

VINTON-SHELLSBURG COMMUNITY SCHOOL DISTRICT

"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

- Jan. 6 - CLASSES RESUME
- Jan. 13 - School Board Meeting @ Tilford Elem., 7:00 pm
- Jan. 17 - NO CLASSES, Prof. Development
- Jan. 18—ZAPS ACT Prep Seminar (Gr. 10-12), 8:00 am-3:00 pm
- Jan. 20 - NO CLASSES (Snow Make-up Day)
- Jan. 24 - COMPLIMENT DAY—Say something positive to someone today!
- Jan. 31- 2-Hr. Early Dismissal, Prof. Development

To the Vinton-Shellsburg School Community:

It is January and we are turning the page on the calendar from the year 2020 to 2021. I have seen and read much resentment around 2020 given all the negativity which has occurred within it and how most people are eager to turn to 2021. But, as we turn the calendar, are we prepared to make the changes necessary to improve ourselves in the new year?

As a reporter in Afghanistan, Charles Duhigg observed the power of habit in successful military operations. He used these observations as an entry into his *New York Times* bestseller *The Power of Habit*. The book demonstrates in great detail the science behind how habits impact every aspect of our daily lives. "When you woke up this morning, what did you do first? Did you hop in the shower, check your email, or grab a donut from the kitchen counter? Did you tie the left or right shoe first? Did you choose a salad or hamburger for lunch? When you got home, did you put on your sneakers and go for a run, or eat dinner in front of the TV? Most of the choices we make each day may feel like the products of well-considered decision making, but they're not. They're habits."

Duhigg writes that to create lasting change, it's more effective to target our habits. "Almost 40 percent of our actions each day are the result of habits, not decisions. Habits emerge without our consent. To save energy, the brain creates a habit loop that looks for a trigger to cue a behavior. You can replace old habits with new ones by shifting routines, but only belief will keep you from relapsing." Everyone relapses to old habits in times of stress but the key to not ditching your new habits completely is the belief that you can stick to them.

In the book Duhigg offers ideas for forming new useful habits. In summary, Willpower can be learned, although it needs exercise, like a muscle. Throughout the day, our willpower gets exhausted. It's why we're more likely to cave in to bad cravings at dinner or why most extramarital affairs begin after work. Just like our muscles, willpower needs to be gradually trained to get stronger.

You can replace old habits with new ones by shifting routines, but only belief will keep you from relapsing. Everyone relapses to old habits in times of stress, but the key to not ditching your new habits completely is the belief that you can stick to them.

These habit rules apply to school as well. Teachers know and understand the power of routine and common procedures in the classroom. Students perform and respond better when they know the expectations and the environment is consistent from day to day. Recently, our elementary schools and middle school reviewed student progress monitoring data from ongoing interventions. These interventions occur on a routine basis and become a habit of the students' school day. The data is promising, with tremendous gains since the start of the school year. To see real change occur, you have to stick to your plan and be patient over time. I'm excited to see the results at the end of the school year.

What is an area you would like to improve in this year? What habit could you target to help yourself make change and create a routine?

If you have any questions or comments, please feel free to reach out to me. Kyle.koeppen@vscsd.org.

Take care,

Kyle Koeppen
Superintendent



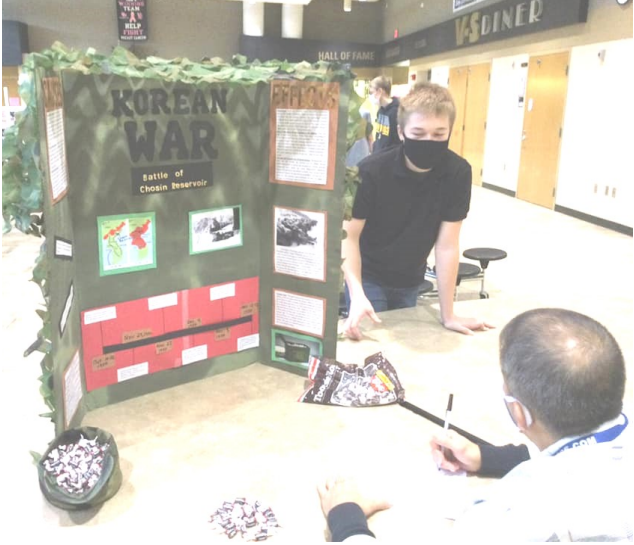
**Tiny Vike's
4 Year Old Preschool
Tuition Free
Enroll Your Child For
Fall of 2020-2021!**

Go to VSCSD.org and click on
Tilford or Shellsburg page
OR
Call: 319-436-4728
Ext. 5800 or 5802 (Tilford)
Ext. 5900 (Shellsburg)

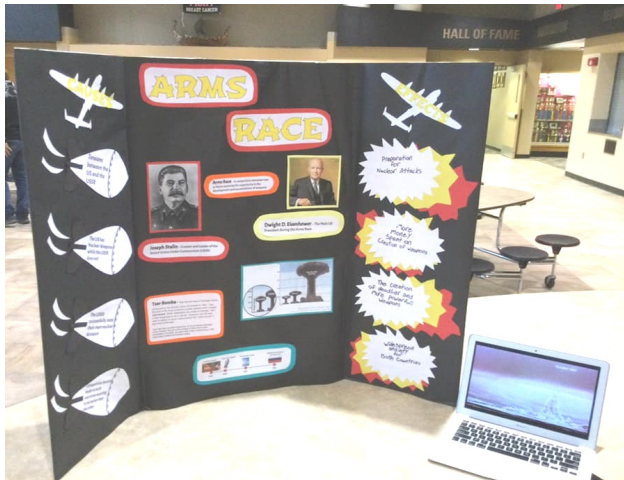
Our preschool program will offer:

- *Morning or afternoon preschool free of a tuition charge (only a milk/juice fee)
- *Highly qualified preschool teachers with a college degree specializing in early childhood education
- *Teacher associates with a paraprofessional endorsement or two year degree
- *Classrooms that align with the Iowa Quality Preschool Program Standards
- *The state approved Creative Curriculum and assessments

Children must be 4 on or before
September 15, 2020 to attend preschool



The American History II class shares their Cold War Museum projects with members of our community. Students researched topics, developed displays, answered questions and proved historical background as the community participated in this gallery walk.



The FFA has been trying to maintain as much of their normal routine as possible. We have been fortunate to be able to continue our monthly chapter meetings. We hosted the annual Pork BBQ in November and were able to have the program for our "Spring" banquet as well at the event. A few other events the students have organized include a derecho cleanup, local Greenhand Fire-Up, and a homecoming parade float. They have also helped with Ag Safety Day, the Garden Club's winter Flower Pot project, and Holiday Lights and Roping. We recently concluded our annual fruit sales. Our students did an awesome job selling, but couldn't have done it without the support of our awesome community - so THANK YOU for your continued support of our student programs. Looking forward they are starting to prepare for some of their Leadership contests and exploring new and creative ways to continue learning and sharing about agriculture.



Here are pictures of the BBQ Ceremony, Lights and Roping, Fruit Sales, and Greenhand Fireup!

Shellsburg Elementary participated in a community service project again this year. Classrooms were given two weeks to bring a variety of toiletries that were donated to the Shellsburg Share Food Pantry. Shellsburg Elementary principal, Mr. Davis, offered a pizza party as an extra incentive for the class donating the most items. A total of 778 items were collected. The class winner was Mrs. Franks' 5th grade with a total of 200 items. Thank you for all the generosity Shellsburg students and families! [#VSProud](#)



VS Girls Wrestling Team—Cheer on these athletes on January 4th when they attend their first tournament.

School Resource Officer West playing football with the elementary kids at Tilford Elementary.



Congratulations to VS Football Player Jesse Pladsen as he has been selected as a 2nd team all-state kicker in class 2A. Jesse was amongst the leaders in the state in field goals going 6 for 6. He also set a school record for his 42 yard field goal this season.

Congratulations to VS Football Player Ethan Rollinger for being selected to this year's Academic All-State Team. Academic All-State requirements are that student athletes maintain a cumulative GPA of 3.75 or higher while performing at a high level in the sport of football. Ethan was a first team All-District selection and has a cumulative GPA of 3.97.

The Voyagers attended State Competition on Nov 18th in Des Moines. 252 teams came together over three days of competition, performing 498 team routines and 780 solos. The Voyagers had six soloists compete, all receiving Division I ratings: Marjorie Davis, Daniel Hughes, Jenna Pattee, Taylor Shipley, Raeganne Neilson, and Zena Aragon. Zena placed 10th, earning her a trophy. The team competed in two categories, receiving a Division I- 5th place trophy in Pom and a Division I rating in HipHop. Congratulations!



Our Vinton-Shellsburg High School Girl's Basketball cheerleaders showed off their stunting skills .

Tilford

The yearly Tilford fundraiser wrapped up on Thursday, December 17 with a parent drive-thru to pick-up items that were ordered back in November. Our students did a fantastic job spreading the word to help support our building. Proceeds from this fundraiser will be used to finance future field trips, events at Tilford, and other activities.



Members of the Kiwanis club met some Tilford students to have their annual holiday event. This was done differently than years past due to health protocols, but all of the students and staff enjoyed the event. Kiwanis members are also making a donation of dictionaries for our 3rd-grade class.

Tilford 2nd-graders participated in a "Letters to Santa" event through the local newspapers. This has become a yearly tradition for Tilford. The letters are always entertaining!

For our PBIS program, we challenged the Tilford students to earn 3000 special Red and Green Viking Spirit tickets. They far exceeded our goal and on December 21 we had a Cookies, Cocoa and Comfy Clothes celebration in the afternoon!



JANUARY 2021

Mon	Tue	Wed	Thur	Fri	Sat
<p>We are always looking for bus drivers, so please consider if you would like to be a substitute bus driver for the district. If you feel this is something you would like to do contact Erik Kakac at 319-472-3118.</p>	<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>1</p> <p>NEW YEARS DAY NO CLASSES HOLIDAY BREAK</p> 	<p>2</p> <ul style="list-style-type: none"> ◇ JV/V WR @ Solon Duals, 9:00 am ◇ V BOWL vs. Louise-Muscatine @ Rose Bowl (Muscatine), 2:00 pm
<p>4 Day 5 CLASSES RESUME</p> <ul style="list-style-type: none"> ◇ B JV WR @ Center Point-Urbana Tourney, 4:30 pm ◇ G JV WR @ Anamosa Tourney, 5:00 pm 	<p>5 Day 6</p> <ul style="list-style-type: none"> ◇ 9/10/V B BB @ Williamsburg, 4:30/6:00/7:30 pm ◇ FS/JV/V G BB vs. Williamsburg, 4:30/6:00/7:30 pm ◇ B V SW vs. Decorah @ (IBSSS), 4:30 pm 	<p>6 Day 1</p>	<p>7 Day 2</p> <ul style="list-style-type: none"> ◇ JV/V WR Duals vs. Williamsburg & Independence @ VSHS, 6:00 pm ◇ JV/V G BB @ Dunkerton, 6:30/8:00 pm 	<p>8 Day 3</p> <ul style="list-style-type: none"> ◇ JV/V BOWL vs. Marion (Cedar Rapids BC), 4:00 pm ◇ 9/10/V B BB vs. Independence, 4:30/6:00/7:30 pm ◇ FS/V G BB @ Independence, 6:00/7:30 pm 	<p>9</p> <ul style="list-style-type: none"> ◇ JV/V WR @ Benton Invite, 8:00 am ◇ B V SW @ Waterloo Invite (Central Pool), 12:00 pm <p style="text-align: center;">NATIONAL LAW ENFORCEMENT APPRECIATION DAY</p>
<p>11 Day 4</p> <ul style="list-style-type: none"> ◇ 9/10/V B BB vs. Benton, (rescheduled from 12/18/20) 4:30/6:00/7:30 pm 	<p>12 Day 5</p> <ul style="list-style-type: none"> ◇ FS/JV/V G BB vs. Clear Creek-Amana, 4:30/6:00/7:30 pm ◇ 9/10/V B BB @ Clear Creek-Amana, 4:30/6:00/7:30 pm ◇ B V SW vs. Grinnell (IBSSS), 4:30 pm 	<p>13 Day 6</p>	<p>14 Day 1</p> <ul style="list-style-type: none"> ◇ 7 B BB vs. Clear Creek-Amana, 4:15 pm ◇ 8 B BB @ Clear Creek-Amana, 4:15 pm ◇ JV/V WR Double Duals vs. Mt. Vernon & Maquoketa, 6:00 pm 	<p>15</p> <p style="text-align: center;">NO CLASSES Prof. Dev.</p> <ul style="list-style-type: none"> ◇ JV/V BOWL vs. Maquoketa @ Berry's Lanes, 3:30 pm ◇ FS/JV/V G BB vs. Center Point-Urbana, 4:30/6:00/7:30 pm ◇ 9/10/V B BB @ Center Point-Urbana, 4:30/6:00/7:30 pm 	<p>16</p> <ul style="list-style-type: none"> ◇ V WR @ Solon Tourney, 9:30 am
<p>18 Day 2 CLASSES IN SESSION (Snow Make-up #1)</p> <ul style="list-style-type: none"> ◇ 7 B BB @ Center Point-Urbana, 4:15 pm ◇ 8 B BB vs. Center Point-Urbana, 4:15 pm ◇ School Board Meeting @ Tilford, TBD pm ◇ 9/10/V B BB vs. Oelwein, 4:30/6:00/7:30 pm <p style="text-align: center;">MARTIN LUTHER KING, JR. DAY</p>	<p>19 Day 3</p> <ul style="list-style-type: none"> ◇ JV/V BOWL vs. Independence, (Berry's Lanes), 3:30 pm ◇ B V SW vs. Williamsburg (IBSSS), 4:30 pm ◇ FS/V G BB vs. S. Tama, 6:00/7:30 pm ◇ 9/10/V B BB @ S. Tama, 4:30/6:00/7:30 pm 	<p>20 Day 4</p>	<p>21 Day 5</p> <ul style="list-style-type: none"> ◇ 7 B BB vs. Williamsburg, 4:15 pm ◇ 8 B BB @ Williamsburg (Mary Welsh), 4:15 pm ◇ JV/V WR Doubleheader vs. Benton & CPU @ Benton, 6:00 pm 	<p>22 Day 6</p>	<p>23</p> <ul style="list-style-type: none"> ◇ V WR @ North Tama Tourney, 10:00 am <p>24 SUNDAY</p> <p style="text-align: center;">COMPLIMENT DAY</p> 
<p>NO NAME CALLING WEEK 1/18—1/22 Talk to your child. Take a stand against bullying!</p>					
<p>25 Day 1</p> <ul style="list-style-type: none"> ◇ 7 B BB @ Benton (Norway), 4:15 pm ◇ 8 B BB vs. Benton, 4:15 pm ◇ JV WR WaMaC Tourney @ W. Delaware, 5:00 pm 	<p>26 Day 2</p> <ul style="list-style-type: none"> ◇ B V SW Invite @ CR Washington, 5:00 pm ◇ FS/JV/V G BB @ Clear Creek-Amana, 4:30/6:00/7:30 pm ◇ 9/10/V B BB vs. Clear Creek-Amana, 4:30/6:00/7:30 pm ◇ JV/V WR Double Duals vs. IC Regina & Iowa Valley @ Iowa Valley CHS, 6:00 pm ◇ FFA Legislative Symposium @ VSHS, 7:00 pm 	<p>27 Day 3</p>	<p>28 Day 4</p> <ul style="list-style-type: none"> ◇ 7 B BB vs. S. Tama, 4:15 pm ◇ 8 B BB @ S. Tama, 4:15 pm ◇ FS/JV/V G BB vs. Oelwein, 4:30/6:00/7:30 pm 	<p>29 Day 5 2-HR EARLY DISMISSAL Prof. Dev.</p> <ul style="list-style-type: none"> ◇ JV/V BOWL vs. Benton @ Berry's Lanes, 3:30 pm ◇ 9/10/V B BB @ Independence, 4:30/6:00/7:30 pm ◇ FS/V G BB vs. Independence, 6:00/7:30 pm 	<p>30</p> <ul style="list-style-type: none"> ◇ B SW NCSC Conference Meet @ TBD ◇ V WR WaMaC Tourney @ Marion HS & Marion MS, 10:00 am

DID YOU KNOW — Using Farm to School grant funds our school nutrition director Karen Ackman is able to source locally made and grown products to incorporate in our school meals. The variety of products she purchases includes cheese curds, fresh eggs, apples, dehydrated apple chips, yogurt, beets, carrots, watermelon and radishes. Locally grown! Locally made! Locally sourced!