydration and consult with your doctor. Your child may return to school if there hasn't been an episode of either for at least 24 hours.
- **Fever:** For any temperature over 100.0 degrees, your child is considered contagious. Your child needs to be fever free for 24 hours without the use of Tylenol or Ibuprofen.
- **Sore throat:** These can accompany a cold or indicate a more serious infection such as strep or mono. If your child has difficulty swallowing consult with your doctor. If a strep infection is found, please notify the school and keep your child home from school for at least 24 hours after starting antibiotics.

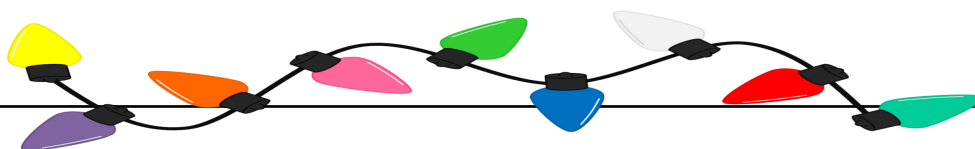
Reminders:

*All ninth grade students need to have a dental screening and a Certificate of Dental Screening form sent to the school nurse by December 1, 2019. You will be getting a reminder in the mail if your child still needs this requirement.

*Flu Vaccine: It is not too late to get your flu vaccine. Make an appointment with your clinic or attend a Community Health Partners vaccine clinic.

Head Lice

Head lice is very common in every school, every year. Lice are not picky and it doesn't matter how clean, dirty, rich, or poor the place or person is. I tell all parents: EXPECT that there is head lice in the school year round and check your child regularly. If your child does have lice, inform the school nurse and use a lice shampoo or a treatment kit right away. Here is a great resource to educate yourself on head lice! <https://healthychildren.org/English/health-issues/conditions/from-insects-animals/Pages/Signs-of-Lice.aspx>



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

Holiday Music Concert

Our MOC-Floyd Valley High School students have been working hard to prepare a wonderful holiday concert to ease you into the holiday spirit. Join us on **Monday, December 16th at 7:00 p.m.**, at Christ Chapel, on the Northwestern College Campus, for our Holiday Concert featuring the Mixed Choir, Swing Choir, Concert Choir, String Orchestra, Full Orchestra, Concert Band and Symphonic Band.

The concert concludes with a performance of Handel's "Hallelujah Chorus" where the choir students and audience members are accompanied by the Full Orchestra. Come and enjoy the beautiful music that our students have to share! *(All students involved are expected to stay throughout the entire concert.)*



News from the Counselor's Desk: Mr. McDonald

COLLEGE PLANNING CHECKLIST:

Sign-up for the ACT test



ACT Test Date	Registration Deadline	Late Reg. Deadline	ACT Score Release
Dec 14, 2019	Nov 8, 2019	Nov 25, 2019	Dec 24, 2019; Jan 7, 2020
Feb 8, 2020	Jan 10, 2020	Jan 17, 2020	Feb 18; Mar 3, 2020
Apr 4, 2020	Feb 29, 2020	Mar 16, 2020	Apr 14; Apr 28, 2020
June 13, 2020	May 8, 2020	May 25, 2020	June 23; July 7, 2020
July 18, 2020	June 19, 2020	June 29, 2020	July 28; Aug 11, 2020

www.actstudent.org/start MOC-FV Code is 163-335

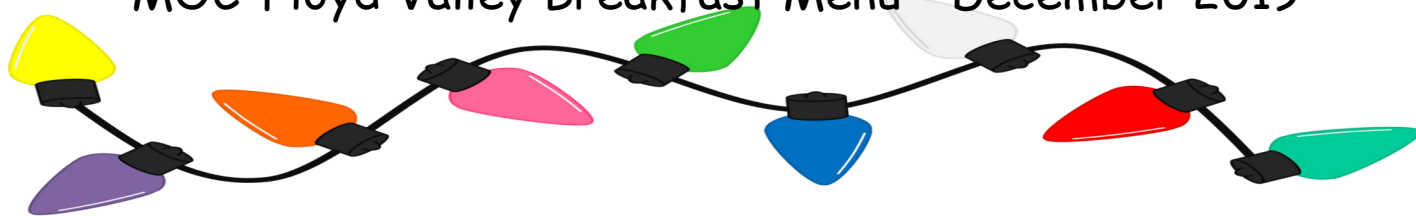
- Visit with your school counselor to make sure you are on track to graduate and fulfill college admission requirements.
- Keep [working hard all year](#); first semester grades can affect scholarship eligibility.
- Ask for personal references from teachers, school counselors, or employers early in the year or at least two weeks before application deadlines. Follow your school's procedure for requesting recommendations.
- Visit with admissions counselors who come to your high school.
- Attend a college fair.
- Begin your college essay(s).
- [Apply for admission at the colleges you've chosen](#).
- Find out if you qualify for scholarships at each college you have applied to.
- Start the [financial aid application process](#).
- See your school counselor for help finding financial aid and scholarships.



December 2019

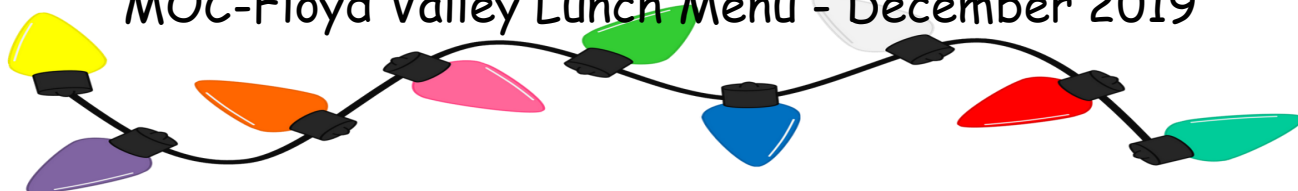
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4:15pm BB-B/8th Central Lyon 4:15pm BB-B/7th Central Lyon 4:30pm WR-JV Sheldon 	2 4:15pm BB-B/7th LeMars Middle 4:15pm BB-B/8th LeMars Middle 4:45pm BB-B/9th Boyden-Hull 4:45pm BB-G/9th Boyden-Hull 6:00pm WR-JV Cherokee vs. Multiple Schools 6:00pm WR-Varsity Cherokee vs. Multiple Schools 6:15pm BB-G/Varsity Boyden-Hull 7:45pm BB-B/Varsity Boyden-Hull	3	4	5 4:15pm BB-B/7th Sioux Center 4:15pm BB-B/8th Sioux Center 6:15pm BB-B/JV Spirit Lake 6:15pm BB-B/9th Spirit Lake 7:45pm BB-B/Varsity Spirit Lake	6 1:15pm Early Dismissal- 4:45pm BB-B/JV Sioux Center 4:45pm BB-G/JV Sioux Center 5:00pm-7:00pm Lion's Club Pancake Supper- @ HS Cafeteria 6:15pm BB-G/Varsity Sioux Center 7:45pm BB-B/Varsity Sioux Center	7 9:00am Quiz Bowl at Sp. Lake- 10:30am WR-Varsity MOC-Floyd Valley vs. Multiple Schools 7:30pm Jazz Band Dance- @ HS Old Gym
8 4:15pm BB-B/7th Sheldon 4:15pm BB-B/8th Sheldon 4:45pm WR-JV MOC-Floyd Valley vs. Multiple Schools 7:00pm BB-G/9th Unity Christian 8:15pm BB-B/9th Unity Christian	9 4:45pm BB-G/JV Sheldon 4:45pm BB-B/JV Sheldon 6:15pm BB-G/Varsity Sheldon 7:45pm BB-B/Varsity Sheldon	10	11	12 4:15pm BB-B/7th Rock Valley 4:15pm BB-B/8th Rock Valley 6:00pm BB-G/9th LeMars 6:15pm WR-Varsity MOC-Floyd Valley vs. Multiple Schools 6:15pm WR-JV MOC-Floyd Valley vs. Multiple Schools 7:15pm BB-B/9th LeMars	13 4:45pm BB-G/JV Okoboji 4:45pm BB-B/JV Okoboji 6:15pm BB-G/Varsity Okoboji 7:45pm BB-B/Varsity Okoboji	14 ACT Test- 9:00am Quiz Bowl at South O'Brien- 10:30am WR-Varsity Sibley-Ocheyedan
15 4:15pm BB-B/7th LeMars Middle 4:15pm BB-B/8th LeMars Middle 5:00pm WR-JV Sergeant Bluff-Luton 7:00pm Holiday Music Concert- @ NWC Christ Chapel	16 4:30pm BB-B/JV Rock Valley 4:45pm BB-G/JV Rock Valley 5:30pm BB-B/9th Rock Valley 6:15pm BB-G/Varsity Rock Valley 7:00pm MS Holiday Concert- @ NWC Christ Chapel 7:45pm BB-B/Varsity Rock Valley	17	18 4:00pm BB-B/7th Sergeant Bluff-Luton MS 4:15pm BB-B/8th Sergeant Bluff-Luton MS 6:00pm WR-Varsity Sibley-Ocheyedan 6:00pm BB-G/9th Sioux Center 6:00pm WR-JV Sibley-Ocheyedan 6:00pm WR-Varsity Sibley-Ocheyedan vs. Multiple Schools 6:00pm WR-JV Sibley-Ocheyedan vs. Multiple Schools 7:15pm BB-B/9th Sioux Center	19 1:15pm Early Dismissal- 4:45pm BB-G/JV Sibley-Ocheyedan 4:45pm BB-B/JV Sibley-Ocheyedan 6:15pm BB-G/Varsity Sibley-Ocheyedan 7:45pm BB-B/Varsity Sibley-Ocheyedan Winter Break begins now!	20 10:00am WR-Varsity Cherokee 	21
22	23	24	25	26	27	28
WINTER BREAK						
29	30	31	Jan. 1	Jan. 2		
WINTER BREAK				Classes Resume		

MOC-Floyd Valley Breakfast Menu - December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Yogurt Fruit Juice Milk Muffins (MS, HS)	3 French Toast Fruit Juice Milk Cereal (MS, HS)	4 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	5 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	6 Donuts Fruit Juice Milk Cereal (MS, HS)
9 Cereal Yogurt Fruit Juice Milk Donut Holes (MS, HS)	10 Waffles Fruit Juice Milk Cereal (MS, HS)	11 Toast w/Jelly Egg Omelet Fruit Juice Milk Cereal (MS, HS)	12 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	13 Cinni Minis Fruit Juice Milk Cereal (MS, HS)
16 Cereal Yogurt Fruit Juice Milk Muffins (MS, HS)	17 Pancakes Fruit Juice Milk Cereal (MS, HS)	18 Toast/Jelly Scrambled Egg Fruit Juice Milk Cereal (MS, HS)	19 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	20 Muffins Fruit Juice Milk Cereal (MS, HS)
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School		Breakfast is served each school day, in all buildings.	

MOC-Floyd Valley Lunch Menu - December 2019



Monday	Tuesday	Wednesday	Thursday	Friday
2 Deli Sub Sandwich Lettuce/Tomato/ Cheese Mayo/Mustard Hash Brown/Ketchup Broccoli Grapes Choc. Chip Cookie Milk	3 Pizza Breadstick/Marinara Corn Bananas Milk	4 Tacos Lettuce/Cheese Baked Beans Chips/Salsa (HS) Pears Milk	5 Spaghetti & Meat Sauce Fresh Veggies/Dressing Garlic Toast Applesauce Milk	6 Popcorn Chicken/BBQ Potato Smiles/Ketchup Green Beans Orange Dinner Roll/Jelly Rice Crispy Bar (HS) Milk
9 Quesadillas/Salsa Spinach Salad/ Dressing Mixed Vegetables Strawberries Milk	10 Mr. Rib on a Bun/ BBQ Confetti Fries/ Ketchup Baked Beans Fruit Milk	11 Chicken Strips/ Ketchup Mashed Potatoes/ Gravy Broccoli/Cheese Dinner Roll/Jelly Fruit Cookie Milk	12 French Toast Sticks/ Syrup Sausage Links Hash Brown/Ketchup Peaches Orange Juice Milk	13 Orange Chicken Rice Stir Fry Veggies Corn Fruit Slushie Milk
16 Nachos/Ground Beef Cheese/Lettuce/ Tomatoes Fiesta Beans Fruit Milk	17 Meatball Sub/Cheese Fresh Veggies/ Dressing Chips Fruit Milk	18 Roast Beef Mashed Potatoes/ Gravy Green Beans Dinner Roll/Jelly Strawberries Ice Cream Treat Milk	19 Pizza Breadstick/Marinara Lettuce Salad/Dressing Bananas Milk	20 Egg/Sausage/Cheese Sandwich Hash Brown/Ketchup Fruit Juice Milk
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School			

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.