

# VINTON-SHELLSBURG COMMUNITY SCHOOL DISTRICT

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

To the Vinton-Shellsburg School Community:

As the calendar turns to another year many of us take time to establish new personal goals or focus areas for the year. It is estimated that only about 27% of people actually meet their New Year resolution goal. Oftentimes we are too focused on the desired outcome, rather than the process and mindset which will lead us to our goal.

Conventional wisdom holds that once we succeed, we'll be happy; that once we get that great job, win that next promotion, lose those five pounds, happiness will follow. But the science reveals this formula to be backward: Happiness fuels success, not the other way around.

Researcher and author Shawn Achor writes about how happy people become successful, not the other way around in his book titled *The Happiness Advantage*. *The idea is radical and eliminates the common excuses along the lines of "I'll be happy if X happens". If you think about it, it makes perfect sense. Instead of trying to become successful, so you can finally be happy in the distant future, try to become happy right now, so you'll be successful later*

Research shows that happy employees or students are more productive, more creative, and better problem solvers than their unhappy peers. And positive people are significantly healthier and less stressed and enjoy deeper social interaction than the less positive people around them. It is now rock-solid science that being in your most positive frame of mind and functioning is the most powerful predictor of any type of success. A landmark 2005 study by Lyubomirsky, King and Diener showed that success across every single life domain was preceded by being in a flourishing emotional state where positive emotions outweigh negative emotions by three to one. We do not get happy because we are successful; we become successful because we are happy.

Learn how to put yourself in the most positive frame of mind at all times. Positive Psychology researchers have shown that half of our daily happiness flows from what we think about and what we do.

Along with setting resolutions and goals for the new year, it is also a great time to reflect and be thankful. I would like to share some good cheer with all of those people that have made the first semester go so well. Thank you to our teachers and support staff, and volunteers for their commitment to education and all of the work they do every day to make our students successful. Also, thank you to the administrative team and the school board for their leadership and focusing on what is important in our school district. A special thank you to all of our parents, for sending your amazing children to our schools each day. We are very honored and very lucky to get to work with such wonderful students every day.

If you have any questions or comments, please feel free to reach out to me. [Kyle.koeppen@vscsd.org](mailto:Kyle.koeppen@vscsd.org).

Take care and Happy New Year,

Kyle Koeppen, Superintendent



## Special points of interest

- Jan. 4 - CLASSES RESUME
- Jan. 5 - School Board Meeting @ Central Office, 6:00 pm
- Jan. 14 - NO CLASSES, Prof. Development
- Jan. 17 - NO CLASSES (Snow Make-up Day)
- Jan. 24 - COMPLIMENT DAY—Say something positive to someone today!
- Jan. 28- 2-Hr. Early Dismissal, Prof. Development



## 2022-2023 Tiny Vike's Preschool Pre-Registration Open!

Our preschool program offers:

- \*Tuition free preschool (only a milk/juice fee)
- \*Morning or afternoon session
- \*Classrooms that align with the Iowa Quality Preschool Program Standards
- \*State approved Creative Curriculum and Assessments

Children must be **4 on or before September 15, 2022** to attend preschool. Visit [VSCSD.org](http://VSCSD.org) and select Tilford or Shellsburg to get started.

## 2022-23 Preschool and Kindergarten Registration

Beginning on January 4, parents will be able to pre-register their children for Tiny Vike's Preschool and Kindergarten. These programs are available at both Tilford Elementary and Shellsburg Elementary.

3-year old Preschool is also available at Shellsburg Elementary. It is important to pre-register, as there are limited spots available in 3-year old preschool, and choice of AM or PM preschool is prioritized by order of registration. We also use this information to prepare for next year and determine the number of classes we will need. To register, go to [vscsd.org](http://vscsd.org), go to the building your child will be attending, and find the link for preschool or kindergarten registration.



# SHELLSBURG ELEMENTARY



**Caring School Communities Buddy Classrooms** - This year Tilford Elementary and Shellsburg Elementary started a social/emotional curriculum called Caring School Communities. One popular aspect of the curriculum is that we have "Buddy Classrooms". A classroom of older students is paired with a classroom of younger students, and they periodically do activities together and learn with each other. They have done things together such as PE class, reading books, and activities where they learn more about their new buddy. The kids get excited when they see their buddy or buddy class in the halls, and it gives them another connection at school that they look forward to seeing.



5L & 1C BUDDIES



## Students Ride with Officer West

As a PBIS reward, several students chose to take a ride with our Resource Officer, Josh West. Officer West met with the students, showed them his police car, drove them around the community, and shared what it is like to be a police officer. Students got a chance to work the lights and sirens, learn how the radar system works, and in some cases, drive by their own houses and wave to their parents. The students love this reward, and they love to bond with Officer West and get a glimpse into law enforcement.

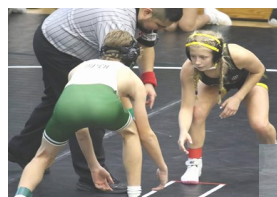






Boys 2A Team Rankings - December 17, 2021

- |                                |                          |
|--------------------------------|--------------------------|
| 1. Osage                       | 6. Independence          |
| 2. West Delaware               | 7. Union, La Porte City  |
| 3. Notre Dame, West Burlington | 8. Vinton-Shellsburg     |
| 4. Assumption, Davenport       | 9. Webster City          |
| 5. Glenwood                    | 10. Sergeant Bluff-Luton |



The Vinton-Shellsburg girls wrestling program continues to grow. Participation numbers have increased the past three years, from three in 2019, eleven in 2020, now 14 in 2021. Last season, six girls scored team points at the IWCOA Girls State Tournament and the team finished in 18th place out of 121 total schools. Returning for her senior season is two time place winner Bailey Weeks.

The girls have been working hard, holding separate practices from the boys team. With the Iowa Girls High School Athletic Union having not yet sanctioned girls wrestling as a separate sport, the girls and boys often compete at the same event. In conversations with other coaches and officials, the hope is the IGHSAU sanctions girls wrestling as an official sport prior to next season.

Bree Swenson currently leads the girls with 13 wins this season, with Bailey Weeks and Ellie Weets each notching seven wins. Upcoming tournaments with separate girls divisions include January 3 at Anamosa, January 10 at Cedar Falls, and January 15 at Independence. The Girls State Tournament will be held at Xtreme Arena in Coralville on January 21 and 22. The WAMAC Conference Girls Tournament will be held the following Saturday, January 29 at Solon Middle School.

Mrs. Hanson's 2nd grade celebrates "Giving Tuesday." Students learned about the meaning of giving after each student was given one dollar to donate to the Salvation Army red kettle at Fareway. When asked how they felt about giving away their dollar they said, "I felt good and proud of myself. I felt like I'm nice and kind. I felt thankful that I was giving people money. I felt




The Vinton-Shellsburg Voyagers Dance Team recently traveled to Des Moines to compete in the ISDTA State Dance Competition. This is the 38th consecutive year that the Voyagers have competed. Our dancers earned Division I ratings in Class IV Jazz, Class VI Hip Hop and Class VIII Pom, and brought home a 4<sup>th</sup> place trophy in their class in Hip Hop.

The team also sent six soloists, who all earned Division I ratings as well.

The team will be performing at halftime of the VS Varsity Home Basketball games this season, and the Voyager Spring Show will be held Saturday, February 26<sup>th</sup> in the Vinton Shellsburg Middle School gym.



# JANUARY 2022

Mon	Tue	Wed	Thur	Fri	Sat
<b>3 NO CLASSES</b> ◇ G JV WR @ Anamosa Tourney, 5:00 pm	<b>4 Day 5 CLASSES RESUME</b> ◇ 9/10/V B BB vs. Williamsburg, 4:30/6:00/7:15 pm ◇ FS/JV/V G BB @ Williamsburg, 4:30/6:00/7:15 pm ◇ B V SW vs. Decorah, (IBSSS), 4:30 pm	<b>5 Day 6</b> ◇ School Board Meeting Central Office Board Room, 6:00 pm	<b>6 Day 1</b> ◇ JV/V WR Duals vs. Williamsburg & Clear Creek-Amana @ VSHS, 6:00 pm	<b>7 Day 2</b> ◇ JV/V BOWL vs. Marion (Berry Lanes), 3:30 pm ◇ 9/10/V B BB @ Independence, 4:30/6:00/7:15 pm ◇ FS/V G BB vs. Independence, 6:00/7:15 pm	<b>8</b> ◇ FFA @ Ankeny ◇ NEIBA Jazz Band ◇ JV/V WR @ Benton Tourney, 8:00 am ◇ B V SW @ Waterloo Invite (Central Pool), 12:00 pm ◇ JV/V BOWL @ Muscatine (Rose Bowl), 2:00 pm
<b>9 SUNDAY NATIONAL LAW ENFORCEMENT APPRECIATION DAY</b>	<b>11 Day 4</b> ◇ FS/JV/V G BB @ Clear Creek-Amana, 4:30/6:00/7:15 pm ◇ 9/10/V B BB vs. Clear Creek-Amana, 4:30/6:00/7:15 pm ◇ B V SW vs. Grinnell, Oskaloosa @ Grinnell (Bear RAC), 5:30 pm	<b>12 Day 5</b>	<b>13 Day 6</b> ◇ 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. Benton & Marion @ Benton, 6:00 pm ◇ JV B BB vs. Benton, 7:00 pm	<b>14 NO CLASSES Prof. Dev.</b> ◇ JV/V BOWL vs. Maquoketa (Timber Lanes), 2:00 pm ◇ FS/JV/V G BB @ Center Point-Urbana, 4:30/6:00/7:15 pm ◇ 9/10/V B BB vs. Center Point-Urbana, 4:30/6:00/7:15 pm	<b>15</b> ◇ MS Marion Honor Band ◇ V WR @ Solon Tourney, 9:30 am ◇ JV G WR @ Independence Tourney, 9:00 am
<b>10 Day 3</b> ◇ B JV WR @ Cedar Falls Tourney, 4:30 pm					
<b>17 NO CLASSES (Snow Make-up #1)</b> ◇ 7 B BB @ Center Point-Urbana, 4:15 pm ◇ 8 B BB vs. Center Point-Urbana, 4:15 pm ◇ WaMaC Large Group Speech @ Williamsburg, 4:30 pm ◇ 10/V B BB vs. Denver, 5:15/7:45 pm ◇ JV/V G BB vs. Denver, 4:00/6:30 pm <b>MARTIN LUTHER KING, JR. DAY</b>	<b>18 Day 1</b> ◇ JV/V BOWL Triangular @ Berry's Lanes, 3:30 pm ◇ B V SW vs. Williamsburg (IBSSS), 4:30 pm ◇ FS/V G BB @ S. Tama, 6:00/7:15 pm ◇ 9/10/V B BB vs. S. Tama, 4:30/6:00/7:15 pm	<b>19 Day 2</b>	<b>20 Day 3</b> ◇ 7 B BB vs. Williamsburg, 4:15 pm ◇ 8 B BB @ Williamsburg (Mary Welsh), 4:15 pm ◇ JV/V WR Double Dual vs. W. Delaware & Beckman Catholic @ Manchester (Seedorff Gym), 6:00 pm ◇ JV B BB vs. Center Point-Urbana, 7:00 pm	<b>21 Day 4</b> ◇ JV G WR State @ Coralville (XTream Arena), TBD	<b>22</b> ◇ District Large Group Speech @ Montezuma, TBA ◇ V WR Duals @ Center Point-Urbana, 9:00 am ◇ JV G WR State @ Coralville (XTream Arena), TB
<div style="display: flex; justify-content: space-between; align-items: center;"> <div> <b>24 Day 5</b>                              ◇ IHSMA State Jazz Festival @ Mount Vernon High School                              ◇ 7 B BB @ Benton (Norway), 4:15 pm                              ◇ 8 B BB vs. Benton, 4:15 pm                              ◇ JV WR WaMaC Tourney @ Williamsburg, 5:00 pm   </div> <div> <b>25 Day 6</b>                              ◇ ECICDA 7-10 Honor Choir @ Calamus Wheatland High School                              ◇ B V SW Invite @ CR Washington, 5:00 pm                              ◇ FS/JV/V G BB vs. Clear Creek-Amana, 4:30/6:00/7:15 pm                              ◇ 9/10/V B BB @ Clear Creek-Amana, 4:30/6:00/7:15 pm                         </div> <div> <b>26 Day 1</b> </div> <div> <b>27 Day 2</b>                              ◇ 7 B BB vs. S. Tama, 4:15 pm                              ◇ 8 B BB @ S. Tama, 4:15 pm                              ◇ JV/V WR Double Duals vs. IC Regina &amp; Iowa Valley @ IC Regina, 6:00 pm                         </div> <div> <b>28 Day 3 2-HR EARLY DISMISSAL Prof. Dev.</b>                              ◇ ECICDA 5-6 Honor Choir @ Coe College                              ◇ JV/V BOWL vs. Benton @ Berry's Lanes, 3:30 pm                              ◇ 9/10/V B BB vs. Independence, 4:30/6:00/7:15 pm                              ◇ FS/V G BB @ Independence, 6:00/7:15 pm                         </div> <div> <b>29</b>                              ◇ B V SW @ Grinnell College (Bear RAC), 10:00 am                              ◇ V WR WaMaC Tourney @ Solon, 10:00 am                         </div> </div>					
<b>31 Day 4</b> ◇ 7 B BB @ W. Delaware, 4:15 pm ◇ 8 B BB vs. W. Delaware, 4:15 pm ◇ JV B BB @ Independence, 7:30 pm	<div style="border: 2px solid blue; padding: 10px; margin: 10px;"> <p><b>Changes may occur after publication.</b></p> <p>Senior Citizen Activity Passes are available for Vinton-Shellsburg CSD <u>residents</u> who are age 55 or older; stop by the Superintendent's Office at 1502 C Ave., Vinton.</p> </div>				



The Grinch and Cindy Lou made an appearance around the district just before Christmas.

In the event that we have snow, ice, or fog...we will do our best to announce our plans as soon as possible. If we have a cancellation or a delay, you should get a text/email or see it on the news channels shortly after 6am. When possible, we may make an announcement the night before. However, that is hard sometimes when the weather forecast can change quickly. Please spend some time now making plans on what you will do in the event of a snow delay or snow day with your children. If they are older, and they can drive, please take some time and discuss winter driving with your teenager. The first snowfall is often the one teenagers have the most problems with.

## 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.