

# Treynor Community School

"COMMITTED TO EXCELLENCE"



October, 2013

## *"District Details" ... a few notes from Superintendent Elwood*

### Parent Notification System.....

Due to positive feedback provided by parents and staff, the Treynor Community Schools will continue to use Blackboard Connect to provide a Parent Notification System to our patrons. The Parent Notification System allows Treynor School officials to communicate school cancellations, early dismissals, emergency information, activity schedule changes and general notices or announcements to parents in a very efficient manner.

Blackboard Connect offers the widest possible range of communication options to reach parents when it matters most. Contact data in our school information system (JMC) is pushed to Blackboard automatically. If you do not have a student in the district and wish to receive notifications, please contact the school.



**Blackboard Connect will remain the school's notification system!**

### Special points of interest:

- ✓ Contact data from our school information system (JMC) automatically goes to Blackboard.
- ✓ School board organizational meeting will be held in October.
- ✓ Thank you to Sally Myers for her 7 years of service on the Treynor Board of Education.
- ✓ All teachers participated in "Capturing Kids Hearts"!
- ✓ Go Cardinals!

### ► School Board Update...

Iowa public schools are recognized as among the best in the country. One foundation for that quality is the passion and commitment of community leaders serving on public school boards. These locally elected community volunteers personify the value Iowans place on excellence in education. When you get a chance, please thank your local school board members for the time and effort they contribute each year.

The Treynor school board members for 2013-14 are: Gary Funkhouser, Jerry Hempel, Dave Paulsen, Erica Schnepel and Randy Young. In October, the current board will conduct their final meeting followed by administering the Oath of Office to newly elected members, conducting the organizational meeting, and electing officers for the incoming school board.

School board meetings are typically held on the second Monday of each month beginning at 6:30 p.m. Meetings are held at the high school and are open to the public. Courtesy agendas are posted in the Treynor Post Office and published in the Gazette. The official agenda for each meeting is posted in the Superintendent's Office and also on the school's website ([www.treynorschools.org](http://www.treynorschools.org)).

### ► Thanks for Your Service...

Thank you to Sally Myers for her leadership and service to the Treynor Community Schools. Sally served on the Treynor Board of Education for 7 years. She spent hundreds of hours attending meetings and graciously volunteering her time and input to make sure our students and staff were well equipped to be successful. When you see Sally at school events or around the community, please thank her for her service.

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As always, thank you for supporting the Treynor students and staff!

Go Cardinals!

Mr. Elwood

## DESTINY QUEST IS HERE!



The school libraries' catalogs can now be accessed online, thanks to the switch to Destiny Quest. To see for yourself, go to the school website, click on Quicklinks and then on Treynor Library. You may then select either the elementary or the MS/HS libraries. You will see a standard search window, including options for setting AR levels desired. If you click on the Destiny Quest tab to the left, you will see some of what has the kids so excited. Even without logging in, you can see the Top 10 books in the library and the last 15 books added to the library collection. When the students log in (they all have accounts), they can see what they have checked out, the status of their holds, and information about their friends' activities

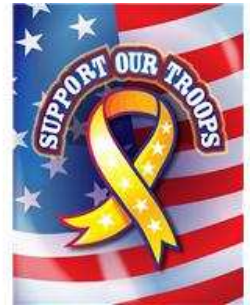
on the site. Ask them about it!

Mrs. Garaffa will be at the elementary library during parent/teacher conference times. She would like to introduce the parents of the younger students to the program, so that they can then help their students use the program at home, but all parents are welcome!

## JOOI CLUB SUPPORTS "TREAT THE TROOPS"

At the time this newsletter went to print, the high school Junior Optimist Club (JOOI) has decided to support the Christmas "Treat the Troops" projects. The cheerleaders have also decided to join in this endeavor. Treat the Troops is the group that sends cookies each month to the soldiers.

In **November**, boxes of Christmas items will be sent to the troops in Afghanistan. Items needed are as follows: board games, unsigned holiday cards so they can send them back home, wrapped Christmas candy, holiday paper products such as napkins, plates for their parties, small decorations to be used in mess halls and tents, card games such as UNO, Rook, Skip Bo, Yahtzee, cribbage and dominos, word searches, crosswords, small flashlights, foam footballs, moisturizing creams, bars of soap, Frisbees, disposable razors, shampoo, baseball hats, small 2014 calendars and sample bottles of anything they might use.



There cannot be any religious items or suggestive reading material or magazines because of the local government regulations in their country.

There will be a depository at the high school for the items. Help from school patrons will be greatly appreciated by the JOOI Club and the cheerleaders.

## LIFETREE CAFE

St. Paul Lutheran Church, 12 Park Street in Treynor, is hosting Lifetree Café every Sunday at 4:00 p.m. in their fellowship hall. Refreshments and free childcare are provided. Lifetree Café is a conversation Café that provides a comfortable atmosphere to discuss contemporary topics. Each week there is a different topic, so you do not have to worry about missing an episode. The hour-long café introduces you to real people with real-life experiences related to the topic and then allows time for deeper discussion at your tables. To watch a short video of topics or view more information, visit the website at: [lifetreecafe.com](http://lifetreecafe.com). Lifetree Café is free and open to anyone of any age, so please feel free to come! If you have any questions, please call the church office at 487-3880.

# FROM THE ELEMENTARY PRINCIPAL'S DESK



We have gotten off to a fantastic start here at the elementary! September gave our students the opportunity to experience many different activities which included: Cards for Success & Morning Math drawings, 2-E Class of the Month Pizza Party, Pottawattamie County Conservation programs, Lunch with Mr. Larsen, TS Bank / Cardinal Branch opening, and our annual Homecoming Activities. October has our students looking forward to our first Accelerated Reader Cardinal Cart, 2<sup>nd</sup> & 3<sup>rd</sup> Grade Field Trips, Scholastic Book Fair and the change in seasons that we as lowans have grown to appreciate. ☺

It has been especially gratifying to see the enthusiasm our students have for the new playground – if you have not visited, it's spectacular! It has especially nice for us as parents to not have the need to empty rocks out of shoes every day ☺. It has also cut back on the number of injuries we are seeing in the Health Office.

Thanks also to those of you that helped support our Accelerated Reading Cardinal Cart through the QSP magazine fundraiser. As our students are reading more and more each year, it presents a challenge to fund the purchases necessary to keep our Cardinal Cart fully stocked. We appreciate your assistance!

Just another reminder regarding Elementary Drive and parking along the fire lane. If you are going into the building for ANY length of time before 8:30 AM or after 3:00 PM, please pull into a parking stall or park your vehicle down towards the east end of the building. Also, please pull over to the side of Elementary Drive when dropping off and picking up students. Remember, Elementary Drive is ONE WAY between 8:00-9:00 AM and 3:00-4:00 PM. Thanks for your assistance in these matters and for helping us keep kids safe.

Feel free to stop in and say hello anytime or if you have concerns, please call or email [487-3422 or [tlarsen@treynorcardinals.org](mailto:tlarsen@treynorcardinals.org)] Thanks for all of your support!

Mr. Larsen

## UPCOMING ELEMENTARY EVENTS

- October 1 DIBELS Testing Week  
Cardinal Branch Bank @ 9:00 a.m.
- October 2 Kindergarten Doughnuts for Dads @ 8:30 a.m.
- October 10 2nd Grade to Arbor Day Farms  
3rd Grade to Botna Bend Park
- October 11 No School—Teacher Inservice
- October 14 School Board Meeting @ 6:30 p.m.
- October 18 Fall Harvest Parties @ 12:30 p.m.  
2:00 p.m. Early Dismissal—End of 1st Quarter
- October 21 Scholastic Book Fair Week
- October 21 & 24 2:00 p.m. Early Dismissal  
Parent-Teacher Conferences 4:00—8:00 p.m.
- October 25 No School



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



Oct. 11 No School—Teacher Inservice  
 Oct. 18 2:00 Dismissal—End of 1st Quarter  
 Oct. 21 Start 2nd Quarter  
 Oct. 21 & 24 2:00 Dismissal—Parent/Teacher  
 Conferences



Oct. 25 No School

**Parent-Teacher  
Conferences on  
Oct. 21 & 24  
4:00—8:00**

We are off to a busy, but great start this school year in the middle school! We rolled out the iPads to all of our students on Friday, August 23<sup>rd</sup> during a technology boot camp that afternoon. Below are some of the reasons why we chose iPads at the middle school level:

- ◆ Powerful tool for learning and comprehension
- ◆ Interactivity it provides engages the students
- ◆ A lot of educational apps available
- ◆ Great battery life
- ◆ Great for using the web, researching, and watching relevant videos or podcasts
- ◆ Light-weight and portable
- ◆ Fast and easy to use
- ◆ Unlimited educational information at the tips of the students fingertips

I'm sure that there will be glitches along the way and changes may need to be made as we go, but so far they are working out great and the students and teachers love them!

I wanted the community to be aware that the month of October is "National Anti-bullying Awareness Month." We are planning different things within the middle school and high school to bring more awareness to our buildings. We will have information daily in the school announcements pertaining to bullying/harassment; we currently have an assembly set up on October 14 around success and positive leadership and hope to have another assembly specifically around bullying/harassment. We are planning on spending time in Cardinal Connections around this topic and we are also planning on all students and staff throughout the district to wear blue on Monday, October 7<sup>th</sup>. ("Stomp Out Bullying" is a back-to-school campaign that supports anti-bullying awareness month and it has declared Monday, October 7<sup>th</sup> as a day to show solidarity by asking kids, teens, and adults all around the world to participate by wearing a BLUE SHIRT to show solidarity against bullying.)

As always, if you have any concerns or questions please feel free to call or stop by my office.

Mrs. Berens

Middle School Principal



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

The 2013-2014 school year is off to a fast start. We have had the opening of our new Cardinal Athletic Complex, homecoming has come and gone and students are settling in on their studies for the 1<sup>st</sup> semester. The unofficial student count for Treynor High School is 233 students with the freshmen class the largest at 68 students followed by the sophomores with 61, juniors 53 and seniors with 51 students.



At the beginning of the year at our back to school assembly we set forth a vision for the school year. This year the message for our high school is one that has been used often at Treynor: *Excellence is Expected, Excellence is Achieved*. This message not only applies to the students, it also applies to the staff and administration.

Excellence is expected. Excellence is defined as the quality of being outstanding or extremely good. If we can hold ourselves to that definition every day, every hour, every minute then we are the best person we can be and excellence has been achieved. We know that everyone hits bumps in the road and has some setbacks. We have to remember it is how we pick ourselves up, dust ourselves off and get back heading down the right road that shows the type of person we are.

Also at the beginning of the school year the teaching staff took part in a 3 day training called Capturing Kids Hearts by the Flippen Group. It was an off-site learning experience that allowed administrators and teachers to build positive, productive, trusting relationships- among themselves and with students. This process will transform the classroom and campus environment, preparing the way for high performance. It is not a theoretical or a motivational lecture, but the beginning of an important transformational process. The teachers and administrators learned and practiced skills we will use and model back in our school. Some of the topics we learned about were:

- ◆ How to use the EXCEL Teaching Model in creating a safe, effective environment for learning
- ◆ How to develop self-managing classrooms
- ◆ Techniques for dealing with behavior and disrespect issues
- ◆ How to build productive relationships with ALL students and colleagues
- ◆ Fulfills one of the requirements to teach Teen Leadership

Please ask your student about some of the skills their teacher is using in the classroom that was learned during our training or when you visit us in the high school during parent-teacher conferences ask about the social contract of the classroom and/or the “Good Things” classroom starter activity.

Mr. Tim Navara  
High School Principal

## J-FORCE

All students in kindergarten through 5th grade are invited to attend an elementary ministry program on Wednesdays after school called J-Force. J-Force meets at Zion Congregational Church each Wednesday after school from 3:30 p.m.—5:00 p.m. Older students are invited to attend as helpers. J-Force is completely free to any/all students. It is separate from Zion’s Impact After School Care, which is a fee-based daily service. At J-Force, kids will learn about God through games, music, skits, crafts, snacks, etc. J-Force follows the school calendar. There will be no J-Force on no school days or on days when there is an early dismissal. Students attending J-Force can ride the shuttle bus to Zion each Wednesday afternoon. For more information, go to: [www.ziontreynor.org](http://www.ziontreynor.org) or talk with Pastor Adam Magill (712-487-3289).

# SENIOR ADS FOR 13-14 YEARBOOK

## SENIOR AD ORDER FORM

Straight from the heart into the yearbook! Our staff is offering the opportunity to "personalize" the yearbook in a very special way with a senior ad. These ads are available to congratulate a graduate or tell your student how proud you are! Your ad provides a great way to specially recognize a student or event that our yearbook staff may not otherwise be able to cover in such a personal way. To reserve your space, fill out the order form below.

Ad orders and payments are due by October 31, 2013. Pictures and text may be submitted by April 15, 2014. Mail or deliver Ad orders to: Mrs. Coughlin at the high school, or to the high school office. For more information email Mrs. Coughlin at [ecoughlin@treynorcardinals.org](mailto:ecoughlin@treynorcardinals.org).

Photo Submission Guidelines: Do not cut, glue, paper clip, or tape photos; however, copy photos (MUST BE HIGH QUALITY COPIES) should be submitted in place of irreplaceable pictures. The school, yearbook staff, or yearbook company do not accept responsibility for lost or damaged pictures. Please put your name, address, and phone number on the back of each photo written lightly only in pencil. All ads will be in color.

\_\_\_ 1/8 page - \$25

\_\_\_ 1/4 page- \$50

\_\_\_ 1/2 page- \$100

\_\_\_ Full page- \$200 : If you wish to design the ad, just sketch it out on a separate piece of paper, and tell us where you would like the photos placed. All fonts are picked by the yearbook staff and will be the same through the senior ads. You may also completely design your own ad. Measurements are all in picas. Six picas= One inch.

Student Name: \_\_\_\_\_

Is the ad a surprise: \_\_\_\_\_ Yes \_\_\_\_\_ No

Parent / Purchaser's name: \_\_\_\_\_

Parent/ Purchaser's email: \_\_\_\_\_

Parent/ Purchaser's phone number: \_\_\_\_\_



## 13-14 YEARBOOK PRICES



Because this year's books will be bigger and better than ever, it is to YOUR advantage to order early! Prices will go up throughout the year to cover extra costs for additional pages!

### Elementary

August 1—September 29	\$15.00
September 30—March 2	\$17.00
After March 2	\$20.00

### Middle School

August 1—September 29	\$15.00
September 30—March 2	\$17.00
After March 2	\$20.00

### High School

August 1—September 29	\$55.00
September 30—March 2	\$60.00
After March 2	\$65.00

## HOMECOMING 2013

Homecoming is Friday, September 27. A full week of activities including dress-up days, hall decorating, float building, and Cardinal Olympic events at the high school preceded Friday's festivities. The schedule for Friday is:

1:00 p.m.	Pep Rally @ Cardinal Athletic Complex
2:00 p.m.	Parade (the parade will run opposite the way it has in the past—it will run east down Highway 92 and conclude at the elementary school)
3:00—5:00 p.m.	Kindergarten—4th Grade Carnival (south of the HS parking lot in the grassy area) 5th—8th Grade Activities @ Cardinal Athletic Complex
4:30—6:30 p.m.	Homecoming Supper in the High School Commons Pork Sandwich, Baked Beans, Chips, Pickle, Homemade Pie & Beverage—\$8.00 Kids Meal—1/2 Pork Sandwich, Hot Dog or Buffalo Wild Wings + Baked Beans Chips, Pickle, Dessert & Drink—\$4.00
7:00 p.m.	Football vs. Shenandoah @ Cardinal Athletic Complex

In the event of inclement weather, the pep rally will be in the west gym starting at 1:30 p.m. and the Carnival will be in the east gym following the pep rally. All outdoor activities, except for the football game, would be cancelled.



# GO CARDINALS!

## Cardinal Counseling



## Connections

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

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

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### College Admission Companies Have Been Contacting Students

Companies that offer college admission assistance have been contacting students in the Treynor school district. What happens is they get a student's name from a source, not the school, and they will send the student's parents a letter inviting the student and parents to a meeting that is free of charge. Usually it is in a hotel in Omaha or Council Bluffs. The initial meeting is free, but then they invite the parents and student to receive their college admission and financial aid counseling. Any services from that point on will cost money. I have heard that the fees that they seek to charge can range from a few hundred dollars to \$10,000.

Parents and students need to know that despite claims that they have additional resources that the high school counselor does not know about and that they will have more time to help students than the counselor, these claims are not true. The services that they provide are the same services that you get from Mr. Irvin and from the Iowa College Access Network (College Planning Center) for free. Also parents and students need to know that Mr. Irvin is very dedicated to providing excellent college planning and financial aid services to Treynor students. Any claim that a company will make that the counselor doesn't have time to help your student is clearly not true.

If you receive a letter from a company like this, please feel free to send it to Mr. Irvin or drop it off at the counseling center. Such companies are not necessarily pulling a scam, but to spend the amount of money they require for what you can get for free through your school, doesn't make much sense.

### Background Information on the ACT

ACT as an organization is (quoted from their web site at [www.act.org](http://www.act.org)) "ACT is an independent, not-for-profit organization that provides a broad array of assessment, research, information, and program management solutions in the areas of [education](#) and [workforce development](#)." ACT the test is a college entrance test that gives colleges an objective evaluation of a prospective college student's abilities to be successful in college. Most four year colleges in the Midwest rely on the ACT to admit students into their college or university. It also serves as a partial basis for many colleges to award academic scholarships and grants. Colleges and universities have an ethical responsibility to admit students that have the necessary academic abilities that will enable them to earn a degree and complete an academic program. The ACT serves as a vital tool for admission of students.

There are four major subtests on the ACT: English, mathematics, reading, and science reasoning. Most people are very aware that the ACT has a composite score based on a scale of 1-36 that is a



type of average for all four subtests. Colleges commonly use cumulative grade point average (GPA), class rank, and the ACT composite score to make admission decisions. The three state universities in Iowa use the Regents Admissions Index (RAI) as to make admissions decisions. We will visit what the RAI is all about in a future edition of Cardinal Counseling Connections (CCC).

The ACT is primarily a four year college entrance test. Not all students need to take the ACT. If a student wants to attend a community college in a career and technical program of study, taking the ACT may not be necessary. If a student would like to attend cosmetology school or enter the military, the ACT is not necessary. Primarily, the ACT should be taken by students who are intending to enter a four year college directly from high school. The ACT can be taken any time in high school. I usually recommend the ACT be taken either some time during the junior year or while a student is taking algebra II in either the sophomore or junior year. The ACT can be taken up to twelve times. Most students will take the ACT one to two times. ACT reports that 55% of students who take the ACT the second time will raise their composite score. Colleges will take the highest score of a student. It is important for seniors to have taken the ACT at least once before their senior year so that they will have a score available for colleges to use to make an admissions decision. The senior may take the ACT during their senior year to raise their score and this is most effective if done in September, October, or December. Over the past ten years, 85% of Treynor graduating senior classes have voluntarily taken the ACT.

### Remaining ACT Test Dates for 2013-114 School Year

Test Date	Registration Deadline	(Late Fee Required)
September 21, 2013	August 23, 2013	August 24–September 6, 2013
October 26, 2013	September 27, 2013	September 28–October 11, 2013
December 14, 2013	November 8, 2013	November 9–22, 2013
February 8, 2014	January 10, 2014	January 11–24, 2014
April 12, 2014	March 7, 2014	March 8–21, 2014
June 14, 2014	May 9, 2014	May 10–23, 2014

Treynor ACT School Code: 164-320

To register online for the ACT go to: [www.actstudent.org](http://www.actstudent.org)

The ACT Writing Test is optional. Check with prospective colleges to see if the college requires the writing exam for admission. You may check the counseling page of the THS web site and click on a link that will allow you to look up your prospective college, and if it requires the ACT writing exam.

ACT Online Prep is an online prep program that you can purchase for \$21.95 for a one year access. To purchase or see more information go to:  
<http://www.actstudent.org/onlineprep/index.html>

Another good test prep source is [www.johnbaylortestprep.com](http://www.johnbaylortestprep.com) or <http://www.go3mt.com/>

## College Visits

The single most important factor in making a college decision is visiting the college. Getting on the campus gives a student a sense of whether the atmosphere fits their personality and what the college has to offer. Following are some thoughts about college visits:

1. Visit during a regular day of classes. This gives you a sense of what it would really be like to attend the college. Saturdays, summers, and finals week are not good times to visit a campus and base a decision completely on that visit.
2. Be sure to schedule an official visit with the office of admissions. The admissions staff is very busy and will normally not be able to accommodate walk-in visits. Mr. Irvin is very glad to schedule campus visits and students should fill out the College Visit Request Form.
3. Go with parents. Parents can give good feedback to students about a college and can ask good questions. Offices of admission prefer not to have "packs" of students come on campus. Students are generally more serious if they go with their parents.
4. Consider group visit days. Many colleges sponsor days when several prospective freshmen come and visit. An entire schedule for the day is set up involving tours, student or faculty panel discussions, eating in the cafeteria, sitting in on a class, or meeting with specific instructors in programs or activities. All colleges will do individual visits and many will do group visits.
5. THS allows three days in the senior year to be used for college visits that do not count against a student's attendance.

### Good Questions to Ask on a College Visit

1. What are the test score requirements for admission or scholarships?
2. Is there an application fee? If so, is it refundable?
3. What are the application deadlines for admission and scholarships?
4. What scholarships are available for freshmen students?
5. What is the cost of attendance both in direct costs (tuition, room and board) and indirect costs (books, transportation, personal spending)?
6. What types of payment plans are available?
7. What types of meal plans are available? Are there alternatives to the dining halls?
8. Are computers available in residence halls and are rooms equipped for computer network access? Is wireless access available? Is there a computer technical service available to help students with the computer problems?
9. What does the college do for freshman student orientation? What does the college do for incoming freshmen to help them to get to know other students?
10. What type of academic calendar does the college use?
11. What is the retention rate for students?
12. What is the job placement rate? Does the college help students apply and be admitted to graduate school or to find employment in their field of training?
13. How long does the average student take to graduate?
14. Are academic support services and tutors available for students who need academic help?
15. What is the average class size?
16. How does the academic advising system work? How can students change advisors if they wish?
17. What are the various housing options on campus? How much is the housing deposit? What is the deadline date to receive a refund on the housing deposit?
18. What does the college offer for student health services? What is done for campus security?
19. What are the clubs and organizations that are available on campus?
20. What is the student body like? What is the male/female ratio? What is the racial and ethnic diversity on campus?
21. What internship and co-op programs available?
22. What study abroad programs are available?


Choosing a college is an important decision. Make sure to give it a lot of thought and don't be afraid to investigate and ask questions. See the Iowa College Access Network website ([www.icansucceed.org](http://www.icansucceed.org)) for other college visit information and helpful suggestions.

# October 2013



*Happy Halloween!*




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	K-5 DIBELS Testing Week	<b>1</b> JH VB IKM-Manning Here 4:15 JH FB @ Mo Valley 4:15 9th/JV/Var VB IKM-Manning Here 6:00/7:30	<b>2</b> Kindergarten Doughnuts for Dads @ 8:30 a.m.	<b>3</b> JH VB @ Mo Valley 4:15 CC @ Shen 4:30 9th/JV/V VB @ Mo Valley 6:00/7:30	<b>4</b> Varsity Football St. Albert Here 7:00	<b>5</b> JV Volleyball Tournament @ Audubon  Clarinda Band Jamboree
<b>6</b>	<b>7</b> Cross Country @ Woodbine 4:30 JV Football @ Tri-Center 6:00	<b>8</b> JH FB T-C Here 4:15 JH VB T-C Here 4:15 9th/JV/Var VB Tri-Center Here 6:00/7:30	<b>9</b>	<b>10</b> JH VB @ Underwood 4:15 CC @ Atlantic 4:30; 9/10 FB AHST Here 6:00 9th/JV/Var VB @ Underwood 6:00/7:30	<b>11</b> <b>NO SCHOOL-TEACHER INSERVICE</b> Varsity FB @ Nodaway Valley 7:00	<b>12</b> JV Volleyball Tournament @ Abraham Lincoln 8:30  Marching Band Contest @ Glenwood
<b>13</b>	<b>14</b> WIC CC Here @ 4:00 WIC Volleyball JV FB IKM-Manning Here 6:00	<b>15</b> JH FB @ IKM-Manning 4:15 WIC Volleyball @ Underwood 6:00	<b>16</b>	<b>17</b> WIC Volleyball @ Underwood 9th & 10th FB @ Griswold 6:00	<b>18</b> <b>End of Quarter 2:00 Dismissal</b> Varsity Football @ Missouri Valley 7:00 Elem Fall Harvest Parties 12:30	<b>19</b> State Marching Band Contest @ Glenwood
<b>20</b>  Elementary Scholastic Book Fair Week	<b>21</b> <b>2:00 Dismissal Parent-Teacher Conferences 4:00-8:00</b> JV FB @ Griswold 6:00	<b>22</b>	<b>23</b> Regional Volleyball Tournament	<b>24</b> <b>2:00 Dismissal Parent-Teacher Conferences 4:00—8:00</b> Region/District Cross Country	<b>25</b> <b>NO SCHOOL</b> Varsity Football Panorama Here @ 7:00	<b>26</b> All State Auditions @ Harlan
<b>27</b>	<b>28</b>	<b>29</b> Regional Volleyball Tournament	<b>30</b> Football Playoffs	<b>31</b> 		

# November 2013



*Happy Thanksgiving!*



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



## TREYNOR COMMUNITY SCHOOL

October, 2013 Breakfast & Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Juice or Fruit Choice of Cereal Toast	8 Juice or Fruit French Toast Sticks Syrup	9 Juice or Fruit Choice of Cereal Granola Bar	10 Juice or Fruit Breakfast Square	11 NO SCHOOL
Hot Ham & Cheese/Bun Potato Wedges Fresh Broccoli Apples Chocolate Pudding (6-12 Salad Bar)	Sausage Pizza Tossed Salad/Romaine Steamed Corn Banana Graham Cookie (4-12 Salad Bar)	Italian Pasta Bake Green Pepper Strips Baby Carrots Wheat Roll Applesauce (4-12 Salad Bar)	Chicken Stir Fry 6-12 Popcorn Chicken K-5 Green Beans Tropical Fruit Whole Grain Breadstick (4-12 Salad Bar)	NO SCHOOL
14 Juice or Fruit Choice of Cereal Cinnamon Toast	15 Juice or Fruit Pancakes Syrup	16 Juice or Fruit Choice of Cereal Poptart	17 Juice or Fruit Sausage & Eggs Toast	18 Juice or Fruit Choice of Cereal K-5 Breakfast Bar 6-12 Muffin
Taco Day Shredded Lettuce Cheese Refried Beans Fruit Choices (6-12 Salad Bar)	Meatball Sub 6-12 Hotdog K-5 Garden Spinach Salad Tri Tater Orange Smiles (4-12 Salad Bar)	Chicken Noodle Soup Grilled Cheese Sand. Green Beans Applesauce (4-12 Salad Bar)	Turkey Club Romaine Lettuce Tomato Oven Fries Strawberries/Bananas Angel Cake (4-12 Salad Bar)	Country Style Beef Patty Mashed Potatoes/Gravy Mixed Vegetables Wheat Roll/Jelly Chilled Fruit (No 2nd Choice)
21 Juice or Fruit Choice of Cereal Toast w/Jelly	22 Juice or Fruit French Toast Sticks Syrup	23 Juice or Fruit Choice of Cereal Fruit Pocket	24 Juice or Fruit Breakfast Bagel K-5 Biscuits & Gravy 6-12	25 NO SCHOOL
Chicken Tetraroni Tossed Salad w/Romaine Steamed Carrots Whole Grain Roll/Jelly Chilled Fruit (6-12 Salad Bar)	Whole Grain Corndog Mac & Cheese Seasoned Peas Fresh Baby Carrots Apple Wedges (4-12 Salad Bar)	Pasta/Sauces Mozzarella Bread Slice Garden Spinach Salad Seasoned Peas 9-12 Chilled Fruit (4-12 Salad Bar)	Hamburger on Bun Romaine/Tomato Potato Puffs Mixed Fruit Cookie (4-12 Salad Bar)	NO SCHOOL
28 Juice or Fruit Choice of Cereal Toast	29 Juice or Fruit Pancake Stick Syrup	30 Juice or Fruit Choice of Cereal Granola Bar	31 Juice or Fruit Breakfast Square	1 Juice or Fruit Choice of Cereal K-5 Breakfast Bar 6-12 Muffin
Chicken Wrap Romaine Tomato Mix Spanish Rice Carrots Fruit Mix (6-12 Salad Bar)	Pork Ribb on Bun Lettuce/Tomato Tri-Tater Seasoned Corn Pineapple Chunks (4-12 Salad Bar)	Mostaccioli Green Beans WG Bread Slice 6-12 Tropical Fruit Royal Brownie (4-12 Salad Bar)	Taco Salad Whole Grain Chips Salsa Refried Beans Cinnamon Puff Fresh Kiwi (4-12 Salad Bar)	Hot Dog on Bun Hot Potatoes Baked Beans Applesauce (No 2nd Choice)

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 Treytor 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 Treytor 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>.



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