GARNER-HAYFIELD-VENTURA HAPPENINGS

Garner-Hayfield-Ventura Community School District Newsletter 605 Lyon St., PO Box 449 Garner, IA 50438 Non-Profit Organization U.S. Postage Paid Garner, IA Permit No. 42

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February/March, 2017

SCHOOL BOARD MEETINGS

The upcoming Garner-Hayfield-Ventura School Board meetings will be held as follows:

- Monday, February 13, 2017, 6:30 PM
- Monday, March 13, 2017, 6:30 PM Special Meeting (Financials & Bill Approval Only)
- March 20, 2017, 6:30 PM, Regular Meeting

The meetings will be held in the high school media center. Visitors are welcome to attend.

PRAIRIE ENERGY WASHINGTON, D.C. IOWA YOUTH TOUR

High school sophomores and juniors are invited to apply for the 2017 Washington, D.C. lowa Youth Tour, sponsored by Prairie Energy and open to sophomores and juniors whose parents are members of Prairie Energy. Join 1600 other high school sophomores and juniors from across the United States on a week-long tour and adventure to D.C. Meet lowa's members of Congress, tour historic sights, take a boat cruise on the Potomac River, visit Smithsonian museums, make new and lifelong friends, learn more about electric cooperatives, and sharpen your leadership skills...a totally different experience than the GHV Junior High D.C. trip. For more details, contact Don Kammrad (dkammrad@prairieenergy.coop or at (800) 728-0013. Deadline for applying: March 31, 2017



SCHOOL PICTURES

On Thursday, March 2, 2017, the Elementary School, grades PS-4, will have spring pictures taken. Please watch your child's take-home items for upcoming details.

There are no retakes done for spring pictures. If parents of the Tuesday/Friday 3-year-old-preschool class want your child's picture taken, please bring them to the school at the beginning of the day, Thursday, March 2, to have them photographed.

SUBSTITUTES NEEDED

With spring fast approaching, we are still looking for responsible people to substitute when our staff needs to be gone. If you are interested, please call with your information.

HS Substitutes – L. Formanek – 923-2632 5th- 8th Substitutes – C. Echelberger 829-4484 PS - 4th Substitutes – D. Dallman, 923-2831 Custodial Substitutes – Kris Hanson, 923-2718 Kitchen Substitutes – K. Zobrist, 924-2356 Nurse Substitutes – B. Hiscocks, 923-2831 Transportation Substitutes – Kevin Hanson, 923-2134

New substitutes will need to stop at the Superintendent's Office, in our high school, to complete background check paperwork. THANKS!



ATTENTION PARENTS OF CHILDREN WHO WILL BE THREE OR FOUR BY SEPTEMBER 15, 2017

We are now taking names for our 3-Year-Old and 4-Year-Old Preschool Classes. Your child must be three or four by September 15, 2017, to attend. The 3-Year-Old class is limited to 12 students per class and we will have two classes. One section will meet Monday and Thursday mornings and the other will meet Tuesday and Friday mornings.

The four-year-old preschool is held four days a week, Monday, Tuesday, Thursday, and Friday. The limit is 20 students per class. We have a morning and an afternoon session. Any students that are on our bus routes and plan to ride the bus will attend the morning class, unless you specify differently.

There will be a parent meeting in the spring for all preschool parents. Please watch for information in the next newsletter.

Garner-Hayfield -Ventura Schools - MISSION STATEMENT



CHOIR & THEATER ARTS~

by Mrs. Griffin

rgriffin@ghvschools.org



Second semester finds the junior high chorus and theater arts classes in full swing! We continue to emphasize variety in style as well as blend, balance, and listening in choir. Theater arts classes include lots of ensemble-building games, improvisation, as well as character development.

Be sure to attend these upcoming choir and theater arts events:

Tuesday March 7: 7-8 Band and Vocal Concert, 7 p.m. Saturday May 13: Beg./Adv. Theater Arts, 2 p.m. & 7 p.m. Tuesday May 16: 7-8 Jazz Band & Vocal Pops Concert, 7 p.m.



SPECIAL OLYMPICS by Kristin Schmidt, Rebecca Martinson, and Erin Larsen

The Special Olympic season is upon us and we are very excited! Last year all of our athletes made it to state. GHV has around 10 students competing in 3rd-12th grade. If you see them, please take a minute to talk to them about the Special Olympics and wish them well!

Regional basketball skills competition will be in Spirit Lake, Iowa on Thursday, January 26th. Athletes who receive first place ribbons will then compete in state competition on March 11th in Iowa City, Iowa.

Regional track and field competition will be in Spirit Lake, Iowa on April 6th. Athletes who receive first place ribbons will then compete in state competition on May 26th in Ames, Iowa.



THE HACOCK COUNTY FOUNDATION PROVIDES FUNDS FOR BOOKS by Dawn Bassett, K-12 Teacher Librarian

Students at GHV High School have been enjoying new fiction books that were purchased through a grant received from the Hancock County Foundation. This grant has provided books for the three libraries in our district. Over the past 15 years, our readers, grades K-12, have

appreciated having such a variety of new resources to read for pleasure, and to assist with their research. This fall, many new STEM related books were purchased for our elementary students. STEM resources include books related to Science, Technology, Engineering, and Math. We have been able to keep our libraries current with the assistance of the Hancock County Foundation.



ELEMENTARY SPECIAL ED by Mary Hall

Hello all! We've been busy (and chilly) in the special education department! This is the time of the year that can get long...short days and cold dark nights. Sometimes we wonder if spring will ever come for us!! However, in Special Ed, we love this time of the year as it proves to be wonderful for our students. There aren't as many school breaks and this means lots of routine and steady learning time. We get great results and lots of hard work from our students!

We love our students here at GHVE and we work hard to meet their needs. Because many of our students have special needs such as Autism and or Down Syndrome, they learn differently than a typically developing peer. They work very hard and in between lessons, they need breaks!

Breaks can come in many different forms. Think about our 'adult' breaks. Maybe your break includes coffee or a soda, a snack, or chatting with a friend. No matter how you take it, the purpose of a break is to refocus our brains and then, we're refreshed and can go back to work. What do we do at school? Lots of things!

We have task cards for each student and after they complete three tasks, they can have a break. In the special education classroom, students can choose between music, iPads, drawing/coloring, dance parties, snacks, and more. We also have an incredible sensory room that our students love! In this room, we have a large sensory table, a ball pit, a trampoline with a safety net, some miniature exercise equipment, many sensory balls, exercise balls, a sensory pod, an art easel, a nest swing, etc. Each piece of equipment serves a specific purpose to help our students de-escalate and refocus so that when the break is over, they're ready to learn and give it their best.

Still wondering about what purpose a sensory break serves? Check out this website...it's a great resource! http://autismdigest.com/more-than-a-break/

We hope you learned a little something about the importance of taking short breaks. Have a safe and warm rest of the winter!



FAMILY & CONSUMER SCIENCE By Nicole Vansickel

Hello from the Family and Consumer Science department! It's crazy to think we are already entering into the second semester! The FCS department has been busy! The students are continually being challenged on a number of topics including Safety and Sanitation, Knife Skills, Nutrition, Measuring, Cost Per Serving, Cooking Principals, Herbs and Spices, Bakeshop Basics, etc. in the Foods Classes. It's always fun to see the students in action in lab after they learn about a lesson! By the end of the semester we had some students who never cooked before cooking, and students who had cooked before cooking out of their comfort zone. During the semester, the Foods and Advanced Foods students had an opportunity to tour Hy-Vee and the 1910 Grill. They got to see the back of the house and see the difference of a fine dining restaurant to that of casual restaurant. They also got to hear the terminology they had learned put into action and used in a professional setting.

One of Advanced Foods main responsibilities is to work in the Cardinal Cafe, which is a student-run Coffee Shop. Cardinal Cafe is open in the mornings from 7:40-8:10. The cafe is open to the student body and to the staff, and operates out of the Family and Consumer Science kitchen. Some of the items that are sold at the Cafe are: Frappe's, Mocha's, Latte's, Smoothies, and Hot Chocolate. First semester, Advanced Foods is in charge of running the Café, while Culinary runs the Cafe second semester.

In Textiles, students made a number of different individual projects. They start the semester out making a cosmetic bag and finish by making a quilt of their choice, with a few projects in between. Students are using all parts of their brain in Textiles. They are using the creativity side along with the problem solving side. There is a lot of Math involved in Textiles and students don't even realize how much Math they are using! My favorite projects are always the quilts. I love seeing their faces once their quilts are done!! So if anyone has extra fabric they would like to donate; we are always in need of fabric, batting, zippers, thread, etc. Thank you in advance!!

Personal Family Relationship class is always a fun class where students get to know themselves better while at the same time getting to know others better. In this class, you learn how to deal with and interact with different relationships. One of the units we cover is Social Health. With this unit, we visit Concord Care Center and interact with the residents. As the semester progressed, it was neat to see the relationship between the students and the residents grow. Lifelong friendships have definitely been formed between the residents and the students.

FCCLA has been off to a great start this year. We meet twice a month and have some fun things planned. October started off our FCCLA activities with Pink Pastry. We sold

pink baked items around the community to raise money for Breast Cancer Awareness. We raised over \$300 this year. The students decided to donate that money to an individual in the community who is battling breast cancer. Our next big project is the Father Daughter Dance in March. Students who attend GHV and are in grades Preschool-4th grade are invited. Be watching for more exciting information to come on this!!

The FCS department is always busy doing something! First semester went by so quickly; it's hard to believe that second semester is already starting. I'm looking forward to these second semester classes: Culinary, Child Development, Advanced Health, Intro to Textiles, and Textiles! I can't wait to share all of our exhilarating news from second semester in the next newsletter!!



FINANCIAL AID PRESENTATION FOR GHV JUNIORS (CLASS of 2018)

by: Angie Bierle

What: Financial Aid Information Night

When: Monday, March 20, 2017

Time: 6:30 p.m.

Where: Garner-Hayfield-Ventura High

School Auditorium

Junior parents and students will learn about the financial aid process, the forms that will need to be completed, the different types of financial assistance available, and where they can go for help. This program will provide useful information on how and when to get started with the financial aid process. The information will include:

- * Completing the FAFSA (Free Application for Federal Student Aid).
 - * Important deadlines.
 - Overview of the financial aid process.
 - * Types of financial assistance available.
 - * Scholarships and scams.
 - * Helpful tips.
 - * Where to go for additional help.

A representative from the lowa College Access Network (ICAN) will present the latest financial aid information. ICAN is a division of lowa Student Loan Liquidity Corporation (a private, not-for-profit corporation). Its mission is to provide free information, assistance, counseling and support to college-bound students and their families as they plan for college and apply for financial aid. Please join us!

Individuals needing more information about financial aid are encouraged to contact Angie Bierle, Counselor at

the High School, (641) 923-2632.



EIGHTH GRADE TRANSITION NIGHT by Angie Bierle

Eighth graders and parents/guardians in the Garner-Hayfield-Ventura Schools are encouraged to attend the Transition to High School Program, which has been scheduled for 6:30 P.M., on Tuesday, April 4, 2017, in the Garner-Hayfield-Ventura High School Auditorium.

Mr. Haag, Mr. Newton, and Mrs. Bierle will provide informational items. The high school student council members will conduct tours of the high school building with the students. Parents are also welcome to tour the high school facility with the administrators. Handouts will be provided including the Garner-Hayfield-Ventura High School Curriculum Guide and Fall Course Registration materials for the 2017-18 school year. Individuals needing additional information are

encouraged to contact Mr. Newton, Counselor at the GHV Junior High, at (641) 829-4484; or Mrs. Bierle, High School Counselor, at (641) 923-2632.



6th GRADE READING & LANGUAGE ARTS by Beth Schmidt

Along with our regular Journeys curriculum, the 6th graders have been engrossed in several projects. Mrs. Schmidt's students became elves and wrote about helping at Christmas. Mrs. Heitland's students did a project about Christmas and New Years around the world. All 6th grade reading and language arts students wrote a children's book. After editing, they were printed and bound, and the students illustrated them. To finish the project off, the sixth grade reading classes went to Redeemer Preschool and proudly read their completed books to the preschoolers.

February / March 2017

2016 YIELD Students Complete Program

Superintendent Tyler Williams delivered the address January 5th for 16 Garner-Hayfield high school juniors graduating from the YIELD leadership program in the GHV Auditorium. Parents, mentors and other guests were also in attendance.

YIELD (Youth Investing Energy in Leadership Development) is a collaborative effort between the Garner Chamber of Commerce, Garner-Hayfield-Ventura High School, and Garner Asset Project in an effort to prepare future leaders by developing their leadership skills and creating relationships between the youth and the local business community.

Students began attending classes on September 15. There are 14 class sessions in all, on topics such as professional etiquette; resume writing



and job interviewing; leadership styles; public speaking; and business/industry. Each session was facilitated by a community leader who specializes in the topic field. Students were also matched with a community business leader as a

mentor. Students must attend a city council meeting and spend time planning, organizing, and implementing a community input project to complete the program.

This year's support came from the following 42 businesses and community individuals:

2016 adult YIELD mentors: Mike Bahnsen, Chris Bierle, Kevin Breister, Lori Fank, Phil Garland, Steve Kral, Marline Lewerke, Trece Lonneman, Carrie Rodriguez, Kara Rudisill, Tim Schmidt, Joe Scott, Paula Spilman, David Stromer, Sarah Swanson, and Natalie Swartout.

2016 YIELD Financial Sponsors:

Classic Catering, Clear Lake Bank and Trust, Garland & Rodriguez Law Office, Schmidt Livestock, DK Arndt, Garner Lions Club, Drs. Tesene, Maurer, and Maurer, and Reliance State Bank.

Session Leaders: Mike Bahnsen, Shirley Brown, Collin Davison, Lori Frank, Mary Greiman, Denise Jakoubek, Sheryll Klesel, Deb Quintus, Nikki Renner, David Stromer, Meagen Wentz, Tyler Williams, and David Zrostlik.

Meeting space was donated by: Garner Public Library, Garner Ed Center, Avery Theatre, Stellar Industries, and GHV High School.

The Garner Chamber of Commerce, Garner-Hayfield-Ventura High School, and Garner Asset Project are proud of the strong community support YIELD enjoys. YIELD is funded by the Youth Substance Abuse Prevention Services Grant, Iowa Dept. of Public Health and generous local sponsors.



Front row: Reva Winkelman, Madison Taft, Kaylee Mahlstedt, Spencer Formanek, Cherrice Risius. Middle Row: Dane Whipple, Samantha Hall, Hannah Wellik, Paige Rasmuson, Bailee Frayne, Derek Neuberger. Back Row: Connor Burke, Ray Cataldo, Jonah Albertson, Spencer Duregger, Matthew Heinemann.

Mentors: Leaders in Strengthening Our Community

January was the 15th annual National Mentoring Month. Mentoring is is a school and/or community based a great way for people to make a difference in the life of youth in the community. The One on One Mentoring Project, a program of the Garner Asset Project in agreement with the Garner Hayfield Ventura Community Schools, have been helping youth in the community since 2004.

Mentoring is a great way to help build assets and character in youth and yourself! Many mentors report gaining just as much from the relationship as the child they are mentoring.

Research shows that mentoring increases students' self-esteem, academic success, and positive social interaction while reducing a student's risk of alcohol and drug use and the risk that the student will skip school.

The One on One Mentoring Project mentoring program. Mentors visit with their student for one hour a week find and keep jobs. The statistics



during the school day and on school property or after school in the community. They are there to be a friend to the youth and build a relationship with them. One on One mentors play games, do crafts, work on homework, read together, watch movies, go for walks, and often times just talk with

the child. Mentors help young people set goals and strengthen communication skills, which can help those youth prove that mentors really help young people grow and succeed!

I would like to thank the 18 mentors that are involved in this program. Your time, effort, and dedication to this program and the youth you serve are greatly appreciated.

We currently have several opportunities for men and women to help our community youth grow and we are always accepting new mentors! So if would like to "mentor one child... you change two lives", please call 641.430.4716 or email sbrown@ghvschools.org to find out more information about the One On One Mentoring Project or to volunteer as a mentor!

Shirley Brown, Coordinator 1080 Division St. Garner, IA 50438

Got Unused Drugs?

Turn in unused or expired medication for safe disposal at the **Hancock County Sheriff's Office**

No Questions Asked



A Secure **Drug Disposal Station** is available 24 hours-a-day

at 875 State Street, Garner.

GAP Meetings

12 - 1 pm

Lunch provided

Everyone is welcome!

Thurs. Feb. 9

St. Paul Lutheran Church 810 State Street

<u>Thurs. Mar. 9</u>

St. Boniface Catholic Church 660 Bush Street

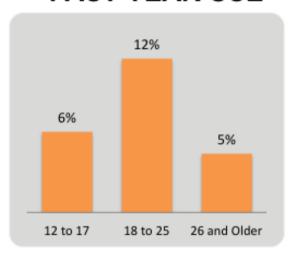
Abuse of Prescription (Rx) Drugs

Affects Young Adults Most

Young adults (age 18 to 25) are the biggest abusers of prescription (Rx) opioid pain relievers, ADHD stimulants, and anti-anxiety drugs. They do it for all kinds of reasons, including to get high or because they think Rx stimulants will help them study better. But Rx abuse is dangerous. In 2014, more than 1,700 young adults died from prescription drug (mainly opioid) overdoses—more than died from overdoses of any other drug, including heroin and cocaine combined—and many more needed emergency treatment.¹



PAST-YEAR USE



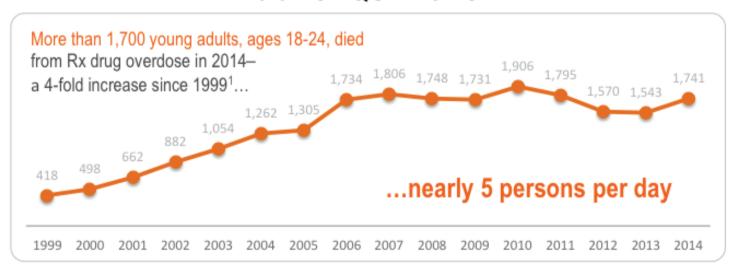
In 2014, the nonmedical use of prescription drugs was highest among young adults.²

MOTIVATIONS FOR USE

Most young adults say they use Rx drugs to^{3,4,5}



CONSEQUENCES



Among young adults, for every death due to Rx drug overdose, there were:

119

Emergency Room Visits⁶ 22

Treatment Admissions⁷





6. SAHMSA, DAWN, 2014; 7. SAMHSA, TEDS, 2015

^{3.} Rabiner et al., 2009; 4. McCabe et al., 2007; 5. Lord et al., 2011;

5-8, District, Elementary, High School