

# Treynor Community School

"COMMITTED TO EXCELLENCE"

# NEWSLETTER



November, 2013

## “REMEMBERING OUR FALLEN” EXHIBIT

In recognition of our veterans, the Treynor Community Schools are proud to host a photo exhibit of Iowa’s fallen. The display will be officially opened during the Treynor Community School’s Veteran’s Day program on Monday, November 11.



A very emotional exhibit, “Remembering Our Fallen”, is a sad reminder of the ultimate sacrifice made by over 80 Iowans killed in The War on Terror while wearing our country’s uniform in Afghanistan or Iraq.

The warriors of the 21st Century are professionals who volunteered to join the United States Armed Forces, and grew up in the shadow of September 11, 2001, a defining moment for most of them. They come from all walks of life and every corner of our country, daring to go where so many never would. They retain the face of freedom and build upon the legacies of those who went before them in a cause greater than themselves. Many have endured multiple deployments and most return home. Some do not.

“Remembering Our Fallen” exhibit will be on display in the Middle School Commons.

“Remembering Our Fallen” was created to honor those who made the ultimate sacrifice in the Iraq and Afghanistan wars. Its’ legacy will be that these men and women will never be forgotten and that their names will be remembered and spoken.

The “Remembering Our Fallen” photo exhibit will be on display at Treynor Middle School from November 11-15. The public is encouraged to stop by and view the exhibit between the hours of 8:00 a.m. until 5:00 p.m. Thanks to the Lamar Hartje, American Legion Post #725 and TS Bank for serving as our local sponsors for the exhibit. Their generous sponsorship will allow our students and community to access and view the display at no charge.

The exhibit, created by Bill & Evonne Williams of Patriotic Productions in Omaha, is financially sponsored by Bellevue University. Bellevue University is a private, non-profit university in Bellevue, Nebraska. Founded in 1966, with the charter of serving our military heroes, it has been a military-friendly school for 45 years.

### Special points of interest:

- ✓ “Remembering Our Fallen” exhibit opens on Veteran’s Day.
- ✓ This exhibit is open to the public November 11-15 from 8:00—5:00.
- ✓ Thank you to the Lamar Hartje American Legion Post 725 and TS Bank for their sponsorship.
- ✓ Make your reservations for the musical, November 8—9th!
- ✓ Funky Winkerbean’s Homecoming will be a fun, humorous night out !

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## MUSICAL—NOVEMBER 8 & 9



Treynor High School will present “Funky Winkerbean’s Homecoming” on November 8 at 7:30 p.m. and November 9 at 3:30 and 7:30 p.m. Reserve your tickets beginning November 1st. Ticket prices are \$8 for adults and \$5 for students. More information is available on page six of this newsletter.

## CASH FOR STUDENTS



The “Cash for Students” program has begun. Hy-Vee cash register receipts dated from September 1 through December 31, 2013 will be collected in the Elementary, Middle School and High School offices. Hy-Vee gives back \$1.00 for every \$200 spent in any of the fourteen Omaha and Council Bluffs locations up to a maximum of \$2,000. Over 403,000 in much needed funds has been donated to area schools as a result of this program.

All of our proceeds go to the Athletic Booster Club. Remember to save your receipts and turn them in to any of the school offices!

## CAUTION: Changes in weather arriving soon...

As the weather begins to change, school cancellations and early dismissals can occur at anytime. If severe weather causes school to be cancelled prior to the start of the day, we will try to have information to the media by 6:30 a.m. In addition to our school website, the media outlets that will carry our announcements this year are: **KMA, WOWT, KMTV and KETV.**



If weather or unforeseen circumstances (loss of power or water) should occur during the day and school is dismissed early, **PLEASE HAVE A PLAN IN PLACE WITH YOUR CHILD.** When early dismissals occur during the day, we usually have limited time to get information out and many parents aren't aware that an early out has taken place. Also, we have over 750 students in the district and only a couple of phone lines in each building. Don't assume that your child will be able to call you if a decision is made to dismiss school during the regular day. Have a plan in place! The elementary has forms for each parent to keep updated outlining your family's specific plan to deal with this type of situation. Parents of middle school and high school students need to discuss with their child what plan of action they will take in the event of an early dismissal during the school day. Proper planning now will provide assurance to you and your child that all will be okay should we ever have an unforeseen early dismissal.

A new Parent Notification system has been purchased to allow Treynor school officials to communicate school cancellations, early dismissals, emergency information, activity schedule changes and general notices or announcements to parents in a timely and efficient manner. Parents have the ability to sign up and select multiple methods for receiving notifications from the school (direct phone calls with recorded voice messages, text messages, emails, text-to-speech, TTY, Facebook, Twitter and RSS). Check the website for updates regarding this new service and sign up on the webpage by clicking on “Quick Links” and then “Notifications” .

## JUNIOR TREYNOR WOMEN HOLIDAY EVENTS



On Sunday, December 8th from 1:00—5:00, Junior Treynor Women will be sponsoring the Holiday Home Tour.

The annual Santa's visit will be held on Saturday, Dec. 14th from 9:00—11:00 a.m. Santa will be here to visit with the children as well as a cookie walk, crafts and cookie decorating. Parents are encouraged to bring their own camera for pictures with Santa.

## FROM THE ELEMENTARY PRINCIPAL'S DESK



It's hard to believe that we have already completed a quarter of the school year and are already into November! Your children continue to do such a terrific job and come to school well prepared thanks to your outstanding guidance. Our students experienced many noteworthy educational experiences this past month that included Elementary Art Attack meetings, Lunch with Mr. Larsen, 3rd Grade trip to Botna Bend, 2nd Grade to Arbor Farms, Kindergarten Doughnuts for Dads and fire truck rides, Fall Harvest Party, 5-R Class of the Month Pizza Party, Pottawattamie County Conservation programs, Red Ribbon Week, Accelerated Reader Cardinal Cart, Scholastic Book Fair, and Parent-Teacher Conferences.

November will bring many additional opportunities besides the ones mentioned above that include the 5th Grade Veteran's Day Music Concert, 4th Grade Math Field Trip and 3rd Grade Cognitive Aptitude testing. Don't forget that progress reports will be sent home on November 20th and we will dismiss at 1:00 p.m. on November 13th for teacher professional development.

Please continue to monitor the changing weather and make sure your children are dressed appropriately. This is the time of year when the temperature can change 30-40 degrees in the matter of a day or two. Finally, we appreciate the wonderful attendance at parent-teacher conferences again this year. This participation and the level of communication we have established, allows us to stay well-informed and give our students the best possible chance at success. Thanks for staying involved with your children's education, for your contribution of time volunteering in the building and for keeping your expectations high!

Please feel free to stop in and say hello or share your concerns anytime. You may also call or email those thoughts. [712-487-3422 or tlarsen@treynorcardinals.org]

Mr. Larsen  
Treynor Elementary School

## UPCOMING ELEMENTARY EVENTS

November 5-7	3rd Grade Cognitive Aptitude Testing
November 7	4th Grade to Math Alive Field Trip/SAC Museum
November 11	School Board Meeting @ 6:30 p.m.
	5th Grade Music Program @ 7:00 in Auditorium
November 13	1:00 p.m. Early Dismissal/Teacher Inservice
November 20	Progress Reports Sent Home
November 27	2:00 p.m. Early Dismissal for Thanksgiving
November 28-29	No School/Thanksgiving Vacation



## ANNUAL HEARING TESTS SCHEDULED

The Green Hills Area Education Agency will conduct hearing screenings at Treynor Elementary and Middle/High School on Thursday and Friday, December 5th and 6th. During the annual hearing tests, home-schooled students may have their hearing screened by contacting the school. If you do not wish your child to participate, please contact the school.

## NOTES FROM THE MIDDLE SCHOOL PRINCIPAL .... MRS. BERENS



- Nov. 11            **Veteran’s Day Assembly, 10:45**
- Nov. 13            **Early Dismissal at 1:00**
- Teacher Inservice**
- Nov. 20            **Progress Reports**
- Nov. 27            **Early Dismissal @ 2:00**
- Nov. 28 & 29      **Thanksgiving Vacation**



October—  
National Anti-  
Bullying & Anti-  
Drug Awareness  
Month!

This year is off to a very fast start. I can’t believe that we finished the first quarter and November is just around the corner. Our students have not only been very busy academically, but they have also spent a great deal of time this past month participating in various other valuable activities.

As you may or may not know, October is National Anti-Bullying Awareness Month and National Anti-Drug Awareness Month. In conjunction with anti-bullying awareness, our students and staff were asked to wear blue earlier this month to show support for “Stomp Out Bullying Day”. Our students have had discussions around bullying and had an assembly which was presented by Matt Carver, legal counsel for School Administrators of Iowa. Matt had the students involved in answering questions regarding bullying, but also talked about different issues that he has dealt with in our schools around the state.

This past Friday, students spent time during their Cardinal Connections around the topic of being drug and alcohol free. Students thought about hobbies, people or passions that were their anti-drugs, so to speak. They were asked to write these out and we now have them posted in our middle school commons to remind them of those people or things that have had a hand in keeping them away from drugs.

In conjunction with anti-drug awareness, “Red Ribbon Week” this year is October 28—November 1. The Middle School will have a competition between classes with the winning group having the highest participation percentage each day of the week. Our Middle School Student Council determined the dress up days and made posters advertising how to dress up each day. The various days dress attire will consist of the following: Team Up Against Drugs (Favorite Team), Catch the Wave of a Drug Free Life (Hawaiian), Sock It To Drugs (Crazy Socks), I’m Too Bright For Drugs (Rainbow Colors), and Red Day (Red Out). We will sum up the month and “Red Ribbon Week” with an assembly on Friday, November 1, which will be focused on Drug and Alcohol Prevention.

We are looking forward to the month of November, where we will change our focus to things we are grateful for and will hopefully do some service learning.

Mrs. Berens  
Middle School Principal

## LIBRARY SAYS “THANK YOU”!



The Treynor School libraries would like to say “Thank You” to the Junior Optimist Club (JOOI) for applying for and winning a grant from WalMart. This will be a big benefit for the libraries. The help is greatly appreciated!

## THOUGHTS FROM THE HIGH SCHOOL PRINCIPAL..... MR. NAVARA

Within the high school, the teachers have been researching and implementing different strategies to better incorporate the usage of the students' laptop computers. As a whole staff, we participated in the Green Hills AEA 21<sup>st</sup> Century Learners conference in Council Bluffs. We are going to use our professional development days to collaborate the usage of technology in the classroom through strategies and standards and benchmarks associated with the Iowa Core/Common Core. By examining the standards and recording what standards we teach, we are able to locate areas and standards in which we are strong and areas we lack. This in turn will guide us to strengthen our areas of weakness.



The high school math department has initiated the usage of online textbooks. As a department, they are tracking the positives and negatives of using an online textbook and try to assist with some of the struggles our students are facing with going textless. At the end of the year, we will discuss the pros and cons. Looking into my crystal ball, I foresee the high school continuing on with online textbooks.

In conjunction and with the support from TS Bank, the middle school and high school had the opportunity to listen and experience Kent Julien. Kent demonstrated and explained the importance of making good decisions. The most dramatic demonstration was the drinking of lemonade (sweet decisions) with chocolate milk (sour decisions) and not to mix the two together. He did an actual demonstration of drinking one, then the other, along with mixing the two drinks together and drinking the combination. If you would like more of an explanation of the assembly, please ask any high school student. Continuing with our speaker series of good decisions and October being bullying/harassment prevention month, the high school had assemblies geared toward bullying/harassment and the possible outcomes given by Pottawattamie County Attorney's Office and the School Administrators of Iowa legal adviser. Our message to the student body is to step up and speak out.

In closing, I would like to extend an invitation to our Veteran's Day assembly. We will be having the assembly on Monday, November 11 at 10:45 a.m. in the high school (west) gymnasium. All community members are invited and encouraged to attend.

## JUNIOR CLASS FRUIT SALES



The Treynor Junior Class will be selling fruit, meat and cheese as a fundraiser for Prom. If you are interested in ordering, please contact a junior student to place an order. If you would like an electronic order form sent to you, please email [bhempel7@gmail.com](mailto:bhempel7@gmail.com) to get an order form. The students will be taking orders from now until Nov. 15th. The fruit will be delivered around the middle of December. Thank you for supporting the Junior Class!

## VETERAN'S DAY ASSEMBLY

All community members are invited and encouraged to join the middle and high school students for a Veteran's Day assembly on Monday, November 11 in the high school (west) gymnasium at 10:45 a.m.



# TREYNOR HIGH SCHOOL

Proudly Presents



# FUNKY WINKERBEAN'S

# HOMECOMING

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BY TOM BATIUK & ANDY CLARK

Based on the "Funky Winkerbean" Comic Strip by Tom Batiuk

This year Treynor High School's musical is Funky Winkerbean's Homecoming which is based off the comic strip by Tom Batiuk and Andy Clark. During this comical play, you will see the story of Westview High and their big homecoming week. While planning homecoming, the kids come across a problem that could change homecoming forever. Come enjoy a fun, humorous production at Treynor High School on Friday, November 8th at 7:30 p.m. and Saturday, November 9th at 3:30 p.m. or 7:30 p.m.!

We prefer you reserve your tickets, but occasionally there are tickets available at the door. To reserve tickets, beginning November 1st, call Natalie between 9-11:00 a.m. or 1-3:00 p.m. at the elementary school, 712-487-3422. Tickets are \$8.00 for adults and \$5.00 for students. Preschool children who require a seat will pay the student price. Preschool children who sit on a lap are free. The ticket office opens at 6:45, 45 minutes prior to the show time. Seating begins at 7:00, 30 minutes before the opening curtain. The best seats in the house will be available on Saturday afternoon if your schedule permits.



# Cardinal Financial Literacy Update

## How to teach saving...when savers can't get ahead today?

This month's newsletter focuses on **teaching kids to save**.

As parents, you know saving is a great skill to teach.

Saving money is the key to financial success. As such, we need to help everyone get that habit started. The earlier, the better. But where do you start?

First, **every child should have - and use - a piggy bank or savings account**. Learning to set aside some money is a great skill to have at every age. Some kids are natural savers and easily grasp the advantage of filling their piggy bank or depositing money into their savings account to buy a larger item later.

But as they see more and more things they want and **experience the "high" from spending**, even natural savers are tempted to spend more and save less.

The point is....**parents have a role coaching kids on how to save and spend wisely**. Learning to be a lifetime saver requires we **go beyond the piggy bank mentality**. How can you teach kids to do that?

There are 4 ways:

### 1. Add your own rewards

Banks currently can't offer much interest, but parents and grandparents can sweeten the deal. Set aside \$1 or even 25 cents for every dollar the kids put into their savings. You can add your matching amount to their savings account or put it into a 529 college savings account or Roth IRA (if the child has that in income).

Plus, give an extra reward when kids can resist pulling money out of their savings...a powerful reinforcement. Your goal? Let them see that savings pays off. Show kids the magic of compound interest - the math behind how their savings compound.

Don't think you have to supplement savings forever. When their savings grows quickly, kids can understand the benefit to continue the habit.

### 2. Teach about investing - stocks with dividends

Just like spending gets more sophisticated, so does saving. When kids have a nest egg in savings, introduce the concept of investing.

Dividend stocks offer a great learning experience, and can yield better rewards than the common savings account. (Remember investing rule #1: greater rewards bring greater risks.)

You don't have to invest large amounts to get this lesson across to kids. Please don't invest blindly or merely use a broker's recommendation. Instead -



1. Look for companies kids know and can easily follow, such as McDonalds, PepsiCo, Disney, Target, and Apple, to name a few.
2. Research to understand how the company makes money, and how stockholders share the profit.
3. Follow the stock price to see volatility-the highs and lows (and riskiness).
4. Calculate how much is paid in dividends, plus see when and how it's paid.

### 3. Learn about leveraging, and buying assets

You might have an interesting lesson in your own back yard. If you are in 4-H, or have an ample space, you might consider the benefits of production - raising livestock (including chickens, rabbits, fish) to sell, growing veggies and garden produce for a farmers' market, or turning a patch of strawberries, blackberries or grapevines into a product like jelly/jam.

Of course, someone has to front the initial investment. Perhaps money comes from you and some from a kid's savings. You can decide who gets the profit (or loss), but this type of investing offers a multitude of business lessons in decision making, including forecasting expenses, income, and profits as well as creating a budget.

### 4. Discover entrepreneurial strategies

If your kids live in town or don't want to buy assets to improve and sell, you can still create entrepreneurial experiences in your neighborhood.

Look at setting them up to mow lawns, do yard chores, babysit, walk dogs, hold a garage sale, or have a lemonade stand. You can help them make a flyer to advertise their services and learn to make a budget. You can also get into supply costs and price-setting strategies.



### 5. Discuss consequences of NOT saving - namely, the costs of borrowing

If your kids are like most, there will be plenty of opportunity to talk about borrowing, such as:

- Your son wants a lawn mower to earn money and needs a loan to get it;
- The allowance is spent, but money is needed for a movie or school book;
- One daughter wants to borrow the other's new shoes;
- A great "opportunity of a lifetime" for a summer camp has been offered, and it's more than budgeted;
- It's time to consider a car.

**The best time to discuss the costs of borrowing is before any money is needed**



**A parent can discuss expectations, budgets, and wants vs. needs.**

*Learning to use credit is a lifetime skill, but **SAVING** is the key.*

You see, when it comes to being able to afford what you want, saving starts it all. **Saving gives you power**...power to invest, to build wealth, to reduce borrowing costs, and also the freedom to be in control when life hands you the unexpected lemon.



## Cardinal Counseling

### 2013-14 Iowa Assessments

The Iowa Assessments will be given K-11 during the week of March 31 to April 4, 2014. Please mark those dates on your calendar as it would be helpful to have high attendance during that week to complete the battery of tests.



## Connections

*Newsletter for high school students and parents from the MS/HS school counselor*

Phone: 487-3181 Email: [sirvin@treynorcardinals.org](mailto:sirvin@treynorcardinals.org) November, 2013

### Treynor Cardinal Counseling is on Facebook and Twitter

With the explosion of social media in today's electronic world, Treynor Cardinal Counseling is on Facebook and Twitter. What will be reported on the Cardinal Counseling Facebook and Twitter? There will be updates, reminders, and information on important dates, deadlines, meeting dates and reminders, opportunities in the areas of college planning, financial aid, scholarships, ACT Test dates, and many more things.

Also look for pictures of some of the great things happening at Treynor MS/HS.

It is a great way to communicate. If you have a mobile phone and already receive Treynor Nation Twitter updates, you can simply sign up to receive Twitter updates in the important area of college planning. If you don't have a text plan for your phone, you may access the Twitter updates through your computer over the Internet and through Facebook. You can also access either account through apps on your smart phone.

To follow on Facebook go to: <https://www.facebook.com/pages/Treynor-Cardinal-Counseling/262065760482060> and click Like.

The Twitter account is @CardCounseling. To access the page go to: [www.twitter.com/CardCounseling](http://www.twitter.com/CardCounseling). The Facebook and Twitter accounts are linked so the same information will be on both.

### Financial Aid Meeting for Seniors and Parents: Tuesday, Nov. 26

The annual Financial Aid Meeting for seniors and their parents will be sponsored by THS on **Tuesday, November 26, 2013 at 7:00 p.m.** Any senior who is considering post-high school education should attend no matter whether it would be a four year college, two year college, or one year technical school. Essential information on the financial aid process will be presented. The meeting will last about one hour. Packets of information will be distributed.

The Iowa College Access Network (ICAN formerly the College Planning Center) from Des Moines will be making a presentation covering the topics:

- Completing the FAFSA (Free Application for Federal Student Aid)
- Electronic processing
- Deadlines
- Overview of the financial aid process
- Types of financial assistance available
- Scholarships and scams
- Helpful tips
- Places to go for help

## What Needs to Get Done for College Now?

The fall is a busy time for seniors to get a lot of important things done for college planning. Here are some of the things that need to get accomplished in the fall:

1. **Complete and send college applications.** Applying does not commit a student to a college. It simply means that the student is interested and is seeking admission. Admission opens a communication line between the college and the student.
2. **Campus visits.** It is essential to get campus visits done before the December. In December the weather can turn cold and snowy, and college campuses begin to shut down for the end of the semester. Students involved in activities and athletics may want to plan around those activities before the schedule gets busy.
3. **Attend the Financial Aid Meeting at THS on Tuesday, Nov. 26, 2013 at 7:00 p.m.** It is a very important meeting to help students and families learn about the financial aid process.
4. **Register for a PIN** (Personal Identification Number) to electronically sign the FAFSA in January or February. Both a senior student and one parent should register for a PIN. Go to: [www.pin.ed.gov](http://www.pin.ed.gov).
5. **Organize for scholarship applications.** Students should write a resume that will list the activities that have been involved in the school and community, awards that they have received, community service activities that they have been involved. Assembling all of this information will make scholarship applications much easier.
6. If a student is admitted to a college, be ready to pay a housing deposit or enrollment (if needed) and look for scholarship information through the college as well as general scholarship searches: [www.fastweb.com](http://www.fastweb.com); [www.finaid.com](http://www.finaid.com); scholarship search through [www.ihaveaplaniowa.gov](http://www.ihaveaplaniowa.gov).
7. If you have other questions or want more information, go the counseling web page at <http://www.treynorschools.org> or the ICAN web site: [www.icansucceed.org](http://www.icansucceed.org) or call or email the high school counselor, Mr. Irvin.

## ACT Test Prep and Scholarship Finder on I Have a Plan Iowa [www.ihaveaplaniowa.gov](http://www.ihaveaplaniowa.gov)

A great resource that is available for all Iowa students is I Have a Plan Iowa (IHAPI). It is mainly used as a great source of career and college information for students. But it also has two helpful resources for students.

**ACT Test Prep:** IHAPI has ACT and SAT test prep resources on the website. All Treynor students should have an account established. If they have problems getting into their account, they can email Mr. Irvin for help. The ACT test prep covers each of the major sections of the test (English, math, reading, science reasoning). Each section has a set of slides that review important concepts in the subject area. Then there are practice questions that students can take to prepare for each test. All of this is free.

**Scholarship Finder:** IHAPI also has a scholarship search. This allows students to search by the profile that they build into the Scholarship Finder. Simply click on Financial Aid Planning on the main green menu bar. IHAPI also has an Iowa Financial Aid application that can be used after January 1 to see if a student qualifies for financial aid on the state level.

## Scholarship Central


A wealth of information on scholarships can be found on Scholarship Central on the Treynor School website. There are scholarship help links and a listing of all scholarships that come through the counseling office along with the last school year's listings of scholarships. We are moving into the busy scholarship season so seniors need to check the webpage each week. Go to [www.treynorschools.org](http://www.treynorschools.org) --> click on Counseling --> click on Scholarship Central.

# November 2013



*Happy Thanksgiving!*




Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Regional Volleyball Tournament 7:00	<b>2</b> State Cross Country  JH Honor Band Auditions @ Clarinda
<b>3</b>	<b>4</b> Football Playoffs	<b>5</b> 3rd Grade Cognitive Aptitude Testing	<b>6</b> Regional Volleyball Tournament 7:00	<b>7</b> 4th Grade to Math Field Trip	<b>8</b> Football Playoffs High School Musical @ 7:30	<b>9</b> Quiz Bowl @ Lo-Ma High School Musical @ 3:30 & 7:30
					<b>"Funky Winkerbean's Homecoming"</b>	
<b>10</b>	<b>11</b> 5th Grade Vocal Concert in Auditorium Girls BB Practice Begins JH Boys BB @ Mo Valley 4:15	<b>12</b> UNO Jazz Band Concert @ 7:00 in Auditorium	<b>13</b> <b>1:00 Early Dismissal</b> <b>Teacher Inservice</b> State Volleyball	<b>14</b> JH Boys BB Lo-Ma Here @ 4:15  State Volleyball	<b>15</b> State Volleyball	<b>16</b> State Volleyball  Football Playoffs
<b>17</b>	<b>18</b> G & B BB and Wrestling Practices Begin JH Boys BB @ IKM-Manning 4:15	<b>19</b>	<b>20</b> Progress Reports Sent Home	<b>21</b> All State Festival @ Ames  JH Boys BB @ Underwood 4:15	<b>22</b> All State Festival @ Ames  State Football	<b>23</b> All State Festival @ Ames  State Football
<b>24</b>	<b>25</b> JH Boys BB Tri-Center Here 4:15	<b>26</b> Financial Aid Meeting @ 7:00 in Auditorium	<b>27</b> <b>2:00 Early Dismissal</b>	<b>28</b> 	<b>29</b> No School <b>Thanksgiving Vacation</b>	<b>30</b>

# December 2013



*Merry Christmas!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 JH Boys BB @ Riverside 4:15 9th G & B BB @ ISD 6:00/7:30	3 Wrestling @ F-M 6:00 JV & Var B BB A.L. Here 6:00/7:30	4	5 JH Boys BB Griswold Here 4:15  Hearing Screenings	6 G & B JV/Var BB Lo-Ma Here 6:00/7:45  Hearing Screenings	7 SWIBA HS Audi- tions @ Red Oak Treyner Wres- tling Tourney 10:00 JV & Var G BB @ A.L. 4:00/5:30
8 JTW Home Tours 1:00-5:00	9 JH Boys BB @ AHST 4:15 5/6 Band & 6th Grade Vocal Concert @ 7:00 in Auditorium	10 G & B JV/Var BB @ IKM- Manning 6:00/7:30	11 <b>1:00 Early Dismissal Teacher Inservice</b>	12 JH Boys BB Audubon Here 4:15 Wrestling @ Tri- Center 6:00 4th Grade Con- cert @ 7:00	13 9th Boys BB @ Underwood 4:30 G & B JV/Var BB @ Under- wood 6:00/7:30	14 Wrestling Tour- nament @ Lenox 10:00
15	16 JH Boys BB @ Shenandoah 4:15	17 JH Boys BB @ Underwood 4:15; 9th Boys BB @ T-C 4:30; Wres- tling @ Lo-Ma 6:00; G & B JV/Var BB @ T- C 6:00/7:30	18	19 G & B JV/Var BB @ Riverside 6:00/7:30	20 <b>2:00 Dismissal</b> Elem. Parties @ 12:30 p.m. End of Quarter G & B JV/Var BB Griswold Here 6:00/7:30	21 Wrestling Tour- nament @ Un- derwood 9:00
22	23 Christmas Vacation	24 Christmas Vacation	25 	26 Christmas Vacation	27 Christmas Vacation	28
29	30 Christmas Vacation	31 Christmas Vacation				



## TREYNOR COMMUNITY SCHOOL

November, 2013 Breakfast & Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Juice or Fruit Choice of Cereal Toast & Jelly	5 Juice or Fruit French Toast Sticks Syrup	6 Juice or Fruit Choice of Cereal Poptart	7 Juice or Fruit Sausage Links Eggs & Toast	8 Juice or Fruit Choice of Cereal Muffin
Sloppy Joe on Bun Whole Grain Chips 9-12 Sweet Potato Puffs Mixed Vegetables Strawberry Cake  (6-12 Salad Bar)	Meatball Sub 6-12 Popcorn Chicken K-5 Garden Spinach Salad Honey Glazed Carrots Pineapple Chunks  (4-12 Salad Bar)	Chili Soup 6-12 Alphabet Soup K-5 Celery/Cucumbers WG Corn Chips 6-12 Orange Smiles Cinnamon Roll (4-12 Salad Bar)	Beefy Nachos Whole Grain Tortilla Chips w/salsa Green Beans Cucumber Slices Sliced Pears (4-12 Salad Bar)	Grilled Chicken/Bun 6-12 Breaded Chicken/Bun K-5 Oven Fries Steamed Corn Sliced Peaches  (No 2nd Choice)
11 Juice or Fruit Choice of Cereal Poptart	12 Juice or Fruit Pancakes Syrup	13 Juice or Fruit Choice of Cereal Chewy Granola Bar	14 Juice or Fruit Sausage Bagel K-5 Biscuits/Gravy 6-12	15 Juice or Fruit Choice of Cereal K-5 Breakfast Bar 6-12 Toast/Jelly
Hot Ham & Cheese/Bun Potato Wedges Chilled Peaches Choc. Chip Cookie 9-12  (6-12 Salad Bar)	Country Style Beef Patty Mashed Potatoes/Gravy Steamed Vegetables Wheat Roll/Jelly 6-12 Mixed Fruit  (4-12 Salad Bar)	Italian Pasta Bake Green Pepper Strips Baby Carrots W.W. Bread/Jelly 9-12 Applesauce Royal Brownie (4-12 Salad Bar)	Taco Burger Dk. Green Lettuce Tomato Refried Beans Whole Grain Chips 9-12 Chilled Pears (4-12 Salad Bar)	Chicken Nuggets Two Potato Mash Fresh Broccoli Wheat Roll/Jelly Fruit  (No 2nd Choice)
18 Juice or Fruit Choice of Cereal Muffin	19 Juice or Fruit French Toast Sticks Syrup	20 Juice or Fruit Choice of Cereal Chewy Granola Bar	21 Juice or Fruit Breakfast Bagel	22 Juice or Fruit Choice of Cereal Whole Grain Poptart
Pizza Slice Tossed Salad/Romaine Garlic Breadstick w/ Marinara Apple Wedges (6-12 Salad Bar)	Baked Chicken Drumsticks Steamed Corn Fresh Broccoli Chilled Peaches Oatmeal Roll (4-12 Salad Bar)	Pork Ribb on Bun Tri Tater Mixed Vegetables Chilled Fruit  (4-12 Salad Bar)	Roasted Turkey Mashed Potatoes/Gravy Green Beans Pumpkin Pie Dinner Roll (No Salad Bar)	Hamburger on Bun Oven Fries Mixed Fruit Krispy Bar  ( No 2nd Choice)
25 Juice or Fruit Choice of Cereal Cinnamon Toast	26 Juice or Fruit Pancake Stick Syrup	27 Juice or Fruit Choice of Cereal Cinnamon Roll	28 NO SCHOOL	29 NO SCHOOL
Taco Soup W.G. Tortilla Chips Fresh Broccoli Sliced Pears Snickerdoodle  (6-12 Salad Bar)	Turkey & Cheese Sub Romaine Lettuce Tomato Oven Fries Peaches Graham Snack (4-12 Salad Bar)	Beef & Noodles Mashed Potatoes Fresh Baby Carrots Blueberry Muffin Pineapple Tidbits  (4-12 Salad Bar)	NO SCHOOL  	NO SCHOOL

Elementary: \$1.10 Breakfast—\$1.85 Lunch; Extra Milk \$0.50

MS-HS: \$1.10 Breakfast—\$2.00 Lunch; Extra Milk \$.050

Breakfast includes 100% juice and a milk choice. All lunches include a fruit choice available each day, whole grain bread and buns are served along with a daily milk choice.

It is the policy of Treynor Community School not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, or religion in its' programs, activities or employment practices as required by the Iowa Code Section 216.7 and 216.9. If you have questions or grievances related to compliance with this policy by Treynor Community School, please contact the Iowa Civil Rights Commission, Grimes State Office Building, 400 E. 14th St., Des Moines, IA 50319-1004; phone number 515-281-4121, 800-457-4416; website; <http://www.state.ia.us/government/crc/index.html>.



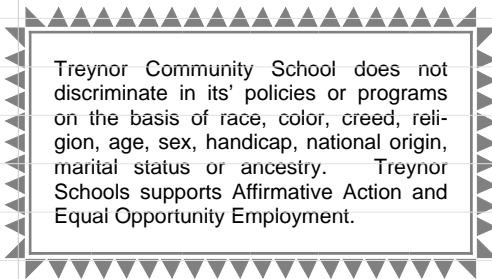
**Trey nor Community  
School**

PO Box 369  
Trey nor, IA 51575  
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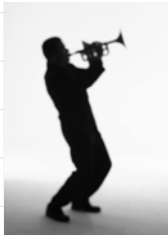


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**UNO JAZZ BAND CONCERT HERE NOV. 12TH**



Trey nor Music Department will host the University of Nebraska at Omaha Jazz Band in concert on Tuesday, November 12 at 7:00 p.m. in the auditorium. The concert will feature special guest artist, Ken Watters, on the trumpet. Come and enjoy a great musical performance!

**SCHOOL'S OUT—HOLIDAY VACATION DAYS**



School will be dismissed at 2:00 p.m. on Wednesday, November 27.  
There will be no school on Thursday and Friday,  
November 28 & 29 for Thanksgiving.

School will be dismissed at 2:00 p.m. on Friday,  
December 20 for Christmas vacation.  
School will resume again after the holidays on Monday,  
January 6, 2014.

