



## 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."*

To the Vinton-Shellsburg School Community,

### Special points of interest:

- Oct. 2—Homecoming
- Oct. 9— NO CLASSES, Prof. Development
- Oct. 12—School Board Meeting, High School LMC, 7:00 pm
- Oct. 12—16 - National School Lunch Week
- Oct. 19—23 -School Bus Safety Week
- Oct. 26— 2 Hr. Early Dismissal, Parent/Teacher Conf.  
Gr. K-8- 2:00—8:00 pm;  
Gr. 9-12 - 4:00—8:00 pm
- Oct. 27—29 - National FFA Conference
- Oct. 29— 2 Hr. Early Dismissal, Parent/Teacher Conf.  
Gr. K-8- 2:00—8:00 pm;  
Gr. 9-12 - 4:00—8:00 pm
- Oct. 30—NO CLASSES

Managing the district response to the COVID pandemic and attention to our Return to Learn Plans has been the overall focus and commitment so far this school year. It takes a relentless commitment to procedures and protocols in order to keep everyone safe and healthy. We must continue to be diligent in our efforts to keep our buildings open. We have been fortunate as to not experience any community spread of the virus within our schools. It is important to note that each of our confirmed positive cases this school year are contact traced to individuals outside of the school. We have not had any internal transfer at this point. This is due to our mitigation efforts of distancing and face coverings.

To help in these efforts of keeping students and staff safe, please exercise caution when knowing you have been around someone who is ill. If you have a family member who is ill and seeking a COVID test or awaiting results please exercise caution and stay home while results arrive. By rule this is not mandated, only for the individual being tested, but this practice could prevent a number of other students from having to quarantine. If we all do our part we can drastically reduce the spread of COVID in our community and reduce the number of people who must quarantine due to exposure.

I want to thank our school administration and staff who have been putting in extra effort and hours at random times to carry out these efforts. I also want to point out everyone's efforts to find new ways to have some of the same experiences we would have in a "regular" school year. A great example of this is our homecoming week activities. Even though things may look and be different, the school staff is dedicated to finding ways to celebrate and provide experiences for students. Together we are better.

As you can probably imagine, this is a very challenging and complex issue to navigate. If you have questions about our protocols and procedures, please feel free to reach out. But please remember, we are following the guidance and direction of the health department. All we really want to do is keep our buildings open and keep people from getting sick.

Recently, the school audit was completed and an exit report was generated. It was noted our school district's solvency ratio is at 11%. Solvency ratio is a calculation used to assess financial health. The calculation measures the relationship of ending uncommitted fund balance to revenues as a percentage for the fiscal year. A recommended range of solvency ratios has typically been somewhere between 5 and 15 percent, the lower range considered "good" and the higher range considered "excellent".

The end of October will bring the end of the first quarter of the school year and parent teacher conferences. Again, this will look and feel different than the past, but we feel these opportunities to communicate and build a strong relationship is important. Be on the lookout for information from the school buildings.

If you have any questions, comments or concerns, please feel free to reach out.

Take care,

Kyle Koeppen  
Superintendent  
319-436-5685  
@kyle\_koeppen

### Vinton-Shellsburg CSD Parent -Teacher Conferences Scheduled for October 26th and 29th




Elementary conferences will be on October 26th and on October 29th from 2:00 pm – 8:00 pm.

Middle School conferences will be on October 26th and on October 29th from 2:00 pm – 8:00 pm.

High School conferences will be on October 26th and on October 29th 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!

Shellsburg Preschool is having their conferences October 26th and 29th from 8:00 am to 8:00 pm.

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.			1 Day 5 ◇ Homecoming Parade, 6:00 pm ◇ Pep Rally @ Karr Complex, 6:45 pm ◇ Powder Puff Game @ Karr Complex, 7:30 pm	2 Day 6 ◇ V FB vs. Center Point-Urbana, 7:30 pm (Homecoming) ◇ Homecoming Dance, 9:30 pm	3 ◇ V VB @ Columbus Catholic Tourney, 9:00 am
5 Day 1 ◇ 7 VB vs. Mount Vernon, 4:15 pm ◇ 8 VB @ Mount Vernon, 4:15 pm ◇ 9 FB vs. Center Point-Urbana, 6:00 pm  NATIONAL DO SOMETHING NICE DAY!	6 Day 2 ◇ B/G MS CC @ W. Delaware (Delaware County Fairgrounds), 4:00 pm ◇ B/G JV/V CC Invitational @ W. Delaware (Heart 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 @ S. Tama, 5:00/6:00/7:30 pm	7 Day 3	8 Day 4 ◇ 7 VB @ Center Point-Urbana, 4:15 pm ◇ 8 VB vs. Center Point-Urbana, 4:15 pm ◇ G V SW vs. Decorah @ Luther College, 5:00 pm ◇ 9/10/JV/V VB vs. Clear Creek-Amana 5:00/6:00/7:30 pm  	9 NO CLASSES PROF. DEV ◇ V FB vs. Union, 7:00 pm <i>Senior Night</i>	10 ◇ JV VB @ Wapsie Valley Tourney, 9:00 am
12 Day 5 ◇ V VB WaMaC Tourney Pool Play @ Independence or W. Delaware, 4:00 pm ◇ B/G MS CC WaMaC Meet @ Center Point-Urbana, 4:15 pm ◇ G V SW Invitational @ Williamsburg, 5:30 pm ◇ 9 FB vs. Union, 6:30pm ◇ School Board Meeting, High School, 7:00 pm COLUMBUS DAY	13 Day 6 ◇ 10 VB WaMaC Tourney, 4:00 pm ◇ 7 FB @ Benton, 4:15 pm ◇ 8 FB vs. Benton, 4:15 pm	14 Day 1 ◇ NEIADA meeting @ Waverly CC, 9:00 am  NATIONAL STOP BULLYING DAY	15 Day 2 ◇ B/G V CC WaMaC Meet @ Williamsburg (Rec. Center), 4:00 pm ◇ V VB WaMaC Tourney Bracket Play @ Mount Vernon HS, 4:00 pm	16 Day 3 ◇ V FB Playoffs 1st Round @ TBD, 7:00	17 ◇ G V SW Invite vs. Decorah @ Luther College, 12:00 pm
NATIONAL SCHOOL LUNCH WEEK 10/12—10/16					
19 Day 4 ◇ FFA Chapter Meeting, VSHS, 7:00 pm	20 Day 5	21 Day 6 ◇ VB Regionals 1st Round, TBA, 7:00pm  	22 Day 1 ◇ B/G V CC Regionals, 4:00 pm	23 Day 2 ◇ V FB Playoffs Quarterfinals	24  MAKE A DIFFERENCE DAY
SCHOOL BUS SAFETY WEEK 10/19—10/23					
26 Day 3 2-HOUR EARLY DISMISSAL P/T Conferences K-8: 2:00 pm - 8:00 pm 9-12: 4:00 pm - 8:00 pm	27 Day 4 ◇ V VB Regionals 2nd Round, 7:00pm  National FFA Conference @ Indianapolis 10/27-29	28 Day 5	29 Day 6 2-HOUR EARLY DISMISSAL P/T Conferences K-8: 2:00 pm - 8:00 pm 9-12: 4:00 pm - 8:00 pm	30 NO CLASSES ◇ V FB Playoffs Semifinals	31 ◇ V CC State Meet @ Fort Dodge, 11:00 am ◇ Girls Regional Swim Meet @ TBA , 12:00  

Activities subject to change after publication.

**NATIONAL SCHOOL BUS SAFETY WEEK**  
**October 19—23, 2020**

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, temperatures checks, wearing of masks, and cleaning and disinfecting procedures.

Operating a school bus during a pandemic will not be 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.** National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners. Our district is committed to providing all students with a safe school environment.

What is bullying? Bullying occurs when the behavior hurts or harms another person; physically or emotionally. The targets of bullying have difficulty stopping the behavior directed at them and struggle to defend themselves. Bullies typically have more physical, social, or emotional power, such as social status, physically larger or emotionally intimidating.

Parents and students need to know the difference between Conflict and Bullying.

Conflict is a struggle between two people with the same relative amount of power viewing the same situation from two different perspectives. It occurs naturally when we interact with others. Conflict typically arises at the moment. The emotion on both sides is equal because both are arguing for what they want. Both want the issue resolved, but want it settled to their liking.

Bullying is unwanted, purposeful, and aggressive behavior directed toward a target with less power intended to cause harm. During bullying there always an imbalance of power. Bullying behavior is deliberate and unprovoked. The target is intentionally harmed. Negative emotion is almost wholly experience by the target. Bullies experience pleasure and satisfaction from the behavior. Bullies don't experience regret and want to continue the act as long as possible.

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.

Orange is the color given to recognize bullying prevention month, so please be conscious of your clothing this month of October and think about wearing a touch of orange as your support of National Bullying Prevention Month.



**NATIONAL SCHOOL LUNCH WEEK and the NSLP**

**October 12th—16th, 2020**

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@vscsd.org.

**USDA to Temporarily 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.

Starting September 21<sup>st</sup>, Vinton-Shellsburg will be participating in the Summer Food Service Program (SFSP) that the USDA recently extended. This program is scheduled to run until **December 31<sup>st</sup>, 2020 or until funds run out.**

At this point, no one knows when this funding may run out, so like everything related to COVID, it will be a fluid process and we will notify families as soon as possible of any changes.

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.
- Virtual Learners will have access to pick up meals, at a designated building, once a procedure has been established for all grade levels.

When funds run out, we will go back to the National School Breakfast and School Lunch Programs and students will be charged according to their eligibility. For now, the free meals will be the only option for school lunch other than students bringing their own lunch from home.

If you have any questions or concerns; Please contact Karen at 319-436-5848, [karen.ackman@vscsd.org](mailto:karen.ackman@vscsd.org)