



SCHOOL SPIRIT

May 2017

Hi everyone,

It is May!!! On Sunday, May 28th at 2pm we will be celebrating the graduation of 68 seniors in the Class of 2017!!! We still have a lot to get done before then and I am sure if you have a student graduating you also have a lot to get done before Graduation Day. The time will go fast as it always does in the spring.

In the spirit of Graduation I wanted to focus this article on our high school students. You may have noticed that your elementary students will grow into high school students as time goes by. I think we can all agree that there are many developmental differences between elementary students and high school students. One thing that can sneak up on parents is the amount of sleep a high school student gets each night. The child that used to be sound asleep by 8pm has evolved into a teenager that is wide awake at 8pm...9pm...10pm...11pm...and even later. Then in the morning they have a very difficult time waking up for the school day. According to a 2011 sleep poll, by the time students reach their senior year, they are sleeping an average of 6.9 hours a night, down from an average of 8.4 hours in the sixth grade.



How much sleep does a teenager really need? The research shows that 9.25 hours of sleep is optimal but unfortunately only 8% of all teenagers get that much sleep. For teenagers, social and cultural factors have collided with the biology of adolescence to create sleep deprivation. Then the problem is compounded when many adolescents try to make up for lost sleep on the weekends, sometimes sleeping upwards of 12 hours on Friday and Saturday nights, which only further disrupts their sleep cycle. So they are tired....why is this so important? Research out of Stanford University shows that sleep deprivation increases the likelihood teens will suffer negative consequences, including an inability to concentrate, poor grades, drowsy-driving incidents, anxiety, depression, thoughts of suicide and even suicide attempts.

For many high school students social media such as Facebook, Twitter, Instagram, Tumblr, and YouTube are distractions that keep teens up later. Research has shown that the light coming off electronic devices late at night keeps teens awake. Not to mention that teens have busy schedules. They have homework, sports/music activities, church activities, babysitting, and jobs that take up after school time. The fact is that all of these things are normal for teens these days and when teens are asked what they can give up to get more sleep they usually reply that they would rather not give up anything and they can live with less sleep.

What can be done? Studies suggest adolescents do better in terms of mood and fatigue levels if parents set the bedtime and choose a time that is realistic for the child's needs. Growing teens still benefit from someone who will help set the structure in their lives. Teens are still not good at making decisions...especially when it comes to bedtime. Research shows, in families where parents set the time for sleep, teens are happier and better-rested. Also, if parents teach their teen how to budget their time it can pay off in extra sleep. Finally, set a time at night where the technology is off or at least the social media is off. Interactions on social media are distracting and do not allow teens to fall asleep. Draw your line in the sand and do not allow them to cross it. Sure teens do not like boundaries and organization strategies, but what teen does. In the long run we all want our teens to be happier and healthier and if a little guidance and organization can help then I say do it.

As always if you have any questions please feel free to send me an email or give me a call at anytime. Thank you for your continued support of the Monticello Community School District.

Sincerely,

Dr. Brian Jaeger, Superintendent
brian.jaeger@monticello.k12.ia.us



Congratulations Class of 2017!

The Commencement Ceremony for the Monticello Class of 2017 is scheduled for **Sunday, May 28th at 2:00 PM** in the High School Gymnasium. **Congratulations Class of 2017 and Best Wishes in the future!**

School Board Recognition Month



L to R—Dave Melchert, Peg Mere, Bud Johnson, Angie Beitz, and John Schlarmann

The month of May is School Board Recognition Month. Your School Board is working hard to make sure all students succeed. Take a minute and say thanks to the following members of the Monticello Board of Education: **Angie Beitz**, President, **Peg Mere**, Vice-President, **Bud Johnson**, **John Schlarmann** and **Dave Melchert**.

Thank you for all you do!

THANKS
FOR
BEING
AWESOME

Teacher Appreciation Week is May 1-5, Support Staff Appreciation Week is May 8-12 & Nurses Day is May 10!

Teacher Appreciation Week is May 1 thru May 5, Support Staff Appreciation Week is May 8-12 and Nurses Day is May 10. Please join us in saying thank you to all of our teachers, support staff, and nurses. The time you spend with students goes further than you know. Thanks for shaping the future of our children. **We appreciate each and every one of you!**



Monticello FFA at State Convention

Quinton Fellingner represented the Monticello FFA Chapter as a star finalist in agriculture placement while eight members received their Iowa FFA degrees at the 89th Iowa FFA Leadership Conference held April 9th -11th at Iowa State University.

Fellingner was a star finalist in the area of agriculture placement, placing in the top six out of 656 total members receiving their Iowa FFA degree. He received a plaque with his picture on it and a check for \$100 for his efforts through his Supervised Agriculture Experience program in which he manages two 2480 head hog finishing buildings.

Breanna Adams, Grace Gadiant, Cassidy Russell, Quinton Fellingner, Jacob Lorenzen, Kirklen Kiburz, Robert Pejchl, and Wesley Henderson received their Iowa FFA degrees. Only 656 members from 220 FFA chapters totaling less than 5% of the state's membership receive this award.

The Monticello FFA Farm Business Management team consisting of Kirklen Kiburz, Avery Martensen, Jacob Manternach, and Wesley Henderson placed 22nd in the state out of 86 teams.

Monticello's FFA Chapter Activity Display that was organized by Marissa Recker, Breanna Adams and Lauren Shady placed in the top 12 out of 97 boards.

Chloe Gray was selected as a flutist and performed with the State FFA Band during several sessions of the conference.

-Robert Pejchl, Chapter Reporter

UPCOMING EVENTS



Monticello PTO

Fun Run

Saturday, May 13
at 10:30 AM

Monticello High School

Registration will start at 9:30 AM



- **\$20.00 Registration** (t-shirt and bubbles NOT guaranteed) (4/8 at 11:59 PM EDT through the day of the event)

Shannon & Carpenter Elementary students may participate for free and do not need to register.

This year will be a short route everyone will run or walk, with the option of doing the route multiple times. There will be stations setup during the run that include bubbles, foam, water, and an obstacle course. After the fun run there will be a dance party, a dunk tank, and a food stand.

The money raised from the event will help the elementary schools move to 1:1 technology with iPad and computers for the classrooms.

Visit tinyurl.com/montifunrun to sign up online or each school office has registration forms.

For questions, please contact Stacy Campbell at stacy.campbell@monticello.k12.ia.us or Heather Hansen at heather.hansen@monticello.k12.ia.us.

Summer Drivers Education

will be held June 1-23 Mondays - Thursdays, no Fridays.

Mandatory parent meeting for students that are registered will be on

Wednesday, May 3 at 5:00 PM in the **HS Auditorium**.



Band Round Up

"Come over to the Band Round Up, Monday, May 8th at 7pm in the high school gym. We'll showcase the talents of our 5th-8th graders and the High School Concert Band. Stay for punch and cookies after!! Hope to see you there!"



May 26 is the last day of school! Seniors last day is May 24th! Enjoy your summer vacation!!

Important Dates—Please Mark your Calendars!

May 3—5:00 PM—**Mandatory** driver's ed meeting with students & parents in HS Auditorium (for those taking driver's ed this summer)

May 15—Senior Silver Service hours due in the office by 3:00pm

May 17—Senior cap & gown pick up, after school at 2:00pm

May 23—7:00 PM—National Honor Society/ followed by Honors Night at 7:30pm—HS Auditorium

May 24—Baccalaureate @ First Presbyterian Church at 7:00pm

May 24—Seniors Last Day; **Mandatory** Commencement practice at 1:00 PM

May 26—Last day of classes

May 28—Commencement at 2:00 PM—HS Gym

Mark Your Calendar!

Kirkwood for Kids

June 20-23

9:00—Noon

Kirkwood Jones County Regional Center

Grades 1-8. Limited scholarships available. Registration going on now. Forms are due June 1, 2017. Contact Julie Welter for more information at 465-2312.



Attention 4th grade parents: In April and May, Mrs. Dobel and Mr. Kowbel will be visiting with 4th grade classrooms at Sacred Heart and Carpenter to begin the process of recruiting members for next year's 5th grade band.

There will be a scheduled

"video/demonstration day" for each class, musical aptitude quiz, and

"instrument matching" time for individuals.

It's a great opportunity for students to learn about band, and all students will get to participate regardless if they are planning to do band or not. It's a great time to start discussions at home about the possibility of joining our band family next fall! If you have questions at any time, please contact Mrs.

Dobel at jill.dobel@monticello.k12.ia.us



Reminder for Parents of next year's Kindergartners!

Please remember to submit your child's physical, immunization record, lead screening, and dental screening information to the school nurse, Jen Speltz ASAP. Thanks!

2017-2018 New Kindergarten/Parent Night is at Shannon Elementary on Tuesday, May 2nd at 7:00pm.

From the HS Guidance Office...

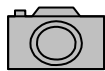
ATTENTION SENIORS! It is important to recognize seniors for scholarships that they have been awarded. The awards presented at Honors Night are those we know about. In order to honor all others, seniors need to be responsible for contacting Mrs. Stingley to inform her of any scholarships received. If she is contacted, no later than Friday, May 19th, she will mention or present those awards. Please don't assume that the Guidance Office is aware of all scholarships. Contact Mrs. Stingley at christi.stingley@monticello.k12.ia.us. Honors Night is scheduled for **Tuesday, May 23rd** at 7:30 PM.

Application for school supplies!

The MEA will be providing school supplies for Pre-K through 8th graders in need for the 2017-18 school year. Please talk to your school counselor if you are in need. Forms are due back by May 15th. Contact Angie Sconsa at the Middle School with any questions.

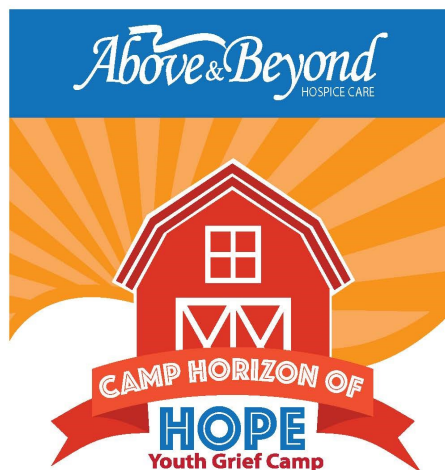
Parents of next year's seniors:

Plan now to take senior pictures the summer BEFORE senior year. Senior and baby pictures for yearbook are due before winter break. They can not be accepted late. A no cost option is available on picture day in the fall. Our school photographer will provide a photo for yearbook. You are only charged if you wish to have copies for yourself. If you wish to have photos taken elsewhere, make an appointment now and plan to turn them in before winter break, semester one of senior year. Photos may be submitted digitally or by hard copy. Thanks!



THANK YOU TO:

- **Everyone** who helped at the Shannon Elementary concerts.
- **Cindy Bagge** for donating Monticello Panther shirts to Carpenter.
- **Sherri Hunt** for her help with the Vision to Learn program.



A DAY OF

Art
Memories
Creativity
Outdoor
Adventure

Camp Horizon of Hope is a FREE youth day camp.

- Providing a safe place for children to explore and express their grief.
- Assisting in processing their loss, learning from each other and understanding they are not alone in their grief.
- Developing a sense of hope for their future.

When: Saturday, June 17, 2017: 10am to 5pm

Where: Camp Courageous - The Sill Barn

Who: Youth ages 5 - 17

Register: www.abovebeyondhc.com

Registration Required

For questions or more information, please call: (319) 465-4637

Above & Beyond Hospice Care is sponsoring a Youth Grief Camp at Camp Courageous in Monticello called Camp Horizon of Hope for ages 5-17. The camp will be held from 10:00-5:00 p.m. on Saturday, June 17. The purpose of the camp is to provide fun, safe and creative ways to explore the grief your child may be feeling as a result of the death and loss of a loved one or loved ones. More information and registration is available on Above & Beyond's web-sites www.abovebeyondhc.com, or call Carol De Jong (Bereavement Coordinator) at 465-4637. Registration is required.

Free Child Safety ID Event

Sunday, May 21, 2017 10am-4pm

ISU Extension Office-Monticello Fairgrounds, 800 North Maple Street

Food, Bounce House, and Kids Activities

Parents will receive a kit for each child containing photos, fingerprints, video, a DNA sample, and more that is needed to help keep their child safe. This program is endorsed by the Jones County Sheriff's Office, the Monticello Police Department, and the Jones County Community Partnerships for Protecting Children. For more information about this event contact: Child-ID@Anamosa46.org For more information on child safety go to the National Center for Missing and Exploited Children web-site at: <http://www.missingkids.com/Home>

Asbestos Notification—(Annual Notice)

The Asbestos Hazard Emergency Response Act of 1986 (referred to as AHERA) was enacted by Congress to determine the extent of and develop solutions for any problems schools may have with asbestos. This notification, education and training of our employees, plans and procedures to minimize the disturbance of asbestos containing materials, and plans for regular surveillance of the asbestos containing materials are a part of our efforts to meet government regulations. A copy of the asbestos management plan is available for your inspection at the Transportation/Buildings Grounds Office at 708 South Maple Street, Monticello, IA.

Annual Notice-Reporting Child Abuse—(Annual Notice) Policy #403.0

In compliance with state law and to provide protection to victims of child abuse, incidents of alleged child abuse should be reported to the proper authorities. All district employees are encouraged, and employees who constitute mandatory reporters pursuant to state law are required, to report alleged incidents of child abuse that they become aware of within the scope of their professional duties.

When an employee who is a mandatory reporter suspects that a student is the victim of abuse, the employee shall notify the Iowa Department of Human Services, orally or in writing. If the employee believes the child is in immediate danger, the local law enforcement agency shall also be notified. Within forty-eight (48) hours of an oral report, the employee shall file a written report with the Iowa Department of Human Services.

The district shall arrange for employees who are mandatory reporters to complete a two-hour training course relating to the identification and reporting of child abuse within six months of initial employment, unless the employee submits evidence that he/she has completed the required course within the previous five years. This course must be retaken at least every five years.

It is also the policy of the district that all employees are required to report to the level one investigator any suspected cases of physical or sexual abuse of students by district personnel.

| May Breakfast Menu | | | | Milk served with meal |
|--------------------|-------------------------|-------------------------------|-----------------------|-----------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 | 2 | 3 | 4 | 5 |
| Rainbow yogurt | BB muffin | Breakfast pizza | French toast/syrup | Cereal |
| Granola | Fruit | Fruit | Fruit | Poptart |
| Fruit | Fruit juice | Fruit juice | Fruit juice | Fruit |
| Fruit juice | | | | Fruit juice |
| 8 | 9 | 10 | 11 | 12 |
| Sausage biscuit | Cereal bar | Sausage pancake bite w/ syrup | Cheese omelet | Cereal |
| Fruit | Mozzarella cheese stick | Fruit | English muffin | Poptart |
| Fruit juice | Fruit | Fruit juice | Fruit | Fruit |
| | Fruit juice | | Fruit juice | Fruit juice |
| 15 | 16 | 17 | 18 | 19 |
| Pancakes w/ syrup | Breakfast wrap | Breakfast pizza | Chocolate chip muffin | Cereal |
| Fruit | Fruit | Fruit | Fruit | Poptart |
| Fruit juice | Fruit juice | Fruit juice | Fruit juice | Fruit |
| | | | | Fruit juice |
| 22 | 23 | 24 | 25 | 26 |
| Rainbow yogurt | Biscuits & gravy | Long John | Sausage panckes bites | Cereal |
| Granola | Fruit | Fruit | Fruit | Poptart |
| Fruit | Fruit juice | Fruit juice | Fruit juice | Fruit |
| Fruit juice | | | | Fruit juice |
| 29 | 30 | 31 | | |
| NO SCHOOL | NO SCHOOL | NO SCHOOL | | |



Food Service News— Did you know?

The Monticello Community School District has a student wellness policy. The district promotes healthy students by supporting wellness, good nutrition and regular physical activity as a part of the total learning environment. The policy states the following goals that will encourage wellness in students and staff:

- ◆ Encouraging physical activity, as outlined in the Student Wellness Plan – Physical Activity policy.
- ◆ Providing nutrition education and promotion, as outlined in the Student Wellness Plan – Nutritional Guidelines policy.
- ◆ Establishing other school-based activities that are designed to promote student and staff wellness, as outlined in the Student Wellness Plan – Other Activities to Promote Wellness policy.

The Student Wellness Policy #506.9 can be found on our website at www.monticello.k12.ia.us



Breakfast—Did you know? Breakfast is the most important meal of the day. Your body is like a car; if you don't put fuel in, it won't run. Eating breakfast has been proven to show that students have higher test scores, concentrate better in class, reduced absenteeism, and reduced behavior problems. At Monticello Schools we offer breakfast daily at all of our school buildings.

Free & Reduced Meals






Did you know that if you have a student that qualifies for free or reduced lunch meals, that includes breakfast AND lunch!

| May Lunch Menu | | | | Milk served with meal |
|------------------------|-------------------------|---------------------|-------------------------|-------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 | 2 | 3 | 4 | 5 |
| Popcorn chicken | Mini Corn dogs | Country fried steak | Cheeseburger | Stuffed crust Pepperoni pizza |
| Seasoned rice | Baked beans | Mashed potatoes | Smiley fries | Lettuce w/ Romaine |
| Corn | Apple sauce | Mandarin Oranges | Glazed carrots | Green beans |
| Peaches | Cookie / cake | Roll & butter | Apple slices | Blushing pears |
| 8 | 9 | 10 | 11 | 12 |
| Chicken nuggets | Chicken & noodles | Walking taco | Salisbury steak | Breaded cheese sticks |
| French fries | Green beans | Seasoned rice | Mashed potatoes & gravy | Lettuce w/ Romaine |
| Pineapple Tidbits | Peaches | Refried beans | Mixed fruit | Baby carrots / dip |
| Bread & wow butter | Roll & butter | Apple sauce | Roll & butter | Strawberries / bananas |
| 15 | 16 | 17 | 18 | 19 |
| BBQ Rib / bun | Mandarin orange chicken | Pasta w/ meat sauce | Hot dog | Cheese quesadilla |
| Cheesy potatoes | Seasoned rice | Lettuce salad | Baked beans | Baby carrots w/ dip |
| Corn | Green beans | Diced pears | French fries | Fresh fruit |
| Mandarin oranges | Pineapple tidbits | Garlic toast | Diced peaches | Cookie / dessert |
| 22 | 23 | 24 | 25 | 26 |
| French Tst w/ syrup | Breaded chicken / bun | Pork sandwich | Deli sandwich | |
| Sausage links | French fries | Sweet potato fries | Sun chips | |
| Hash brown patty | Orange slices | Green beans | Apple slices | COOK'S CHOICE |
| Strawberries & bananas | Dessert | Fruit | Cookie | |
| 29 | 30 | 31 | | |
| NO SCHOOL | NO SCHOOL | NO SCHOOL | | |



May 2017

May is Iowa
School Board
Recognition Month
Thank a Board
Member today!

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 1 Day 1 G Golf vs N. Cedar—4:00 B Golf @ N. Cedar—4:00 MS Girls Track @ Beckman—4:00 MS Boys Track @ Maq. Valley—4:15 B V Track @ Marion—4:45 B V/JV Soccer vs Bell. Marquette—4:00 ← Teacher Appreciation Week | 2 Day 2 B V/JV Soccer @ W. Liberty—5:00 G V Track Meet —Home—5:00 2017-18 Kindergarten Parent/Student Night @ Shannon Gym—7:00 ← Teacher Appreciation Week | 3 Day 3 2:00 Early Dismissal — Prof. Dev Mandatory Summer Drivers Ed Mtg—5:00 PM @ HS Auditorium B V Golf Home—1:00 | 4 Day 4 PTO Elementary Walk-a-Thon COED Conference Track Meet @ Bellevue—4:30 | 5 Day 5 MS G/B Track @ W. Branch—4:00 | 6 Vocal State Large Group Contest @ Tipton—10:00 |
| 8 Day 6 G V Golf @ Camanche—3:30 Band Round-Up @ High School Gym—7:00 ← Support Staff Appreciation Week | 9 Day 1 G Golf Conference Meet @ Saddleback Ridge Golf Course—9:00 COED MS Track Conference Meet @ Cascade—4:15 Dessert Concert—7:00 @ Berndes Center PTO Mtg @ Carpenter—6:00 ← Support Staff Appreciation Week | 10 Day 2 Board Work Session—6:00 National BPA Leadership Conference in Orlando G Golf Conference Meet @ Muscatine Municipal Golf Course—10:00 NURSES Day! | 11 Day 3 National BPA Leadership Conference in Orlando G/B District Track @ TBD—4:00 G V/JV Soccer @ W. Liberty—5:00 | 12 Day 4 National BPA Leadership Conference in Orlando B Golf Sectionals @ TBD—10:00 G Golf vs Anamosa—Home—4:00 | 13 PTO Fun Run - 10:30 AM at the High School —sponsored by Monticello PTO National BPA Leadership Conference in Orlando B V Soccer @ Beckman—12:45 |
| 15 Day 5 G Regional Golf—10:00—@ TBA G/B V Soccer vs West Delaware—4:00 Seniors: Silver Service hours due today by 3:00  | 16 Day 6 Concert on the Green-Regions Bank—12:15 | 17 Day 1 2:00 Early Dismissal — Prof. Dev 5th/6th Grade Track & Field Day—9am-2pm Senior Cap & Gown Pick Up—2:00 | 18 Day 2 G/B State Track—Drake B Golf Districts—TBA G V/JV Soccer @ Vinton-Shellsburg—5:30 B V/JV Soccer vs Clear Creek Amana—4:30 8th Grade Canoe Trip | 19 Day 3 G/B State Track—Drake  | 20 G/B State Track—Drake |
| 22 Day 4 JV/V Baseball @ Bellevue—5:30 B Soccer Districts—6:30 @ TBD JV/V Softball @ Bellevue—5:30 7/8 Grade Vocal Concert—7:00 @ MS Auditorium Board Meeting—6:00 PM  | 23 Day 5 National Honor Society Induction—7:00 Seniors Honors Night—7:30 @ HS Auditorium G V/JV Soccer vs Anamosa—4:00 | 24 Day 6 Seniors Last Day of School Baccalaureate—7:00 @ First Presbyterian Church Mandatory Graduation Practice—1:00 @ HS Gym JV Baseball @ Bellevue DH—5:30 JV Softball @ Bellevue DH—5:30 | 25 Day 1 G V/JV Soccer @ Beckman—5:00 V Baseball DH vs Camanche—5:30 V Softball DH vs Camanche—5:30 | 26 Day 2 JV Baseball DH vs Wilton—5:30 Last Day of School!  | 27 Varsity Reserve Baseball @ Wahlert—11:00 V Baseball @ Wahlert—1:00  |
| 29 Memorial Day Graduation - May 28-- 2pm | 30 JV/V Baseball @ Wilton—5:30 JV/V Softball @ Wilton—5:30 G Soccer Regionals @ TBD—6:00 | 31 JV Baseball DH vs N. Cedar—5:30 JV Softball vs N. Cedar—5:30 | Track renovation to start approximately June 1st | | |

Monticello Community School District
711 South Maple Street
Monticello, Iowa 52310

Dr. Brian Jaeger, Superintendent
 Phone: 319-465-5963
 Fax: 319-465-4092
www.monticello.k12.ia.us

Board of Education

Angie Beitz
 Peg Mere
 Bud Johnson
 David Melchert
 John Schlarmann

For up to date information, please check our website at www.monticello.k12.ia.us

Students, parents, employees, and others doing business with or performing services for the Monticello Community School District are hereby notified that this school district does not discriminate on the basis of race, color, age, national origin, religion, sex, sexual orientation, disability, creed, marital status, gender identity, socio-economic status, physical attributes, physical or mental ability, ancestry, political party preference, political belief, familial status, and genetic information in admission or access to, or treatment in, its programs, activities, and employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the District's Equity Coordinator, Brent Meier at 217 South Maple Street, Monticello, Iowa, 319-465-5963, brent.meier@monticello.k12.ia.us. Any person having inquiries concerning the school district's compliance with state and federal laws and regulations concerning discrimination is directed to contact: Superintendent of Schools, 711 South Maple Street, Monticello, Iowa 52310, (319) 465-5963. This individual has been designated by the school district to coordinate the school district's efforts to comply with all state and federal laws and regulations concerning discrimination.