

West Burlington School District Newsletter

West Burlington School District-March 2017

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Superintendent's Remarks

By David Schmitt



The school year continues to move quickly. Maybe our students have a different opinion on that subject. Many of you might remember the TV show, *The A Team*. The leader of this band of misfits was named Hannibal. One of his favorites lines that he frequently said was, "I love it when a plan comes together." Fortunately, West Burlington Independent School District can say the same.

The elementary pick up and drop off continues to exceed our expectation of effectiveness. We have great cooperation from students, parents, grandparents, and community members in following our procedures in the morning and after school. Our staff has done a wonderful job of quickly, and more importantly, safely assisting students coming to our school and leaving for the day. We have a team of associates and teachers who brave the heat, the cold, the rain, and the snow, sometimes in the same day, to help our students. Thanks to everyone for contributing to the safe arrival and departure of our students. We love it when a plan comes together.

Another update West Burlington is proud, of is our new kitchen in the elementary. We now cook our lunch and breakfast in the elementary kitchen instead of transporting it from the high school kitchen. We store dry, refrigerated, and frozen foods in the kitchen as well. I have heard numerous reports on the improved quality of our elementary lunches. Nice job staff! We are glad the kitchen is working out so well. We love it when a plan comes together.

The board is giving serious consideration and exploring what it would take to upgrade the high school/junior high school kitchen.

The most popular update this year from the students' point of view is the playground. It is safe, clean, and a fun place to spend recess time. I have had a few students express their wishes that it was bigger. The school board also wishes we could have built a bigger play area. It is great the playground is used on a nightly basis and weekends. West Burlington ISD is proud to provide this wonderful play area for students during school hours and for the entire community outside of school hours. You guessed it, we love it when a plan comes together.

I am writing this newsletter article the week of President's Day. Students are taking

(Continued on the Next Page)

the Iowa Assessments most of the week. We have made a concerted effort to improve instruction in all of our core classes. We strive to deliver relevant and meaningful instruction on a daily basis to each and every one of our students. We have especially taken a special emphasis in improving instruction and interventions for our junior high students. Our hope is when we get our Iowa Assessment results, we can all say....“We love it when a plan comes together.”

The School Improvement Advisory Committee (SIAC) meeting has been pushed back to May so we can discuss our 2016-2017 Iowa Assessment results and report out to our community and stakeholders. We always welcome parental and community member participation. If you would like to be part of the committee, please let me know.

We are so lucky to have such great students, supportive parents and community members, and quality staff. West Burlington Independent School District continues to be the school of choice in SE Iowa. The board, administration, staff, and stakeholders intend to keep it that way. We love it when a plan comes together. If you have questions, comments, or concerns, please contact me at (319) 752-8747, option #3 or david.schmitt@wbschools.us. Kids First! ❖



Notes from the Nurse **By Stephanie King**

The Iowa Department of Public Health has made changes to the Iowa Immunization Law for the start of the upcoming 2017-18 school year. This change requires all incoming 7th graders to have both a meningococcal vaccine as

well as the TDAP (Tetanus, Diphtheria, and Pertussis/whooping cough) booster vaccine.

All students entering 12th grade and that are born after September 15, 1999 will need proof of two doses of meningococcal (A,C,W,Y) vaccine; or 1 dose if received when the student was 16 years of age or older.

These requirements must be met prior to the start of the first day of school this fall.

For more information please contact the school nurse, your physician, or this link at the Iowa Department of Public Health:
<http://www.idph.iowa.gov/immtb/immunization/laws>

We have seen several types of illness this past month. Please remind your children to wash their hands frequently and cover their mouth when coughing or sneezing.

Influenza A and B symptoms are fever, body aches, headache, sore throat, congestion, runny nose, coughing and fatigue. Stomach Flu symptoms are vomiting and diarrhea. Your child must be fever-free for 24 hours (without medication) and 24 hours from last active flu symptoms to return to school. ❖

ATTENTION

Attention Parents of current Kindergarten Students:
On Thursday, April 13th, there will be no school due to screening days for our incoming 2017-2018 Kindergarten Class. Please make arrangements for childcare on these days.

Note: All other grades (1st - 5th) will have school.

Thank you for your understanding.

Thank You



Preschool & Kindergarten

Pre-registration for 4-Year Old Preschool

Pre-registration for Preschool will begin Monday, February 6th. Your child must be 4 years old by September 15, 2017. Please come to the Elementary Office to pick up a preschool packet. Pre-registration and a place reserved for your child is not complete until all the required paperwork and birth certificate is turned into the office. When returned to office, your child's name will then be placed on list according to completion date.

Pre-registration for Kindergarten

If your child will be 5 by September 15, 2017, please call 754-5726, option #2 to pre-register your child. Pre-registration packets will be available on Friday February 10th.

**Remember: Talk directly with office staff
Please do not leave a message**

Band News

By Mark Eveleth



7th and 8th Grade Band Parade of Bands

Thursday, March 16, 2017 the 5th-8th grade bands as well as the high school concert band will perform their annual "Parade of Bands" concert. This is a great concert to see just how much musical progress the band students make while being involved in Instrumental Music at West Burlington. The concert will start at 7:00PM and will end with all band members combining into one large massed band to end the concert. There will be one, before school, 7:30AM rehearsal to prepare for the concert. It will take place in the high school gym on Thursday, March 16th.

Students will need to bring their wire music stands from home for this rehearsal and concert.

High School Band Concert Band

The concert band members are now in the process of preparing for Solo and Small Ensemble Contest. This year's contest will take place on Saturday, April 1st.

Parade of Bands

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Students will need to bring their wire music stands from home for this rehearsal and concert.

Jazz Band

The High School Jazz Band season is coming to a close. The band will perform on at the Falcon Follies on

Friday, March 3rd at 7:00PM. There is a \$5.00 admission charge for this performance, but you will receive a dessert and a drink during the intermission.

The next day, March 4th, the jazz band will compete at district jazz festival. Their performance, at Iowa City West High School's Little Theater, will be at 3:05. They close the door at 3:05PM and will not let anyone in late so get there a bit early if you are planning to watch.

Falcon Follies

Falcon Follies will take place Friday, March 3rd at 7:00PM in the Auditorium. There will be a \$5.00 admission charged for this variety show and the cost will include a dessert and a drink during intermission. The evening event will feature individual acts from our students, and performances from the High School Concert Choir, Show Choir, and Jazz Band. This is always a well-attended show so come early to get a good seat!

Music Department Trip

March 22nd-March 26th, 40 high school music students will travel to San Antonio, Texas for sightseeing and performances by the choir and the band at SeaWorld. They will leave after school on Wednesday, March 22nd and return the morning of Sunday, March 26th. While in San Antonio the students will tour the site of the Alamo, take a boat tour of the famous River Walk, perform at SeaWorld and then spend the day there. They will spend a day at Six Flags over Texas, and eat a meal at El Mercado. Their Chaperons will be Nikki Moad, Connie Todd, Sara Crozier, Amy and Shaun Ryan. Their nurse will be Kelly Cloke. This should be a fun and educational trip for these students. ☒

Eat Breakfast

Start your day the right way!

West Burlington Independent School District Breakfast Program

**Available for all students
every day.**

Breakfast costs \$1.70. Students who qualify for reduced meals pays 30¢; those who qualify for free meals receive breakfast at no cost.



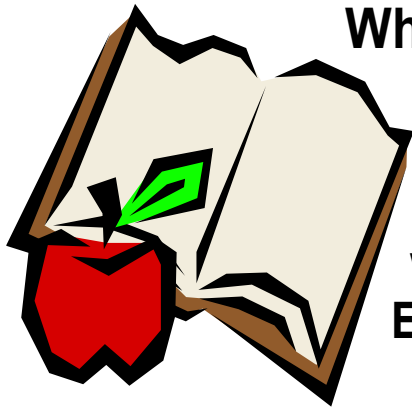
IOWA NON-DISCRIMINATION STATEMENT

“It is the policy of the Independent School District of West Burlington not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.7. If you have questions or grievances related to compliance with this policy by the Independent School District of West Burlington, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E. 14th St., Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; web site: <http://www.state.ia.us/government/crc/index.html>.” ❖

EQUAL EDUCATIONAL OPPORTUNITY STATEMENT

The school district does not discriminate in its education programs or educational activities on the basis of sex, race, religion, color, national origin, age, marital status (for programs), sexual orientation, gender identity, socio-economic status (for programs), creed or disability. Students are educated in programs which foster knowledge of, and respect and appreciation for, the historical and contemporary contributions of diverse cultural groups including those of race, color, national origin, gender, disability, religion, creed, and socio-economic background, as well as men and women, to society. The programs include contributions and perspectives of Asian Americans, African Americans Hispanic Americans, American Indians, and European Americans. Students who feel they have been discriminated against are encouraged to report it to the school district Affirmative Action Coordinator. The Affirmative Action Coordinator is David Schmitt and can be reached at 607 Ramsey Street, West Burlington, IA 52655, (319) 752-8747. Inquiries may also be directed in writing to the Director of the Region VII Office of Civil Rights, U.S. Department of Education, 310 W. Wisconsin Avenue, Suite 800, Milwaukee, WI 53203-2292, (414) 291-1111, or the Iowa Department of Education, Grimes State Office Building, Des Moines, IA 50319-0146, (515) 281-5294. ❖

WEST BURLINGTON KINDERGARTEN ROUND UP



What is Round Up?

Round Up is an informational meeting for PARENTS of children who will be 5 years old by September 15, 2017 AND will be attending West Burlington Elementary School.

WHEN: April 10, 2017

TIME: 5:00 TO 5:30PM - Pick up/Fill out Packet
5:30PM TO 6:30PM - Parent Meeting

WHERE: WEST BURLINGTON ELEMENTARY SCHOOL

**ITEMS TO
BRING:** BIRTH CERTIFICATE
IMMUNIZATION CARD

**PLEASE PRE-REGISTER YOUR STUDENT BY
CALLING THE ELEMENTARY OFFICE BY FRIDAY--MARCH 15th.**

(Please do not leave any information on voicemail.)

319/754-5726, option #2

**Mark your calendars: Next year's 17-18 Kindergartners will be screened on
APRIL 13th in two sessions: AM – 9:15AM-11:15AM and PM – 1:15PM– 3:15PM.
More details will be shared at the parent meeting.**

School Wellness Policy Building Progress Report

School Name: W. Burlington

Wellness Contact Name/E-mail: Patty McPherson

Patty. mcpherson@wbschools.us

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. EXAMPLE: <i>Nutrition education is offered at each grade level as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health.</i>	X			Nutrition education is part of the science curriculum in each grade level.	Promote fruits & vegetables, whole grain products, low fat & fat free dairy products
Physical Education and Physical Activity Goals					
1. Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Healthy Kids Act		X		Nutrition education is part of the curriculum in each grade level	Promote fruits & vegetables, whole grain products, low fat & fat free dairy products
Nutrition Guidelines for All Foods Available to Students					
1. Meals served through the NSLP and NSBP will be appealing & meet, at a minimum, nutrition requirements established by state and federal law	X			<i>FSD meets state and federal requirements and strives for appealing meals</i>	<i>Implement using 100% whole grains in more foods</i>
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school & 30 min, after the last bell shall meet Smart Snacks in 'schools nutrition standards at a minimum		X		Competitive food items are run through the smart snack calculator	Fundraiser ideas will be double checked/routed through the FSD to be approved or denied
3. Snacks provided to students throughout the school day (parties, etc) will meet standards set by law		X		A list of food alternative rewards has been provided to all staff	District will provide parents a list of foods/beverages that meet smart snacks

Other School Based Activities Goals				
Integrating Physical Activity into the Classroom Settings				
1. Encourage classroom teachers to provide activity breaks	x		Teachers currently provide "limp noodle" breaks	Encourage as many breaks as necessary
2. Make drinking water available where school meals are served	x		Drinking fountain is available near cafeteria	Permit students to carry water bottles
3. strive to provide students w/at least 10 min it eat after sitting for breakfast & 20 min for lunch	x		Students are currently given 10 min & 20 min respectively	Goal is currently being met
4. discourage sharing foods	x		If seen "sharing" students are reminded not to and why	Continue to moniteo this activity
Communication with Parents				
1. district has a wellness policy committee consisting of parents, students, school nurse, staff, school board and the public	x		The superintendent invites comments concerning the school wellness policy	Parents & the public are notified of assessments & policy via the school newsletter and school website (there will be a session for input of 2/22/17 6 pm-admin. bldg.)
Food Marketing in Schools				
1. Schools will only allow marketing of foods & beverages that meet smart snack guidelines	x		Non smart snack vendors advertising is not allowed	School will only allow advertising by smart snack vendors
Staff Wellness				
1. currently not in policy but wellness committee is gathering ideas to implement		x	Not implemented yet- staff are currently involved in a voluntary Falcon Fitness challenge (this is a 2 month weight loss challenge with teams of 3)	Ideas discussed @wellness mtg are having monthly fitness goals for staff
2. Employer does do a wellness checkup and /or flu shot each fall		x	Is voluntary	Need to find ways to get ALL staff involved

School Wellness Policy Building Progress Report

School Name: W. Burlington JR/SR High

Wellness Contact Name/E-mail: Patty McPherson

patty.mcpherson@wbschools.us

This tool is to document each school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.

Wellness Policy Language <i>(add more lines for goals as needed and change goal titles based on local policy language)</i>	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers of implementation.	List next steps that will be taken to fully implement and/or expand on goal.
Nutrition Education and Promotion Goals					
1. Schools will provide nutrition education & engage in nutrition promotion that helps students develop lifelong healthy eating behaviors	x			Nutrition education is part of the science curriculum in each grade level.	Promote fruits & vegetables, whole grain, low fat & fat free dairy products
Physical Education and Physical Activity Goals					
1. Schools will provide student with age and grade appropriate opportunities to engage in physical activity that meet the Healthy Kids Act		x		Promote a physically active lifestyle at least 25 % of PE class time	Engage students in moderate-vigorous activity at least 50% of PE class time
Nutrition Guidelines for All Foods Available to Students					
1. Meals served through the NSLP & NSBP will be appealing & meet, at a minimum, nutrition requirements established by a state and federal law	x			<i>FSD meets state and federal requirements and strives for appealing meals</i>	<i>Food Service Director will continue to follow all state & federal laws pertaining to all foods served & add more 100% whole grain products when available</i>
2. Schools providing access to healthy foods outside the reimbursable meal programs before school, during school and 30 min. after the last bell shall meet Smart Snacks in Schools nutrition standards at a minimum		x		Competitive foods are run through the smart snack calculator	
3. Snacks provided to students throughout school day (parties, etc) will meet standards set by law		x		A list of food alternative rewards had been provided to staff	District will provide parents a list of foods/beverages that meet smart snacks

Other School Based Activities Goals			
Integrating Physical Activity into the Classroom Settings			
1. Encourage classroom teachers to provide activity breaks	x	Teachers provide breaks as needed	Encourage as many breaks as necessary
2. Make drinking water available where school meals are served	x	Drinking fountain is available in cafeteria	Permit students to carry water bottles
3. Strive to provide students w/at least 10 min. to eat after sitting down for breakfast and 20 min. for lunch	x	Students are currently given 10 min & 20 min respectfully	Continue to monitor
4. Discourage sharing foods	x	If seen "sharing" students are reminded not to and why	Continue to monitor this activity
Communication with Parents			
1. District has a wellness policy committee consisting of parents, students, school nurse, staff, school board members, and the public	x	The Superintendent invites comments concerning the school wellness policy	Parents and the public are notified of assessments & policy via the school newsletter and school website (will hold a session for input in Feb. 2017- exact date to be announced)
Food Marketing in Schools			
1. Schools will only allow marketing of foods & beverages that meet Smart Snacks guidelines	x	Non Smart Snack vendor advertising is not allowed	School will only allow advertising by smart snack vendors
Staff Wellness			
1. Currently not in policy but wellness committee is gathering ideas to implement	x	Not implemented yet- staff are currently involved in a voluntary "Falcon Fitness Challenge"(this is a 2 month weight loss challenge with teams of 3)	Ideas discussed at wellness committee meeting are having monthly fitness goals for staff

March, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 5:00pm-7:00pm Boy Scout's @ ES Gym	6 6:00pm School Board Work Session @ Board Room	7 9:00am Activities-Conference Highland vs. Multiple Schools @ Highland High School 3:00pm Track-B/Varsity University of Northern Iowa vs. WB / ND @ UNI-Dome 6:30pm Solo/Small Ensemble Recital @ HS Auditorium	8 10:00am High School Select Vocal Festival	9 4:00pm Track-G/Varsity Washington (Washington IA) vs. Multiple Schools @ Cornell College	10 2:15pm Early Out 4:00pm Track-B/Varsity Washington (Washington IA) vs. Multiple Schools @ Cornell College	11 Speech Competition
12	13 6:00pm School Board Meeting @ Board Room 7:00pm Band Performance	14 10:00am Super Conference Select Band	15	16 7:00pm Band Performance @ HS Gym	17 2:00pm Track-B/Varsity Central College vs. WB / ND @ Central College 2:15pm Early Out	18 10:00am Track-G/Varsity Central College vs. WB / ND @ Central College
19	20 6:00pm School Board Meeting @ Board Room 7:00pm Band Performance	21 4:00pm Activities-Conference Wapello vs. Multiple Schools @ Wapello High School	22 Music Department Trip High School Softball @ Multiple locations	23 Music Department Trip End Quarter 4:00pm Track-B/Varsity Washington (Washington IA) vs. Multiple Schools @ Case Field Washington IA - football field & track 4:15pm Track-B/Varsity Washington (Washington IA) vs. Multiple Schools @ Case Field Washington IA - football field & track	24 Music Department Trip No School 4:30pm Track-G/Varsity Columbus vs. Multiple Schools @ Columbus Community High School	25 Music Department Trip
26 Music Department Trip	27 Speech Competition Begin Quarter 4:30pm Track-B/Varsity WB / ND vs. Multiple Schools @ West Burlington High School, Track	28 4:30pm Track-G/Varsity WB / ND vs. Multiple Schools @ West Burlington High School, Track 7:00pm Activities-Conference Wapello vs. Multiple Schools @ Pizza Hut (Mt. Pleasant)	29	30 4:30pm Track-G/Varsity Mount Pleasant vs. Multiple Schools @ Mapleleaf Athletic Complex 4:30pm Track-B/Varsity Mount Pleasant vs. Multiple Schools @ Mapleleaf Athletic Complex	31 2:15pm Early Out 5:00pm-6:00pm Junior High Science Fair @ JH Gym	
			1 4:00pm-6:30pm National Honor Society Induction @ HS Auditorium	2 Speech Competition 7:00pm 5th-8th Grade Vocal	3 Speech Competition 2:15pm Early Out 7:00pm Falcon Follies @ HS Auditorium	4 SEIBA Jazz Festival 8:00am-10:00pm Scrapbooking Retreat @ Multiple locations

LUNCH

West Burlington Schools

March 2017



"This institution is an equal opportunity provider".



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



3 BBQ beef sandwich
Cheesy broccoli
Fruit mix
Milk

4 Teriyaki chicken
Brown rice
Peas
Peaches
Milk

1 Pizza
Corn
Kiwi
Milk

1 Popcorn chicken
Baby carrots/ranch
Dinner roll
Peaches
Milk

Tuesday

4 Chicken tenders
cheese breadsticks
French fries
Pineapple
Milk

1 Hoagie sandwich
Carrot coins
Pineapple
Milk

2 Chicken nugget
Mashed potatoes
Dinner roll
Peaches
Milk

2 Turkey & gravy
Mashed potatoes
Fruit mix
Dinner roll
Milk

Wednesday

4 Meatball sub sandwich
Green beans
Peaches
Milk

1 Spaghetti
Mini garlic bread
steamed corn
Banana
Milk

2 Crispito/salsa
Steamed corn
Fresh orange
Milk

3 Cheeseburger
Baked beans
Banana
Milk

3 Chicken fajita
Black beans
Fresh Apple
Milk

Thursday

1 Teriyaki beef strips
Sliced carrots
Pears
Dinner rolls
Milk

2 Tenderloin sandwich
Baked beans
Kiwi
Milk

3 Chicken patty
Cheesy broccoli
Mandarin oranges
Milk

4 Mini corn dogs
Broccoli
Pineapple
Milk

4 Chicken patty
Peas
Kiwi
Milk

Friday

2 Crispitos
Peas
Mandarin oranges
Milk

3 Turkey & cheese
Sweet potatoes
Pears
Milk

4 Tacos
Black beans
Fruit mix
Milk

NO SCHOOL

1 Savory Salisbury steak
Broccoli
Pears
Cheese breadsticks
Milk

WEST BURLINGTON SCHOOLS
607 RAMSEY ST.
WEST BURLINGTON, IA 52655

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