

Preschool Relocation

By William Hutchinson, Superintendent

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The Rock Rapids Kid's Club Preschool program will relocate into the Central Lyon Elementary School building in the summer of 2003 and be in operation in their new location by September of the 2003-2004 school year.

A need for more space for their daycare program led Kid's Club administrators to approach school officials with a request to utilize some space in the public school building. The Central Lyon Board of Education gave their approval at the October 2002 board meeting to proceed with the project. In the opinion of the school management team, the move of the preschool into the public school setting will not only mitigate space concerns at the Kid's Club site, but will provide an opportunity for preschool children to acclimate themselves to the school facilities and programs in the preparation for their public school experience.

Kid's Club preschool will be located in a former Kindergarten classroom in the hallway adjacent to the school Central Office. They tentatively plan to operate from September 3, 2003, to mid May 2004 with sessions held on Mondays, Wednesdays, and Fridays at 8:30 a.m. to 11:00 a.m. and 12:30 p.m. to 3:00 p.m. Any questions about Rock Rapids Kid's Club should be directed to Melissa Skidmore at 712-472-2686.

COMPAQ COMPUTERS FOR SALE

By Don Liefeld, Technology Coordinator

The Central Lyon School District has Compaq Prolinea 450 computers for sale at \$25 each. The computers will be sold "as is" with no guarantees.

In addition to the computer there will be a keyboard, mouse and monitor. The computer also contains an ethernet card and floppy drive. It does NOT have a CD-ROM drive. Other computer specifications include a 486 processor, 24 MB RAM, Windows 95, and 255 MB hard drive. No other software is included other than Windows 95.

The computers will be sold on a first come, first serve basis. Contact Don Liefeld at 472-4051 between the hours of 2:00—4:00 p.m.



May Term

By David Ackerman, High School Principal

The high school is in the process of scheduling May Term. Last year was my first experience with May Term, and I was impressed and pleased with the outcome.

From my observations, I believe May Term is an excellent opportunity for our students to participate in courses which they might not normally have the opportunity. Students can opt for classes which they have an interest, and teachers can offer classes which differ from their particular certification.

A distinct effort is made to keep May Term as academic as possible, while still offering "hands on" types of courses. As a former shop teacher, I strongly believe that there is educational value in teaching students how to problem solve and work. I believe manual labor, combined with theory and problem solving, helps our students become well-rounded citizens. We at the school are appreciative of the support we receive from the community during our May Term projects.

Secondary Thoughts

By David Ackerman, Secondary (High School) Principal

As we are in the middle of the winter season, an explanation of our late start/school cancellation procedure might be helpful.

Recently, because of freezing rain, Central Lyon Schools announced a two-hour late start, which in turn became a cancelled day of school. We will generally call a two-hour late start to allow additional time to determine if cancellation is necessary. A two-hour delay, or 10:20 start means that our buses need to be on the road by 9 a.m. On this particular day, the roads were not in good enough shape at that time to put our students or employees at risk. We realized by late morning that the roads would likely be improved, but we also had to con-

sider the number of teenaged drivers on the road; therefore, the risk was too great to withstand.

Several activities were also planned for that evening. In a case where the weather and roads might improve, as it did, we stay

...listen to the local radio & television stations for updates on our weather decisions.

in contact with the opposing school to make a decision on whether or not to hold the contest. In the cases when school is **dismissed early** for incoming

weather, **all** activities are cancelled immediately. As always, we advise you to listen to the local radio and television stations for updates on our weather decisions.

Finally, you as the parent have the final say on your child's attendance on a questionable weather day. If you deem your situation to be too risky, it remains your prerogative to keep your child at home. Please be rest assured that we at the school make every attempt to make a decision that is in the best safety interest of all students.

As always, this is the Central Lyon **Community** Schools. If you have any questions or concerns, please feel free to call the high school at 472-4051.

Chemical Reactions

By Nicole Kooiker,
High School Science Teacher

Products, reactants, coefficients, and balanced equations are all terms that the freshmen general science classes are becoming quite familiar with. We have been working with chemical reactions for a few weeks now. During this time we have been having some exciting lab activities.

In the lab pictured, the students were mixing calcium chloride, baking soda, and phenol red. The reaction included gas



Freshmen reactions were as varied as the chemical reactions.



Matt Warner mixes chemicals.

production, a color change, and a drastic temperature change. The students then had to decide which ingredients were causing each of the various reaction. To figure this out, they were allowed to do their own experimenting and investigating. Each lab group was able to choose which products to mix, and then observe the reactions. They did an excellent job investigating. Most groups were able to decipher which products caused each reaction. We were then able to discuss endothermic and exothermic reactions and understand them better. Overall, it was a great learning experience.

Jazz Band

By Sherwin Langholdt, Band Director

On January 22, the Central Lyon High School jazz band participated in their very first jazz band contest. The contest was held at Iowa Lakes Community College in Estherville. Our jazz band competed in class 1A along with ten other area schools.



Mr. Langholdt practices with the saxophone section.

Forty four bands participated from classes 1A, 2A, and 3A in the two-day festival. Although the Central Lyon band did not finish in the top three, it gave an outstanding performance and received many individual outstanding soloist awards.

The band then placed third at the Morningside Jazz Festival on February 4. In addition, they placed 2nd in the Northwest Iowa District which allows them to qualify for the State Jazz Championships to be held this April in Des Moines.

In addition to these competitions, the Jazz Band will be performing, as always, at the local swing show on April 23.



Brad keeps the beat for the jazz band.

FFA

By Dwayne Postma
High School FFA Advisor

The Central Lyon FFA recently completed another remarkably successful fruit sale. Just to give you some idea of the scope of this project, we put together some numbers summarizing this year's sales.

- Over \$880 in sales per member
- 11 members exceeded \$1000 in sales
- 2 members exceeded \$4500 in sales
- Over 15 ton of fruit sold
- Amount of items sold included:
 - 260 boxes of apples
 - 175 boxes of grapefruit
 - 230 boxes of oranges
 - 85 boxes of pears
 - 350 boxes of clementines
 - 2300 lb. of peanuts
 - 6000 lb. of potatoes
 - over 2200 lb. of cheese
 - over 350 lb. of meat
 - over 1300 butter braids
 - over 250 gallons of cider

There are a couple of very unique educational twists to our sales that I would like to share with you. The first is that our Ag. Business class is the manager of our sales. This group, comprised of senior FFA members, makes all management decisions for the project. They decide prices, quality grades, dates and deadlines, profit margins, member incentives, transportation and storage, bidding procedures, sales records, goals, etc. Each year the Ag. Business group leaves its own mark upon the success of our primary fundraiser. Secondly, the Central Lyon FFA acts as a wholesaler for the Madison, SD, FFA and the Huron, SD, FFA. (Mr. Postma's brothers are advisors for these groups). With this part of our sales, students see things more from the wholesaler's viewpoint (volume, pricing, transportation, price markup, etc.) Along with those two aspects, our FFA members experience tremendously important hands-on learning skills, such as record keeping, salesmanship, people skills, etc.

Where do we spend our hard earned dollars?

- Parent/member/special guest annual banquet and awards
- National FFA week promotions
- District, State, and National FFA chapter dues
- Farm Safety in cooperation with Lyon Co. Extension and MPCH
- State FFA convention trip
- Lyon County Fair premiums and sponsorships
- Ag. related memberships ie. Pheasants Forever, Lyon Co. Beef Boosters
- Support for CL projects: after prom activities, senior graduation activities, trees for landscaping projects, etc.
- Improvements and purchases for our FFA farm: New building, fencing, etc.
- National FFA convention trip
- FFA meetings and supplies
- Kids Day activities
- Leadership camps
- Many other items each year

We are very proud that, because of our fundraising activities, we can financially support many of our projects and activities. On behalf of our members, thank you for your continued support.

College Preparation & Scholarship Deadlines

By Terry Tausz,
High School Guidance Counselor

- **ACT registration deadline March 7** for the test held on April 12.
- **Priority deadline for FAFSA** (Free Application for Federal Student Aid) varies among colleges.
- **Rock Rapids Firefighters' Scholarship deadline March 4**
For a senior to apply for this newly created scholarship, a parent, grandparent, or guardian must be or have been a member of a volunteer fire department, rescue unit, or EMS unit.
- **Collins Trust deadline June 1**
Check with the Rock Rapids US Bank to see if your student qualifies.
- **Missouri River Energy Services Scholarship deadline March 15**
- **Teacher of Tomorrow Award deadline April 1**
- **Marcia Bandstra Memorial Scholarship deadline April 1**
- **Other local scholarships/grants** that COULD be available later this spring are the following:
Murray Trust; Rock Rapids Business Women's Scholarship; DeBerg Brothers Scholarship; Dickenson Memorial Scholarship; Central Lyon Scholarship; and Central Lyon Student Council Scholarship.

Contact Terry Tausz at the high school guidance office for further information.

2002-2003

Basic Skills Results

By Dan Kruse, Elementary/Middle School Counselor

The Iowa Tests of Basic Skills were taken by grades 2, 4, 5, 7 and 8 in October, the second month of the school year. I would like to share the following results with you. Please feel free to call me for more information.

GRADE	IGE	NGE	IPR	NPR
2 ND	2.5	2.7	69%	76%
4 TH	4.7	5.4	64%	76%
5 TH	5.9	6.8	64%	76%
7 th	8.5	9.6	66%	75%
8 th	8.8	10.3	57%	68%

- IGE stands for Iowa Grade Equivalent
- NGE stands for National Grade Equivalent

The score is useful when measuring individual or grade growth. For example, our fifth grade class had an overall IGE of 5.9. This score is comparable to a typical class finishing the ninth month of fifth grade.

- IPR stands for Iowa Percentile Rank
- NPR stands for National Percentile Rank

Percentile ranks show the position or rank of a group of students who are in the same grade and tested at the same time. (fall, mid-year, or spring) For example, our seventh grade class had an IPR of 66%. This means they scored as well as or higher than 66% of the other seventh graders in the state of Iowa.

Time Management for Kids

By Lance Olson,
Elementary/Middle School Principal

* Some ideas for this article have been taken from *Parent Talk*.

Elementary and middle school students in grades four through eight are asked to use a daily planner every day. Building self-management skills is a key reason why students are asked to use the daily planners at Central Lyon.

You can find many programs that describe the skills of time management, but all of the programs miss the central ingredient of self-management. They are not actually working on management of time; they are learning to manage themselves. All students have the basic eight hour day to work with. The difference is how they manage themselves during those eight hours. Those that manage well seem to accomplish more and seem to get better grades. Those students who are pulled here and there with no organization seem to accomplish less, and therefore, do not do as well in school.

Organization is a difficult skill for children at times. The younger they are the less likely they are to have a

clear picture of where they are going. One of the jobs of a parent is to help them set some goals; for example:

- Getting better grades
- Finishing family chores
- Improving health
- Improving athletic skills
- Developing good character traits

Self-management needs to start with something your children can visualize as a worthy goal. Talk to them about their interests and have them focus on an outcome that they would see as desirable. As much as possible involve your children in picturing themselves with a favorable outcome. This first step, therefore, is to set the target, to make an outcome important. Gradually, together with your help and that of the school, your student will build the kind of self-management that we call time management. *

Tectonic Plate Boundaries?

By Jerry Pytleski,
Middle School Earth Science

When you hear the words tectonic plate boundaries, subduction zones, the Pacific Ring of Fire, lava, and Mount Saint Helen's, what do you think of? That's right, volcanoes. In eighth grade earth science, the students have been working with topics that deal with plate tectonics and volcanoes. What is the theory of plate tectonics about? Well, this theory states that the earth's crust is broken into sections called plates that move around only millimeters per year on a plastic-like layer called the asthenosphere. These plates are moving in relationship with each other all the time. Volcanoes are created at many places where these plates meet.

After completing activities on these topics of plate tectonics and volcanoes in class, the students were assigned a volcano to research. Each class was split up into its lab groups to discuss possible volcanoes they could research.

After students chose their volcanoes, they worked on a hyper studio computer project that was created in the technology lab under the direction of teacher Mr. Dale



Tyler Den Desten working on a volcano look-a-like called Mt. Fuji in Japan.

Jansma. The students used two class periods to research and complete part one of this project. This slide show presentation displayed specific information about the volcano.

Part two of the project consisted of building a model look-a-like of the volcano the group chose to research. In class, the students were allowed to bring materials to build this look-a-like. After completing the construction and painting of the volcanoes, the students presented this information to the class, complete with a volcano eruption.

This hands-on activity was enjoyed by all and generated great student interest in volcanoes.

Special Friends for Fourth Graders

By Geneva Grooters, Fourth Grade Teacher

Central Lyon fourth graders are involved in a community service program called "Special Friends." Once a month they visit the local nursing homes to spend time with the residents. Mrs. Grooters's class travels to Lyon Manor, while Mrs. Keizer's class travels to the Health Centre. During each visit the students play games with, read to, walk with, watch the "Price is Right," or just talk to their friends. The forty minute session flies by as each student brings smiles and laughter to their "special friends." Sometimes the students sing or do choral readings together as a group activity before they pair up with the residents who have been assigned to be their special friends.

Nursing homes can be a scary experience for people who are unfamiliar with them. Learning to relate to the elderly and their special needs requires some training and practice.



Students play checkers with local nursing home residents.

At the beginning of the school year, the activity directors of both nursing homes meet with the boys and girls to prepare them for the visits. This program provides an opportunity for students to develop a better understanding of the needs and concerns of the elderly. For the residents it provides an energetic, cheerful visitor who is there just to spend time with them.

It is a very worthwhile and rewarding program. It's amazing how those "active" youngsters can "slow down" and care for the residents. As the year progresses, a special bond is formed between some of the residents and fourth graders. Some students will continue the visits after the school year is over, or they might volunteer for other activities, such as helping with bingo.

ELEMENTARY EDITION



Sharing time playing cards is fun for all ages.

Music Notes

By Jan Null, Elementary Music Teacher

The fifth grade music class will be presenting a musical about Lewis and Clark which will include some interesting facts from the history of Iowa. It will be held on Wednesday, March 12, in the high school auditorium. Please make sure to mark the date on your calendars.

The 3rd and 4th graders will be performing at the Elementary Fine Arts Festival on April 30th.

Environmental Program

By Linda DeBoer, Second Grade Teacher

Central Lyon students in Kindergarten through second grade are participating in an environmental education program coordinated by Rochelle Ebel, the naturalist for the Lyon County Conservation Board. The monthly programs are presented at Premier Estates, Lyon Manor, and the Rock Rapids Health Centre.

The students and residents have an opportunity to interact while learning about nature and the environment.



Rochelle Ebel leads the environmental program.

Create New Habits in the New Year

By Mel DeJong,
School Nurse

Many people made new year's resolutions to lose weight or to become more active. It has been said that it takes at least 60 days to establish a habit. However, as the new year progresses many people start to go back to their old habits of eating what they want and not exercising .

Old habits become a concern with the increasing rate of children who are obese. In fact, one child in three is now either overweight or at risk of becoming so. In Iowa in the year 2000, there was a 10.9% rate of overweight children. This, in turn, can lead to health problems such as fatty liver, sleep apnea, high blood pressure, high cholesterol levels, and type II diabetes.

Diabetes has increased dramatically in the past couple of years and is strongly linked to obesity. Children may not show any symptoms, or they may exhibit frequent urination, constant thirst, blurred vision, frequent skin infections, or slow healing of cuts and bruises. In 1991, nine states had diabetes rates of more than 6%, and seven states had obesity rates exceeding 15%. By 1998, 22 states had diabetes rates of more than 6%, and 45 states had obesity rates exceeding 15%.

Causes of obesity may include genetics, lifestyle, and diet. Kids are more likely to be found

sitting in front of a computer, video game, or television than they were years ago. Fast foods are much more common in the diet as well.

Many things can be done to help: cutting down serving portions, substituting milk, water or real juice in place of pop, and having more fruit around the house. Other ideas are to decrease the amount of fat eaten. Substitute Canadian bacon pizza for pepperoni, drink 1% instead of whole milk, eat salad instead of french fries, or cut down on sauces and salad dressing. Walk more often (harder to do in winter), check into a fitness center activities or sports, and decrease the amount of time spent sitting in front of the television or computer. People must realize new trends in dieting alone will not help; dramatic changes usually don't last long. It is not healthy to lose more than two pounds a week.

It is important to avoid getting overly concerned about weight, as that could contribute to an eating disorder . Trends show that eating disorders are becoming an issue at younger ages. It is important to stress that the whole family needs to start a healthier routine, not just limit the plan to one family member. Give encouragement, but don't make children feel as though they have to hit a certain weight. The best advice is to make modest changes. You can still enjoy eating, just don't over-do it.

Note-Worthy Dates

✓ NO School —Teacher Inservice	3/3
✓ Parade of Bands	3/4
✓ K-8 Academic Fair & PTC Soup Supper	3/11
✓ Fifth Grade Musical	3/12
✓ School Board Meeting	3/18
✓ Vocal Concert	3/18
✓ Kindergarten Round-Up	3/20
✓ PROM	3/28
✓ All-School Play	4/4
✓ Kindergarten Visitation (no Kindergarten classes)	4/4
✓ NO School —Spring Break	4/18-21

Kindergarten Round-Up & Visitation

If you have a child who will be five years old on or before September 15, 2003 he/she is eligible to attend kindergarten next fall.



Kindergarten Round-Up for parents will be held on Thursday, March 20 at 1:00 p.m. in the elementary/middle school library. If you haven't already done so, please inform Central Lyon if you plan to send your child to kindergarten. You can do this by either completing the kindergarten form or calling the office at 472-4041 (ask for Kay or Rhonda.)

Kindergarten Visitation will be held on April 4. This visitation will enable the children to participate in some activities similar to those in kindergarten. To make the visit more personal for your child, half of the students will attend in the morning and the other half in the afternoon. More information about the visitation and scheduling will be given at the March 20 meeting.

We hope this brief, but important, visit to kindergarten will make the transition an easier one for you and your