
MOC-Floyd Valley Community School District



Fostering learning, excellence and civic responsibility

Dutch Dialog

March 2020

From the Superintendent...Russ Adams

Loving, Productive Struggle – We are on the Right Track!

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.

Project 65 to be held April 15th

The MOC-Floyd Valley Community School District will be holding our annual "Project 65 Luncheon" on Wednesday, April 15. We would like to invite all of our District residents who are 65, or older, to a free luncheon with entertainment provided by several of our high school students. It would be an honor, and a privilege, to host you at this event that recognizes all that you, our senior citizens, have done for the youth of our District.

We will begin serving a delicious dinner at 11:15 a.m. in the high school new gymnasium. The meal will be prepared by our own MOC-Floyd Valley food service staff and will be served by our Student Council members under the direction of sponsors Miss Sara Burmakow, Mrs. Sara Nessa and Mr. Zach Schaver. We will conclude our luncheon by 1:00 p.m. Reservations can be made by calling Rachel or Marcia at 737-4873 by Wednesday, April 8th.



Parent-Teacher Conferences

Parent-Teacher Conferences will be held for middle school/high school on Thursday, March 19th; for all buildings on Monday, March 23rd; and for the elementary buildings on Tuesday, March 24th. All conferences will be held from 4:00 p.m. - 8:00 p.m.

There will be no school on Friday, March 27th.

School Breakfast

Breakfast is served daily, in all buildings, for all students.



No School for Spring Break

There will be no school on Friday, April 10th and Monday, April 13th for Spring break.



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

March 6, 20
April 24
May 8

FROM THE COUNSELOR'S OFFICE — MR. MCDONALD

COLLEGE PLANNING CHECKLIST:

ACT REMINDERS!!

Test dates coming up and registration deadlines:

Sat, April 4

Sat, June 13 (reg by May 8)

Sat, July 18 (reg by June 19)

*JRs should try to take the ACT test on at least one of these dates.

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

*First time registering takes 45-60 minutes

*Great FREE ACT prep sample questions on that site that explain the correct answer

WITCC ACT Prep:

ACT Prep session offered by Western Iowa Tech (WIT) in Sioux City. The event is on WIT's campus on **Friday, March 20th from 10:00am-1:30pm at the Rocklin Conference Center** The cost to attend is \$30/student and there is an additional option for each student to purchase an ACT Prep Book for an additional \$25.

They need to know final numbers by next **Friday, March 6th**!

Here's all her contact information:

Holly Olson

Director of Upward Bound & Talent Search

Western Iowa Tech Community College

712-274-8733 ext. 4226

holly.olson@witcc.edu

This is the BEST FREE ACT PREP:

<https://act.tutorme.com/courses/ACT>

Simply sign up using the link and enter coupon code "ADMIN" on the checkout page to receive a 100% discount.

****** Understanding Financial Aid Info Night ******

Thursday, March 12th at 5:30 p.m. at the high school.

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

Tuesday, March 17th - "Chamber Singers and Jazz Band Extravaganza" in the Choir Room

Our program will begin at 7:00 p.m. and will feature the Chamber Singers and some of the solos and ensembles preparing for State Solo/Ensemble Contest.

Saturday, March 28th - State Solo/Ensemble Contest at Spencer High School

The MOC-FV vocal students have prepared 35+ solos, duets or small ensembles! Family and friends are encouraged to attend and support our students!!!

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.



SCHOOL HEALTH NEWS: Continued

Ashley Van Voorst, RN - School Nurse

Iowa Immunization Law Requirements for 2020-2021 Kindergarteners

The following are the State of Iowa immunization requirements for students entering kindergarten or transitional kindergarten for the 2020-2021 school year. Please bring your records to Kindergarten Roundup on March 2, 2020.

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



Transitional Kindergarten and Kindergarten Roundup on March 2nd

Hospers Elementary School will hold Kindergarten Roundup on Monday, March 2, 2020, at 5:30 p.m.
Orange City Elementary School will hold Kindergarten and Transitional Kindergarten Roundup on Monday, March 2, 2020. The Transitional Kindergarten meeting will be held from 6:30 p.m. - 7:00 p.m. and the Kindergarten meeting will begin at 7:00 p.m.

The meetings will be held in the respective elementary buildings. Please go to the meeting at the center where your child will attend school. **Please note that Transitional Kindergarten is held in Orange City Elementary for the entire school district.** All possible TK parents should meet at Orange City Elementary at 6:30 p.m. on March 2.

These meetings are for parents only of all students who will be five years old by September 15, 2020. Parents of these children will get an overview of the transitional kindergarten and kindergarten program, including information from the teachers, counselor, nurse and principal. **Parents need to bring their child's birth certificate and official immunization records with them.**

Parents of next year's kindergarteners and transitional kindergarteners are asked to call the school office (Hospers Elementary School at 752-8480 or Orange City Elementary School at 737-4606) and provide their name, child's name, birth date, phone number and address.

MOC-Floyd Valley 2020 Summer Driver Education



MOC-FLOYD VALLEY HIGH SCHOOL

2020 SPRING/SUMMER DRIVER EDUCATION – REGISTRATION FORM

The 2020 Summer Driver Education Program will begin with an **informational meeting on Saturday, April 18 at 9:00 a.m.** Class will follow on that day from 10:00 a.m. – 12:00 noon, in the MOC-Floyd Valley High School Auditorium. **Completed registration forms along with payment must be turned in to the MOC-Floyd Valley High School office by Monday, April 6th.** The Tentative schedule is shown below (*Note: This schedule will change if we need to schedule snow make-up days at the end of the school year. SM=Snow Make-up*)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					April 18 (T – 3 Hr)
					April 25 (T – 3 Hr)
					May 2 (T – 3 Hr)
					May 23 (T – 3 Hr)
			May 28 (E/L)	May 29 (T)	May 30 (T)
June 1 (E/L)	June 2 (E/L)	June 3 (T)	June 4 (E/L)	June 5 (E/L)	June 6 (T)
<i>Snow Make-up</i>	<i>Snow Make-up</i>				

*T=together, E=early, L=late

Registration forms are available in the high school and middle school buildings. Students must have a driver's permit by May 1, in order to be eligible for the 2020 Summer Driver Education Class at MOC-Floyd Valley. Classes will be filled based upon chronological age.

The classroom portion of the driver education class will require daily attendance for two hours per day, for 15 days. (The law requires a minimum of 30 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 at the organizational meeting on April 18. Students should indicate a preference of a driving partner on the registration form.

Registration forms are available in school offices. Complete the form and turn it in to your school office with payment of \$350.

(Checks should be made payable to MOC-Floyd Valley Schools) by Monday, April 6. 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 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:30pm Kindergarten Roundup for Parents- @ Hospers Elementary 5:30pm Pre-School Roundup for Parents- @ Orange City Preschool 6:30pm TK Roundup- @ Orange City Elementary 7:00pm Kindergarten Roundup- @ Orange City Elementary	2	3	4	5 Early Dismissal-	6
8	9	10 MS Track Practice Begins-	11 6:00pm Financial Aid Info Night- @ HS Performing Arts Center 7:00pm Mass Band Concert (Grades 6-12)- @ HS New Gym	12	13 State Individual Speech Contest-	14
15 7:00pm Middle School Choir & Orchestra Concert- @ Middle School	16 End of 3rd Qtr- 7:00pm Chamber Singers Concert- @ HS Auditorium	17	18 4:00pm-8:00pm Parent-Teacher Conferences- @ Multiple locations	19 Early Dismissal-	20 7:30pm Jazz Band Dance- @ HS Old Gym	21
22 4:00pm-8:00pm Parent-Teacher Conferences- @ Multiple locations 4:00pm TR-G/Varsity TBD 4:00pm TR-B/Varsity TBD	23 4:00pm-8:00pm Parent-Teacher Conferences- @ Multiple locations 7:00pm HS Jazz Band Concert-	24 Picture Day- @ Hospers Elementary	25	26 No School	27 IHMSMA Solo & Small Ensemble Contest-	28
29 All-State Individual Speech--C. Falls- 6:30pm FFA Banquet- @ HS New Gym	30 5:00pm TR-G/Varsity LeMars vs. Multiple Schools 5:00pm TR-B/Varsity LeMars vs. Multiple Schools	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.

MOC-Floyd Valley Schools



Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Quesadilla Salsa Spinach Salad/Dressing Strawberries Milk	3 Mr. Rib on a Bun/BBQ Sauce Confetti Fries/Ketchup Baked Beans Fruit Milk	4 Chicken Fingers/ Ketchup Mashed Potatoes/ Gravy Broccoli/Cheese Sauce Dinner Roll/Jelly Pineapple Milk	5 Orange Chicken Brown Rice Egg Roll Stir Fry Veggies Fruit Milk	6 French Toast Sticks/ Syrup Sausage Potato Wedges/Ketchup Peaches Orange Juice Milk
9 Nachos/Ground Beef/ Cheese Sauce Lettuce/Tomatoes Baked Beans Carrots Fruit Milk	10 Meatball Sub Cucumbers & Carrots/ Dressing Sun Chips Fruit Cup Milk	11 Salisbury Steak Mashed Potatoes/Gravy Green Beans Dinner Roll/Jelly Pineapple Milk	12 Breakfast Sandwich Hash Brown Fruit Fruit Punch Juice Milk	13 Pizza Breadstick/Marinara Lettuce/Dressing Bananas Milk
16 Creamed Chicken on a Bun Green Beans Strawberries Milk	17 Italian Dunkers Meat Sauce Spinach Salad/Dressing Carrots Fruit Milk	18 Chicken Fajitas Cheese/Lettuce/ Tomatoes Spanish Corn Tropical Fruit Milk	19 Chicken Patty Potato Smile Broccoli Bananas Milk	20 Fish Sticks Confetti Fries Baked Beans Grapes Rice Krispy Bar
23 Mac & Cheese Corn Dog/Ketchup Carrots Peas Peaches Graham Snack (HS) Milk	24 Chicken Tenders/BBQ Sauce Mashed Potatoes/Gravy Broccoli Garlic Toast Mandarin Oranges Milk	25 Crispito/Cheese Sauce Potato Gems Cucumbers & Carrots/ Ranch Dressing Fruit Milk	26 BBQ Pulled Pork Sandwich Hash Brown/Ketchup Baked Beans Kiwi Applesauce Snickerdoodle (HS) Milk	27 No School
30 Hamburger on a Bun Cheese/Lettuce/Tomato Confetti Fries/Ketchup Fruit Milk	31 Taco in a Bag Cheese/Lettuce/Salsa Refried Beans Pineapple Side Kick Slushy Apple Churro Milk			

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 Schools



Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Sliders Fruit Juice Milk Cereal (MS, HS)	3 Waffles Fruit Juice Milk Cereal (MS, HS)	4 Toast w/Jelly Egg Omelet 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 Breakfast Sliders Fruit Juice Milk Cereal (MS, HS)	10 Pancakes Fruit Juice Milk Cereal (MS, HS)	11 Toast/Jelly Scrambled Egg Fruit Juice Milk Cereal (MS, HS)	12 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	13 Muffins Fruit Juice Milk Cereal (MS, HS)
16 Breakfast Sliders Fruit Juice Milk Cereal (MS, HS)	17 French Toast Fruit Juice Milk Cereal (MS, HS)	18 Toast/Jelly Eggs Fruit Juice Milk Cereal (MS, HS)	19 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	20 Donuts Fruit Juice Milk Cereal (MS, HS)
23 Breakfast Sliders Fruit Juice Milk Cereal (MS, HS)	24 Waffles Fruit Juice Milk Cereal (MS, HS)	25 Toast w/Jelly Egg Omelet Fruit Juice Milk Cereal (MS, HS)	26 Breakfast Pizza Fruit Juice Milk Cereal (MS, HS)	27 No School
30 Breakfast Sliders Fruit Juice Milk Cereal (MS, HS)	31 Pancakes Fruit Juice Milk Cereal (MS, HS)	WE SERVE BREAKFAST EVERY MORNING. 		