www.ghvschools.org

FEBRUARY-MARCH 2022 VOL. 49 NO. 4



School Board Meetings

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

- Monday, February 14, 2022, 6:30pm
- Monday, March 14, 2022, 6:30pm

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

Spring Pictures

Elementary Spring Pictures will be Thursday, February 24, 2022. Be on the lookout for more information coming soon.

Second Graders Take a Trip on the Polar Express!

By Mrs. Smeby





In December, second grade classrooms were buzzing with excitement! Language Arts focused on the story of the Polar Express! Students were able to study two different versions of the story, learning more about adjectives, genre, discussing similarities and differences in the stories, and understanding more about whose point of view each story was being told from. They also wrote their own Polar Express stories, as if they boarded the train in front of their house, to

take the journey to the North Pole! Stories included practicing writing in complete sentences, with the adjectives to make their stories "juicy!" Students also shared their stories with each other, practicing their presentation and listening skills.

As a culminating activity, partnered with Reliance State Bank, American Family, Java 18, and Avery Theater, from our community, students boarded our own Polar Express, complete with our conductor! Students came to school in their pajamas and robes, ready to make the journey to the North Pole! They traveled to Avery Theater to view the movie *The Polar Express*! Each student had their ticket in hand and was greeted by our conductor! You might recognize him! Java 18 provided us with hot chocolate and American Family donated our popcorn! It was a wonderful way to finish our unit and begin the holiday break!

YIELD: Youth Investing Energy for Leadership Development

YIELD stands for Youth Investing Energy for Leadership Development.

This program is for high potential students in 11th grade who have exhibited leadership skills. This program was started approximately 16 years ago with a partnership between the high school, the Garner Asset Project and the Garner Chamber of Commerce. The program has evolved with funding, partnerships and the number of students involved.

The purpose of the program is to develop future community leaders, highlighting their potential for

YIELD GROUP: Front row- Owen Pueggel, Alec Rodriguez, Samuel Robbins, Scylar Schulze, Benjamin Marshall, Nolan Balk.
Back row- Caitlyn Bjoraker, Madison Barrett, Sophia Juenger, Alexis Wilkin

community participation and linking youth with the adult business community.

Students are nominated by school faculty, who identify youth as good students/citizens likely to emerge as future community leaders and yet have been overlooked previously for leadership opportunities.

Each of the 13 sessions is usually 1 hour and is held at 7am weekly for most of the sessions. We usually try and have the sessions at different locations in Garner, but due to covid we have tried to limit the use to just a few places, such as the Garner Library, GHV High School, the Rec Center, Stellar and the Fire Station. Each session has a date, time, location, presenter, topic, objectives and the key experience the student should take away from the session.

The first session we discuss what the program is about and each student signs a Leadership Pledge identifying their commitment to being respectful, being responsible for themselves and others, being eager to learn, a positive team member, a visionary and that the YIELD program is a team effort that builds on each session and that failure to follow through on their commitments may result in being dropped from the program.

The students take turns being a presenter host, participation monitor, refreshment host and the evaluation police. The presenter host is responsible for making the guest presenter feel welcome and introducing them to the team. The presenter monitor is responsible for making sure each student has a name tag on and writing a thank you note to the presenter. The refreshment host is responsible for planning breakfast. The evaluation police is responsible for making sure each member turns in their session evaluation. For each session the students evaluate the speaker to make sure they are benefiting from the session.

Time management and responsibility are important traits of a good leader so, the students are required to keep track of changing session dates, times and locations. Special out-of-class required assignments are a big part of the program, such as attending a Garner city council meeting, completing a Strengths Quest test, completing a email to their mentor, completing a personal visit with their mentor (such as meeting for coffee, lunch, or doing something fun together), taking

a tour of their mentor's place of work and completing a community service project. The leadership classes are taught by community leader volunteers speaking to skills such as: personality and work styles, volunteerism, public speaking basics, digital citizenship, having a mentor mixer to get to know their mentors better, local industry and professional etiquette.

Local businesses have a huge stake in the development of youth as future community/business leaders. A goal of the program is to link these students to the business community. Each student has a business mentor who meets regularly with the student to discuss curriculum content and develop a relationship that increases the student's perception that "their community values its youth". We have found in research that a community valuing its youth is a very important protective factor to youth.

The students spend time planning, organizing and implementing a community impact project of their choosing. Landscaping the local volunteer ambulance building, helping to put up the rec center's ice arena, making and serving breakfast to the high school staff, making decorations and Christmas cards for the local nursing home and helping out at the food bank here in Garner are examples of past projects that gave students the opportunity to give back to their community and spot light the YIELD program.

The youth must attend 80% of session activities and then if they do miss they have extra assignments to complete in order to graduate. Graduation includes a celebration for parents and students to be recognized for all of their hard work and dedication to the program. The students each pick a part of the YIELD program or a program that was presented during YIELD and is responsible for sharing that information at graduation to practice public speaking. Then a local leader delivers the graduation address to parents, students and mentors.

Local businesses help to financially support the program to provide YIELD shirts and fund for breakfast each morning.

2020 YIELD Mentors:	2021 YIELD Sponsors:	2021 Session Leaders:	
Marline Lewerke	Classic Catering	Collin Davison	
Karla Rudisill	Clear Lake Bank & Trust	Ken Kasper	
Carrie Rodriguez	Garner Dental Group	Next Generation Technologies	
Paula Spilman	Garland & Rodriguez Law Office	David Zrostlik	
Courtney Weiskamp	Reliance State Bank	Pam Roberts	
Court Christianson	IMT Transport	Shirley Brown	
Adam Kofed	Pritchard Auto Company	Kris Hanson	
Jay Larkin	D.K. Arndt, P.C.	Paula Spilman	
Erik Mullenbach		Sandy Rayhons	
Phil Garland		Victoria Schmidt	
Damon Quandt		Sheryll Klessel	
		Shirley Anderson	

Upcoming Choir Concerts

On **Tuesday, February 15th at 7:00pm**, the GHV High School Choirs will be performing their Pops Concert. Listen to familiar tunes from Bob Dylan, Simon and Garfunkel, Andy Grammer, and many more! The concert will include the 9-10 Mixed Choir, 11-12 Concert Choir, a combined choir of 9-12 students, and a few featured performances. Make sure to stop by the High School Auditorium to hear some great music!



Alerts for Weather-Related Delays and Cancellations

In case of inclement weather, all weather-related announcements will be communicated via **SchoolMessenger**, as well as through radio and television stations.



If you have not yet signed up for SchoolMessenger, visit our school website at www.ghvschools.org, choose Quick Links, and then SchoolMessenger. Notifications are available via text message, email, or both.

This is NOT the same as signing up for communication via JMC during school registration. JMC is a separate program and is used for general communication to students and parents.



GHV Mobile App

The GHV mobile app is a great resource. It includes calendars, lunch menus, daily announcements, bell schedules, staff directories, quick links, and more. Look for Garner-Hayfield-Ventura CSD in both the App Store and Google Play.

PLEASE NOTE: The GHV mobile app does NOT include emails and/or text notifications for weather-related delays and cancellations. Sign up with SchoolMessenger to receive those notifications.

Non-Discrimination Policy Statement

It is the policy of the Garner-Hayfield-Ventura Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs 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: **Shawn Miller**, *GHV High School Principal*, 605 Lyon Street, Garner, Iowa 50438, 641.923.2632, smiller@ghvschools.org.

Substitute Paraprofessionals & Custodial Staff NEEDED

Garner-Hayfield-Ventura CSD is looking for paraprofessional and custodial substitutes. For a paraprofessional substitute, no specific certification is required. We invite any age, male or female, to apply. Hours will vary depending on which area you are subbing. If you think this could be for you, please call and inquire at any of our buildings.

Custodial staff hours and building will vary, depending on the need. We invite anyone that may be interested to contact Kris Hanson, *Director of Maintenance*, at 641.923.2718.

Substitutes Contacts:				
GHV PS-8th & Paraprofessionals Connie Hackenmiller 641.923.7124	Nurse Bonnie Hiscocks 641.924.2355	Maintenance Kris Hanson 641.923.2718		
GHV High School Beth Hawe 641.923.2632	Food Service Liz Blockhus 641.924.2356	Transportation Kevin Hanson 641.923.2431		

All new substitutes will need to stop at the superintendent's office for a background check and to fill out employment paperwork. Thanks!

A Parent's Guide to Raising Resilient Kids

Following is a great resource from the Partnership to End Addiction that includes research-based best practices and resources for strengthening young people's mental and physical health, family bonds, school performance and engagement, and supportive neighborhoods and communities. They highlight supportive parenting practices that you can use and practice in challenging circumstances that all parents face. Ultimately, they hope this resource will help you in your efforts to raise healthy and resilient children with all of the wonderful opportunities to lead vibrant, fulfilling lives.

A Parent's Guide to Raising Resilient Kids

Parents work hard to ensure that their children have the support, resources and internal strength needed to face life's challenges. We know you want to put your kids on the path to mental and physical health, build strong parent-child bonds and envelop them in a safe and supportive school and community environment. This can all help contribute to personal and social success and a meaningful future.

These basic goals – raising a supported, healthy and safe child – can be complicated by circumstances that include mental or physical health problems, trauma or financial instability, social isolation or a lack of opportunities for safe and healthy engagement with one's community. All pose a threat to a child's and family's well-being. For many families, the COVID-19 pandemic worsened these threats, leaving parents and their children more exposed to their consequences.

Much of this resource focuses on risk factors and protective factors. Risk factors are characteristics and circumstances that may appear early in childhood. If left unchecked, they can lead to mental health or behavioral problems, physical health problems, social and relational difficulties, or substance use and addiction. Moreover, these risk factors tend to overlap, build upon one another and cause harm.

That makes protective factors all the more important. Protective factors serve primarily to foster a child's resilience, or the ability to cope effectively with life challenges and gain strength and wisdom from those challenges. As a parent, you can't possibly eliminate all obstacles to healthy development for your children. Still, decades of research show that parents are the single most important influence on children's attitudes and behaviors and a critical source of their resilience.

Through specific positive parenting practices outlined in this resource, you can support and empower your children, promote resilience, and protect their health, safety and well-being. We'll share science-backed recommendations for raising resilient kids – kids who will be better positioned to face the challenges that life will inevitably throw their way. We also provide useful resources to turn to for additional information, tips and support.

10 key protective parenting strategies that research has shown can promote resilience in your children. Some may seem like simple, common-sense practices, but applying them effectively and over time requires a lot of dedication, time, patience and drive.



- 1. Start early.
- 2. Know the facts:
- 3. Be a good model for health and resilience.
- 4. Communicate openly and honestly.
- 5. Share your expectations.
- 6. Monitor their behavior.
- 7. Take a healthy, not a punitive, approach.
- 8. Encourage healthy risk-taking and emotional expression.
- 9. Use positive reinforcement.
- 10. Know your children's risk level and respond accordingly.

For more information about raising resilient kids click on the link below.

https://drugfree.org/wp-content/uploads/2021/10/A-Parents-Guide-to-Raising-Resilient-Kids-10.2021-FINAL.pdf

Partnership to End Addiction has a range of resources and services for parents interested in raising resilient, healthy children, including help for parents seeking to prevent substance use and addiction in their children, starting from an early age and continuing into adulthood:

Research-backed information

https://drugfree.org/prevention-and-taking-action-early/

Resources and tools that include approaches to help families address substance use prevention and take early action.

Free support

https://drugfree.org/get-support/

Our helpline, peer support programs, text messaging program and online tools can help you and your child. Find support and customized resources.

Tools for connection and learning:

Resilient Relationships is a free text messaging program that aims to empower parents and caregivers to raise healthy, substance-free kids through the foundation of a positive, nurturing relationship. It is part of our larger <u>Help & Hope by Text</u> program, which delivers personalized text messages and resources straight to your phone. Text **PARENT** to **55753** and answer a couple of questions to get started!

Hancock County ASAP Resource Guide

Need help? Check out our ASAP Resource Guide, designed for parents to help youth or a loved one battling addiction, mental health, or behavioral health issues find the resources they need to improve their quality of life.

http://asap4hc.com/find-help-asap/

For more questions on any of these programs, please contact **Sandy Rayhons** at the ASAP Coalition, <u>director@asap4hc.com</u>, or **Kelly Hutcheson** at <u>projectmanager@asap4hc.com</u>.

JUNIOR CALENDAR COUNTDOWN TO YOUR FUTURE



Visit www.ICANsucceed.org/apt or call (877) 272-4692 to schedule an appointment to create a plan for career and college, as well as financial aid. Virtual appointments are available.

March

- ☐ Attend the ICR Future Career & College Fair, Eastern lowa's largest. Find your career pathway. talk with employers, colleges & universities from across the country, and attend breakout sessions. Visit ICANsucceed.org/icrfuture for details.
- ☐ It's time to schedule college and apprenticeship program visits. Revisit your career assessment results and schedule visits with programs and schools that meet your career and budget needs. During each visit, meet with the admissions and financial aid offices. Download a helpful checklist at ICANsucceed.org/materials.
- ☐ If you plan to take the May SAT ® register now. Visit Chegg.com for test prep tools and resources
- ☐ Update your activities resume with volunteer work academic achievements and employment.

April

- ☐ If you take AP courses, consider AP exams. You could earn college credit.
- ☐ When visiting colleges or training programs take notes and highlight what is most important to you. Download the Campus Visits worksheet for questions to ask and departments to visit at ICANsucceed.org/resourcezone.
- ☐ Compare your impressions of each college and rank them according to preference. Narrow your
- ☐ Register now for the June ACT ® or SAT ®.
- ☐ Visit Raise.Me and update your profile to earn scholarship dollars for your college planning activities and daily classes.

May

- ☐ Narrow your college or apprenticeship choices to your top five and highlight the important features of each. Make a second visit if necessary.
- Take AP exams if needed.
- ☐ Find a summer job related to your career interest.
- ☐ Polish your resume; if required, assemble writing samples, a portfolio, or audition video.

June

- ☐ Schedule final campus visits.
- Begin completing private scholarship applications.
- Save your summer earnings to pay for college.
- Prospective student athletes, there are lots of steps to becoming a college athlete. Learn about college athletic requirements at ICANsucceed.org/ collegeathletes.

July

- ☐ Obtain and review college admission applications.
- Consider which teachers, employers or other adults you'll ask to write letters of recommendation.
- ☐ Create a spending plan. It's easy to get in over your head. Talk with your parents to consider your options or learn more at ICANsucceed.org/ budgeting.

OUNTDOWN TO YOUR FUTURE

Visit www.ICANsucceed.org/apt or call (877) 272-4692 to schedule an appointment to create a plan for career and college, as well as financial aid. Virtual appointments are available.

March

- ☐ Visit an ICAN Center to review and compare financial aid packages from colleges. An advisor will analyze your packages using the College Funding Forecaster and help you determine the best financial option. You can also download the Compare College Costs worksheet from the ICANsucceed.org/materials.
- ☐ Finalize your www.Raise.Me activities to maximize your scholarship potential.
- Begin making plans for a summer job.

April

- ☐ Analyze your financial aid packages using College Funding Forecaster - iowastudentloan.org/
- Decision Day is May 1. Decide which college or programyou'll attend. Sign and send the required documents and make note of other important deadlines.
- □ Tell other colleges you won't be attending.
- ☐ If you're securing a student loan, complete the required promissory note and entrance counseling.

- May ☐ Take AP®/CLEP® exams and earn college credit.
- ☐ Finalize your summer job plans.
- ☐ Ask your school counselor to send your final transcript to the college you'll be attending.
- ☐ Return all necessary documents, including financial aid forms, to your college.

Congratulations on your high school graduation!

June

- ☐ Notify the college about scholarships you received.
- ☐ Save money to help with education/training expenses.
- Attend orientation sessions to meet people, get familiar with campus and register for classes.
- Prepare a personal budget and review it with your

July

- ☐ Check out our "Packing List" to help make packing less of a chore, visit ICAN succeed.org/materials. Contact your roommate and decide who's bringing what so you don't double up.
- ☐ Thank your family and friends for their support.
- ☐ Continue your success in college; follow ICAN on Facebook & Twitter for continued tips and support.

February 2022

January 2022 February 2022 March 2022 S M T W T F S S M T W T F S SMTWTFS 1 2 3 4 5 1 2 3 4 5 2 3 4 5 6 7 8 6 7 8 9 10 11 12 6 7 8 9 10 11 12 13 14 15 16 17 18 19 9 10 11 12 13 14 15 13 14 15 16 17 18 19 16 17 18 19 20 21 22 20 21 22 23 24 25 26 20 21 22 23 24 25 26 27 28 23 24 25 26 27 28 29 27 28 29 30 31 30 31

High School
PS-8 School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 = 4:15 PM JH WR(H) = 4:15 PM JH WR (H) = 6:30 PM JJV Boys Basketball @ WF	1 = 4:15 PM 7 GB @ FC = 4:15 PM 8 GB (H) FC	One Hour Early Dismissal One Hour Early Dismissal	3 = 4:00 PM JV/V G/B BB@CL = 4:15 PM 7 GB @ LM = 4:15 PM JH WR (H) = 4:15 PM 8 GB (H) LM	4:00 PM JV/V G/B BB@NU	State LG Speech 12:00 PM WR Sectionals@ Osage
	5 7	8	9	10	11	12
	State Jazz Choir	CheerperformsatHalfofBoysgame	One Hour Early Dismissal	= 4:00 PM HS Soccer Meeting	Boosters Boys BB Tourney	
	= 9:00 AM HS Midterms Due	= 4:00 PM JV/V G/B BB(H)EG	One Hour Early Dismissal	= 4:15 PM 8 GB (H) EG SAT Pag Deadline	SAT Reg. Deadline	ACT Test Date
	= 4:15 PM JH WR @ WH	=4:15 PM 7/8 GB @ BK	= 2:30 PM Teen Council Mtg	= 4:15 PM 7 GB @ EG		G Reg. BB@TBD
						= 12:00 PM WR Districts@ Webster City
13	14	15	16	17	18	19
	Boys Dist. BB	GB @ WH GB (H) WH	G Reg. BB@TBD	State Wrestling		
	= 4:15 PM 7 GB @ WH		One Hour Early Dismissal	B Dist. BB@TBD	No School-Teacher PD Day	All State LG Speech
	= 4:15 PM 8 GB (H) WH		One Hour Early Dismissal	UNI Jazz Festival	No School-Teacher PD Day	Boosters Girls BB Tourney
	 6:30 PM GHV School Board Meeting 6:30 PM GHV School Board Meeting 		- 7:45 AM NHS Mtg	=3:10 PM NHS Tapping		G Reg. BB@TBD
20		22	23	24	25	26
	FFA Week					Dist. Ind. Speech
	NCIBA Jazz Festival	B Dist. BB@TBD	One Hour Early Dismissal	Spring Pictures	ACT Reg. Deadline	Boys BB Substate
	= 5:00 PM Northern Lights VB @ Ventura	= 4:15 PM JH WR @ LM = 5:00 PM Northern Lights VB @ Ventura	One Hour Early Dismissal	 5:00 PM Northern Lights VB Ventura 7:00 PM NHS Spring Induction 	■6:00 PM FFA Ag Skills Night	
27	7 28	1	2	3	4	5
	1st Day of B/G Track	SAT Late Reg. Date	One Hour Early Dismissal	= 5:00 PM Northern Lights VB		Mother/Son Night
	= 5:00 PM Northern Lights VB @ Ventura = 7:00 PM HS Band Concert	■ 5:00 PM Northern Lights VB @ Ventura	One Hour Early Dismissal	@ Ventura		
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March 2022

February 2022 March 2022 April 2022 S M T W T F S SMTWTFS SMTWTFS 1 2 3 4 5 1 2 3 4 5 3 4 5 6 7 8 9 6 7 8 9 10 11 12 6 7 8 9 10 11 12 13 14 15 16 17 18 19 13 14 15 16 17 18 19 10 11 12 13 14 15 16 20 21 22 23 24 25 26 20 21 22 23 24 25 26 17 18 19 20 21 22 23 27 28 29 30 31 27 28 24 25 26 27 28 29 30

High School
PS-8 School

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 1st Day of B/G Track 5:00 PM Northern Lights VB © Ventura 7:00 PM HS Band Concert	SAT Late Reg. Date 5:00 PM Northern Lights VB Ventura	One Hour Early Dismissal One Hour Early Dismissal	= 5:00 PM Northern Lights VB @ Ventura	4	Mother/Son Night
6	5:00 PM Northern Lights VB @ Ventura 7:00 PM FFA Meeting	= 5:00 PM Northern Lights VB @ Ventura	9 One Hour Early Dismissal One Hour Early Dismissal 7:45 AM NHS Mtg 2:30 PM Teen Council Mtg	10 4:30 PM G TR@Humboldt 5:00 PM Northern Lights VB @ Ventura 7:00 PM 4th Gr Concert@HS Aud 7:00 PM 4th Gr Concert@HS Aud	End of 3rd Qtr End of 3rd Quarter ACT Late Reg. Date 4:30 PM B TR@Humboldt	SAT Test Date State Ind. Speech
13	14 GHV Band Trip Spring Break = 5:00 PM Northern Lights VB @ Ventura = 6:30 PM GHV School Board Meeting = 6:30 PM GHV School Board Meeting		16	= 5:00 PM Northern Lights VB @ Ventura	18	19
20	1st Day B/G Golf, B/G Soccer Begin 4th Qtr 1st day of JH girls track Begin 4th Qtr 4:00 PM 4yr Preschool Parent/Teacher Conferences 5:00 PM Northern Lights VB @ Ventura	22 4:00 PM 4yr Preschool Parent/Teacher Conferences 4:30 PM P/T Conferences 4:30 PM P/T Conferences 5:00 PM Northern Lights VB @ Ventura	One Hour Early Dismissal One Hour Early Dismissal 9:00 AM 4yr Preschool Parent/Teacher Conferences	24 4:00 PM 4yr Preschool Parent/Teacher Conferences 4:30 PM P/T Conferences 4:30 PM P/T Conferences 5:00 PM Northern Lights VB @ Ventura	25	Father/Daughter Dance
27	All State Ind. Speech 10:38 AM ICAN LG Mtg w/ 10th Gr 12:32 PM ICAN LG Mtg w/ 11th Gr 5:00 PM Northern Lights VB @ Ventura 6:30 PM Fin Aid Night (Jrs)	29 5:00 PM Northern Lights VB Ventura 7:00 PM Band Bonanza 7:00 PM Band Bonanza	One Hour Early Dismissal One Hour Early Dismissal Band Bonanza Band Bonanza	1st day of JH boys track = 5:00 PM Northern Lights VB @ Ventura = 6:00 PM FFA Banquet	= 5:30 PM G Soc@WC = 5:30 PM B Soc(H)WC	State Solo&Ensemble ACT Test 9 of 9