





OCTOBER 2021



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WE'RE ON THE WEB!! WWW.VSCSD.ORG

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.		September 30 Day 4 ◇ Homecoming Parade, 6:00 pm ◇ Pep Rally @ Karr Complex, 6:45 pm ◇ Powder Puff Game @ Karr Complex, 7:30 pm	October 1 Day 5 ◇ F/S FB vs. Benton, 5:00 pm ◇ V FB vs. Benton, 7:30 pm (Homecoming) ◇ Homecoming Dance, HS, 9:30 pm	2 ◇ Bands Across the Prairie & 5 Seasons Marching Invitational @ Cedar Rapids ◇ V VB @ Columbus Catholic Tourney, 9:00 am ◇ Real Men Sing @Wartburg College
SUNDAY 3 ◇ UNI Vocal Arts Festival, 1:00 pm	5 Day 1 ◇ Shellsburg Picture Day ◇ MS CC @ W. Delaware (Delaware County Fairgrounds), 4:00 pm ◇ B/G JV/V CC Invitational @ W. Delaware (Hart Ridge GC), 4:15 pm ◇ 7 FB vs. Center Point-Urbana, 4:15 pm ◇ 8 FB @ Center Point-Urbana, 4:15 pm ◇ 9/10/JV/V VB vs. S. Tama, 5:00/6:00/7:30 pm NATIONAL DO SOMETHING NICE DAY!	6 Day 2 ◇ Tilford Picture Day	7 Day 3 ◇ 7 VB @ Center Point-Urbana, 4:15 pm ◇ 8 VB vs. Center Point-Urbana, 4:15 pm ◇ G V SW @ Oskaloosa Meet, 5:30 pm ◇ 9/10/JV/V VB @ Clear Creek-Amana 5:00/6:00/7:30 pm 	8 Day 4 2-HR. EARLY DISMISSAL PROF. DEV ◇ F/S FB vs. Central DeWitt, 5:00 pm ◇ V FB vs. Central DeWitt, 7:00 pm Senior Night	9 ◇ IHSMA State Marching Band Festival @ Cedar Falls ◇ JV VB @ Wapsie Valley Tourney, 9:00 am
4 Day 6 ◇ 7 VB vs. Mount Vernon, 4:15 pm ◇ 8 VB @ Mount Vernon, 4:15 pm ◇ FFA Local Greenhand Fire-up, VSHS					
11 Day 5 ◇ V VB WaMaC Pool Play @ Center Point-Urbana & Mount Vernon, 4:00 pm ◇ B/G MS CC WaMaC Meet @ Center Point-Urbana, 4:15 pm ◇ G V SW Invitational @ Williamsburg, 5:30 pm	12 Day 6 ◇ 10 VB WaMaC Tourney @ Williamsburg, 4:00 pm ◇ 7 FB @ Benton, 4:15 pm ◇ 8 FB vs. Benton, 4:15 pm	13 Day 1 NATIONAL STOP BULLYING DAY	14 Day 2 ◇ B/G V CC WaMaC Meet @ Solon HS, 4:00 pm ◇ V VB WaMaC Tourney Bracket Play @ Marion, 4:00 pm ◇ F/S FB @ Assumption, 5:00 pm ◇ V FB @ Assumption, 7:15 pm	15 Day 3	16 ◇ Waukee Marching Invitational
COLUMBUS DAY	NATIONAL SCHOOL LUNCH WEEK 10/11—10/15				
18 Day 4 ◇ V VB @ TBA ◇ School Board Meeting, Central Office, 7:00pm	19 Day 5 ◇ Fall Choral Preview (7th-12th gr.), 7:00 pm	20 Day 6 ◇ VB Regionals 1st Round, TBA, 7:00pm 	21 Day 1 ◇ B/G V CC Regionals, 4:00 pm ◇ G V SW vs. Williamsburg (IBSSS), 4:30 pm	22 Day 2 ◇ F/S FB @ Mount Vernon, 5:00 pm ◇ V FB @ Mount Vernon, 7:30 pm	23 ◇ All-State Marching Band Auditions ◇ G V SW Invite vs. TBA @ Marshalltown MAKE A DIFFERENCE DAY
SCHOOL BUS SAFETY WEEK 10/18—10/22					
25 Day 3 ◇ FFA Meeting, VSHS, 6:30 pm	26 Day 4	27 Day 5	28 Day 6	29 NO CLASSES PROF. DEV. ◇ V FB Playoffs Semifinals ◇ V CC State Meet @ Fort Dodge, 11:00 am	30
National FFA Conference @ Indianapolis 10/27-30					

VINTON-SHELLSBURG COMMUNITY SCHOOL DISTRICT

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

Hello everyone,

We have come to the end of summer and we are now entering fall! That means that the harvest, Halloween, and fall colors are just around the corner. The end of October brings the end of the first quarter of the school year. We are excited to show off what the students have been learning and doing at fall parent/teacher conferences which will be held on Monday, November 1st and Thursday, November 4th. Be on the lookout for fall parent/teacher conference information in the coming weeks.

On November 2, 2021, there will be a school board election held to fill three open positions on the Vinton-Shellsburg School Board. Current board members, Sue Gates, Mike Timmermans, and Rob Levis have decided to not run in the upcoming election. I want to wish them the best and say thanks for their time and energy to make the Vinton-Shellsburg Community School District the best that it can be. Rob Levis has served on the school board for twelve years and has most recently served as board president. Mike Timmermans served the district as a coach and administrator for thirty years, in addition to his nine years on the board. Sue Gates served the district as an administrator for fourteen years and as a board member for twelve years. Together, these three individuals have a combined 77 years of service to the Vinton-Shellsburg School District! These three individuals have truly Made A Difference in our community!

Six candidates have filed the paperwork to run for the school board this fall. There are two Director at Large positions open. The candidates for this position are Kimberly Schirm, Jennifer Birker, Audra Piotti, and Braxton Morrison. There is one position open for Director District 1. The candidates are Darin Humiston and Justin Nosbisch. I just want to say thank you to all of our candidates and thank all of our current and past school board members for their time and commitment to making the Vinton-Shellsburg Community School District a great place to be a student and staff member. Through all of their hard work we continue to move our school district forward and live our mission of...
"Being Positive Difference Makers"

One other important announcement is that October is Principal Appreciation Month! We do have fantastic principals in our school district. Mr. Davis at Shellsburg Elementary, Mr. Reeve at Tilford Elementary, Mrs. Petersen at the Middle School, and Mr. Kingsbury at the High School, who is assisted by Mr. Islas. We are really so lucky to have positive and enthusiastic professionals who all take great pride in their schools. If you see them in October please say thank you for being a great principal and all the time and energy they commit to the Vinton-Shellsburg Community School District.

Thank you for your continued support of the Vinton-Shellsburg Community School District. As always, if you have any questions please feel free to send me an email or give me a call at any time. Kyle.koeppen@vscsd.org or 319-436-5685.

Take care,

Kyle Koeppen, Superintendent
[@kyle_koeppen](mailto:kyle_koeppen)

Special points of interest:

- Oct. 1 - Homecoming
- Oct. 8 - 2-Hr. Early Dismissal, Prof. Development
- Oct. 11-15 - National School Lunch Week
- Oct. 18 - School Board Meeting, Board Room, 7:00 pm
- Oct. 18-22 - School Bus Safety Week
- Oct. 29 - NO CLASSES, Prof. Development
- Nov. 1 - 2-Hr. Early Dismissal, Parent/Teacher Conf.
Gr. K-8- 2:00 pm—8:00 pm;
Gr. 6-8- 2:00 pm—4:00 pm (by appointment only)
Gr. 6-8- 4:00 pm—8:00 pm
Gr. 9-12- 4:00 pm—8:00 pm
- Nov. 4 - 2-Hr. Early Dismissal, Parent/Teacher Conf.
Gr. K-8- 2:00 pm—8:00 pm;
Gr. 6-8- 2:00 pm—4:00 pm (by appointment only)
Gr. 6-8- 4:00 pm—8:00 pm
Gr. 9-12- 4:00 pm—8:00 pm
- Nov. 5 - NO CLASSES

Vinton-Shellsburg CSD Parent -Teacher Conferences Scheduled for November 1st and 4th

Elementary conferences will be on November 1st and on November 4th from 2:00 pm – 8:00 pm.

Shellsburg Preschool is having their conferences November 1st and on November 4th from 8:00 am – 8:00 pm.

Middle School conferences will be on November 1st and on November 4th 2:00 pm – 4:00 pm (by appointment only), 4:00 pm – 8:00 pm conferences both days.

High School conferences will be on November 1st and on November 4th from 4:00 pm – 8:00 pm.

Conferences are a great opportunity for communication between the teacher and parent. We look forward to seeing you at conferences!

Activities subject to change after publication. You can also view the activities calendar for postponements, cancellations, or any other changes at www.vscsd.org, District Calendar, Activities Calendar.



**NATIONAL SCHOOL BUS SAFETY WEEK
October 18—22, 2021**

School bus drivers, mechanics and school officials have had a great deal of additional responsibility to consider and implement. To keep students safe during a pandemic, transportation personnel have had to add additional items to that list of required knowledge. CDC recommended social distancing, loading and unloading procedures, wearing of masks, and cleaning and disinfecting procedures.

Operating a school bus during a pandemic is not easy. School District officials have spent many hours working out the plan that best fits their community’s needs. The plans differ between school districts, and no one should be believing that any one plan will be totally effective against this invisible enemy. Adjusting school bus route capacities, establishing social distancing strategies, and implementing school bus cleaning and sanitizing protocols to ensure students and staff are safe, will continue to evolve daily. The current district Covid-19 safety plans will need to be altered and updated as needed throughout the school year

Parent and school bus drivers need to be vigilant and remind students often, when loading at the bus stop, students should wait at least 12 feet from the roadway. Upon exit from the school bus students should walk at least 12 feet in front of the bus, and in full view of the school bus driver and they should arrive 5 minutes early to the bus stop. If they arrive late to the bus stop, students should never chase the bus as that can be very dangerous. Outside the bus, students must keep a close eye on vehicles before entering the ***danger zone*** around the school bus. Approaching vehicles on the roadway may be driving distracted and not stop for the flashing red lights and extended stop signs on the school bus.

Students riding a school bus should always:

- Arrive at the bus stop five minutes early.
- Stand at least 5 giant steps (10 feet) away from the edge of the road.
- Wait until the bus stops, the door opens, and the driver says it’s okay before stepping onto the bus.
- Be careful that clothing with drawstrings and book bags with straps or dangling objects do not get caught in the handrail or door when exiting the bus.
- Obey the bus driver and respect other riders.
- Check both ways for cars before stepping off the bus.

Crossing students should:

- Walk in front of the bus; never walk behind the bus.
- Walk on the sidewalk or along the side of the road to a point at least 10 giant steps ahead of the bus.
- Be sure the bus driver can see them, and they can see the bus driver.
- Wait for the driver’s signal to cross.

Be Safe, Be Respectful, Be Responsible on the Bus ~ Things Kids Should know About School Bus Safety:

- The bus driver and others cannot see you if you are standing closer than 10 feet to the bus. Stay out of the danger zone!
- If something falls under or near the bus, tell the driver. NEVER try to pick it up yourself!
- While waiting for the bus, stay in a safe place away from the street.
- When you get on or off the bus, look for the bus safety lights and make sure they are flashing.
- Be alert to traffic. When you get on or off the bus, look left, right, left before you enter or cross the street.
- When the driver says it is safe to cross the street, remember to CROSS IN FRONT of the bus.
- Stay in your seat and sit quietly so that the driver is not distracted
- Keep your hands inside the bus window and keep them to yourself.
- Clean up after yourself, don’t leave papers or wrappers laying around.

BE RESPECTFUL OF OTHERS RIDING THE BUS AND ALSO THE BUS DRIVER. LET YOUR BUS DRIVER KNOW HOW MUCH YOU APPRECIATE THEM!

October is National Bullying Prevention Month.

BULLYING DEFINED Although definitions vary, most include that bullying is when:

- *The behavior hurts, humiliates, or harms another person physically or emotionally
- *Those targeted by the behavior have difficulty stopping the action directed at them and struggle to defend themselves
- *There is also a real or perceived “imbalance of power,” which is described as when the student with the bullying behavior has more “power,” either physically, socially, or emotionally
- *There is a pattern of bullying behavior, although bullying can occur in a single incident depending on its severity or the history of those involved

Note: For a legal definition, consult your state’s law on bullying.

DID YOU KNOW

...bullying is not the same as conflict. Conflict can be a disagreement or argument that occurs when parties with equal power express their views. While people may not agree, it’s not bullying if both parties can respectfully share what they think without demeaning or intentionally hurting the other person.

...harassment is different from bullying. Bullying and harassment are often used interchangeably when talking about hurtful or harmful behavior. They are very similar, but bullying behavior is considered harassment when it is directed at a protected class – such as a group identified by race, religion, sex, age, disability, or national origin.

...the Internet is changing how youth experience bullying. Cyberbullying is often defined as an aggressive, intentional, and repeated act against someone using technology, such as email, texting, social media, or instant messages.

... adults don’t see most bullying. Bullying often takes place outside the view of adults – in the classroom when the teacher leaves the room, on the playground, on the bus, or online. In order for youth to feel equipped to take action, it is important to empower them as advocates for themselves and others.

HOW TO APPROACH SITUATIONS AT HOME

If your child is being bullied...
 • Be supportive •Listen to them without judgement •Let them know that you are there for them and want to help •Discuss their ideas on how they want to handle the situation •Make a plan for next steps •Identify others who may be able to help, such as a teacher or counselor

If your child witnesses bullying...
 • Reassure them that telling an adult is a positive first step •Share that they can make a positive impact on others •Work together to make a plan that your child is comfortable with using to respond to bullying incidents in the future •Reinforce that they should never participate in or support bullying •Encourage them to be supportive and kind to the student being bullied •Explain why telling an adult about bullying is a good idea and is not tattling

If your child is doing the bullying...
 • Know that bullying is a behavior and behavior can be changed •Recognize that children bully for many different reasons •Have a calm conversation to explore the reasons for their behavior •Help your child understand how their behavior affects others •Make your expectations of appropriate behavior clear and consistent •Let them know bullying is not okay under any circumstances •Provide appropriate and meaningful consequences that fit the situation •Help them think through how they can handle situations more positively •Give positive feedback for good choices

Our district has in place policies, procedures, and practices that are designed to deal with and eliminate bullying. Vinton-Shellsburg district staff immediately intervene when they are present and witness bullying. Staff demonstrates to students that is safe to report bullying behaviors by responding effectively. Staff report what they hear and see to appropriate individuals. Staff follow-up to see if the situation has been addressed. Staff also ensure targets and witness will be protected from retaliation.

NATIONAL SCHOOL LUNCH WEEK and the NSLP

October 11—15, 2021

The National School Lunch Program is a federally assisted meal program which operates in schools and other agencies in providing nutritionally balanced lunches to children at reasonable prices. In addition to financial assistance, the program provides donated commodity foods to help reduce lunch program costs. The United States Department of Agriculture is responsible for overseeing the program nationally. In Iowa, the program is administered by the Iowa Department of Education, Bureau of Nutrition Programs and Health Services. For more information, connect to the USDA site.

For children, the National School Lunch Program provides a nutritious meal that contains 1/3 of the Recommended Dietary Allowance of necessary nutrients. For parents, the program offers a convenient method of providing a nutritionally balanced lunch at the lowest possible price. For schools, the program enhances children’s learning abilities by contributing to their physical and mental well being. Studies have shown that children whose nutritional needs are met have fewer attendance and discipline problems and are more attentive in class.

What is a reimbursable meal? A complete meal, meeting nutrient content and portion size requirements, allows a school to receive benefits (money and USDA foods) and is referred to as a “a reimbursable meal.” The following are school meal components: Milk (fat-free or 1%, flavored milk or unflavored), Meat/meat alternate, Bread/grains, Fruit*, Vegetables* (*Students are required to take ½ cup of a fruit or vegetable to make a meal at breakfast and lunch.)

The most nutritious meals contain all of the components, however; students have the option to decline items they do that want to eat, which is referred to as “Offer vs. Serve.” If students feel they don’t get enough to eat, make sure they understand they can take all components and the choices that are available to them. School nutrition staff are trained to help students build a reimbursable, balanced meal!

Breakfast	Lunch
Schools are required to offer 4 items and students must select 3 of the items to make a meal. Entree (2 items) 2 grain OR 1 grain and 1 meat/meat alternate Fruit/Vegetable* Milk *Vegetables are not a required component at breakfast, but can be served in place of the required fruit component	Schools are required to offer 5 components and students are required to take 3 of the 5 components to make a meal. Bread/Grain Meat/meat alternate Fruit Vegetable Milk
<i>Examples a Reimbursable Breakfast</i> Egg sandwich and 100% juice Cereal, graham crackers, milk, and fruit	<i>Examples of a Reimbursable Lunch</i> Chili, Cinnamon Roll, and orange wedges Hamburger on bun, side salad, and milk

The district has a Farm-to-School committee whose goal is to increase the use of locally produced foods. If you are interested in serving on the Farm to School committee, please contact Karen Ackman at karen.ackman@vcsd.org.

USDA to Provide Free Breakfast and Lunch for All Vinton-Shellsburg Students

The COVID-19 pandemic has without a doubt shown just how incredibly important school meals are for students and their families.

For the time being, this means:

- All enrolled Vinton-Shellsburg Students are eligible for **free breakfast and lunch**. I am encouraging all families to take advantage and participate in breakfast and lunch this fall. Meals will be provided at no cost to the family. This gives every family the chance to feel a sense of financial relief while also having the security of their student(s) being fed.
- We will serve students attending on-site at all buildings.

Ala Carte and extra's will still have a charge.

If you have any questions or concerns; Please contact Karen at 319-436-5848, karen.ackman@vcsd.org

School food authorities participate under SSO during COVID–19 operations during the regular school year facilitate the safe provision of meals by eliminating the need to collect meal payments, including cash payments, at meal sites. This speeds up the service of meals, thereby reducing contact and potential exposure to COVID–19. It also facilitates the implementation of Centers for Disease Control and Prevention recommendations for safe school meal service, which includes serving meals outdoors or in classrooms.

SUBSTITUTE STAFF NEEDED!!

The Vinton-Shellsburg CSD is looking for people to be substitute teachers, teacher associates, kitchen help, custodians, and bus drivers. Applications can be picked up at Central Office, 1502 C Ave., Vinton or can be found on-line at vcsd.org, Community Employment, Substitute Teacher or Support Staff Opportunities. VSCSD is an EEO/AA Employer.

District 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. 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.