

GHV GARNER - HAYFIELD - VENTURA HAPPENINGS

www.ghvschools.org

DECEMBER 2019/JANUARY 2020

VOL. 47 NO. 3



School Board Meetings

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

- Monday, December 9, 2019, 6:30 pm
- Monday, January 13, 2020, 6:30 pm

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

Four-Year-Old Preschool Sign Up

We will start taking names for the 2020-2021 four-year-old preschool classes in **January 2020**.

- If your child will be four by September 15, 2020, they are eligible for our four-year-old preschool class. If you are interested in sending your child, please contact Doris Dallman at the Garner-Hayfield-Ventura Elementary School. The phone number is 641.923.2831

Substitutes Needed

With the new school year upon us, we are looking for interested teachers, paraprofessionals, custodians, food service workers, secretaries, and nurses, to substitute when our staff needs to be gone. If you are interested, please call the following people with your information.

GHV PS-4th Substitutes – Doris Dallman - 924.2351

GHV 5th-8th Substitutes – Vicky Olson - 829.4484

GHV HS Substitutes – Beth Hawe - 923.2632

Food Service Substitutes – Kathy Zobrist - 924.2356

Maintenance Substitutes – Kris Hanson - 923.2718

Nurse Substitutes – Bonnie Hiscocks - 924.2355

Paraprofessional Substitutes – Doris Dallman - 924.2351

Transportation Substitutes - Kevin Hanson – 923.2431

New substitutes need to stop in the Superintendent's Office to complete background check paperwork. Thanks!!

School or Event Cancellations/Late Starts

- Iowa School Alerts Becomes GovDelivery

In case of inclement weather, all weather-related announcements will be sent out using the GovDelivery System as well as notification to radio and television stations.

To sign up for this free GovDelivery service, you can go to the school website, www.ghvschools.org, and it is under "District Information" under the Iowa School Alerts name. Notifications can be made by text message to your cell phone or to your e-mail address, or both. You can select messages from only a particular building or all buildings.



GHV MISSION STATEMENT

To prepare students for a successful future in a kind, caring, and compassionate way.

2020 Driver's Education Classes

By Tony Englin

It's time to organize the calendar and buckle up for the 2020 GHV Driver's Education Classes taking place this spring. Classes will begin **Monday, February 10th in the GHV High School Auditorium**, where we will distribute books, the class schedule, and the syllabus. Typically our classes will be held every Tuesday, Thursday, and Friday morning (with a few exceptions). The actual class times will be announced at a later time.

The online sign-up form for the 2020 Drivers Education class will be available in early January, with a link being posted in the announcements for both the Junior High and High School students. Please feel free to contact Mr. Englin with any questions you may have regarding this year's class at tenplin@ghvschools.org.

Get to Know Your GHV Wellness Program...

Our Student Wellness Plan supports the health and well-being of our students in a variety of ways. One of the ways we do this is by promoting healthy snacks or treats in the classroom. Parents/guardians are encouraged to send healthy food items with their student for snacks and classroom celebrations. A suggested snack list can be found in the [Wellness](#) section of the GHV School Nutrition Program's web page.

Did you know that you can also order snacks for your student's classroom through GHV's School Nutrition Program? All items (with the exception of gluten-free cookies) meet the USDA's Smart Snacks in School

guidelines. Some items are noted to be peanut or gluten-free. All of the "Classroom Treats" will be served with utensils and napkins as needed and delivered directly to the classroom by our Nutrition Program staff. Please check out the [Classroom Treats](#) section on GHV School Nutrition Program's web page for more information!

If you are interested in learning more about GHV's Wellness Policy or the activities of the wellness committee, please visit our web page at <https://ghvschoolnutrition.weebly.com/wellness.html> or contact **Kathy Zobrist**, School Nutrition Director at kzobrist@ghvschools.org

Before and After School Program

By Shaunte Brown, B.A.S.P. Director

The 2019-20 school year has hit an all-time high in our enrollment. We are welcoming a new but familiar face back to our Before and After School Program, Shaunte Brown as the new Director. Shaunte Brown was the BASP Coordinator when the program was first started in 2016.

The program consists of students from GHVE that are in TK-4th grade. Our Before School Program coordinator, Kara Steffensmeier starts the day at 6:00 am and goes till the start of school. Kara provides different crafts and activities to get the kids excited for the day. Shaunte Brown serves as our After School Coordinator as well and takes over when school is out until 5:30 pm each day.

Students enjoy daily homework help, crafts, different activities, and on Wednesdays, we have a "Movie Day" with popcorn and treats. Our After School Program consists of some special helpers, Beth Lortz, Vicky Westcott, Abigail Sokol, Maddie Hinz, Kaitlyn Robinson, and Patrick Carew. We do offer a drop-in rate of \$10.00/day, but we require a 24hr notice.

The B.A.S.P. is off to a great start and we can't wait to see what the year has in store for us.



GHV High School Holiday Concert

By Jason Heitland



Mark your calendars for the annual GHV High School Vocal Music Department Holiday Concert which will be held on **Thursday, December 12th at 7:00 pm** in the High School Auditorium. This year's concert will include Impulse, Mixed Choir, Concert Choir, as well as many Featured Performances showcasing our talented high school vocalists. Selections for this year's concert include Fum Fum Fantasy, Psallite, Sleigh Bells, Song For A Russian Child and a special Grand Finale of Alleluia.

New for 2019, we are holding a donation drive to help stock the shelves of local food banks. Please consider bringing a non-perishable food or canned items to serve as your admission to the concert. **Please help the GHV Music Department in this special food drive.**

Hope to see you on December 12th!

GHV Middle School Students Performed With District Honor Bands

By Nate Benzing

Seven GHV Junior High Band students were selected as members of the North Central Iowa Bandmasters Association Honor band held November 16th at Algona's Wilcox Performing Arts Center. The day began with auditions for chair placement. Auditions were based upon required etudes, scales and the honor band music.

Approximately 190 students from 33 Schools in north Iowa were selected to create two equally skilled bands under the direction of guest conductors.

The bands concluded their full day of rehearsals with a 5:00 pm performance for family, friends, and directors.

The following students represented GHV Middle School as members of the 2019 honor band.

- **Katelyn Knoll**, Alto Saxophone
- **Jaycelynne Piper**, Clarinet
- **Zachary Flatebo**, Clarinet
- **Tyler Englin**, Tenor Saxophone
- **Aiden Hawe**, Tenor Saxophone
- **Tyler Osterkamp**, Trumpet
- **Zachary Thoe**, Trombone

News from the School Health Office

By Nurses Bonnie & Holly

Has your child ever woken up not feeling well and you wondered, "Is it okay to send my child to school today?" GHV has policies in place to help you with this decision and to help stop the spread of illness.

When should you keep your child home?

- If your child has a temperature greater than, or equal to, 100.0°F.
- If your child is vomiting or experiencing diarrhea. They also need to be vomiting-diarrhea-free for 24 hours prior to returning to school.
- Did your child wake up with a pink, matted-shut eye? This could possibly be pink eye. Your child needs to be on prescription eye drops for 24 hours prior to returning to school.
- Was your child diagnosed with strep throat? If yes, your child needs to be on antibiotics for 24 hours prior to returning to school.
- If your child wakes up feeling miserable, laying head on the breakfast table, constant cough and/or drainage running down nose, it may be a good idea to stay home until feeling better.

These guidelines are not only in place to get your child feeling his/her best so they can return to their learning environment, but to also stop the spread of infection at GHV Community School District. Thanks for being your child's best advocate! We couldn't do our job without you!

- Tips on Head Lice

As hat season is upon us, we thought we'd take a minute to review a little about head lice. Remember you should always assume there is a case of lice in your child's classroom, or in the community. Therefore, you should check your child's head at least weekly to prevent the spread of lice. Students found to have lice during the school day will not be sent home from school. Parents will be notified and will be asked to treat head lice before returning to school the next day. Classrooms will be notified if 20% of the class is known to have lice at any one given time.

Please note if your child is found to have head lice, treatment is about a two-week process. After treatment with lice shampoo, remember you need to comb child's hair daily with nit comb provided. Wash bedding, coats, hats, and blankies on a high temperature setting frequently (every day to every other day). Wash combs/brushes/headbands in a bleach-water solution. Vacuum mattress, pillows, couches daily. Don't forget to bag stuffed animals and any other plush items for up to two months.

- How Do You Check for Head Lice?

Regular checks for head lice are a good way to spot head lice before they have time to multiply and infest (are present in large numbers) your child's head.

- Seat your child in a brightly lit room.
- Part the hair.
- Look for crawling lice and nits on your child's scalp, a section at a time.
- Live lice are hard to find. They avoid light and move quickly.
- Nits will look like small white or yellow-brown specks and be firmly attached to the hair near the scalp. The easiest place to find them is at the hairline at the back of the neck or behind the ears. Nits can be confused with many other things such as dandruff, dirt particles, or hair spray droplets. The way to tell the difference is that nits are firmly attached to hair, while dandruff, dirt, or other particles are not.
- Use a fine-tooth comb to help you search the scalp section by section.

If you have questions about lice, please contact your child's school nurse.

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: **Jim Haag**, GHV High School Principal, 605 Lyon Street, Garner, Iowa 50438, 641.923.2632, jhaag@ghvschools.org.



G A R N E R A S S E T P R O J E C T

*December/
January*
2020

10 Signs Your Teen Is Vaping

1. A secretive attitude and closed door
2. Making frequent excuses to go outside or to the bathroom
3. A sweet smell in their room or on their clothes (it's the lingering scent from the vapor) and frequent use of candles or room freshener (to explain the sweet smell)
4. Increased thirst and dry mouth (and occasional nosebleeds). It's the propylene glycol which pulls water molecules from the mouth and nose
5. Attempts to conceal (or in plain sight on desk) colorful plastic caps from pods and small electrical devices and cords for charging
6. Changes in sleeping patterns
7. Raspy cough



8. Heightened caffeine sensitivity
9. Extreme anxiety, irritability, mood swings, or explosive anger
10. Changes in eating habits, upset stomach and gastrointestinal issues, weight loss

For more information
please contact:

Kelly Hutcheson,
Youth Development
Coordinator at GHV schools

khutcheson@ghvschools.org

641-923-2632

2019 YIELD Students Graduate

YIELD (Youth Investing Energy in Leadership Development) is a joint venture of the GHV Community School District and the Garner Asset Project for the purpose of developing future community leaders.

Fifteen 11th Graders nominated by faculty as good students/citizens likely to emerge as future community leaders graduated on December 5, 2019.

Students attended 14 sessions at 7 a.m. weekly in different locations in Garner. Participants were required to keep track of changing session dates, times, and locations.

Sessions were led by community leaders who volunteer to speak on such topics as: Leadership Styles, Volunteerism, Public Speaking Basics, Digital Citizenship, Local

Industry, and Professional Etiquette.



Superintendent Tyler Williams speaks on leadership skills, how to treat people and always looking for the good in someone.

One goal of the program is to create connections to the business community by matching each student with a business mentor who meets regularly with the students to discuss curriculum content and

develop a relationship that increases the student's perception that "their community values its youth".

Students then applied what they learned to plan, organize and implement a community impact project of their choosing. This year the students chose to cook a breakfast for all of the GHV high school staff to show their appreciation.

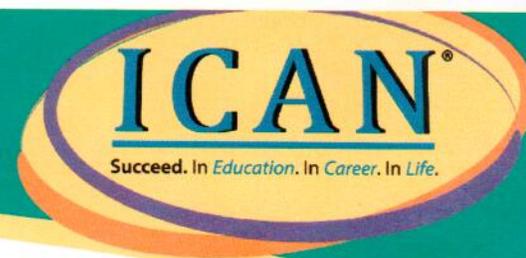
Other projects included helping the City of Garner put together an ice arena, paint benches in downtown Garner, and paint fire hydrants.

For more information please contact
Kelly Hutcheson:
khutcheson@ghvschools.org
641-923-2632



Students back row – Jake Hejlik, Hayden Hutcheson, Tyler Leerar, Kaiden Lackore, Will Eastman, Jack Ermer, Wyatt Heller. First row – Kelsey Watson, Emma Hejlik, Vanessa Olson, Maddie Graham, Erica Eenhuis, Breanna Robinson, Avery Lackore, and Abby Christians.

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.



August

- Prepare for college and career with the ICAN Tip of the Week; sign up at ICANSucceed.org/signup.
- Learn about college fairs and events in your area. Visit ICANSucceed.org/events and ICANSucceed.org/collegefairs
- Keep your grades up. Colleges look at your overall GPA through all four years of high school.
- Review your college savings plan; start saving money if you haven't already done so.
- Learn about careers that interest you with an assessment at ACTprofile.org.
- Talk to your parents and your school counselor about careers that interest you.

September

- Attend the Golden Circle College & Career Fair — Iowa's largest — at Prairie Meadows Conference Center in Des Moines the last Sunday in September. Talk with Iowa employers, colleges from across the country, and attend breakout sessions. Visit ICANSucceed.org/goldencircle.
- Register for the PSAT/NMSQT,® a two-part exam similar to the SAT.® Scores are used to determine National Merit Scholars.
- If interested, research military education benefits. Visit ICANSucceed.org/militaryoptions.
- Learn about apprenticeship opportunities at ICANSucceed.org/careertraining.

October

- Schedule a planning session at your local ICAN Student Success Center. Visit ICANSucceed.org/apt or call (877) 272-4692 to set up an appointment for career, college, or financial aid advising.
- Attend a college/career fair and talk with representatives to start researching potential education and training programs. Visit ICANSucceed.org/collegefairs.
- Find information about Iowa colleges at ICANSucceed.org/explore. Request information from colleges that interest you.
- Visit with your school counselor to discuss ways to increase your chances of being admitted to your education/training program of choice.

November

- Review brochures and catalogs from colleges that interest you. Make a list of 10 to 15 colleges that fit your requirements, including careers.
- Download the College Checklist from ICANSucceed.org/materials to stay organized.
- Start planning to take the SAT® or ACT® exams, if required. Familiarize yourself with registration deadlines and test dates. Take advantage of online test preparation resources such as practice exams and study guides.

SENIOR 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.

August

- Finalize your list of options. Decide which programs best suit you and your career interests. Review your program/campus visit notes and compare academic, cultural, and financial fit.
- Find information on admission, scholarships, and financial aid for your top program choices.
- Register now to take the September ACT®.
- Stay on top of your senior year to-do's with ICAN Senior Alerts. Visit ICANSucceed.org/signup to register for e-alerts and the ICAN Tip of the Week.
- Visit ICANSucceed.org/fsaid to learn about the FSA ID username and password. You and a parent each need an FSA ID for your financial aid form. Print a list of items you need to fill out the FAFSA at ICANSucceed.org/fafsachecklist.

September

- Visit an ICAN Center and work on your college and career plan. Schedule at ICANSucceed.org/apt.
- Register now to take the SAT® and/or ACT®. Pick up a study guide at a local bookstore, library, or review online resources.
- Begin writing essays for admission applications.
- Ask adults to write letters of recommendation.
- Update your www.Raise.Me profile and earn scholarships for college planning activities and class grades throughout your senior year.
- Visit ICANSucceed.org/FAFSAreadyia to find a FAFSA Ready Iowa event near you. Volunteers will help you complete and file your FAFSA for free.
- Schedule your FAFSA appointment with ICAN for after Oct. 1 at ICANSucceed.org/apt.

October

- Know the priority dates for filing the FAFSA at the colleges to which you're applying. Submit your completed FAFSA after Oct. 1 but before the priority date. ICAN can help - (877) 272-4692.
- Talk to admission counselors at the colleges you're applying to and find out whether retaking the ACT® or SAT® would be advantageous.
- Begin submitting your admission applications to the programs you're most interested in. Be aware of deadlines! Try to have your applications submitted by Nov. 1.
- Obtain financial aid forms from programs that require forms in addition to the FAFSA.
- Research scholarship days and deadlines at the schools to which you've applied. Fill out any additional scholarship forms before the deadlines.

November

- Avoid scholarship search and financial aid companies that charge a fee. Begin your free search at ICANSucceed.org/scholarships.
- Remember to keep copies of all forms you submit to colleges and agencies.
- Need help filing a FAFSA? ICAN can help. Visit ICANSucceed.org/apt to schedule an appointment.
- Considering taking the ACT® one more time? Register now to take the December test.
- If interested, research military education benefits.

IOWA YOUTH VAPING

Iowa Youth Survey 2018



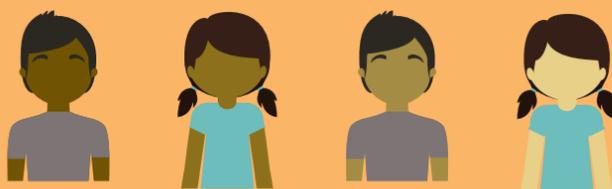
September 2019

E-CIGARETTE
USE MORE
THAN
DOUBLED
BETWEEN
2016 - 2018



*E-CIGARETTES USE AMONG
11TH GRADERS ROSE FROM
9.1% IN 2016 TO 22.4% IN 2018*

**22.4% OF
11TH
GRADERS
USED
E-CIGARETTES
IN 2018**



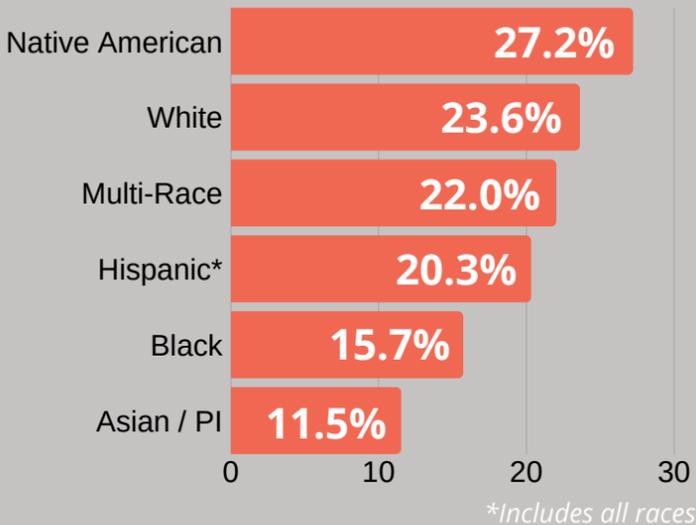
83%

**OF 11TH GRADERS WHO HAVE
EVER TRIED CIGARETTES OR
E-CIGARETTES TRIED
E-CIGARETTES FIRST**

**VAPING RATE
HIGHER THAN
ALCOHOL
& OTHER
DRUGS**



*THE 11TH GRADE VAPING RATE
(22.4%) IN 2018 SURPASSED
BOTH THE ALCOHOL (20%) AND
OTHER DRUG USE (15%) RATE*



**VAPING RATES BY RACE
AND ETHNICITY
AMONG 11TH GRADERS**

**OF ALL 11TH
GRADE
STUDENTS WHO
CURRENTLY USE
ANY TOBACCO,
93% VAPE OR
USE E-
CIGARETTES,
WHILE 23% USE
CIGARETTES**



**MY LIFE MY QUIT
YOUTH CESSATION PROGRAM**

TEXT "START MY QUIT" TO 855-891-9989

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|---|--|
| 1 9 am - JV/V Hockey@Nia Ice | 2 Jr Career Unit 4 pm - 4yr PS P/T | 3 ASAP Youth Summit @ Britt 8:30 am - HS Rollercoaster- 4 pm - JV/V G/B BB@NI 4:15 pm - 7 BBB @ BG 4:15 pm - 8 BBB (H) BG | 4 1 Hour Early Dismissal 4 pm - 4yr PS P/T | 5 7 am - YIELD Mtg-HSAud @ 4 pm - 4yr PS P/T 4:15 pm - 7 BBB @ FC 4:15 pm - 8 BBB (H) FC 6 pm - WR@New w/LM,NP 7 pm - YIELD Grad-HSAud @ | 6 4 pm - JV/V G/B BB(H)FC 6:30 pm - JV/V Hockey@Nia | 7 TIC Speech-Nashua- WR@Okoboji Tourney 1 pm - JV/V 3 pm - B BB@Osage |
| 8 | 9 Jr Career Unit 4:15 pm - 7 BBB @ Osage 4:15 pm - 8 BBB (H) Osage 6:30 pm - GHV School Bd | 10 4 pm - JV/V G/B BB@WH 4:15 pm - 7/8 BBB @ 6 pm - WR (H) HD,Rock. | 11 | 12 7:45 am - RAOC Mtg 12 pm - GAP@ ZionE&R 4:15 pm - 7 BBB @ LM 4:15 pm - 8 BBB (H) LM 7 pm - HS Vocal Concert | 13 4 pm - JV/V G/B BB(H)BK 6 pm - JV/V | 14 ACT Test WR@Central Springs 12 pm - JH Theater Arts 5:30 pm - JV/V Hockey@Nia |
| 15 Mat Club Tourney | 16 Jr Career Interviews 4:15 pm - 7/8 BBB (H) EG 7 pm - HS Band Concert | 17 4 pm - JV/V G/B BB@BG | 18 1 Hour Early Dismissal 2:30 pm - Teen Council Mtg | 19 8th gr. to NIACC 7:45 am - FCA Meeting 4:15 pm - 7/8 BBB (H) WF 6 pm - WR@w/BK,Rock, NB | 20 4 pm - JV/V G/B BB(H)LM | 21 WR@IF/A Tourney 5 pm - JV/V Hockey@Lincoln |
| 22 5 Day No Practices 10:30 am - JV/V | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 Winter Break (No School) | 30 | 31 | 1 Winter Break (No School) | 2 5 pm - JV/V Hockey@DM | 3 School Resumes 4 pm - JV/V G/B BB@EG | 4 |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|--|--|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| Winter Break (No School) | | | | 5 pm - JV/V Hockey@DM | School Resumes 4 pm - JV/V G/B BB@EG | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | 4 pm - JV/V G/B BB(H) 6 pm - WR@BK w/New | 1 Hour Early Dismissal 2:30pm - Teen Council Mtg | 7:45am - RAOC Mtg 12 pm - GAP@J.Pres 6 pm - WR@EG w/WH,NU | ACT Reg Deadline (Feb) End of 2nd Qtr/1st Sem Overtime after BB game 4 pm - JV/V G/B BB(H)NU | NCIBA Honor Band@NIACC WR@GTRA Tourn. 2 pm - JV/V G/B BB@Algona 4:30pm - JV/V Hockey@KC | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 8:50am - JV/V Hockey@KC | Beg. 3rd Qtr/2nd Sem 6:30pm - GHV School Bd | 4 pm - JV/V G/B BB(H)NI | 1 Hour Early Dismissal | NIACC Jazz Festival@NIACC 7:45am - FCA Meeting 4:15pm - 7/8 GBB (H) 4:15pm - 7/8 WR (H) Garner 6 pm - WR@NK w/FC,SA | 4 pm - JV/V G/B BB@FC | WR@LM Tourn. 1:30pm - JV/V Hockey@Nia |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| Booster WR Tourney 9 am - JV/V Hockey@Nia Ice | | 4 pm - JV/V G/B BB(H)WH 4:15pm - 7/8 GBB (H) WF | 1 Hour Early Dismissal 2:30pm - Pre-ACT | 7:45am - RAOC Mtg 8:25am - Pre-ACT-10thGr. 4:15pm - 7 GBB (H) Osage 4:15pm - 8 GBB @ Osage 6 pm - WR(H)CS,WF,O | 4 pm - JV/V G/B BB@BK | Dist. LG Speech WR@Denver Tourn. 5:30pm - JV/V Hockey@ NIA |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 9 am - JV/V Hockey@Nia Ice | IHSMA Jazz Fest.@TBD 4:15pm - 7 GBB (H) LM 4:15pm - 7/8 WR @ 4:15pm - 8 GBB @ LM | 4 pm - JV/V G/B BB(H)BG 6 pm - WR@WF w/NK, NU | 1 Hour Early Dismissal | 4:15pm - 7 GBB @ FC 4:15pm - 8 GBB (H) FC | 4 pm - JV/V G/B BB@LM 4:15pm - 7 GBB @ BG 4:15pm - 8 GBB (H) BG | |