

# VINTON-SHELLSBURG COMMUNITY SCHOOL DISTRICT

—WHERE CHARACTER COUNTS!

*"The Mission of the Vinton-Shellsburg Community School District is to improve the quality of lives and assist individuals in becoming contributing members of society through the accumulation and application of knowledge."*



## Special points of interest

- Dec. 11 - 2-Hr. Early Dismissal, Prof. Dev.
- Dec. 21 - School Board Meeting @ Central Office Board Room, 7:00 pm
- Dec. 22 - 2-Hr. Early Dismissal
- Dec. 23 - Jan. 1 - NO CLASSES — Christmas Break.
- Jan. 4 - CLASSES RESUME

## TILFORD ELEMENTARY

An eventful month at Tilford.

We saw the end of the 1st Quarter and hosted two very successful nights of Parent-Teacher Conferences. Overall, 97% of Tilford students had a parent attend a conference in-person, virtually, or over the phone.

We completed our pavement project on the East end of the building.

We are getting iPads for each of our K-1 students, hopefully, they will arrive and be ready to use prior to winter break.

Tilford students also had fun dressing up for Halloween. Our Halloween festivities were highlighted by a walking tour around the outside of the Lutheran Home.

For Veteran's Day, our students dressed in red, white, and blue and viewed the patriotic videos produced by VSHS students.

Report Cards were sent home on Tuesday, November 23.

To the Vinton-Shellsburg School Community:

As I write this article we are preparing to leave for Thanksgiving break. In a year which has presented so many different challenges we also have so many things to be thankful for. I'm personally thankful for the warm welcome to the school district my family and I have received. I have enjoyed getting to know many new people. I am thankful for being able to offer different learning paths (in person, virtual, and homeschool) for families during the pandemic. I am thankful to get through the Thanksgiving holiday without shutting down in-person learning. I am thankful for still being able to provide a wide variety of opportunities for students to engage in, albeit the activities look and feel different because of the pandemic, I'm thankful students are able to enjoy their passion areas.

I am thankful for the community partnerships which have been developed. One partnership which is coming together is a solar project the school district has been working on. The school is developing a plan to build three small solar fields next to Tilford Elementary, the Middle School, and the High School respectfully. This project is possible only with the support of the Vinton Municipal Electric Utility. Another community partnership is organizing around the idea of a wellness center. The school has available land and infrastructure which could help support the creation of a new wellness center. A survey about the wellness center was sent out through school messenger and is available online through the Vinton Parks and Recreation website or Facebook page. I am thankful and blown away by the community partnerships which support the students of our communities each and everyday. This support comes in the form of financial donations, material donations, such as coats, clothes, food, and school supplies or time through the donation of time volunteering.

In this time of uncertainty it is even more important to stop and reflect for what you should be thankful for. In this holiday season we may have to change our traditions or not have the opportunity to gather with whom we wish to, but there is always something or someone to be thankful for. One of my favorite authors, Jon Gordon, wrote there are two words that have the power to transform our health, happiness, and success. Those two words are Thank You. "Research shows that grateful people are happier and more likely to maintain good friendships. A state of gratitude, according to research by the Institute of HeartMath, also improves the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure and heal physically." It's actually physiologically impossible to be stressed and thankful at the same time. When you are grateful you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you. Gratitude is like muscle. The more we do with it the stronger it gets.

Please take time in the coming weeks to find ways to say thank you. Gordon presents a few strategies: **Take a Daily Thank You Walk** - Take a simple 10-30 minute walk each day and say out loud what you are thankful for. **Gratitude Visit** - write a letter expressing our gratitude to someone. Then visit this person and read them the letter. **Say Thank you and Goodnight** - At bedtime reflect on your day, identify and share all that you are thankful for. However you decide to share your gratitude, know that it will not only make the recipient feel good, it will also give you an emotional boost.

If you ever have any thoughts or concerns about the school district, please don't hesitate to reach out and contact me at [kyle.koeppen@vscsd.org](mailto:kyle.koeppen@vscsd.org).

Take care,  
Kyle Koeppen  
Superintendent

**Parents/Guardians/Community Members: Please use the Youtube link below to view the Livestream of our 2020-21 Winter Sporting Events. This link will be available for VS home winter activities.**

<https://youtube.com/channel/UCQ3GarT6Xn92toFWH3eHjIA>



**Season's Greetings & a Happy New Year from Vinton-Shellsburg Community Schools! See you in the new year!**



District Equity Statement



# DECEMBER 2020



Mon	Tue	Wed	Thur	Fri	Sat
<p>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.</p>	<p><b>1 Day 1</b></p> <p>◇ JV/V BOWL vs. Columbus Catholic @ Berry's Lanes, 3:30 pm</p>	<p><b>2 Day 2</b></p>	<p><b>3 Day 3</b></p> <p>◇ 10/9/V B BB @ Union, 4:30/5:30/7:30 pm</p> <p>◇ JV/V G BB @ Union, 4:30/6:15 pm</p> <p>◇ JV/V WR Double Duals vs. Center Point-Urbana, Beckman Catholic, &amp; N. Linn @ Beckman Catholic, 6:00 pm</p>	<p><b>4 Day 4</b></p> <p>◇ JV/V BOWL vs. W. Delaware @ Manchester (Lightning Lanes), 4:00 pm</p> <p>◇ 9/10/V B BB @ W. Delaware, 4:30/6:00/7:30 pm</p> <p>◇ V G BB vs. W. Delaware, 6:30 pm</p>	<p><b>5</b></p> <p>◇ V WR @ Monticello Tourney, 10:00 am</p>
<p><b>7 Day 5</b></p> <p><b>National PEARL HARBOR Remembrance Day</b> DECEMBER 7, 1941</p>	<p><b>8 Day 6</b></p> <p>◇ JV/V BOWL vs. Waverly-Shell Rock @ New Hampton (Bowlaway Lanes), 4:00 pm</p> <p>◇ FS/JV/V G BB vs. Beckman Catholic, 4:30/6:00/7:30 pm</p> <p>◇ 9/10/V B BB @ Beckman Catholic, 4:30/6:00/7:30 pm</p>	<p><b>9 Day 1</b></p>	<p><b>10 Day 2</b></p> <p>◇ JV/V WR Double Duals vs. CCA &amp; S. Tama @ S. Tama, 6:00 pm</p> <p><b>HANUKKAH BEGINS</b></p>	<p><b>11 Day 3</b></p> <p><b>2-HR EARLY DISMISSAL PROF. DEVELOPMENT</b></p> <p>◇ JV/V BOWL vs. Independence @ Lucky 10 Lanes, 4:00 pm</p> <p>◇ MS WR vs. Clear Creek-Amana, Marion, &amp; Mount Vernon, 4:15 pm</p> <p>◇ FS/JV/V G BB @ Solon, 4:30/6:00/7:30 pm</p> <p>◇ 9/10/V B BB vs. Solon, 4:30/6:00/7:30 pm</p>	<p><b>12</b></p> <p>◇ V WR @ S. Tama Invite, 9:30 am</p>
<p><b>14 Day 4</b></p> <p>◇ JV WR Viking Invite @ VSHS, 5:00 pm</p>	<p><b>15 Day 5</b></p> <p>◇ FS/JV/V G BB vs. Mount Vernon, 4:30/6:00/7:30pm</p> <p>◇ 9/10/V B BB @ Mount Vernon, 4:30/6:00/7:30pm</p>	<p><b>16 Day 6</b></p>	<p><b>17 Day 1</b></p> <p>◇ B V SW vs. Mason City, Waterloo West &amp; Decorah @ Luther 5:00 pm</p> <p>◇ JV/V WR Dual vs. IC Regina &amp; Marion @ VSHS, 6:00 pm</p>	<p><b>18 Day 2</b></p> <p>◇ V B BOWL vs. Cedar Falls, W. Dubuque-Epworth @ Cadillac Lanes, 3:45 pm</p> <p>◇ FS/JV/V G BB @ Benton, 4:30/6:00/7:30 pm</p> <p>◇ 9/10/V B BB vs. Benton, 4:30/6:00/7:30 pm</p> <p>◇ JV WR @ Iowa Falls-Alden Tourney, 5:00 pm</p>	<p><b>19</b></p> <p>◇ V WR @ Iowa Falls-Alden Tourney, 10:00 am</p> <p>◇ V B BOWL vs. Louisa-Muscatine @ Muscatine (Rose Bowl), 2:00 pm</p>
<p><b>21 Day 3</b></p> <p>◇ FS/V G BB @ S. Tama, 6:00/7:30pm</p> <p>◇ 9/10/V B BB vs. S. Tama, 4:30/6:00/7:30 pm</p> <p>◇ School Board Meeting, Central Office Board Room, 7:00 pm</p>	<p><b>22 Day 4</b></p> <p><b>2-HR EARLY DISMISSAL HOLIDAY BREAK NO CLASSES HOLIDAY BREAK</b></p>	<p><b>23</b></p> <p><b>NO CLASSES HOLIDAY BREAK</b></p>	<p><b>24</b></p> <p><b>NO CLASSES HOLIDAY BREAK</b></p>	<p><b>25</b></p> <p><b>NO CLASSES CHRISTMAS</b></p>	<p><b>26</b></p> <p><b>KWANZAA BEGINS</b></p>
<p><b>28</b></p> <p><b>NO CLASSES HOLIDAY BREAK</b></p>	<p><b>29</b></p> <p><b>NO CLASSES HOLIDAY BREAK</b></p>	<p><b>30</b></p> <p><b>NO CLASSES HOLIDAY BREAK</b></p>	<p><b>31</b></p> <p><b>NO CLASSES HOLIDAY BREAK</b></p>	<p><b>JANUARY 1</b></p> <p><b>NO CLASSES HOLIDAY BREAK</b></p> <p><b>Happy New Year</b></p>	<p><b>2</b></p> <p>◇ V W Duals vs. Anamosa, Keokuk, Midland, Muscatine, Solon @ Solon, 9:00 am</p> <p>◇ V BOWL vs. Louisa-Muscatine @ Muscatine (Rose Bowl), 2:00 pm</p>

## VETERAN'S DAY ASSEMBLY

As 2020 continues to provide us with a number of challenges, preparing for our annual Veterans Day assembly became another one of those challenges. Once it was decided that the community wide assembly could not be held in a safe manner, we began brainstorming how we could still honor the Veterans with the same sort of dedication but maintain safe distances for all involved.

The students decided that they still wanted to host the Veterans' breakfast, but we decided to move the breakfast to the high school so our guests would have ample space to be physically distant from one another. Our cooks did a wonderful job of preparing the breakfast and Student Senate members were happy to treat the Veterans who attended like royalty.

Once breakfast was done, Mr. Kingsbury and the rest of the high school arranged a parade through the cafeteria, so that all of our students could display their gratitude and appreciation to our Veterans. The drumline played a drum cadence and the students "marched" through the cafeteria with their signs and flags. It certainly brought up the energy level!!!

After the parade, our Veterans and their guests moved to the auditorium where Student Senate continued to showcase their respect for our Veterans. Students from across the district paid homage by way of musical tributes and Rita Moore presented another Quilt of Valor. Kevin Atkinson was our guest speaker who explained what it was like to be a soldier and also what it is like to return home. He also spoke about a buddy of his who took his own life this past year and wanted us to know that this is a real concern amongst Veterans. Finally, a student produced video was shown that expressed our disappointment that we all could not be there in person, however our district and our community are eternally grateful for the sacrifice made by our Veterans.

Our last act of gratitude was through a donation drive. Students in different buildings throughout the district brought in hundreds of bottles of shampoos, body soap, shaving cream, etc. as well as gloves, hats, and puzzle books that will be given to local Veterans in need and the VA Hospital. Elementary students also took the time to hand write letters of appreciation.

As with everything else this year, we have had to modify to keep people healthy. But our Student Senate never wavered from the goal of letting our Veterans know how much they are appreciated. THANK YOU to those who have served and those who continue to serve!

