Message From The Principal

When trying to narrow the focus for October’s message, I made the mistake of going down the rabbit hole with the calendar of “National Months/Weeks/Days.” It turns out that October honors many different professions and many different foods (in case you were wondering, National Kraut Sandwich Week isn’t until the 3rd week of October, so you still have time to plan). My search also uncovered that October is Emotional Intelligence Awareness Month. What is emotional intelligence, and why do we have a whole month devoted to our awareness of it? EI is a person’s ability to be aware of, control, and express emotions in healthy and productive ways. It also includes being able to navigate the emotions of those around us and show empathy for others. Some experts even believe that our EQ (Emotional Intelligence Quotient) is more important than our IQ for being successful in life and living a healthy life. At FDSH, we talk with our students frequently about their emotions and learning to manage them in a healthy manner. We want our students to be able to look inward and be aware of their emotions and how those emotions can affect their decision making and their reactions to the world around them. We also want them to have the capacity to look outward and be aware of others’ emotions and react with empathy and understanding. This is not an easy task for teenagers (nor for adults). It sometimes takes a conscious effort. The good news is there are ways we can help our students improve their EI. First, we can guide them as they practice managing their negative emotions and help them to think through issues without overreacting or jumping to conclusions.

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Fall Marching Band

Marching band has been a part of the FDSH fall activities for decades. It is once again time for the All American Dodger Marching Band to take the field. The staff has been working on the show since last spring making plans for the music, the marching sets, and the color guard work. This is a tiring yet exciting season for all that are involved.

The show has been worked on since band camp took place August 5-9. After that week, the show has continued to be rehearsed outside of school time. Our show is based on the music of Elvis and features the classics, “I Can’t Help Falling in Love”, “C.C. Ryder”, “Jailhouse Rock”, “How Great Thou Art”, and “Hound Dog”. These songs are so much fun since they are familiar to most. There are many enhancing visuals, color guard work, and solos, that make the show just that much better.

Come see the band and all the hard work that is evident through their performance at any home game or at the State competition that will be held in Dodger Stadium on October 12th. Marching band is an important part of football games, but there is so much more behind what is seen at a game. Please come enjoy a competition! Thank you, thank you very much!
We can also help our kids identify their stressors; when they know what triggers their negative emotions, they can be more prepared to navigate them. We can also arm them with the vocabulary to express exactly what they are feeling in specific terms. Identifying goes a long way toward managing.

It’s probably no coincidence that National Emotional Intelligence Awareness month coincides with National Depression Education and Awareness Month, National Dropout Prevention Month, and National Bullying Prevention Month. The inability to navigate our emotions and reactions have ripple effects on our lives.

If you are interested in looking further, here are some sites you might find helpful. At FDSH, we are here to partner with you as we build our students’ capacity to be successful.

In the meantime, happy Squirrel Awareness Month to you all!


**FDCSD Partners with Peachjar for new Virtual Backpack**

The FDCSD has partnered with Peachjar and has begun sending digital flyers directly to parents. Peachjar provides an innovative flyer management system that sends school-approved digital flyers directly to parents' inboxes and posts them on the schools’ web pages. Now parents can easily find and view flyers and take action immediately to sign up for activities and events.

Community organizations may register with Peachjar as a "Program Provider" and upload flyers for distribution to the desired school(s). Peachjar charges a fee for this service, but free events are free to upload. Paper flyers will no longer be distributed and the calendar format Virtual Backpack on our homepage has been removed.

After a flyer has been submitted through Peachjar, it is routed automatically to the district office for approval then emailed as a visually engaging, full-color image to parents.

To learn more or to become a Program Provider visit [www.peachjar.com](http://www.peachjar.com).
2019-2020 School Year

Dear Parents/Guardians:

Effective July 30, 2008, all students entering 9th grade are required to have a dental screening prior to the start of the school year. This must be done by a dentist or dental hygienist. A screening for ninth grade is valid from one year prior to enrollment to four months after enrollment date.

The school is audited at the end of each school year, so it is vital that you do your part to ensure your child has a dental check-up and that this form is filled out and returned to the school nurse prior to Christmas break.

If a form is not on file for your child by the time the audit is conducted, a screening (look in the mouth) will be done October 31, 2019 by a trained dental professional, unless you send notice stating you do not want this done.

If you need assistance finding a dentist, or have any other questions regarding this requirement, please contact the I-Smile™ Coordinator, Cindy Partlow RDH, at 515.573.4107.

Thank you for your partnership to ensure your children have a healthy mouth to focus on education!

Sincerely,

Cindy Partlow, RDH
cindy.partlow@webstercountyia.org
Illustrative Math and You

This year, the high school math department has adopted a new curriculum, Illustrative Math. Previously we used the Discovery series which has a focus on students figuring out mathematical connections and concepts by experiments and investigations, and it is not aligned with the Iowa Core Curriculum. The students were having a harder time making connections with the material, and were not reaching their full potential.

The Illustrative Math curriculum has been designed to align with the Iowa Core. The units start with real life applications that can make sense to the students as a starting point for the topic under discussion. This helps them be more engaged in their learning. This curriculum was piloted two years ago in the middle school and adopted by them last year. The high school piloted sample units in Algebra I and II as well as Geometry last year. The full curriculum was just released this summer.

One of the nice features of this curriculum is for parents. The curriculum is all online at https://im.kendallhunt.com/HS/index.html The website has information about the curriculum, as well as family curriculum. Here you can find information about the lessons your child is learning to help you understand as well. Please explore the site and ask your math teacher if you have more questions.

Senior students and parents are invited to attend one of the following senior informational meetings to be held in the Fort Dodge Senior High Library – October 1 at 4:00 p.m., October 15 at noon, October 29 at 6:00 p.m., or November 7 at 4:00 p.m. Topics to be discussed will include graduation requirements, graduation activities, post-secondary planning, and financial aid including scholarship opportunities.
National School Lunch Week: October 13-19

President John F. Kennedy created national School Lunch Week in 1962. The week recognizes the importance of a healthy school lunch in a child’s life, and the impact it has inside and outside of the classroom. Nearly 30 million students are served healthy lunches every school day!

School nutrition programs play a critical role in ensuring all students receive nutritious lunches, which follow strict federal nutrition standards. School lunches include servings of fruits and vegetables, whole-grains, lean protein and low-fat dairy.

Please take a minute the week of October 13 to thank the food service providers at your child’s school for helping your child power through the day by serving healthy lunches.

Fall Conferences October 22 & 24

Parent Teacher Conferences will take place for TK-12 grade students October 22 from 4-8 p.m. and October 24 from 8 a.m. – noon and from 4-8 p.m. There is no school October 24 or 25 due to conferences.

FDSH will hold open conferences using a come and go format. Parents/guardians will meet with teachers on a first-come, first-serve basis in their classrooms. Please try to limit conferences with individual teachers to 15 minutes or less so all families have the opportunity to meet with teachers. If you have questions please contact the main office at the high school.
National School Bus Safety Week: October 20-26

The school bus is the safest vehicle on the road. Students are about 70 times more likely to get to school safely when taking a school bus instead of traveling by car. The greatest risk to children is not riding a bus, but approaching or leaving one. Teach your children to follow these practices to make school bus transportation safer.

- **Safety Starts at the Bus Stop.** Your child should arrive at least 5 minutes before the bus is scheduled to arrive. Remind your student to wait for the bus at least three giant steps (6 feet) from the curb.

- **Get On and Off Safely.** When the bus arrives, your child should wait until it comes to a complete stop, the door opens and the driver says it’s ok before approaching the door. Encourage kids to use the handrails.

- **Use Caution Around the Bus.** Remind your child to never walk behind a school bus. If you child must cross the street in front of the bus tell him/her to walk along the sidewalk or side of the street to a place at least 5 giant steps (10 feet) in front of the bus before crossing. You child should make eye contact with the driver to ensure the driver can see him/her.

In addition, drivers can make school bus transportation safer by learning and obeying the school bus laws.

- **Yellow flashing lights indicate the bus is preparing to stop to load or unload children.** Motorists should slow down and prepare to stop their vehicles.

- **Red flashing lights and extended stop arms indicate the bus has stopped and children are getting on or off the bus.** Motorists must stop their cars and wait until the red lights stop flashing, the extended stop arm is withdrawn and the bus begins moving again before they can start driving again.

Thanks for helping us keep our kids safe on our school buses!
District Compliance

It is the policy of the Fort Dodge Community School District not to discriminate on the basis of race, creed, color, ancestry, age, gender, sex, sexual orientation, gender identity, national origin, disability, physical attributes, religion, political party preference, political belief, socioeconomic status, veteran’s status, actual or potential parental, family or marital status in its programs, services, and employment practices. If you have questions or grievances related to this policy, please contact Steph Anderson, Director of Student Services-Elementary and Dr. Kirsten Doebel-Secondary, Central Administration Office, 104 South 17th Street, Fort Dodge, IA 50501, (574-5678) or contact the Civil Rights Midwestern Division for U. S. Department of Education Office, 500 W. Madison Street, Suite 1475, Chicago, IL 60661-4544. (Alternate for Section 504 is Lynnae Harvey, Director of Special Needs, 515-574-5675).

The District’s Compliance Coordinator for Affirmative Action is Lesa Negus, who can be reached at 574-5657 or 104 South 17th Street, Fort Dodge, IA 50501.

The District’s Designated Investigator of Physical/Sexual Abuse of Students by School Employees are Steph Anderson (Director of Student Services-Elementary), and Dr. Kirsten Doebel (Director of Student Services-Secondary). They can be reached at 574-5678 or 104 South 17th Street, Fort Dodge, IA 50501. The alternate is Corey Moody. He can be reached at 574-5469 or 819 North 25th Street, Fort Dodge, IA 50501.

The District’s Officers for Harassment Complaints and Allegations are Steph Anderson-Elementary and Dr. Kirsten Doebel-Secondary, Director of Student Services. They can be reached at 574-5678 or 104 South 17th Street, Fort Dodge, IA 50501

*See web page for athletic schedules and dates*