



THE SAVAGE EXPRESS

SIGOURNEY COMMUNITY SCHOOL DISTRICT

October/November 2011

From the Desk of Superintendent Benita Gonzales

As I begin my first year in the Sigourney School District, I want to express my gratitude to the faculty, staff, students, and community for making the beginning of this school year a memorable and enjoyable experience for me. I have had the pleasure of meeting many people and can truly say that I've been welcomed warmly.

I am excited and encouraged about the diverse opportunities offered to our students and am truly impressed with the efforts to be an outstanding educational institution. Our programs and activities are delivered by an outstanding, hard working faculty and staff that have the best interests of our student(s) in mind. It is our aim to provide positive learning experiences for all student(s) as they travel through their educational career in our schools.

I would like to take this time to stress the importance of developing strong student, parent, and educator partnerships for the success of your student(s). In an effort to provide necessary assistance for your student's success, we welcome your input and feedback.

Further, we will work hard to keep you informed through our continued provision of student progress reports, academic/activity event postings on the web, and use of Alert Now. Also, continue to look for our quarterly Savage Express and special mailings for updated information about what is happening in our district and schools. School and district personnel are also available to discuss issues or concerns you may have.

Living in Iowa we are accustomed to the change in seasons, and like Mother Nature, our district is experiencing change as well. I am happy to let you know that our new administrative team of Kim Harmon (PK-12 Principal) and Deanna Hutchings (Administrative Manager) are excited and enthusiastic about moving our schools to the next level excellence. I believe we are extremely fortunate to have these ladies in our schools working with your students and I look for great things to happen as a result of their commitment to our district, education and most of all... our students! New to the activities director position but not a new face in our district is Lee Crawford. He has been extremely busy learning the new challenges of his position and is doing a super job!

As many of you may have noticed, eSEAL is no longer located on the square. Our students are now provided their programming in the high school where they have already set up their incubators and are busy developing their entrepreneurship skills.

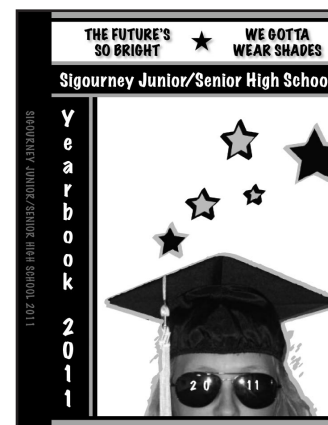
In a few short weeks you will no longer find the Central Office on Marion Street, as we will be moving to the Pre-School building located at 300 Kelly Street. All phone numbers and electronic communications will remain the same. Unfortunately, with our move will come the retirement of Marlene Stoutner, our Human Resources Director. She will join us for the remainder of September through the month of October and will then enjoy the pleasures of retirement. We will miss her but wish her well in this new chapter of her life.

In closing, I am proud to say that our dedicated, committed, and caring staff in our schools are motivated and eager to provide the best education for your student(s). I am happy to be with the Sigourney Community School District and with your support; I believe we can accomplish many wonderful things for our students as we prepare them to be strong leaders for tomorrow!

Warm regards,

Benita J. Gonzales, Superintendent

*To dream anything that you want to dream, that is the beauty of the human mind.
To do anything that you want to do, that is the strength of the human will.
To trust yourself to test your limits, that is the courage to succeed.*



2010/2011 Jr/Sr High Yearbooks Are In

2010/2011 Jr/Sr High Yearbooks may be picked up at The Design House at 220 East Jackson on Highway 92. They are open Mon-Thurs from 9-6 and Friday from 9-5.

This issue and past issues are available for order at www.designhouseplus.com or by coming in to The Design House. Questions? Call 622-9013.

SIGOURNEY COMMUNITY SCHOOL DISTRICT MISSION STATEMENT

The Sigourney Community School District, in partnership with family, business and community, will provide quality instruction and a progressive curriculum in a secure and challenging environment. All students will have the opportunity to acquire the knowledge, skills, and character to become productive citizens in a global society.

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Technology Update

Submitted by Kirk Magill

Here at Sigourney Community Schools the 13" White Apple MacBooks have performed very well and most of them are beginning the third year of service. From a hardware standpoint the macbooks have held up extremely well. Some of the issues that we constantly fight are the cracks on the front edge of the top case, failed hard drives and poorly cared for power adapter cords. Many of the issues are taken care of through our extended Apple Care warranty. Unfortunately excessive damage does not get covered. This is why we require parents and students read and sign the Computer Usage Agreement. Most students through the years have had no trouble keeping their macbook and all the accessories together, and in great shape. Students generally have been very responsible not losing or damaging any of the items. But we do have our exceptions as we have students ranging in age from 4 to 19 that are using the macbooks. Grades 5-12 take them home with them each night so it can be expected that maturity, attention to detail, and responsibly are also going to vary.

One of the lessons we hope students learn in addition to reading, writing and arithmetic is good decision making. They need to be able to handle the computers, take responsibility for them and ask for help when needed. I do not expect every kid to be perfect, but I do believe all of them can handle taking care of a computer.

Sigourney was the 4th school in Iowa to begin a 1 to 1 laptop initiative, now more than 100 schools in Iowa have made the shift. Including Tri-County, Pekin, and Oskaloosa. I feel like it has been an overall success, and the student's education has benefited from it.

The beginning of the school year has not gone without its typical set of challenges, and frustrations. With the change of administration some of the new key players have worked hard to learn about the technology and what it takes to support it. It is always a crazy time when handing out 700 computers to elementary, junior high and high school students. It has the potential to give a voice to many critics and always raises some questions that may need to be answered. I welcome all questions.

As the tech coordinator I am shared between Sigourney and Tri-County so this first week especially can be quite challenging. During the last 5 years in a shared position I have put in many 100 hour weeks in preparation for the computer roll-outs and given up many weekends to try to make this as smooth as possible for all of the staff, students and parents. Each year my kids have often generously volunteered their valuable time to assist in the preparation. It is quite an undertaking, and requires a lot of attention to detail. Believe it or not sometimes we may even forget to put a charger in a students bag. In cases like this I expect the students to take the responsibility and communicate directly with me. I make myself very available to students and staff throughout the day. I have an office at the high school, but I spend the mornings in the front offices of the Junior Senior High schools to field student issues as they come in the door in the morning.



The staff and students always know when I am in the buildings. My office has big windows that allow me to see them during their study hall in the library, and in return they can see me.

This year at Sigourney Elementary, Deanna Hutchings is always available to the kids and is my tireless support system for them at the elementary. If there is a problem with technology she lets me know immediately. My email and chat are always on during the school day, and students are encouraged to communicate this way with me as well.

With the first three weeks of school done, I am pleased with the progress. I will continue to strive to provide quality support to the school districts, employees and students where and when needed.

From the Desk of Administrative Manager Deanna Hutchings

Be a STAR!

Sigourney Elementary has started a new school wide PBS (positive behavior support). We want all of our students to be STAR students,

We want them to:

- (S)** Solve problems without fighting
- (T)** Treat everyone with kindness
- (A)** Accept consequences without arguing
- (R)** Respect people and property

The students who are caught being a STAR earn a star ticket to be put in a drawing each week to win prizes. The high school PBS team is also coming down once a month to perform skits, plays, etc. to teach our elementary students about how to be a STAR in tough situations.

From the Desk of Curriculum Director Shannon Webb

The Successful Student

Knowing how to learn and knowing how to acquire the skills necessary to become successful throughout life should be pursued with a passion by every student. No one wants to be a failure; however many students do not succeed simply because they do not know how to plan their time. They do not know how to put success-producing strategies into place to get them where they want to go.

Setting goals, mapping your route, formulating your plans are basic to accomplishing anything; you must be able to answer these questions:

- What is it that I want to do?
- How will I go about doing it?
- When will I do it?
- Where will I do it?
- Why do I want to do it?
- Who will help me do it?

So set your goals high. And remember that you can do whatever you make up your mind to sacrifice and do.

20 Small Packages for Student Success

1. Attend school every day.
2. Participate in classroom activities every day. Be prepared with homework, computer, pencils, paper and a good attitude for learning.
3. Do all of your homework daily and turn in your assignments on time. Impress your teacher and other students that you are a good and serious student.
4. Ask help from your teacher when you don't understand. All of your teachers want you to succeed and care about you!
5. Understand that success comes from daily hard work and much effort. Lazy students don't go to the top.
6. Identify and work on your short and long term goals. Where are you going in life? What do you want to be?
7. Staying in school and graduating is one of your most important goals.
8. Making a good living for yourself is the result of school success and good choices.
9. Plan the use of your time and stay on task as a learner. Be focused. Pay attention in class.
10. Be on your best student behavior at all times, cooperating with teachers and administration.
11. Learn to think independently (on your own) and to make accurate decisions that will help you reach your goals. Take charge of where you want to go.
12. Learn to get along with family, teachers, other students, and persons in authority
13. Keep your body clean and healthy. Avoid smoking, drugs, and alcohol.
14. Choose friends and role models who are going someplace and who stand for what is right and helpful to your goals.
15. Be a well rounded student. Participate in sports and other extra curricular activities.
16. Treat other people as you want them to treat you.
17. Know what your grade is in every class and keep your parents informed of the same. Good grades get scholarships.
18. Work at developing those personal skills, interests, and talents you really like and enjoy doing.
19. Learn from and listen to older people who have successfully gone through where you are now. Seek their help and advice. They can keep you from many mistakes.
20. Use a "to do" list to plan your daily and weekly school work and other activities.

Give it all you got!

Homework: Setting Your Child Up for Success

Written by Derek Dasher

Apart from the usual back-to-school anxieties of meeting new classmates and teachers, one thing that many children struggle with is getting into a habit of doing their homework on a nightly basis. Most parents have had the experience of their child coming to them at 9 PM on a school night and saying, "This huge assignment is due tomorrow and I haven't even started. Can you help me please?" In order to avoid situations like this, here are some ways that parents can help their children complete their homework and establish good study habits.

Have a specific time set aside for homework. Rules and guidelines for when to do homework need to be clearly defined early on in the school year. Parents should choose a time (say, 7:00 to 7:30) every night that is "homework time." During this time, TV should not be watched, cell phones should not be used, and all other distractions should be eliminated while your child completes their homework. Depending on the child's age, it may be necessary for a parent to sit down with them and offer assistance. Helping kids avoid frustration and distractions with their homework is critical in developing good, effective habits.

Choose an effective study area. One problem that many young students have with their homework is that they try to do it while sitting in front of the TV or around other distractions. Homework should never be done while sitting on the couch. Talk with your child and decide on an area of the house that would be the best place for them to complete homework. The kitchen table is a good option because it is usually spacious, well-lit, and free of distractions. Also consider purchasing your child a desk for their bedroom. Ensure that the desk is large enough so that your child can spread out their books and papers without frustration. Going along with that, it is also important that your child has easy access to supplies they will need to complete their homework. Make sure that paper, pencils, markers, calculators, etc. are on hand and easily accessible so your child will be empowered to complete their homework.

Offer assistance when needed. It's important for parents to remember that a child's homework is the child's responsibility. Parents should avoid completing homework for their children. Instead, parents should offer assistance in situations where it is needed. For example, if your child is studying for a spelling test, it makes sense for you to help quiz them on the spelling words. You could also make flash cards to quiz your son or daughter on math problems they've been learning. Assistance should vary depending on the child's age. Younger children are more likely to be frustrated with homework and may require a helping hand most nights. At the very least, you should check in with your child several nights a week and ask them what projects and homework they are working on and if they need assistance.

Reward your child. There are many ways to effectively reward your child when they have done well in their studies. Perhaps the simplest way is to offer verbal praise and approval. If your child starts working on their homework with no prodding from you, make sure you let them know that you appreciate it. Besides verbal rewards, it may be effective to offer your children TV time or video game time in exchange for concentrated effort on their homework. During the week, children could be rewarded with "friend time" after successfully completing their studies during "homework time." If habits like this are established early on in a child's life, they have a far greater chance of enduring throughout the child's teenage years in high school.

Counseling Office News

Submitted by Keri VanDenHeuvel

I am excited to be in my second year as counselor for Sigourney Community School District. As K-12 Counselor, I will be doing my best to fulfill the needs of the students. The plan at this point is for me to be at the junior/senior high four days a week and the elementary one day a week. It is my goal to touch on the three main areas of development for each student: personal/social development, academic development, and career development. With the help of our fabulous staff and administration, I know that we will work as a team and be able to connect with every student in our district.

As September comes to a close, I encourage the senior class to check their emails daily for upcoming events and deadlines. I created and shared a google doc that is called "Tentative Scholarship Due Dates." This document lists the information that is needed to qualify and apply for the scholarships. I encourage all seniors to check out this document and apply for as many scholarships that you are eligible to apply for. It is also time to start narrowing down your college choices. Apply to all of the colleges that you are interested in and set up a time to visit the college with your parents. Some of our local colleges will be having visit days. I will share this information through email. If you have not yet taken the ACT and plan on attending a four-year college, please go to www.actstudent.org and get registered. The deadline to register for the December test is November 4. Financial Aid Night will be Monday, November 28 at 6:00 p.m. in the high school library. I encourage all senior students and their parents to attend.

Juniors should be thinking about possible career choices and arranging college visits as well. I encourage four-year college bound juniors to take the ACT sometime after the first of the year giving you plenty of time to retake the exam if needed. If you receive free or reduced lunches or if you are a member of Upward Bound or Upward Bound Math/Science, see me about receiving a fee waiver for the ACT.

Ninth and tenth grade students need to focus on successful completion of academic courses. By focusing on completing core courses now, you can free up your junior and senior year to pursue our eSeal program or the Keokuk County Career Academy. I will be meeting with all seventh through tenth grade students in the next few months to work on the state required I Have A Plan Iowa website. An 8th Career Day at Indian Hills Community College is scheduled for Friday, October 14 from 10:15 -1:00 p.m. I will be taking all of the 8th grade students to the college for an exciting tour. This will be their first exposure to the numerous career opportunities that exist.

Starting Monday, September 19 at 7:45 a.m. for Junior High students and Wednesday, September 21st at 7:45 a.m. for High School students, I will be holding a group counseling session for any students that want to come. The intent is to meet weekly. We have many students that are facing issues and need to talk. Issues discussed will include grief, anger, divorce, depression, and relationships. I will try to help these students focus on building and gaining self confidence. Anyone is welcome. A confidentiality statement will be required.

Another event that is scheduled for the 8th grade students is Teen Screen. Teen Screen is a nationally-recognized program developed by Columbia University to identify risk factors associated with depression, anxiety, and alcohol and substance abuse. This is a free, voluntary, and completely confidential evaluation that is administered by our Great Prairie AEA Social Worker Amy Molyneux. Paperwork was included in the summer registration packets. Teen Screen is scheduled for the morning of Wednesday, October 19. If you would like additional information about Teen Screen, please contact me at the school.

My main focus at the elementary this year is going to be on Bullying Prevention. Bullying is becoming a problem in many schools across the United States. Recently, 28 of our 6th grade students took a survey about bullying and the results were shocking. I was amazed to find out that 11% of these students were scared to come to school. This is an alarming number. I will be working with the elementary staff and administration to help our students learn the best ways to handle bullying. Our goal of course is to eliminate bullying in our buildings.

It will be a busy year and it will fly by. Before you know it we will be graduating another class and welcoming a new group in the preschool. Please contact me with any questions or concerns that you may have with your students by email at keri.vandenheuvel@sigourneyschools.com.

Mr. Kingrey and Ms. Arvidson Gear Up for NAEYC Conference

Submitted by Brian Kingrey

Early childhood educators Mindy Arvidson and Brian Kingrey have been selected to present at the national early childhood conference in November. The National Association for the Education of Young Children (NAEYC) holds an annual conference each year, which brings together over 20,000 early childhood educators from across the nation and around the globe. This year's conference will be held in Orlando, FL November 2-5.

Mr. Kingrey & Ms. Arvidson were selected to present on developmentally appropriate practices and intentionality in teaching: how to make the most out of an early childhood classroom. Ms. Arvidson will support the presentation with her focus from preschool and early childhood special education, while Mr. Kingrey will support the presentation with his focus from kindergarten and his work with primary grades. The two will present their session alongside hundreds of other presenters. In addition, they will attend several sessions over the 4-day conference, and bring back a wealth of information to share with the early childhood team.

Look for more about the conference in the next edition of The Savage Express.

Sigourney Bands Update

Submitted by Jessica Daker

The year has gotten off to a great start in the band rooms at Sigourney Community Schools. From fifth graders on up to seniors, the students are making excellent progress -- and we are having fun as we work! If you have a chance, come check out any of our performances, which are listed below. You can also check out our performance dates for the entire year, plus check out all sorts of things by visiting the Sigourney Bands website: <https://sites.google.com/a/sigourneyschools.com/sigourney-bands/>

First Trimester Band Performances

Oct 14 Football Halftime (HS Band only)
 Oct 24 Stadium Echoes, 7:00pm (JH & HS Bands - HS Gym)
 Nov 11 Veteran's Day Assembly, 10:00am (JH & HS Bands - HS Gym)

2011-2012 PTO Events

Dates and times are subject to change.

September 13	Goodies for Grandparents, 5:00-6:00pm
October 4	Nacho Night/Beginning Band Display Night, 4:30-6:00pm
November 10	Pizza for Pops
December 3	Bowling
January 13	Movie Night
March	Bowling
May 8	Muffins for Moms
Early Spring	Summer Planning Fair

PTO meetings are held the first Tuesday of every month from 6:30-7:30pm. All meetings are held at the elementary.

Elementary PE

Submitted by Mitch Eslick

Summer flew by and we are back to school!! I am quite excited about PE this year at Sigourney Elementary. It is a relief to know faces and names this year and not trying to learn 300 or so like this time last year. The second through sixth grade students are in the midst of our Presidential Fitness Testing Unit, the students are tested in five areas, the tests include; Sit-ups (Core strength), Pull-ups (Upper Body Strength), Distance Run (Endurance), V-Sit (Flexibility), and Shuttle Run (Speed & Agility). Our students are compared against the average scores of students their age from all over the country. If a student scores in the top 50% in all five tests they are awarded the National Fitness Award and if they score in the top 85% in all five tests they are awarded the Presidential Fitness Award. Both are great honors and very difficult to obtain. In between tests we take a break and play a variety of team and individual games.

The Kindergarten and 1st grade students have been focusing mainly on their locomotor movements. They have been working on walk, jog, and run progression. Also working on galloping, skipping, bear crawling, and a variety of other movements. We have also been working on maintaining our individual space by walking/staying on the gym lines and trying to move from one end of the gym to the other. Students have also played games such as Red Light, Green Light and Duck, Duck, Goose. As the fall continues we will progress into individual sports skills and also some tag games.

I am looking forward to another outstanding year with all of the students here at the elementary. If you would like to know what is happening in PE please check out this link, <http://twitter.com/#!/SigourneyElemPE> where I update what we are doing in PE daily.

Learning... in Three Words

Submitted by Amy Jones

In a take off from "Good Morning America," sixth graders worked on word choice and expressed their thoughts on learning using only three words.

Reading, writing, thinking - Tommy S.	School is cool - Conner W.
Past, present, future - Caleigh D.	Live and learn - Lannie P.
Important. Understand. Knowledge. - Rylie S.	Learn to learn! - Nolan W.
Learning is fun! - Payton E.	Learn about history - Kennedy S.
Never stop learning! - Nicole H.	Past, present, future - Heather C.
Ask a teacher - Leah C.	Learn new stuff - Macie L.
Change the world - Sydney S.	Don't fail learning - Macie L.
Reading, writing, and learning - Bryce W.	Live, love, learn! - Khloe S.
Respect your school - Madi S.	Learning is unique! - Tanner H.
Learn with friends! - Hayley A.	Learning is A+ - Erica B.
Never stop trying - Luke H.	Learning is awesome! - Isaac C.
Learning is fun - Riley M.	Learning is rocking - Austin F.
Don't stop learning - Patience C.	Learning is everything! - Kaleb R.
Learn new stuff! - Madysen L.	Learn from everything - Casey J.
Learning is breathing - Sam B.	Learn every day - Macie L.
Don't fail learning! - Madysen L.	Reading is awesome - Micaela E.
Learning never stops! - Johnathon K.	Never give up - Camron L.



Scientists at Work

Submitted by Angela Bond

Mrs. Bond and the 5th grade students have been busy the first three weeks of school. Since this is Mrs. Bond's first year at teaching science, she and her students have been learning together. They have become cartographers by drawing a map of the school playground using a grid map. They added a key and symbols. They compared their maps to the model playgrounds they created. All this facilitated a discussion about map boundaries, map keys, symbols, map scale and the compass rose.

Recently, they've become geologists by studying the effects of erosion through stream-table investigations. Through their investigations, they've acquired vocabulary associated with landforms such as: delta, canyon, basin, channel, deposition, meander, plateau, and sediments. They have been gathering, analyzing, and interpreting data to help them hypothesize what might happen if a variable (such as slope, floods, added structures, etc.) is changed in their experiments. From these experiences, it is expected that students will see relationships between their models and the landforms in the world around them.

Students have enjoyed using the FOSS Landforms Modules in class and Mrs. Bond is having fun learning right along with them. It will be an exciting year for the young scientists.

Busy Times at Bright Beginnings Preschool

Submitted by Mindy Arvidson

Classes at Bright Beginnings Preschool, located at 300 West Kelly Street, began the first week in September. This year, there are two sessions that serve four and five year old children. One class meets on Mondays, Wednesdays, and alternating Fridays (by month). The other class meets on Tuesdays, Thursdays and alternating Fridays (by month). It is a full day program that runs from 8:15 AM - 3:15 PM.

The preschool students participate in the following activities throughout their school day:

- music and movement
- choice time
- small group times
- outdoor time
- large group activities
- lunch
- rest time
- story time

The classroom is divided into different interest areas which include blocks, dramatic play, art, discovery, library, computers, sand and water, toys and games, music and movement, and outdoors. These interest areas offer multiple opportunities for young children to explore, discover, and grow. Throughout the school year, the children work on several different skills in the areas of social-emotional skills, cognitive development, fine motor skills, gross motor skills, and self help skills.

From the Desk of PK-12 Principal Kim Harmon

Off to a flying start, the 2011-12 school year has brought with it more than a few adjustments for both students and staff at virtually every building. As the new PreK-12 Principal, I am enjoying the challenges unique to each building and am learning more and more every day about the students, the schools, and the community. Everyone I meet asks, "How do you like Sigourney?" and I am completely sincere in saying, "I like it very much!" The support and welcome I have received speak volumes for the people who live here and the value they place on education in this community. It is truly an honor to be here.

My greatest challenge is sharing my time between buildings but I am fortunate to have outstanding support staffs in each building. The office staff at the elementary is entirely new this year with the addition of Deanna Hutchings, Administrative Manager, and Lora Helm, secretary. Deanna comes from Fairfield where she taught third grade for four years. Lora has lived in Sigourney for many years and worked most recently at Jody's Togs and Tan. Both Lora and Deanna bring tremendous energy and a wealth of new ideas to the building.

While it's nice to have new blood, it's also good to have some folks around who can help create a smooth transition – those who have been around and know how things are done. The junior/senior high school experienced fewer changes in office staff. Shannon Webb is still in the front office as both Administrative Manager for the junior/senior high and Curriculum Director for the district. Her experience and knowledge of the schools and community have been invaluable during the transition. Another familiar face in the front office is Paula Rasplicka. She continues to manage the office as well as helping me to stay organized. She has been an indispensable resource.

Many more changes occurred in teaching staff – most of which were introduced to you in the spring newsletter. However, Lyndsay Van den Houvel joined the staff late in the summer and is the newest addition to the Special Education department. Lyndsay graduated from University of Northern Iowa.

With a talented administrative team and committed teachers and support staff, I have high hopes for the Sigourney Schools. It is an exciting time to be in education for those who are open to the changes that are being demanded by the challenges of the new century. The responsibilities being placed upon schools are greater and greater – more special programming, more required testing, greater demand for more complex technology, and less money from funding sources. Despite these challenges, as measured by state standards, our students are performing well. Math, reading and science scores are where they should be and our graduation rate is above the national average. But as a community we may ask if that is enough.

Our challenges are many but I can assure you that the educators in this community are here because they care deeply about your children. We know that there is work to be done. Change is going to be part of our future but it will need to be a community effort. It will start with a single conversation in a coffee shop or hardware store and will spread to organized meetings and forums. We are accountable to you for growth and progress of all students and you should have high expectations of us for the sake of your children. As community members, you are entitled to know how we are doing but I hope you will also take part in the conversations that will lead to addressing our challenges and creating a better education for our children. My door is open – at one building or the other – and my email is always available. Let's start that conversation looking for positive ideas for making the Sigourney Schools the best they can be. I'm here to make it happen!

KC STAAR Fall Updates

Submitted by Lynne Zoulek

The KC STAAR Project (Keokuk County Schools Tactics on Alcohol Abuse Reductions) is off and running this fall. The grant, started in 2008, through the US Department of Education's Safe and Drug Free Schools Grants to Reduce Alcohol Abuse was extended through the 2011-2012 school year. It includes the four schools in Keokuk County – Keota, Pekin, Sigourney and Tri-County.

Curriculums in the school include:

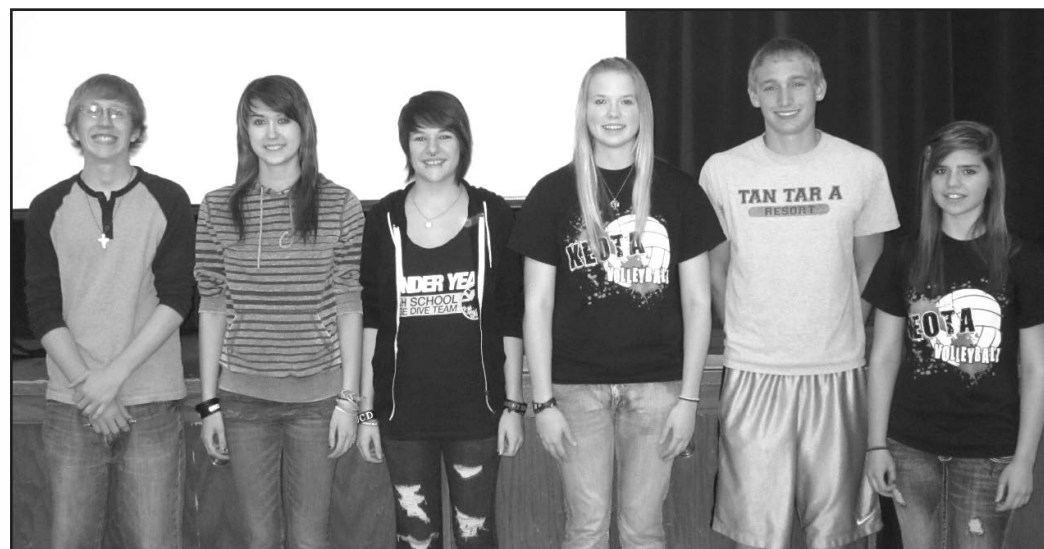
- Project Northland: a yearly curriculum taught to all 6th, 7th and 8th grade students in the four districts. Students learn about the risks of teen alcohol use, alternatives to drinking, and how students can make changes in the community to reduce alcohol abuse. Classroom teachers in each district teach all classes.
- Life Connections/Reconnecting Youth is a semester-long class students can take for high school credit. The class focuses on school attendance and achievement, mood management and drug use control (reducing drug use or staying drug-free).
- Alcohol Edu is a high school curriculum taught completely online using visual and auditory clues as a part of interactive lessons for all ninth grade students.

The year is shaping up to have increased number in the KC STAAR Action Team—the youth lead coalition to reduce substance abuse. In September, students raised money through an online fundraiser and many attended a 2-day leadership and substance abuse prevention camp at Camp Dodge with students from all across Iowa.

KC STAAR Activities coming this fall:

- October includes Red Ribbon Week, a week to raise awareness of alcohol, tobacco and other drug risks.
- November includes National Drug Facts Week, an interactive way for students to learn about drug use from physicians and other professionals
- Saturday, November 12th is the second annual "American Medicine Chest Challenge." Community members are encouraged to clean out any old, expired or unused medications to reduce prescription drug abuse. They should bring them to the collection site at Sigourney City Hall for proper disposal from 10 AM – 2 PM. Other collection sites may be added throughout the county.
- December is National Impaired Driving Prevention Month. Students will be out encouraging all adults out celebrating and intending to drive, to do so sober.

The new KC STAAR County-wide Action Team Officers (L to R): Tj Dailey, Historian (Pekin), Sara Fisher, Secretary (Sigourney), Cheyenne Rawhoof, VP (Sigourney), Spenser Becker, Treasurer (Keota), Trevor Draisey, President (Keota), and Kayla Baker, Sentinel (Keota)





>> eSEAL Incubator Update

Sigourney Jr. / Sr. High School
117 East Marion Street • Sigourney, Iowa 52591
Phone: 641-224-3222 • Fax: 641-224-3222
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From the Desk of eSeal Director Kristen Burghorn

Hello! It's so good to be back in school, starting my second year here in the district. After a relaxing (but seemingly short) summer, it's great to be back in the classroom working with students. I've been enjoying seeing the progress they've made over the summer and am encouraged by the goals they've set for themselves to achieve this year.

Although there are currently only 2 businesses that have Incubator time in their daily schedule, others are staying busy as well. KC STAAR, Keokuk County Schools Tactics for Alcohol Abuse Reduction, organized an online auction to raise money for events and activities throughout the year and Katelyn Wheeldon, owner of Bows & Ribbons gift wrapping prepared numerous gift baskets for the auction. She did a great job getting them ready and they looked wonderful. If you're ever in need of quality gift wrapping or even if you need a gift basket for any occasion, consider contacting Katelyn!

The Staar is making big strides toward being ready to open. They're finalizing insurance, working on their rental agreement, and lining up volunteers. The girls have even begun planning their "Grand Opening" event. It's so exciting to see their passion and I cannot wait for the day they open! I can already picture the ribbon cutting ceremony in my mind. They've come so far, worked so hard, and will soon be able to see their hard work pay off!

Kelsey Dyson, owner of Lifetime Treasures, seems to continually be expanding her business, never ceasing to amaze me. She started with a scrapbooking business (which she does very well), expanded to cards, then added baby shower gifts, and now is expanding to crafts in general (read below for more information). Everything of hers that I've seen so far has been impressive. She has a knack for what she's doing – consider contacting her for your next scrapbook, hand-made cards, and more.

In other news, you may have noticed some big changes in the eSEAL program over the recent weeks. One of the major changes is the relocation of the Incubator from downtown Sigourney to the Sigourney Jr/Sr High School. The cubicles are now set up in my classroom, complete with all of the furniture and "extras" that were at the

Incubator site. After a much needed coat (4 to be exact) of paint was put on the walls to soften the colors and create more of a "business" atmosphere, the cubicles were installed and each student in the eSEAL program now has their own desk, just like downtown.

While it seemed a little crazy at first, and the move was more work than I thought it would be (isn't moving always like that, though?), it is so nice having the Incubator at school. The students have more time to work on their businesses since they don't have to leave school and drive uptown, and they seem more focused too. After a lot of hard work, and a few new decorations, the classroom doesn't even look a lot like a classroom anymore – it looks like an office. I've included a few pictures of the "final product" so you can see for yourself what it looks like.

My Write a Business Plan class is complete with a great group of students. While all of the classes I've taught so far in Sigourney have been great, this class is the most excited about entrepreneurship. They've already started forming business ideas and are excited to begin writing their business plans. I look forward to seeing some of them move on to the Incubator and start their businesses.

My hope is that by the time the next edition comes out, The Staar will be open for business, there will be new businesses in the Incubator, and all of the businesses will be seeing success. I look forward to working with each of the students as they grow their businesses and be able to see how much they've learned, and grown, through the process.

The Staar

At the end of last school year, The Staar came to a stand still. We are now working on getting proper insurance for the youth center. As we finish up with the insurance, we will be working towards gathering a list of volunteers. We are looking for adults who would be available one or two nights a month (this depends on how many volunteers we get) to come in and supervise kids who need a place to go. If you would like to volunteer your time and efforts, please contact Erin at 641-224-2166 or The Staar at thestaar.etm@gmail.com. Thanks!

Lifetime Treasures

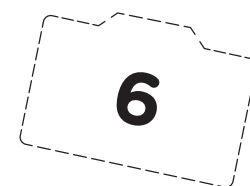
Wow, where did the summer go? It seems like just yesterday I was writing to you about what I would accomplish over the summer. Though my plan was not forgotten, I was not as successful as I planned on being. I got quite a bit of work done on one of my projects for the summer and also got a couple baby shower gifts done. Now that I am back to school, I am working on a different project. I am working on having a "Craft Fest" for children grades K-4. I am holding this day on Saturday September, 24th in the basement of the memorial hall. This day is one of the biggest days in my business life, and I am ready for it! I hope that this day will draw more attention to my business and I hope that I have a wonderful turnout.

On the other hand, if you are interested in my services, reference this article and receive 30% off of total price. Questions or comments? Don't hesitate to contact me, Kelsey Dyson, at: 641-660-3358 or kelsey.dyson@sigourneyschools.com.





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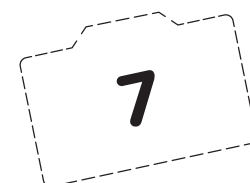


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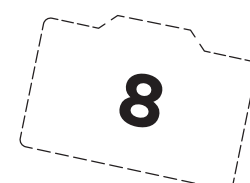


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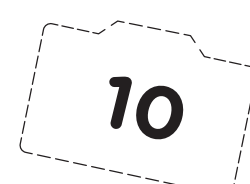


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Name _____ Teacher _____

October Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 7:00 PTO Drive-in Movie Night
2	3 NO SCHOOL (Professional Develop.) CC @ Columbus Jct. (JH too) 6:00 VB @ Ia Valley 6:00 JV FB vs Eddyville-Blakesburg	4 MAP TESTING 4:15 JH VB vs Iowa Valley 4:15 JH FB @ Iowa Valley	5 MAP TESTING	6 MAP TESTING 4:15 JH VB vs B.P. 6:00 VB @ Tri-County 7:00 FFA Meeting	7 MAP TESTING End of Hex I 5:00 Fresh/Soph FB @ Mediapolis 7:30 S-K FB @ Mediapolis	8 JV & Varsity VB @ Washington Trn.
9	10 6:00 VB vs Monte	11 4:15 JH FB @ Belle Plaine	12	13 CC @ BGM (SICL Conference Meet) 6:00 VB vs Belle Plaine	14 9:30-8th Grade to IHCC 5:00 Fresh/Soph FB vs Mid-Prairie 7:30 S-K FB vs Mid- Prairie	15
16	17 4:15 JHFB @ N. Mah (7th Grade Only) 9:00 am Special Olympics to Ottumwa (Bowling)	18 National FFA Conv.	19 National FFA Conv.	20 National FFA Conv. 9:00 KC STAAR Action Team at High School 4:15 JH FB vs Eddyville (Game in Keota) 4:00 CC @ Wapello (Ind. Hills Course) No JH	21 National FFA Conv. 5:00 Fresh/Soph FB @ Albia 7:30 S-K FB @ Albia	22 All State Auditions @ Fairfield High School
23 Red Ribbon Week --->	24 7:00 Stadium Echoes and Vocal Vibes Concert (JH & HS)	25 2:30 Dismissal 4:00-8:00 Parent Teacher Conferences [Book Fair Elem. Library]	26 1st Round FB Play-offs (TBA)	27 2:30 Dismissal 4:00-8:00 Parent Teacher Conferences Jr-Sr High Presentation Night [Book Fair Elem. Library]	28 NO SCHOOL	29
30	31 National Drug Facts Week ----->					All Dates are Subject to Change.

November Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 7:00 Sigourney Pride Meeting	3 7:00 FFA Meeting	4	5
6	7 NO SCHOOL (Professional Develop.) Girls BBall Practice Begins	8	9	10	11 Veterans Day Assembly	12 10:00-2:00 American Medicine Chest Challenge Sigourney City Hall
13	14 Boys BBall Practice Begins	15 4:15 JHGBB vs Pekin Conference Honor Choir @ BGM	16 7:00 am - Noon Fall Blood Drive	17 4:15 JH WR @ English Valleys	18 End of Tri I 4:15 JHGBB vs Mid-Prairie 5:15 GBB @ Mid-Prairie Jamboree	19 Special Olympics to State Bowling in Des Moines
20	21 4:15 JH WR @ Tri-Co 4:15 JHGBB @ Washington	22 4:15 JHWR @ BGM 6:00 BB (2G) vs. North Mahaska	23 2:30 Dismissal 9:00 National Honor Society Induction	24 NO SCHOOL Thanksgiving	25 NO SCHOOL	26
27	28 6:00 Financial Aid Night	29 4:15 JHGBB @ Eddyville-Blakesburg 6:00 BB @ B-G-M 6:00 WR vs B-G-M, Lynn-Sully, Pekin	30			All Dates are Subject to Change.

October Lunch Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast.</p>	<p>October 3</p> <p>NO SCHOOL</p> <p>Alternative Lunch: Hamburger on WG Bun</p>	<p>October 4 Breakfast Pizza ----- French Toast, Little Smokies, Hash Browns, Mixed Fruit</p>	<p>October 5 Long John ----- Chicken & Noodles, Whipped Potatoes, Fresh Orange, Wheat Roll</p>	<p>October 6 Scrambled Eggs & Ham, Cinnamon Toast ----- Chili Dog, Fresh Vegetables & Dip, Rosy Applesauce, Banana Bar</p>	<p>October 7 Breakfast Bar, WW Toast ----- Meatball Sub, WG Bun, Buttered Pasta, Tossed Salad, Grapes</p>
<p>Salad is offered as an alternative for grades 5-12.</p> <p>Alternative Lunch: Hot Ham on WG Bun</p>	<p>October 10 Cooks Choice ----- Cheeseburger, WG Bun, Oven Fries, Green Beans, Strawberries</p>	<p>October 11 Cheese Omelet, Wheat Toast ----- WG Pizza [school made], Corn, Peaches, Peanut Butter Cookie</p>	<p>October 12 Breakfast on a Stix ----- WG Spaghetti & Meat Sauce, Tossed Salad, Pears, French Bread</p>	<p>October 13 Fruit & Yogurt Parfait ----- Burrito, Nachos & Cheese, Baby Carrots & Dip, Applesauce</p>	<p>October 14 Asst. Cereal or Oatmeal, WW Toast ----- Fish Sandwich, Cottage Cheese, Peas, Pineapple</p>
<p>Alternative Lunch: Toasted Cheese Sandwich</p>	<p>October 17 Egg Patty & Bagel w/ Cream Cheese ----- Breaded Pork Patty, WG Bun, Baked Beans, Tossed Salad, Fruit Crisp</p>	<p>October 18 Sausage Biscuit ----- Salisbury Steak, Whipped Potatoes, Apple Wheat Roll</p>	<p>October 19 Mini Pancakes ----- Tacos, (lettuce, cheese & tomatoes), Refried Beans, Peaches, Cinnamon Bread Stix</p>	<p>October 20 Breakfast Wrap ----- Steak Nuggets, Green Beans, Mandarin Oranges, Soft Pretzel</p>	<p>October 21 French Toast, Little Smokies ----- Corn Dog, Rice Pilaf, Baby Carrots & Dip, Banana</p>
<p>Alternative Lunch: Hot Dog on WG Bun</p>	<p>October 24 Blueberry Waffles ----- Rib Patty, WG Bun, Corn or Corn Mac, Seasoned Wedges, 1/2 Orange</p>	<p>October 25 Eggs & Potatoes ----- Cooks Choice</p>	<p>October 26 Long John ----- Chicken Nuggets, Whipped Potatoes, Mixed Fruit, Cinnamon Roll</p>	<p>October 27 Yogurt, Cinnamon Roll ----- Fajitas, WG Tortilla, Tossed Salad, Apricots, Dessert</p>	<p>October 28</p> <p>NO SCHOOL</p>
<p>Alternative Lunch: Deli Sub</p>	<p>October 31 Cooks Choice ----- Mummies, Tombstones, Goblins, Scarecrows, Brew</p>		<p>Breakfast Served: 8:00 a.m. at BOTH Elementary and Jr-Sr High School</p>	<p>SCSD is an equal opportunity provider and employer. <i>Menu is subject to change without notice.</i></p>	<p>Note: WG Indicates a healthy whole grain food.</p>

November Lunch Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast. Alt Lunch: Deli Sub	Breakfast Served: 8:00 a.m. at BOTH Elementary and Jr-Sr High School	November 1 Long John ----- Chicken Patty, WG Bun, Broccoli & Cheese Sauce, Jell-O, Apple	November 2 Sausage Gravy & Biscuits ----- Cooks Choice	November 3 Breakfast Pizza ----- Tomato Soup, (Alt: Chicken Noodle), Crackers, Toasted Cheese Sandwich, Carrots & Dip, Pears	November 4 Mini Pancakes ----- Roast Pork on Bun, Romaine Salad, Applesauce, Rice Krispie Bar
Salad is offered as an alternative for grades 5-12. Alternative Lunch: Hamburger on WG Bun	November 7 NO SCHOOL	November 8 Breakfast Bar, WW Toast ----- French Toast Stix, Little Smokies, Hash Browns, Mixed Fruit	November 9 Egg Omelet, Cinnamon Toast ----- Cooks Choice	November 10 Cooks Choice ----- WG Pizza [School Made], Corn, Peaches, Cookie	November 11 Asst. Cereal or Oatmeal, Donut Holes ----- Popcorn Chicken, Green Beans, Mandarin Oranges, Blueberry Muffin
Alternative Lunch: Hot Ham on WG Bun	November 14 Sausage Biscuit ----- Hamburger, WG Bun, Oven Fries, Strawberries	November 15 Breakfast Stix ----- Chicken, Vegetable, Fruit, Cinnamon Rolls	November 16 Yogurt, Cinnamon Roll ----- Meatball Sub, WG Bun, Buttered Pasta, Peas, Cherries	November 17 Long John ----- Turkey Roast, Whipped Potatoes with Gravy, Green Beans, Pumpkin Custard, WG Roll	November 18 Scrambled Eggs & Ham, Cinnamon Toast ----- Rib Patty, WG Bun, Rice Pilaf, Lettuce Salad with Spinach, Orange 1/2
No Alternative Lunch	November 21 Eggs & Potatoes ----- Deli Ham & Cheese Sub, Pickle Spear, Frito's, Corn or Corn Mac, Applesauce	November 22 Fr. Toast & Little Smokies ----- Tacos, (lettuce, cheese & tomatoes), Refried Beans, Blushing Pears, Cinnamon Bread Stix	November 23 Breakfast Wrap ----- Chicken Nuggets, Whipped Potatoes, Mixed Fruit, Dessert	November 24 NO SCHOOL	November 25 NO SCHOOL
Alternative Lunch: Deli Sub	November 28 Cooks Choice ----- Cooks Choice	November 29 Breakfast Pizza ----- Ravioli, Tossed Salad, Peaches, French Bread	November 30 Fruit & Yogurt Parfait ----- Hot Ham, WG Bun, Cottage Cheese, Baked Beans, Pineapple	SCSD is an equal opportunity provider and employer. <i>Menu is subject to change without notice.</i>	Note: WG Indicates a healthy whole grain food.



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