

# Students Attend State School Board Convention

Issue 4 December, 2002  
Published quarterly

## Inside this issue:

Secondary Thoughts	2
CL "Speechies"	2
Psychology in Everyday Life	3
Little Mary Sunshine	3
Counselors' Corner	4
News from our Nurse	4
Stress Test	4
Principal's Notes.com	5
Election Project	5
Attend Symphony	6
Free Lunch Eligibility	6
New Faces	6
Days of Pioneers	7
Survey	7
Notices	8
Note-Worthy Dates	8



Above: Melissa and Anthony talk to school board member, Marilyn Mammenga. Right: Serina shares information with another school district board member. Below: Superintendent Hutchinson praises Amanda on a job well done.



Central Lyon hosted a booth at the Iowa State School Board Convention on Friday, November 22. The booth presented May term using student-created devices, including a Powerpoint presentation, brochures, a "Central

Lyon" embroidered tablecloth, and laminated digital pictures. Work for the booth began in a class held during May term. Students from Mr. Hulshof's Word Processing II class completed the booth preparations.

Four high school students accompanied Mr. Hulshof, Mrs. Snyders, and Mr. Ackerman to the convention. The students answered questions and explained the May term concept to school board members from other districts. Serina Peterson, Melissa Mammenga, Anthony Folkens, and Amanda Word did an excellent job representing Central Lyon.

The two-day convention was also attended by Mr. Hutchinson and our school board members.

## Harkin Grant

By William Hutchinson, Superintendent

The Central Lyon Community School District is pleased to have been awarded a federally funded Iowa Demonstration Construction Grant (Harkin Grant) in the amount of \$623,711, subject to the provision of local matching funds. The local matching funds will be provided by the Physical Plant and Equipment Levy recently passed by the voters of the district for a ten-year period.

The grant and local matching funds will be used to remove a significant part of the former high school building and to construct handicap accessible restrooms and locker rooms to support the remaining structure, which will include the gymnasium, fitness center, and weight room. In addition, storage areas will be constructed, as well as a new mechanical system to provide heating, air conditioning, electricity, and water to the complex.

The city of Rock Rapids is in the process of making application for a Vision Iowa Grant to supplement the funding of the project. Should the city be successful with its request, the project could be expanded to include areas jointly used by the city, school, and community. Vision Iowa funds would also allow for the completion of site work, including a parking area for activities taking place in the complex.

The completed project will serve the school district as a valuable center for athletic, recreational, and community activities for many years. If planning is timely, the project could begin as early as the spring of 2003.

In addition to the Iowa Demonstration Construction Grant, our school district was awarded a Fire (Life) Safety Grant, in the amount of \$9,185, to connect heat detectors to the fire alarm system of the existing K-12 building.

# Secondary Thoughts

By David Ackerman, Secondary (High School) Principal

HIGH SCHOOL HAPPENINGS

I am writing this on Wednesday, the morning after the football playoff loss. To say that it is quiet around here today would be an understatement, but as I took my post in the commons as I do most mornings before school, I am proud to see the members of our student body filing in for another school day. While they are not enthusiastic, and their spirits are down, they come to school anyway with their heads held high and determination on their faces – a determination to not let this loss define them or discourage them. Please understand, I am not talking only of the players, but the entire student body.

“Winning is a habit” has become a popular slogan to describe our teams. I would say however that here at Central Lyon it carries

a meaning deeper than just having more wins than losses. As I sat watching the musical last week, (which, by the way, was awesome) it occurred to me that every program that is sponsored here exceeds. The attitude of our students

and staff is that “If we are going to do it, then we will do it well.” This is not the case in every school. Somewhere in the history of this school and community, it has become a value to work hard and not get discouraged by the setbacks. Exceptional performances and the lifting up of others are also values that I witness every day here

at CL. I believe that here at Central Lyon, high expectations are set in the grade school, and every level does its part to see that nothing less is accepted. Not one level “drops the ball” and lets the students slide by. Excellence occurs because excellence is expected. We have exceptional students, from exceptional homes, taught in an exceptional school. I am very proud to say my four children attend school here.

As for the football loss, I realize as much as anyone how devastating a loss like that can be. I commend our coaches and our staff for showing students how to handle a loss and adversity with class and dignity. As Vince Lombardi also said, “Our greatest glory was not in never falling, but rising when we fell.” Go Lions!

“Winning is a habit”  
– Vince Lombardi

## Central Lyon “Speechies”

By Jan Meester, Speech Advisor

The Central Lyon “Speechies” are at it again!!

We have 30 enthusiastic participants who will be attempting a variety of speech activities. Group improvisation is again a favorite among participants, but we will also have two readers’ theatres, some mimes, and ensembles. We hope parents and other interested individuals will attend a performance this year. The students put in a great deal of work, and they love to show off their talents. We have two months to prepare for the large group district contest, and we hope to have a respectable number advance to state competition.

Parents of speech participants should have received a letter regarding rehearsals, possible conflicts, etc. If you didn’t receive one, please contact Jan Meester.

If your group or organization would like to have any of these students perform, call Jan Meester at 472-4051 ext. 225. We appreciate the continued support from the community. These students are very talented and work hard to represent Central Lyon in a favorable light. You can be proud of these young people and how they conduct themselves at contests. I look forward to a successful year!



Freshmen practice their readers’ theatre, “Three Swine of Most Small Stature.”

### Contest Schedule

District Large Group	Saturday, January 25	Sheldon
State Large Group	Saturday, February 8	Sioux City East
All-State Festival (LG)	Saturday, February 22	Ankeny
District Individual Events	Fri-Sat., Feb. 28– March 1	Sioux Center
State Individual Events	Fri-Sat., March 21-22	Storm Lake
All-State Festival (IE)	Monday, April 7	UNI
<b>Speech Night</b>	Monday, March 31	CL Vocal Room

# Psychology in Everyday Life

By Brian Daoust, High School Social Studies Teacher

The high school psychology class recently finished a practical applications unit on motivation and emotion. The class chose to look outside the room to help define and discover how to use motivation and emotion in everyday life and in future careers.

Then, students were required to create an activity and administer it to a class of their choice at Central Lyon. Activities varied from matching games to spelling contests. Next, they chose a grade level and asked a teacher for some class time to conduct their experiment. The classes were divided into two groups and given the same activity three times. One group (the experimental) was given an extrinsic motivator (candy, stickers, praise, etc.) after correct responses. The other group (control) was not given the extrinsic motivator. The activity was designed to show students how extrinsic motivators can influence performance in both positive and negative

ways. Most experiments were a success. The class would like to thank all of the elementary, middle, and high school teachers who donated their valuable class time.

To demonstrate how understanding emotions can be beneficial to future careers, the class was fortunate enough to have Deputy Jerry Birkey of the Lyon County Sheriff's Department give a presentation. The class discovered how law officers rely on the skills of reading one's emotions in their everyday work. The deputy briefly discussed how techniques have changed throughout history and explained how important these techniques are in order to help reveal the truth. His presentation ended with him relating the importance of these techniques to job interviewing and parenting. Thank you, Deputy Birkey, for donating your time. Thanks also go to the Lyon County Sheriff's Department and the Central Lyon staff.

## CL Music Department Presents...

By Jan Meester,  
High School Language Arts Teacher

The Central Lyon Music department once again combined their vocal and drama talents to present the annual musical. Under the direction of Tom Gaspar and Greg Temple, the students worked many long evenings to prepare for this year's performance, a tale of the early 20th century which takes place in the Colorado Rockies. Ryan Ross and Sarah Hagin were the main characters with strong support from Jared Soroka, Nathan Karasch, and a strong chorus of voices.

Little Mary Sunshine was presented as a matinee for some of the elementary and middle school students on Thursday, November 7. Evening performances were Friday and Saturday, November 8 and 9.

Central Lyon once again presented a successful production for the students and public to enjoy. Congratulations to the cast, crew, and directors on a wonderful performance.



Ryan Ross and Sarah Hagin led the cast.

## ...Little Mary Sunshine



Nathan Karasch and Jared Soroka lent strong support.



Jessica Rust and the chorus.

## Getting Ready for College

By Terry Tausz,  
High School Guidance Counselor

In October, 27 sophomores took the PLAN test. The PLAN is a preliminary ACT. By taking the PLAN, sophomores get an excellent indication of what the actual ACT is like. Most 4-year college bound students will take the ACT as part of the admission requirements.

Also in October, 21 juniors took the PSAT. The PSAT is a

preliminary SAT. By taking the PSAT, juniors get additional indications of what the actual SAT or other college entrance exams are like. Taking the PSAT also allows students to begin the first step of the highly competitive National Merit Scholarship Program. PSAT results are used to determine who will be "invited" for further competition in this scholarship program.

On Thursday, December 12, there was a financial aid meeting in the high school vocal room for parents of seniors and juniors. The guest speaker was Carol Boogerd, the financial aid director at Northwestern College in Orange City. Carol's talk pertained to all students going on to any type of post-secondary institution.

## Greetings

By Dan Kruse, Elementary/Middle School Counselor

Can you believe it's almost Christmas? The school year is almost half over. This is a busy time at school with many activities. Watch for notes coming home and pay attention to the school calendar. If you have any questions about events, feel free to call.

Currently, the K-8 students are collecting non-perishable food items for Mid-Sioux Opportunity. Students are encouraged to bring items and place them under the giving trees in the hallway. We will collect items until December 20<sup>th</sup>. The items collected will be

used to help the less fortunate of Lyon County.

Shortly after we return from the holiday break, the eighth grade students will begin high school registration. Mr. Tausz and I will have two large group meetings with the students and then we will meet with each student individually. Each student will be given a list of class offerings to share with parents. Parents will then have the opportunity to look over this list and sign it. Feel free to call with any questions you might have.

Happy holidays!

## Decrease Stress

By Mel DeJang, School Nurse

Here are some suggestions to help decrease stress:

1. Take time out to do something for yourself each day—even if it's only for five or ten minutes.
2. Build relationships for support: spouse, friends, relatives.
3. Avoid tobacco, alcohol, caffeine, and drugs. They only hide the problems for a while, not solve them.
4. Exercise—even if it's just to go for a walk around the block.
5. Let the child in you come out. Play with your child. The housework can wait 15 minutes.
6. Play music.
7. Cut down your to-do list. Set fewer goals and choose what really needs to get done.
8. Realize children make mistakes, are inconsistent, and will act selfishly and thoughtlessly at times.
9. Allow yourself to laugh.
10. Take deep breathes and count to ten.
11. Think: Will this still be important in a year from now? (Probably not if it's something like being five minutes late for the dentist or not getting the laundry done until tomorrow.)
12. Don't be afraid to call for help if you're really struggling. I have pamphlets available for five free sessions with Seasons Center, here in town.

### Stress Test

- 0=never
- 2=one to three times a year
- 4=a few times a week
- 6=always or daily

- Do you eat on the run?
- Are you plagued by a rundown feeling and frequent illnesses?
- Are you too tired to exercise?
- Do you have difficulty sleeping or staying asleep?
- Do you have difficulty saying no?
- Do you feel out of control of your life?
- Do you eat, drink, or smoke when you are nervous?
- Total Score**

0-10: You have healthy habits that help you cope better with stress.

11-25: You have average stress-coping abilities.

26-48: Your stress level is high.

During the fall parent-teacher conferences, some parents asked questions concerning their child's behavior. Here are some suggestions that may help to improve your child's behavior\*:

**1. Know when to ignore bad behavior.**

Children occasionally display inappropriate behaviors because they want to see a reaction from adults. To successfully ignore undesirable behaviors, withdraw all attention and do not show disapproval in any way.

**2. Be consistent.**

Don't ignore a behavior one time and attend to it the next time, even if you are in public.

**3. Be prepared for the behavior to get worse.**

When your child doesn't get the reaction he/she is used to, your child may intensify his/her efforts. Once the child realize the misbehavior is useless, the undesirable behavior will start to disappear.

**4. Have realistic expectations for your child.**

While it is important to have high expectations relating to your child's behavior, be realistic about what you expect.

**5. Involve your child in setting rules and consequences.**

If you want your child to remember and follow rules more often, involve him/her as much as possible when you set rules. Listen to your child's input, but in the end you should make the final decisions.

**6. Give your child choices when you can.**

Sometimes children misbehave just because they want to have some say in what they do. Give your child some choices without bending important rules you've set. You might ask, "Would you rather have a snack before or after you do your homework?"

**7. Teach behaviors in positive ways.**

Tell your children what you want them to do, not what you don't want them to do. "Keep your hands to yourself" is the rule you want to remember, not just "no hitting."

**8. Set limits.**

When our children are small, we use baby gates to keep them in safe areas. Older children need limits on their behavior for the same reason. When you establish routines and set limits, you're assuring their safety and giving them the confidence to succeed at home and in school.

*\*Some ideas taken from *Helping Children Learn**

## Middle School Election Project

By Sue Van Wyhe,  
Middle School Tech Ed

One of our cross-curriculum projects in seventh grade deals with state government positions, departments and candidates. For the past four years our middle school social studies and technology education classes have conducted a project coinciding with the election and election process. The first year, in 1999, the students created projects that covered the Iowa Caucuses. In 2000, we focused on the national election. In the year 2001, our major emphasis was on our local government.

This year, our project began by having our students write letters to various departments and political candidates in Iowa. Attached to the letters were questionnaires and an invitation to join the students for their final presentations to be given in November.

Groups of students were assigned specific Iowa candidates, departments of the state and government positions. Questionnaires and drafts of letters were written in social studies class. They were then formatted and printed in technology education class.

In October, students were introduced to the second phase of their project. Each group gathered information received from the departments and candidates, in addition to other sources including the Internet, newspapers, speakers, and books. Students used class time in social studies to investigate their assigned positions, candidates and depart-



Seventh graders creating presentations for their election project.

ments. During this time, they completed a blue print for the presentation. During technology education, students utilized available technologies and created multimedia presentations which were used to teach first and second graders the following:

- State Government Positions and Duties
- State Government Programs

The seventh graders followed up the presentation with an interactive quiz to test the first and second graders' understanding of the presented information.

The students also showed the multimedia presentation to their classmates, invited guests and teachers. At the conclusion our unit, the students voted for one presentation to represent their class at the local Kiwanis program given in April 2003.

The Central Lyon Community School serves nutritious meals every school day. Students may buy lunch for \$1.30 in grades K-5 and \$1.50 in grades 6-12 and breakfast for .75 cents in grades K-12. We want to remind parents/guardians of the meal programs that the state offers.

Children from families whose income is at or below a certain level (shown on the table shown to the right) are eligible for either free meals or reduced price meals priced at .40 cents for lunch and .30 cents for breakfast.

The Central Lyon Community School District encourages all households whose income falls within the income eligibility guidelines to apply for free or reduced price meals.

If you have any questions or would like an application form, please contact Marla Freese at 472-2664.

## Free and Reduced Lunch Eligibility

By Marla Freese, Administrative Secretary

Household Size	Income Guidelines for Reduced Price Meals				
	Yearly	Monthly	Bi-Weekly	Weekly	Twice a Month
1	16,391	1,366	631	316	683
2	22,089	1,841	850	425	921
3	27,787	2,316	1,069	535	1,158
4	33,485	2,791	1,288	644	1,396
5	39,183	3,266	1,508	754	1,633
6	44,881	3,741	1,727	864	1,871
7	50,579	4,215	1,946	973	2,108
8	56,277	4,690	2,165	1,083	2,345
For each additional family member add:	5,698	475	220	110	238

## National Library Week

By Nancy DeJongh,  
Elementary/Middle School Media Specialist

Central Lyon Elementary and Middle School students celebrated National Library Week November 18-22. This year's theme was "Goblin' Good Books!" Students learned about turkeys, both domestic and wild. Various activities were held throughout the week.

## Fifth Graders Attend Symphony

By Mark Swartz, Middle School Band Director

On Tuesday, November 12th, our fifth graders attended the annual Concert for Children, presented by the Northwest Iowa Symphony Orchestra on the Dordt College Campus in Sioux Center. This year, the orchestra played four selections: "Hungarian Dances" by Brahms, "Intermezzo" by Mascagni, "Lieutenant

Kije" by Prokofiev, and "American Salute" by Gould.

Because only a few of our fifth graders had ever been to a symphony orchestra concert before, this was a new experience for most of the students. The concert was very well attended, as there were students from 22 Northwest Iowa schools in attendance.

## New Faces at Central Lyon

By Debra Wittrock, ECSE Teacher

Area Education Agency 4 has added a new classroom in the Central Lyon Elementary building. The classroom is an Early Childhood Special Education Preschool, which serves 3 to 5 year olds. The Preschool room is a very busy place! The schedule is set up to meet the individual needs of each child in all areas of development. Students are having fun working toward goals in speech and language, fine and gross motor skills, social skills, and thinking skills.

Thank you very much to the elementary administration, staff, and students for being so welcoming to every member of the preschool classroom. We appreciate your support and are excited to be included in the elementary school building.

ELEMENTARY EDITION



Friday, January 10  
5:00--7:00 PM  
High School Commons  
\$4.00—includes  
Whopper, chips, & drink

## Whopper Feed

(cooked by Burger King)



Held in conjunction with the  
West Lyon basketball game

Sponsored by the  
Central Lyon Education  
Association (with a portion  
of proceeds going to the  
Central Lyon Foundation)

Plan to  
Attend!

# Visiting the Days of Pioneers

By Third Grade Teachers



Fridays in third grade means a visit back in time. Students journey into the pioneer days of the past by reading *Little House in the Big Woods*. Students enjoy reading the literature, comparing the life of Laura Ingalls Wilder with their own, and participating in many different kinds of activities.

While reading the chapter "The Long Rifle," students learned about Pa's hunting adventures. To help bring the story to life, Jeff Schram, an area resident, was invited to come into the classroom. Mr. Schram brought in several different items to show the students. Items included a bear skin, an iron pellet, a muzzle loader, and a spirit stick.

The students were most impressed with the demonstration of the muzzle loader. Mr. Schram explained how Pa would have used the gun. He included safety tips. Then he showed them how to load it, using a pellet created from newspaper pieces. He also shot the blank pellet into the air, giving stu-

dents an opportunity to hear its loud shot and find out how far it would shoot.

Our thanks to Mr. Schram for sharing his knowledge, belongings, and time with the third grade students. We really appreciate it.



Pa's hunting adventures come to life.

## Survey

Cut at dotted line

The Central Lyon District asks you to respond to the following survey:

Mail responses to:  
Newsletter Survey  
Central Lyon Community School District  
P.O. Box 471  
Rock Rapids, IA 51246

1. Is the information given in the district newsletter informative to you as a District resident?

Yes                      No

2. Is the information regarding social skills helpful as a parent?

Yes                      No

3. Are there other items you would like to see included in the newsletter? If yes, specify.

Yes                      No

4. Other comments/suggestions for improving the district newsletter:

Please respond by December 20, 2002

Responses can be mailed or returned to either the elementary/middle school or high school office; or to the customer service counter at the Rock Rapids Jubilee grocery store. Thank you!

### Note-Worthy Dates

✓ Vocal Christmas Concert	12/15
✓ Winter break	12/23-1/1
✓ Whopper Feed	1/10
✓ District Large Group Speech	1/25
✓ <b>Parent-Teacher Conferences</b>	2/12-13

The Central Lyon Community School District Board of Directors has authorized the use of video cameras on school district buses. The video cameras will be used to monitor student behavior to maintain order on the school buses. The use of cameras will promote and maintain a safe environment.

Students and parents are hereby notified that the content of the videotapes may be used in a student disciplinary proceeding. The contents of the videotapes are confidential student records and will be retained with other student records. Videotapes will be retained only if necessary for use in a student disciplinary proceeding or other matter as determined necessary by the administration.

Parents may request to view videotapes of their child if the videotapes are used in a disciplinary proceeding involving their child.

## Notices

Parents/Guardians in the Central Lyon Community School District have the right to learn about the following regarding their child's teachers' qualifications: state licensure status, special endorsements for grade level/subject area taught, and baccalaureate/graduate certification/degree.

Parents/Guardians may request this information from the Office of the Superintendent by calling (712) 472-2664 or sending a letter of request to:

Office of the Superintendent  
PO Box 471  
Rock Rapids, IA 51246.

### Mrs. Sheldon's Pie Contest Winners:

4th hour winners:

- 1st Shane Mowry, Blue Ribbon Apple
- 2nd Melinda Popkes, Peaches-N-Cream
- 3rd Jon Johnson, Cherry

5th hour winners:

- 1st Darin Overman, Blue Ribbon Apple
- 2nd Kyra Lupkes, Peaches-N-Cream
- 3rd Casey Gisolf, Pecan