

# Treynor Community School

"COMMITTED TO EXCELLENCE"

# NEWSLETTER



December, 2018

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

Happy holidays to all of you from me – and the entire staff of the Treynor Community School District! This is the greatest school in which to work and learn - all because of you, our parents and community members, and our students. We love serving in this great school.



The holidays are happy, fun and exciting for all of us. Our kids love the break from school and a chance to see friends and relatives. There are always special foods, music and family traditions. With all the festivities during this busy holiday season, stress can become a factor, even for our kids. Here are a few tips appropriate for all of us to help them manage their stress.

- Discuss holiday plans in advance, and let kids participate in decisions. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last-minute decisions can all increase stress for our kids.
- If you're traveling, leave plenty of extra time and bring snacks, books, games and/or music. It's amazing how travel increases stress levels of many kids, but with a little planning that time can actually be a de-stressor.
- Don't over schedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
- Give kids some "down time." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, taking a walk or reading a book – even their favorite video game.
- Make sure kids get plenty of sleep. While it may be exciting to stay up late, lack of sleep often leads to increased irritability. Yes, it's those two words – structure and predictability. We as adults need it (and love it) and so do our kids. (They don't usually admit it! Ha!)
- Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
- Don't promise things you can't produce. For example, don't promise a parent/grandparent/favorite aunt will be home in time for the holidays if the decision is really out of your control. Surprises when they do arrive are so much more fun than disappointments when the "favorites" aren't able to join the festivities.
- Uphold and maintain family traditions. Kids count on certain traditions. They can have an important grounding effect by letting kids know that even though some things have changed, other things have remained the same. Watch that funny Christmas movie you have all seen "a million times," do the traditional toboggan run, or cozy up by the fire with the hot chocolate (and extra marshmallows).
- What most kids really want is your time, attention and reassurance. We are often surprised just how much our kids really want us, even more than all the toys and gifts. Sitting down with them to play that favorite board game, re-reading for the thousandth time that Christmas story, talking about their favorite music - those are the things that will be what they remember in years to come.

### Special points of interest:

- ✓ JOI is sponsoring a winter clothing drive and "Souper Bowl" for the local food bank.
- ✓ Have a plan in place in the event of an early dismissal or no school.
- ✓ Plan to attend one of the many concerts coming up in December.
- ✓ Check out all the "happenings" at the elementary and high school..
- ✓ Happy Holidays!.

### Inside this issue:

School Breakfast	2
JOI Club	2
Holiday Concerts	3
Supt. Search	3
School Closings	3
Elementary	4
High School.	5
Stockings for Heros	6
Student Art	7
Coaches vs. Cancer	8
Stop the Bleed	9
Calendars	10-11
Menus	12

## DISTRICT DETAILS CONTINUED

- Take care of you! When you feel stressed, it increases the pressure and tension on our children. Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family.

No one knows your kids better than you! Capitalize on their personalities and their interests to assure you all have the best holiday ever!

Have the Merriest Christmas and the Happiest New Year!

Lou Howell  
Interim Superintendent

## SCHOOL BREAKFAST FACTS

A great breakfast program is offered at school every day!

Here are some fun facts about school breakfast:

- ◆ *It's easy!* Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash!
- ◆ *It's affordable!* If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.
- ◆ *It's tasty!* Schools now have more variety to choose from when deciding what to offer your children for breakfast.
- ◆ *It's good for the brain!* Research suggests that not having breakfast can affect children's intellectual performance (CDC).



## JOI "SOUPER BOWL"/WINTER CLOTHING DRIVE



The Junior Optimist high school service club will again sponsor a "Souper Bowl" food pantry drive on Sunday, January 27, a week before the Super Bowl game. Various food and paper products which can be distributed by the local food bank are to be left on the front entrance of homes on that date throughout the Treynor community. Flyers will be distributed before the drive.

The JOI Club is sponsoring a winter clothing drive until December 10th. Items may be left in boxes in the commons areas at the middle and high school. Coats, caps and gloves are especially needed. You are encouraged to bring items to home basketball games also. Check your closets for items no longer used!



## SUPERINTENDENT SEARCH UPDATE

The following are the key dates for the superintendent search:

- Nov. 16: The position was posted on Teachlowa by Lou Howell. Other postings were completed by Grundmeyer Leaders search firm.
- Jan. 6: Deadline for all applications.
- Jan. 24: Closed board session to enable board to determine a short list of candidates for digital interviews.
- Jan. 30: Closed board session to complete digital interviews, followed by determination of 2-4 finalists to be interviewed.
- Feb. 13: Formal interviews with teams representing students, teachers, staff, administrators, community members, and board members.
- Feb. 13: Closed board session followed by an open session to review the formal interviews and determine the new superintendent.

## 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 800 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.

Our student information database, JMC, will be used for all school notifications (voice, email, text). Please check your contact information to ensure it is up-to-date so you will receive these messages for school closings, late starts or early dismissals. Use the JMC Parent Access portal to check your contact information and make any additions or corrections as needed and to indicate how you want to receive notifications.

## HOLIDAY MUSIC CONCERTS



Fifth and sixth grade band students will be in concert on Monday, December 10th at 7:00 p.m. in the high school auditorium. Following their concert, sixth grade students will entertain parents, family and friends, also in the high school auditorium.

The 4th grade vocal concert will be held on Thursday, December 6th at 7:00 in the high school auditorium. Third grade will present a concert on Thursday, Dec. 13th in the auditorium at 7:00.

On Monday, December 17th, the junior high choir and concert band will have their concert at 6:30 p.m. in the high school auditorium. There will be a short break and the high school will present their concert at 8:00 p.m.

# FROM THE ELEMENTARY PRINCIPAL'S DESK



As the days have turned cold and continue to fly by, our students continue to perform well both in and outside the classroom. I am constantly amazed by the level of respect students show to each other and to adults in the building. It is truly heartwarming and I feel blessed to be part of a school community with such great families.

Our students had a great month and were able to be involved in lots of activities. These include student deposits in Cardinal Branch Bank, 5th Grade Veteran's Day Music Program, an illusionist assembly, Cards for Success drawings and Class of the Month popcorn parties. December activities are sure to be just as fun and exciting for our students.

December also ushers in the arrival of colder temperatures. Please remind your children to dress warmly and make sure they are equipped with mittens, stocking caps, and boots on those treacherous days. FYI...our rule for indoor recess is 19 degrees or below when you factor in the wind chill.

Finally, a healthy school-community partnership is a common aspect of many successful schools. This past month we have enjoyed tremendous support from our families and community. Parent-Teacher conferences, field trips, classroom celebrations—the level of involvement has been inspiring. Thank you!

As always, please contact me if you have any questions, comments or concerns on happenings here at the elementary school!

Jillian Kay  
Principal  
Treyner Elementary

## UPCOMING ELEMENTARY EVENTS

- December 6 4th Grade Music Program @ 7:00 p.m., HS Auditorium
- December 10 5th Grade Band Concert @ 7:00 p.m., HS Auditorium  
School Board Meeting @ 6:30 p.m.
- December 12 1:00 p.m. Early Dismissal—Teacher Inservice
- December 13 3rd Grade Music Program @ 7:00 p.m., HS Auditorium
- December 21 1:00 p.m. Early Dismissal
- December 24—Jan. 2 No School—Christmas Vacation
- January 3 School Resumes



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

### MR. McNEAL

As we transition from fall to winter, our students continue to do great things. The musical, "Legally Blonde", was well done and I congratulate everyone who was part of the performances on and off stage.

The Veteran's Day program was well attended. Thanks to the veterans, high school band and to Alora Nowlin, Broc Livengood, Brendan Mass, Abby Fenn, Tyler Pollock and Kyle Christensen for their parts in a successful tribute to all veterans.

Football ended their season 8 – 2. Post season All District Honors went to: Kyle Christensen District Defensive Player of the year; Luke Mieska – District Specials Teams Player of the Year; Jeff Casey – District Coach of the Year. 1<sup>st</sup> Team All District: Kyle Christensen, Jake Fisher, Brock Fox, Will Halverson, Austin Kulesa and Chase Reber. 2<sup>nd</sup> Team All District: Ben Boese, Broc Livengood, and Kristian Martens

Volleyball qualified for the State Tournament and lost a very hard fought match 3-2 to the eventual State Champion. They ended their season with a record of 33 – 8. WIC All Conference Honors were: 1<sup>st</sup> Team: Sydni Huisman, Mia Shipley and Konnor Sudmann. 2<sup>nd</sup> Team: Kayla Chapman. Sydni Huisman was also named IGHS AU 2<sup>nd</sup> Team All State.

Jerry Jorgensen and Tori Castle were named to 2A All State Cross Country teams. Jerry placed 4<sup>th</sup> and Tori placed 9<sup>th</sup> at the State Cross Country Meet.

Thanks to Treynor State Bank for sponsoring our assembly on Nov 6 with Illusionist, Matt Adams, who sent a positive message to our Middle School and High School students and staff.

Many High School students have volunteered for several activities over the last month.

- Almost 200 Special Olympic athletes and coaches from southwest Iowa, approximately 40 Treynor High School boys' and girls' basketball players, and about 10 cheerleaders joined forces for a unified Special Olympics event hosted by Treynor High School. This is the 5<sup>th</sup> year Treynor has hosted this event and participation continues to increase.
- The Junior Optimists will be collecting coats from November 26 to December 8 with all coats being donated to the Open Door Mission.
- The Modern Issues class is collecting supplies for the Open Door Mission and Lydia House in Omaha from November 28 - December 18. Supplies with the highest need are toilet paper, Clorox wipes, laundry detergent, shampoo, conditioner, plastic bags, and paper towels. Other needs include diapers, baby wipes and facial tissue. Donations can be brought to the High School Office.
- The National Honor Society will have a "Penny Wars" fundraiser to raise funds for "Coaches vs Cancer" December 10 – 14.

The 1<sup>st</sup> Semester Tests will be held on Thursday – December 20 and Friday – December 21. We will run a bell schedule where classes meet for a longer class period. Class periods 1<sup>st</sup> through 5<sup>th</sup> will test on Thursday – December 20 and 6<sup>th</sup> through 8<sup>th</sup> will test on Friday – December 21.

When we return to school on Thursday – January 3 we will be back to regular classes and all grades will still be part of the 2<sup>nd</sup> 9<sup>th</sup> weeks (1<sup>st</sup> semester) until that grading period ends on Friday – January 11.

We wish you a very joyous holiday season and encourage you to attend the High School Winter Concert and winter sports events as they begin their seasons.



## HIRING NOW! FOOD SERVICE POSITION

Treynor Community School has an open position in food service. Hours of employment would be from 10:30 a.m. until 1:45 p.m. with possible additional hours. Employment application forms are on the school website. If you have any questions regarding the position, please contact Carol Leaders, Food Service Director. The position will be open until filled. Applications should be turned in to the Superintendent’s Office at the high school building.

**NOW  
HIRING**

## STOCKINGS FOR HEROS: BOTH BIG & SMALL



“Stockings for Heroes: Both Big and Small” is a project started by Mr. Koenck’s Modern Issues class. The project started on Nov. 28 and will end on December 18. This project aims to fill Christmas stockings with essentials and a few fun things for men and children. These items will be delivered to the men at Open Door Mission and the children at Lydia House.

During the holidays, those at the Open Door Mission are often forgotten as everyone is tied up in the holiday buzz. But, the men and children are trying to celebrate the holidays, too. That proves to be difficult if they do not have the essentials crucial to everyday life, such as toothbrushes and toothpaste.

The Modern Issues class is asking for your help in donating items to this project. There will be boxes placed in the high school, middle school and elementary offices for donations. Donations will be greatly appreciated.

Here is a list of items that the class would like to fill the stockings with:

**Children**

- Candy
- Toothbrush/toothpaste
- Mini notebooks
- Mini coloring books
- Crayons/colored pencils
- Tiny stuffed animals
- Small puzzles
- Legos

**Men**

- Decks of cards
- Shaving cream
- Lip balm
- Double razors
- Hand warmers
- Toothbrush/toothpaste
- Mini American flag
- Candy canes

## SPEECH TEAM BEGINS SEASON

The Treynor Speech Team is off and running! We have fifty students in large group competitive speech this year. We are hoping to have entries in every category with maximum entries in most. If you are interested in having students perform for local functions, please contact us. We welcome the extra practice! This year we are adding a Preview Night on January 14. This will give the students an opportunity to perform before they go to District Contest on the 19th. We hope you will join us that evening and support us at our contests. The coaches this year are Julie Showalter, Diana Crouch, Joan Becker and Travis Graham. You can check the school website under activities/speech for more details starting in December. (Contest dates: District Large Group—Jan. 19 in Clarinda., State Large Group—Feb. 2 at West Des Moines Valley, All State—Feb. 16 at Iowa State University.



## TREYNOR STUDENT ART IN OLD MARKET



Treynor High School Art students will have the opportunity to have their work displayed on the High School Art Wall at the Artist's Cooperative Gallery in Omaha's Old Market. There is a designated wall in the small gallery that has been offered to area High School Art Teachers as part of the gallery's Outreach Program. The month of January has been assigned to Treynor artists.

The gallery is located at 405 S. 11th St. in Omaha. Hours are:

Tuesday—Thursday	12:00—6:00
Friday—Saturday	11:00—10:00
Sunday	12:00—6:00
Monday	Closed

Admission is free. Come out and enjoy the work of student artists along with the work of the Artist's Cooperative Gallery members!

## PLC FALL CELEBRATIONS

### **The PLC Process**

*An ongoing process in which educators work collaboratively in recurring cycles of collective inquiry and action research to achieve better results for the students they serve. Professional learning communities operate under the assumption that the key to improved learning for students is continuous job-embedded learning for educators.*

### **Elementary Celebrations:**

High school students from Mr. Herrington's physics class taught the fifth graders the physics involved in the pumpkin drop. Fifth graders then sketched various designs and brainstormed what materials would be best. Each class worked together to design their own pumpkin-saving device. In the end, the pumpkin from Mrs. Saar's class was the only one that survived the fall!



Watch the winning drop!

<https://vimeo.com/301015942>

### **Middle School Celebrations:**

Sixth grade students in Mrs. Lammert's class practicing previously learned skills through station work. What a great example of multiple exposures!





**High School Celebrations:**

Mrs. Coughlin's comp classes inspiring others through writing! [#HappyNationalDayofWriting](#)



**FRIDAY, DECEMBER 14 / TREYNOR HIGH SCHOOL**

# COACHES *VS* CANCER



**ALL PROCEEDS GO TO THE AMERICAN CANCER SOCIETY**  
BAKE SALE, SILENT AUCTION BASKETS, HONORING CANCER SURVIVORS

**CARDINALS** **TREYNOR** **WOLVES** **IKM-MANNING**



BLEEDINGCONTROL.ORG



SAVE A LIFE

Bleeding Control Basic (BCon) Course

Learn the Basics of Bleeding Control

**Date:** Monday January 28<sup>th</sup> 7p-8:30p

**Location:** Treynor Middle School  
Auditorium

**Contact Information:** Amy Graber  
[amygraber.rfl@gmail.com](mailto:amygraber.rfl@gmail.com)



THE  
**COMMITTEE**  
ON **TRAUMA**



100+years

AMERICAN COLLEGE OF SURGEONS  
*Inspiring Quality:  
Highest Standards, Better Outcomes*

# December 2018



*Merry Christmas!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Treynor Wrestling Tourney 9:00
<b>2</b>	<b>3</b> JH B BB Missouri Valley Here 4:15	<b>4</b> Wrestling Here 5:30 BB @ Underwood 4:30 9th Boys 6:00 GV/BJV 7:30 BV/GJV	<b>5</b>	<b>6</b> JH B BB @ Lo-Ma 4:00 4th Grade Vocal Concert 7:00 in Aud.	<b>7</b> JH B BB Fremont-Mills Here 4:15	<b>8</b> SWI HS Honor Band @ Atlantic Wrestling @ Lenox 10:00 B JV/V BB Heelan Here
<b>9</b>	<b>10</b> JV Wrestling @ T.J. 5:30 5/6 Band & 6th Grade Vocal Concert 7:00 in Auditorium	<b>11</b> Wrestling @ Glenwood 5:30 G & B V/JV BB @ Audubon 6:00/7:30	<b>12</b> 1:00 p.m. <b>EARLY DISMISSAL TEACHER INSERVICE</b>	<b>13</b> 3rd Grade Vocal Concert 7:00 in Auditorium	<b>14</b> WIC Wrestling @ AHSTW 5:00 BB IKM-M Here 9th Girls 4:30 GV & B JV 6:00 BV & G JV 7:30	<b>15</b> WIC Wrestling @ AHSTW 9:00
<b>16</b>	<b>17</b> JV Wrestling @ Shen 5:00 JH Concert @ 6:30 HS Concert @ 8:00 in Aud.	<b>18</b> B 9th BB @ T.J. 4:00 G & B JV/Var BB Lo-Ma Here 6/7:30 6:00/7:30	<b>19</b>	<b>20</b> JH B BB @ Sidney 4:00 BB Mo Valley Here 9th Boys 4:30 VG/JVB 6:00 VB/JVG 7:30	<b>21</b> 1:00 p.m. <b>EARLY DISMISSAL</b>	<b>22</b>
<b>23</b>	<b>24</b> Christmas Vacation	<b>25</b> 	<b>26</b> Christmas Vacation	<b>27</b> Christmas Vacation	<b>28</b> Christmas Vacation	<b>29</b>

# January 2019



*Happy New Year!*




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p>	<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>Wrestling @ Conestoga 7:00 BB Creston Here 9th Boys 4:30 VG/JVB 6:00 VB/JVG 7:30</p>	<p>4</p> <p>BB Riverside Here G V /B JV 6:00 B V/G JV 7:30</p>	<p>5</p> <p>JV Wrestling @ Lo-Ma 9:30 V Wrestling @ Tri-Center 10:00</p>
<p>6</p>	<p>7</p> <p>Wrestling Here 5:30</p>	<p>8</p> <p>9th B BB AHSTW Here 4:30 G &amp; B JV/V BB AHSTW Here 6:00/7:30</p>	<p>9</p>	<p>10</p> <p>9th B BB @ Shen 6:00  JH G BB Sidney Here 4:00</p>	<p>11</p> <p><b>1:00 DISMISSAL</b> End of 2nd Quart. 9th B BB @ TC 4:30 G &amp; B JV/Var BB @ TC 6:00/7:30 Wrestling @ T.J. 5:00</p>	<p>12</p> <p>JV Wrestling @ Thomas Jefferson 9:15 Bluffs Jazz Fest @ Abraham Lincoln GBB @ Mid-America Center 5:30</p>
<p>13</p>	<p>14</p> <p><b>NO SCHOOL INSERVICE</b> SWIBA HS Honor Band @ Atlantic Speech Parents Night 7:00</p>	<p>15</p> <p>JH G BB F-M Here 4:15 9th B BB Underwood Here 4:30; G/B JV/V BB Underwood Here 6:00/7:30</p>	<p>16</p> <p><b>1:00 DISMISSAL—INSERVICE</b> WIC Jazz Band/Jazz Choir Contest @ Audubon 9:00</p>	<p>17</p> <p>SWICDA Honor Choir @ IWCC JH G BB @ Riverside 4:15; Wrestling @ St. Albert 5:30 9th B BB Glenwood Here</p>	<p>18</p>	<p>19</p> <p>District Large Group Speech Wrestling @ Colfax/Mingo 9:00 G V/JV BB Bishop Heelan 6:00/7:30 B V BB @ Ralston Arena 3:00</p>
<p>20</p>	<p>21</p> <p><b>NO SCHOOL INSERVICE</b> JH G BB @ IKM-M 4:15 JH Wrestling Here 4:15 Girls JV/V BB @ Atlantic 6:00/7:30</p>	<p>22</p> <p>G &amp; B V/JV BB Audubon Here 6:00/7:30</p>	<p>23</p>	<p>24</p> <p>SWICDA Honor Choir @ IWCC JH Wrestling Here 4:15 Wrestling Here 5:30 9th B &amp; G BB @ Harlan 6:00/7:30</p>	<p>25</p> <p>BB @ IKM-M 9th B 4:30 G V/B JV 6:00 B V/G JV 7:30</p>	<p>26</p> <p>State Jazz Band Festival</p>
<p>27</p>	<p>28</p> <p>State Show Choir Fest JH G BB @ T-C 4:15 JH Wrestling Here 4:15</p>	<p>29</p> <p>Wrestling @ Storm Lake 5:30 G &amp; B V/JV BB @ Lo-Ma 6:00/7:30</p>	<p>30</p> <p><b>1:00 Dismissal—Teacher Inservice</b></p>	<p>31</p> <p>JH G BB Underwood Here 4:15 JH Wrestling @ Lo-Ma 4:15</p>		



## TREYNOR COMMUNITY SCHOOL

December, 2018 Breakfast & Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fruit or Juice WG Cereal Breakfast Bar	4 Fruit or Juice WG Pancake Stick	5 Fruit or Juice Breakfast Bar K-5 Grab & Go Breakfast 6-12	6 Juice or Fruit Omelet WG Toast	7 Fruit or Juice Cereal Mini Strawberry Bagel
Mac & Cheese WG Corn Dog Mixed Vegetables Applesauce  (6-12 Salad Bar)	Beef Tacos Black Bean Salsa Potato Coins Lettuce, Tomato, Cheese Pears  (4-12 Salad Bar)	Fried Chick. Drumstick Mashed Potatoes/Gravy Peas Applesauce WG Bread Fresh Veggies (4-12 Salad Bar)	Pasta & Meatballs Green Beans Bread Sticks Spinach Salad Fruit  (4-12 Salad Bar)	Pizza Crunchers K-5 Stuffed Crust Pizza 6-12 Corn Garden Spinach Salad Pineapple/Oranges  (No Salad Bar)
10 Juice or Fruit (1/2 c.) WG Cereal Breakfast Bar	11 Juice or Fruit French Toast Sticks	12 Juice or Fruit Biscuits & Gravy	13 Juice or Fruit Egg Mini Cinni	14 Juice or Fruit WG Cereal WG Toast
Breakfast Pizza Sweet Potato Fries Veggies & Hummus Strawberries & Bananas String Cheese 9-12  (6-12 Salad Bar)	Chicken Noodle Soup Grilled Cheese Peas Celery/Carrots Applesauce  (4-12 Salad Bar)	Hot Dog on Bun Baked Beans WG Chips Peas Carrots Broccoli (4-12 Salad Bar)	Mr. Ribb Roasted Broccoli Triangle Potatoes Peaches Cake  (4-12 Salad Bar)	Stir Fry Seasoned Rice Vegetables Pineapple & Oranges Cookie  (No Salad Bar)
17 Juice or Fruit (1/2 c.) WG Cereal Breakfast Bar	18 Fruit or Juice Pancakes Sausage	19 Fruit or Juice WG Cereal Breakfast Bar K-5 Mini Strawberry Bagel 6-12	20 Fruit or Juice Eggs, Sausage Cheese Biscuit	21 Fruit or Juice WG Cereal Toast
Pork Fritter on Bun Tater Tots Fresh Veggies K-5 Cole Slaw 6-12 Pears  (6-12 Salad Bar)	Sloppy Joe on Bun Oven Fries Broccoli & Carrots Peaches  (4-12 Salad Bar)	Chicken Wrap Savory Rice Peppers & Onions 9-12 Steamed Carrots Fresh Fruit  (4-12 Salad Bar)	Walking Taco Refried Beans Lettuce, Tomato, Cheese Corn Applesauce Cookie (4-12 Salad Bar)	Chicken Nuggets Potato Garden Salad Fruit Ice Cream  (No Salad Bar)
24  <b>NO SCHOOL</b>	25  <b>NO SCHOOL</b>	26  <b>NO SCHOOL</b>	27  <b>NO SCHOOL</b>	28  <b>NO SCHOOL</b>
				
31  <b>NO SCHOOL</b>				(We reserve the right to make changes or substitu- tions as necessary.)



## Trey nor Community School

PO Box 369  
Trey nor, IA 51575  
Phone: 712-487-3414  
Fax: 712-487-3332



### POSTAL CUSTOMER

#### ADDRESS SERVICE REQUESTED

It is the policy of the Trey nor Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy, please contact the principals, who serve as the equity coordinators:

Jill Kay, Elementary Principal, #2 Elementary Dr., 712-487-3422, [jkay@treynorcardinals.org](mailto:jkay@treynorcardinals.org)

Jenny Berens, Middle School Principal, 102 E. Main St., 712-487-3181, [jberens@treynorcardinals.org](mailto:jberens@treynorcardinals.org)

Gary McNeal, High School Principal, 102 E. Main St., 712-487-3804, [gmccneal@treynorcardinals.org](mailto:gmccneal@treynorcardinals.org)

## CHRISTMAS VACATION



School will be dismissed on Friday, December 21st at 1:00 p.m. School will resume on Thursday, January 3, 2019.

From the administrators, teachers and staff, a very Merry Christmas and a Happy New Year to you and yours!

**Merry**  
**Christmas**