

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:

- Sept. 7—NO SCHOOL - LABOR DAY
- Sept. 10—Special Board Meeting @ Central Office, 7:00 pm
- Sept. 18—2-Hr. Early Dismissal Prof. Development
- Sept. 21— Regular Board Meeting @ Central Office, 7:00 pm

To the Vinton-Shellsburg School Community,

Part of our charge as a school district, this academic year, is to help society return to some normalcy. The reopening of schools is seen as an important step to achieving that goal. Over the course of this pandemic, the various ways the school district serves the community has been on full display. Our communities have seen firsthand how important schools are and the impact schools have not only in the fulfillment of our primary mission as educators but also on providing food, healthcare, etc. to those who need it. This support and work is built with an army of "difference makers". With the recent derecho storm, I again was shown the power of our communities. The year 2020 threw another challenge our way and the community again rose the occasion supporting one another.

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!

To begin each school year the school district procures a variety of materials and equipment to prepare for learning. This year we had extra purchasing requirements because of COVID, items such as disinfectants and personal protective equipment. Families also work to gather items to prepare to go back to school. I saw a picture of a school supply list for the 2020-21 school year. This list is what is needed much more than crayons, pencils or paper, and that includes patience, flexibility, deep breaths, calmness, humor, cooperation, encouragement, positivity, understanding, compassion, respect and kindness. This school year will be different for everyone as we change routines and procedures. Having these extra "school supplies" of patience, flexibility, and kindness will help make this year successful.

Our summer building projects are another way of preparing for each school year. This summer was no different. Shellsburg elementary had four classrooms redone with new carpet, LED lights and new ceiling tile was added on the main floor, and the locker room restrooms were remodeled to be ADA compliant. Tilford elementary had a heating, ventilation and cooling equipment upgrade, new exterior windows, and new LED lighting/ceiling tile in the hallways. The middle school remodeled the student center along with air conditioning upgrades to a few areas of the building and the majority of the doors in the building were replaced. Many walls of the district received a fresh coat of paint, along with floors receiving a fresh coat of finish. The custodians, painters, and maintenance crew did a terrific job this summer!

Our teachers prepared for the school year by engaging in anytime/anywhere professional learning. They worked through material at their own pace in preparation of continuous learning if or when needed. The new tools and strategies learned are something they will start utilizing right away.


Our fall activities have begun. It is exciting to see the students have the opportunity to participate and showcase their talents. We do have COVID rules in place for all of our events referencing face coverings and limiting the number of people in seating areas. Some events, which we have held in the fall in past years, such as the musical will be postponed. Please utilize our activity calendar at www.vscsd.org to stay up to date with events as the schedules may be changing because of varying uncontrolled circumstances.

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

Take care,

Kyle Koeppen
Superintendent
Vinton-Shellsburg CSD
319-436-4728 ext. 5685
@kyle_koeppen

SEPTEMBER 2020

MON	TUE	WED	THUR	FRI	SAT
	1 Day 2 ◇ JV/V CC @ Williamsburg (Rec. Ctr), 4:30 pm	2 Day 3	3 Day 4 ◇ 9/10/JV/V VB vs. Benton, 5:00/6:00/7:30 pm	4 Day 5 ◇ V FB vs. Columbus Catholic, 7:00 pm	5 ◇ V VB Vikette Tourney, VS-HS, 9:00 am
7 NO SCHOOL Labor Day	8 Day 6 ◇ MS/JV/V CC @ Grinnell Invite (Ahrens Park), 4:15/5:15 pm	9 Day 1	10 Day 2 ◇ Shellsburg Picture Day ◇ V VB @ Solon, TBA ◇ 7 VB vs. Clear Creek-Amana, 4:15 pm ◇ 8 VB @ Clear Creek-Amana, 4:15 pm ◇ 7 FB @ Beckman Catholic, 4:15 pm ◇ 8 FB vs. Beckman Catholic, 4:15 pm ◇ G V SW @ Oskaloosa, YMCA, 5:30 pm ◇ Special School Board Meeting, Board Room, 7:00 pm	11 Day 3 ◇ Middle School Picture Day ◇ F/S FB vs. S. Tama, 5:00 pm ◇ V FB vs. S. Tama 7:30 pm style="text-align: center;"> Patriot Day	12 ◇ MS/JV/V CC vs. Benton @ Williamsburg, 8:30/9:00 am ◇ 9 VB @ CR Washington Invite, 9:00 am ◇ V VB @ East Marshall Tourney, 9:00 am
14 Day 4 ◇ 7 VB @ Benton (Norway), 4:15 pm ◇ 8 VB vs. Benton, 4:15 pm ◇ G SW @ Williamsburg Invite, 5:30 pm ◇ JV FB vs. Columbus Catholic, 6:00 pm ◇ 9/10 VB vs. Oelwein, 6:00 pm	15 Day 5 ◇ MS/JV/V CC @ Star- mont, 4:00/4:45 pm ◇ 7 FB vs. W. Delaware, 4:15 pm ◇ 8 FB @ W. Delaware, 4:15 pm ◇ 9/10/JV/V VB vs. Williamsburg, 5:00/6:00/7:30 pm	16 Day 6 ◇ Shellsburg Picture Day	17 Day 1 ◇ Tilford Picture Day ◇ High School Picture Day ◇ 7 VB @ Independence, 4:15 pm ◇ 8 FB vs. Independence, 4:15 pm ◇ FFA Local Greenhand Fire-up	18 Day 2 2-Hr. Early Dismissal PROF. DEV. ◇ V FB @ Mt. Vernon, 7:00 pm style="text-align: center;"> POW/MIA Recognition Day 	19 ◇ 10 VB Vikette Tourney, 8:30 am ◇ 9 VB @ Oelwein Tourney, 9:00 am ◇ V VB @ W. Delaware Tourney, 9:00 am ◇ G SW @ Linn-Mar Meet, 1:00 pm
21 Day 3 ◇ 7 VB vs. Williamsburg, 4:15 pm ◇ 8 VB @ Williamsburg (Mary Welsh), 4:15 pm ◇ 9 VB @ Gladbrook-Reinbeck Triangular, 5:00 pm ◇ 9 FB @ Mount Vernon, 6:00 pm	22 Day 4 ◇ 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 ◇ 9/10/JV/V VB @ Independence, 5:00/6:00/7:30 pm style="text-align: center;"> First Day of Autumn	23 Day 5	24 Day 6 ◇ 7 VB @ W. Delaware, 4:15 pm ◇ 8 VB vs. W. Delaware 4:15 pm ◇ G SW @ C.R. Kennedy, 6:00 pm	25 Day 1 ◇ V FB @ Solon, 7:30pm	26 ◇ 10 VB @ C.R. Jefferson, Tourney, 8:30 am ◇ 9 VB Vikette Tourney, 9:00 am ◇ V CC @ Independence Invite, 8:45 am ◇ FFA Ag Safety Day, VSHS, 7:00 pm
28 Day 2 ◇ 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) 4:30 ◇ 9 FB vs. Solon, 6:00 pm	29 Day 3 ◇ 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 vs. Center Point-Urbana, 5:00/6:00/7:30 pm ◇ G SW @ Grinnell (Bear RAC), 7:00 pm	30 Day 4	Oct. 1 Day 5	2 Day 6 ◇ V FB vs. Center Point-Urbana, 7:30 pm (Homecoming)	3 ◇ V VB @ Columbus Catholic Tourney, 9:00 am
Changes may occur after publication.					

September Is Self-Improvement Month!

Do what makes you happy. Pampering yourself can help you remember how to feel good after dealing with a negative or tragic situation, and bring you back to a place where you can appreciate all the positive things that life has to offer. You might choose to do something exciting or something relaxing—it's all about doing whatever you love.

Not all connections have to be done in person. While spending time with someone face-to-face helps to create the strongest relationships, phone calls, text messaging, emails, and video chats can maintain friendships when distance or time constraints get in the way of hanging out.

Make time for things you enjoy. Even if it's just 15 minutes a day, set aside time to do something you find fun or relaxing—it will release chemical messengers in your body that are good for your physical and mental health.

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.

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.