



VINTON-SHELLSBURG COMMUNITY SCHOOL DISTRICT

"The Mission of the Vinton-Shellsburg Community School District is to Be Positive Difference Makers."

Hello Vinton-Shellsburg Families & Community Members,



We are back and we are off to an amazing start for the 2021-2022 school year. By the time you read this we will have completed the first few weeks of the school year. When I walk into classrooms I see teachers taking time to establish routines and procedures and setting positive classroom environments. Each classroom is filled with thoughts and ideas and it is exciting to see students engaged in a variety of classroom activities.

I want to share with everyone that we have a very important election coming up on November 2, 2021. In this election we will be electing three school board members to four-year terms. A school board member has an important role in the success of a school district. This is a non-partisan, volunteer position. The reward for being a school board member comes from the opportunity to provide an important service to the community. If you would like more information, please contact myself or one of the current board members. We have information and election materials available in the central office.

COVID is always an agenda item and topic at the school. The Delta variant is spreading through our nation and community. We know to stop the spread of the virus you need to stay home when you are ill or infected (sometimes you are infected without symptoms). The school now has saliva test kits we can pass out to families. The kits are free of charge and come with prepaid mailing for you to send the test back to the state hygienic lab. These same COVID saliva tests are available at Test Iowa sites currently. Another excellent tool we have for COVID mitigation is vaccination. Vaccines are readily available at various locations throughout our community for those twelve and older. Universal masking was in place throughout the state last year and did play a role in overall mitigation of the virus. It is still a strong mitigation tool to utilize to help stop transmission of the virus.

As always, if you have any questions please feel free to call or email me at any time. Thank you so much for your continued support of the Vinton-Shellsburg Community School District.

Sincerely,
Kyle Koeppen, Superintendent

	<p>The Iowa Department of Public Health states that all available COVID-19 vaccines protect you from severe illness and death against COVID-19 variants. As the Delta variant is on the rise, the best way to protect your family, your community, and yourself is to get a vaccine. Find a provider near you:</p>	
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SEPTEMBER FOCUSES ON MENTAL HEALTH

Mental Health professionals recognize September as a month for bringing attention to signs to watch out for if a loved one seems to be struggling.

There are several resources for people struggling including the National Suicide Prevention Hotline, Iowa Crisis Chat (**1-855-325-4296**), Iowa Suicide Prevention, and many more.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

Steps to help with mental health:

1. Connect with others
2. Create Healthy Routines
3. Find the Positives
4. Eliminate Toxic Influences
5. Own Your Feelings
6. Support Others

When it comes to diet, sleep and exercise, having good, strong routines is linked to improved mental and physical health.

People with more daily routines have lower levels of distress when facing problems with their health or negative life events.

It takes an average of 66 days for a behavior to become automatic (a habit), but for some people it can take as long as 8 1/2 months. Don't give up!

Special points of interest:

- Sept. 3—2-Hr. Early Dismissal Prof. Development
- Sept. 6—NO SCHOOL - LABOR DAY
- Sept. 20— Regular Board Meeting @ Central Office, 7:00 pm
- Sept. 24—2-Hr. Early Dismissal Prof. Development
- Sept. 30—Homecoming Parade, Pep Rally & Coronation
- Oct. 1—Homecoming game & Hall of Fame Induction

PowerSchool Updates—Please make sure to review and update your address, phone numbers, and emergency contacts for your student in PowerSchool. Also, please remember to sign up for School Messenger so that you can receive important information about school delays, early outs or cancellations. Make sure you are the 1st or 2nd contact in PowerSchool. Send a text to 68453 with the word "subscribe". You should then be on the list to receive notifications.

V-SCSD EQUITY STATEMENT
 The Vinton-Shellsburg Community School District provides equal educational and employment opportunities and will not illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age, marital status, sexual orientation, or gender identity. Vinton-Shellsburg Community School District shall take affirmative action in recruitment, appointment, assignment and advancement of women and men, minorities and disabled. Inquiries regarding compliance with equal educational or employment opportunities and/or affirmative action shall be directed to Becky Lutgen, Equity Coordinator, Vinton-Shellsburg CSD, 1502 C Avenue, Vinton, Iowa 52349 or becky.lutgen@vscsd.org. Inquiries may also be directed in writing to the Director of the Region VII Office of the United States Equal Employment Opportunities Commission, or the Director of the Region VII Office of Civil Rights, United States Department of Education in Chicago, IL.

SEPTEMBER 2021

MON	TUE	WED	THUR	FRI	SAT
Senior Citizen Activity Passes are available for Vinton-Shellsburg CSD residents who are age 55 or older; stop by the Superintendent's Office at 1502 C Ave., Vinton between 8:00 a.m. and 4:00 p.m.		1 Day 2 ◇ High School Picture Day ◇ Middle School Picture Day ◇ FFA Agronomy Field Day, Keystone Fairgrounds	2 Day 3 ◇ 9/JV/10/V VB vs. Benton, 5:00/6:00/7:30 pm	3 Day 4 2-Hr. Early Dismissal PROF. DEV. ◇ F/S FB @ Oelwein, 5:00 pm ◇ V FB @ Oelwein, 7:00 pm	4 ◇ V VB Vikette Tourney, VS-HS, 9:00 am
6 NO SCHOOL Labor Day	7 Day 5 ◇ MS/JV/V CC @ Grinnell Invite (Ahrens Park), 4:15/5:15 pm	8 Day 6	9 Day 1 ◇ 7 VB vs. Clear Creek-Amana, 4:15 pm ◇ 8 VB @ Clear Creek-Amana, 4:15 pm ◇ 7 FB vs. Beckman Catholic, 4:15 pm ◇ 8 FB vs. Beckman Catholic, 5:15 pm ◇ V CC @ Union, 4:30pm ◇ G V SW @ Grinnell Rec), 7:00 pm	10 Day 2 ◇ V FB @ Columbus Catholic, 7:00 pm	11 Patriot Day ◇ MS CC Tourney @ Atkins Trails, 8:30 am ◇ JV/V CC Benton Tourney @ Benton, 9:00 am ◇ 9 VB @ CR Washington Invite, 9:00 am ◇ V VB @ East Marshall Tourney, 9:00 am ◇ G V SW @ Central Middle School, 12:00 pm ◇ ICDA All-State Workshop @ Linn Mar, 1:00 pm
13 Day 3 ◇ 7 VB @ Benton (Norway), 4:15 pm ◇ 8 VB vs. Benton, 4:15 pm ◇ G SW @ Williamsburg Invite, 5:30 pm ◇ 9/10 VB @ Oelwein, 6:00 pm	14 Day 4 ◇ MS/JV/V CC @ Star-mont, 4:00 pm ◇ 7 FB vs. W. Delaware, 4:15 pm ◇ 8 FB @ W. Delaware, 4:15 pm ◇ 9/10/JV/V VB @ Williamsburg, 5:00/6:00/7:30 pm	15 Day 5	16 Day 6 ◇ 7 VB @ Independence, 4:15 pm ◇ 8 FB vs. Independence, 4:15 pm ◇ G V SW @ Linn-Mar Aquatic Center, 6:00 pm ◇ JV VB @ Central City, 6:00 pm ◇ FFA Tri-State Dairy	17 Day 1 ◇ State FFA Dairy/Dairy Cattle ◇ F/S FB vs. Independence, 5:00 pm ◇ V FB vs. Independence, 7:30 pm POW/MIA Recognition Day	18 ◇ 10 VB Vikette Tourney, 9:00 am ◇ 9 VB @ Oelwein Tourney, 9:00 am ◇ V VB @ W. Delaware Tourney, 9:00 am
20 Day 2 ◇ 7 VB vs. Williamsburg, 4:15 pm ◇ 8 VB @ Williamsburg (Mary Welsh), 4:15 pm ◇ 9 VB @ Union Triangular, 5:00 pm ◇ Academic Awards Night, VSHS Aud., 7:00 pm	21 Day 3 ◇ MS/JV/V CC Viking Invite, 4:15/5:00 pm ◇ 7 FB @ South Tama, 4:15 pm ◇ 8 FB vs. South Tama, 4:15 pm	22 Day 4 First Day of Autumn	23 Day 5 ◇ 7 VB @ W. Delaware, 4:15 pm ◇ 8 VB vs. W. Delaware 4:15 pm ◇ 9/10/JV/V VB @ Independence, 5:00/6:00/7:30 pm ◇ FFA Monthly Meeting	24 Day 6 2-Hr. Early Dismissal PROF. DEV. ◇ F/S FB @ Maquoketa, 5:00 pm ◇ V FB @ Maquoketa, 7:30pm	25 ◇ Marching Band @ Marino HS ◇ FFA Ag Safety Day, Fairgrounds, 8:00 am ◇ 10 VB @ C.R. Jefferson, Tourney, 8:30 am ◇ 9 VB Vikette Tourney, 9:00 am
27 Day 1 ◇ 7 VB vs. Marion, 4:15 pm ◇ 8 VB @ Marion (Vernon MS), 4:15 pm ◇ MS/JV/V CC @ Clear Creek-Amana (IC Kickers Soccer Park) 5:00pm	28 Day 2 ◇ 7 FB vs. Independence, 4:15 pm ◇ 8 FB @ Independence, 4:15 pm ◇ 7 VB @ South Tama, 4:15 pm ◇ 8 VB vs. South Tama, 4:15 pm ◇ 9/10/JV/V VB @ Center Point-Urbana, 5:00/6:00/7:30 pm ◇ G SW @ Grinnell (Bear RAC), 7:00 pm	29 Day 3	30 Day 4 ◇ Homecoming Parade, 6:00 pm ◇ Pep Rally , Coronation, & Powder Puff @ Karr Complex following Parade ◇ FFA Local Greenhand Fire-up	Oct. 1 Day 5 ◇ F/S FB vs. Benton, 5:00 pm ◇ V FB vs. Benton, 7:30 pm (Homecoming) ◇ Hall of Fame Induction Celebration @ VCC, 9:00 pm	2 ◇ Bands Across the Prairie and 5 Seasons Marching Invitational ◇ V VB @ Columbus Catholic Tourney, 9:00 am

Changes may occur after publication.

September is Attendance Awareness Month!

Help Your Child Succeed in School by building a habit of good attendance early!

Did you know?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing too many days can make it harder to learn to read.
- Students can fall behind if they miss just one or two days of school a month.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.
- Poor attendance can influence whether children read proficiently by the end of third grade.
- When students improve their attendance rates, they improve their academic prospects and chances for graduating.

Vinton-Shellsburg Schools are working to improve chronic absences by working more closely with families. Let us know how we can help you get your child to school on a regular basis so they don't miss out on valuable instruction time. If you have any questions, feel free to contact Molly Noren, VS Student Service Coordinator at 436-4728 ext. 5867 or molly.noren@vscsd.org.