

# Treynor Community School

"COMMITTED TO EXCELLENCE"

# NEWSLETTER

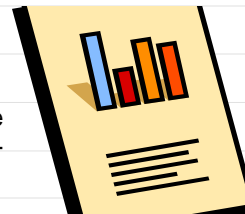


February, 2014

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

### **Department of Education Comprehensive Site Visit...**

Every five years, the Iowa Department of Education conducts a comprehensive site visit to assess each school's Comprehensive School Improvement Plan, provide a general assessment of educational practices within the district, make recommendations for improvement, and determine compliance with accreditation standards and federal program requirements. The Department of Education was here from January 21-23 to assess the Treynor Community School District. During the visit, the DE team reviewed documents, toured our facilities, heard an overview presentation, and conducted interviews with parents, students, teachers, support staff, administrators, community members, advisory committee members and school board members. The DE site visit team was very impressed with all facets of the Treynor CSD. Over the next six weeks, the DE team leader will be compiling a final report to be shared with the school district. The final report will identify areas of strength, suggestions for improvement, and note any items that are non-compliant. We look forward to receiving feedback from the Department of Education and sharing their comments with our students, staff and community. Once the final report is available, it will be posted on the school's website for all to view.



Department of Education Site Visit report will be posted on the website.

#### **Special points of interest:**

- ✓ DE Site Visit final report will be available in approximately six weeks.
- ✓ The final report will be posted on the website.
- ✓ Large group speech is sending ten groups to state contest.
- ✓ Four out of five freshmen entries advanced to state!
- ✓ Speech State Large Group Contest will be held on Feb. 8 in Ankeny!

### **Another Successful Speech Season Underway....**

The Treynor speech program continues to flourish year after year under the direction of head speech coach, Marilyn Abbott. This year we have over 66 students participating in large group and individual speech, with 21 being new freshmen. Due to the continued growth and hard work of our students and coaches, the expectations are once again set high for our thespians. District Large Group was held at Clarinda High School on January 25. After a day of outstanding performances, ten groups (46 students) qualified for State Large Group. The State event will be held on February 8 at Ankeny High School. Congratulations to Coach Abbott, our group of dedicated assistant coaches, and all the speech students on their success thus far. As Large Group starts to wind down, Individual Speech will be kicking off soon. When you get a chance, stop by one of the upcoming contests to support our speech students.

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February 8	State Large Group	Ankeny High School
February 22	Large Group All-State	Iowa State University
March 1	District Individual Events	Shenandoah High School
March 15	State Individual Events	Glenwood High School

Thanks for your continued support of our students, staff and programs.

Go Cardinals!

Mr. Elwood

## CABIN FEVER? CATCH A CONCERT!



If you are feeling the winter blues, get out of the house and catch a concert! The high school winter concert will be held on Thursday, February 13 at 7:30 p.m. in the auditorium. This concert will feature the high school choir, concert band, jazz choir and jazz band.

The Pops Concert is scheduled for Thursday, March 13th beginning at 5:30 p.m. in the west gym. This will include a meal along with small groups, jazz choir and jazz band. Get out of the house and support the arts!

## 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".

## ST. PAUL PRESCHOOL REGISTRATION



St. Paul Lutheran Preschool will have open registration for anyone wanting to attend preschool for the 2014-2015 school year. Registration will be February 1st from 8:00 a.m. to 12:00 at the Preschool. Applications are accepted in the order they are received. When sessions are full, we will be glad to put anyone on a waiting list if need be. If you can't attend that day, you are welcome to drop off your form at the church office, or you can also mail your registration to the Preschool. Please visit our website, [www.stpaultreynor.org](http://www.stpaultreynor.org) to download your application form. If you have any questions, give us a call, 712-487-3960.



## FROM THE ELEMENTARY PRINCIPAL'S DESK



Another month in the books! Our students continue to perform at very high levels and have enjoyed many different activities including the second round of DIBELS testing, Kindergarten Muffins for Mom, Cardinal Branch Bank, Lunch with Mr. Larsen, Elementary Art Attack, Junior Dance Camp, Invention Convention and our second Accelerated Reading Cardinal Cart of the year.

February proves to be very busy as well with our classroom Valentine's parties as the highlight. We also have our last Box Tops for Education submission on February 21st, so please send those to school with your children as soon as possible.

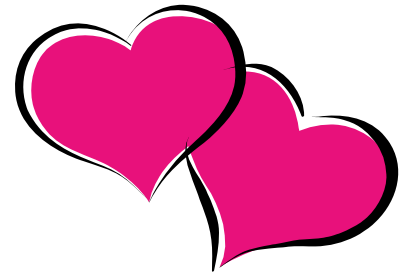
As always, please feel free to contact me if you have questions, comments or concerns on happenings here at the elementary school!

Mr. Larsen, Principal  
Treyner Elementary School

## UPCOMING ELEMENTARY EVENTS



February 3	Strategic Planning Session @ 5:30 p.m.
February 4	Cardinal Branch Bank, 9:00—11:00 a.m.
February 5	Progress Reports Sent Home 1:00 p.m. Early Dismissal—Teacher Inservice
February 10	School Board Meeting @ 6:30 p.m.
February 12	Elementary Art Attack @ 3:30 p.m.
February 14	Valentine Parties @ 2:15 p.m.
February 19	1:00 p.m. Early Dismissal/Teacher Inservice
February 26	Elementary Art Attack @ 3:30 p.m.



## OPEN ENROLLMENT DEADLINE

Parents/guardians considering the use of the open enrollment option to enroll their child/children in another public school district in the state of Iowa should be aware of the following dates:

**March 1, 2014:** the last date for regular open enrollment requests for the 2014-2015 school year, except for "good cause" reasons or kindergarten applications.

**Kindergarten applications must be filed on or before September 1 of the school year in which open enrollment is requested. (September 1, 2014 for the 2014-2015 school year).**

For further details, contact the school Superintendent's office at 712-487-3414.



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



**February 5**      **Progress Reports Sent Home**  
**Teacher Inservice—1:00 p.m. Dismissal**  
**February 19**      **Teacher Inservice—1:00 p.m. Dismissal**  
**February 28**      **MS “Red Hot Dance”, 7:00—9:00 p.m.**



Iowa Assessment Tests will be given Mar. 31—April 4th!

As we all know, it is never too early to begin teaching children how to be caring, confident, self-aware and respectful of those around them. Parents are a child's first teacher in teaching character lessons, so below are five tips *LaPetite Academy* shares with parents on how to raise “Kids of Character.”

1. **Volunteer with your child.** By making community service a regular part of your child's life, you reinforce the importance of giving to others/sharing and help him or her develop a greater awareness of the world and the diversity of people in it. Volunteer outings together also provide great opportunities to spend quality time together as a family. At La Petite, kids are asked to join with parents in two annual fundraising events per year for the Make-A-Wish Foundation. The events are not only fun family activities, but also raise considerable money for a worthy cause.
2. **Treat others as you'd like your child to treat them.** You are your child's first and most influential teacher and they are always watching you. “Modeling” your own kind and caring behavior towards friends and relatives is an effective way to teach your children how to be good to others. Show what being a good friend is about and tell your children how to treat people with kindness and respect.
3. **Be your child's problem “helper” versus problem solver.** Guide and support your children as they work through conflicts or struggles, but avoid doing for them what they have the skills to accomplish on their own. Rather than anticipating and dissolving potential struggles for your child before they happen, become a partner and join his/her efforts to work through them together.
4. **Encourage your child to be truthful, but focus on correcting behavior versus pressuring them into “confessing.”** Children often stretch the truth or make up stories to avoid getting in trouble after misbehaving. By rationally focusing on a behavior problem rather than showing disappointment about you child's cover-up/lie, you send a direct message that he or she shouldn't fear being disciplined and thus telling a story is not necessary.
5. **Engage and involve your child in everyday tasks.** Asking for their help makes children feel useful and important. By regularly involving your child in age-appropriate jobs with you, you're helping him/her develop a sense of responsibility and familiarity working with others.

## MIDDLE SCHOOL “RED HOT DANCE”

The Middle School Red Hot Dance is on Friday, February 28th from 7-9:00 in the MS Commons. The cost is \$3.00 and snacks will be provided for \$1.00 each. Students are to dress semi-formal (no jeans). This dance is sponsored by the Middle School Student Council and the music will be provided by the High School Dance Team. We hope that everyone will attend!

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

### MR. NAVARA

As a high school principal, you receive many professional publications to read and derive some understanding regarding education. After reading an article in one of those publications, I began to think on how the article relates to Treynor High School and our students. The article is titled "Closing the Attitude Gap" published in the January edition of Principal Leadership.



The title "Closing the Attitude Gap" brought forth a question. What is the attitude gap? The author Baruti Kafele defines attitude gap as "the gap between the students who have the will to strive for academic excellence and those who do not." At THS we are fortunate to have a majority of students who strive for academic excellence; however, we cannot overlook those who do not. In continuing with the reading, it asked the question of "how do principals meet the challenge of motivating the unmotivated to have the desire to excel?" This is a question which is always asked not just by principals, but also by teachers. Baruti Kafele stated that "ultimately, the student must want it from within." I agree with that statement. The old saying of "you can lead a horse to water, but you can't make it drink" came to my mind. I also agree with their next finding. Administrators must pay attention to the climate and culture of their schools. The article defined climate and culture as "its' collective attitude." The collective attitude is the "mood (climate) and the lifestyle (culture) of the school." What is the mood and lifestyle that our students are walking into everyday? And how that mood and lifestyle affects the strive for excellence in our building. The article stated the focus on five key areas to ensure a school's climate and culture is conducive to closing the "attitude gap".

#### 1. Environment for Learning

- a. What does the overall learning environment look like at the school and classroom levels?
- b. Is it a true environment of excellence?
- c. 4 essential daily questions should be asked for an understanding of this area.
  - i. What do all students see in their classrooms that is reflective of them?
  - ii. How often do students hear that they are special, great or extraordinary?
  - iii. Do students feel comfortable exhibiting their brilliance without negative consequences and ridicule from their peers?
  - iv. Is learning fun, stimulating and engaging, yet rigorous and relevant?

#### 2. Attitude toward Students

- a. Teachers need to demonstrate to students that they believe in them despite the behaviors that students might exhibit.

#### 3. Relationships with Students

- a. Do teachers know their students beyond their names?
- b. How do students learn, what inspires their learning, what motivates them, their experiences and realities, their challenges and obstacles?
- c. We must genuinely know our students.

#### 4. Compassion for Students

- a. It is important for teachers to demonstrate care, concern and compassion.
- b. However, it is also the students' perception of whether or not teachers care about them.

#### 5. Relevance in Instruction

- a. Students must be able to see themselves both historically and culturally in their lessons.

It is my conclusion that THS does some of these areas well and we have areas in need of growth. It is my job to lead in answering all of these questions. It is a large task, but a task which needs to be addressed, studied and worked on at THS. This task is one that challenges us and energizes us to become better. Striving for excellence is not only for the students.

Mr. Tim Navara  
High School Principal



# Happy Valentine's Day!

The cheerleaders would like to help you encourage someone this Valentine's Day. Carnations or milk chocolate candy bars can be delivered to any student, teacher or staff member at Treynor School.

**Return one form for each recipient (with payment) to school office by Friday, February 7<sup>th</sup>. Checks can be made payable to Treynor Cheer.**

The cost is \$2.00 for each carnation or candy bar if the order is placed by Feb. 7<sup>th</sup>

The cost is \$3.00 each for orders received after Feb. 7<sup>th</sup>.

Name of the person receiving the candy bar(s) or flower(s): \_\_\_\_\_  
*First & Last Name* *Grade/Teacher*

Number of **carnations** \_\_\_\_\_ x 2.00 = \_\_\_\_\_

Number of **candy bars** \_\_\_\_\_ x 2.00 = \_\_\_\_\_

Message with Flower(s):

\_\_\_\_\_ I/We love you! From \_\_\_\_\_

\_\_\_\_\_ Happy Valentine's Day! From \_\_\_\_\_

\_\_\_\_\_ Friends Forever! From \_\_\_\_\_

\_\_\_\_\_ Write your own message:  
\_\_\_\_\_

Message on Candy Bar Wrapper(s):

\_\_\_\_\_ I/We love you! From \_\_\_\_\_

\_\_\_\_\_ Happy Val. Day! From \_\_\_\_\_

\_\_\_\_\_ Friends Forever! From \_\_\_\_\_

\_\_\_\_\_ Write your own message:  
\_\_\_\_\_



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# Cardinal Financial Literacy Update

## 50 TIPS FOR FINANCIAL INDEPENDENCE



Here are some words of wisdom along with 50 tips for becoming financially independent at different stages of life. These ideas were excerpted from the *Yes, You Can...* series of books.

### For Younger Kids

*"If you don't talk to your kids about money, who will?"*

1. Develop your role as a Chief Financial Parent (CFP) by talking to your kids about the value of money.
2. Tell them family money stories about your earlier years and how their grandparents handled financial hardships and successes.
3. Be a good role model by letting your kids see you manage the household budget and pay bills.
4. Give them an allowance, so you can teach them to manage their own money.
5. Hold family meetings and let your kids participate in spending decisions for everyday expenses.
6. Discuss the difference between needs and wants – and how to pay for them.
7. Take your kids to the bank and set up a savings account for each one.
8. Give them opportunities to earn extra money and let them decide how to use it.
9. Instead of always rewarding them with cash, express your family's values by offering a family outing or other type of reward.
10. Encourage your kids to give some of their money – and their time – to a charity or cause they choose.

### For Teenagers

*"If you are going to help your kids achieve financial independence, help them understand the need to control their wants."*

1. Encourage your teens to earn money by starting a neighborhood service business.
2. If they run out of cash, don't give them more money or an advance.
3. Teach your kids how to comparison shop for brand names, price, quantity and size.
4. Take them to a flea market to see the savings from buying used items – and drive home the benefits of recycling.
5. Let your teens open a checking account and learn to balance the checkbook.
6. Allow them to use a debit card, so they can't spend more than they have in their account.
7. If your older teens get a credit card, have them set aside the money spent so they can pay the bill when it arrives.
8. Discuss whether they can handle a part-time job without neglecting their schoolwork.
9. Ask your older teens to serve as your money apprentice for a month, being responsible for writing out checks for every bill.
10. Help them set financial goals like saving money to buy a car. Ask them to plan for how they will pay for fuel, insurance and repairs.

## FINANCIAL LITERACY CONTINUED

### For Young Adults and Newlyweds

*"First, decide what you want most. Prioritize your wants, and then create a plan that meets your priorities."*

1. Track your expenses so you can see where your money is going.
2. Set up a bill-payment system to avoid late fees.
3. Refinance your student loan and start paying it down.
4. Establish an emergency fund to cover major car repairs, medical bills and other unforeseen expenses.
5. Don't charge more on credit cards than you can pay back each month.
6. Get health and car insurance with the largest deductibles you can manage.
7. Take advantage of any matching funds your company offers in a 401(k).
8. Start saving for a down payment to buy a home.
9. Pay yourself first®\* – start saving something every month. Even small amounts will add up over time.
10. Become a money expert, or enlist the help of a qualified professional, such as a certified financial planner, to help advise you on long-term goals.

### For Families

*"Each of us must understand our own values, so we can better understand our options for guiding and protecting our family."*

1. Have dinner as a family and share other times together every week.
2. Gather your family for a meeting to talk about priorities and what money means to each member.
3. Consider whether your family could live on one income.
4. Develop a budget together and make each member accountable for money he or she spends.
5. Search for family activities, such as playing, exploring and learning, that can be enjoyed on a limited budget.
6. Involve your kids in buying decisions – everything from groceries to electronics (which they probably know more about than you do!).
7. Establish an emergency fund to cover living expenses for three to six months.
8. Investigate a 529 Plan or other account to pay for college education.
9. Make the most of raises, windfalls and other extra money that comes your way.
10. Continue investing money for retirement so you won't ever be dependent on your kids.

### Reaching Retirement

*"During your life, you will earn a sizable fortune. Regardless of how much you earn, only what you save is really yours."*

1. Realize that you will not be able to rely solely on Social Security benefits if you want to retire comfortably.
2. Consult with a financial expert to estimate how much more you need to put in savings and investments.
3. Plan to have your home paid off before you retire.
4. Increase your emergency reserve to six months or more living expenses.
5. Determine how much of your assets you can allocate each month.
6. Get supplemental health care insurance in addition to Medicare.
7. Evaluate whether you still need life insurance.
8. Review your will every few years and update as needed.
9. Consider buying insurance to cover long-term care and nursing home expenses.
10. Fulfill your dreams! Have fun planning what you want to do in retirement – travel, volunteering or maybe learning a new language.



## Cardinal Counseling



## Connections

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

Phone: 487-3181

Email: [sirvin@treynorcardinals.org](mailto:sirvin@treynorcardinals.org)

February, 2014

Twitter: [@CardCounseling](https://twitter.com/CardCounseling) Facebook: [Treynor Cardinal Counseling](https://www.facebook.com/TreynorCardinalCounseling)

### Completing the FAFSA

February is a good month to get the FAFSA filed. If any students want to apply for financial aid, the FAFSA must be filed either electronically or on paper. FAFSA Day will be February 21 at Treynor High School. Seniors should have received a letter explaining the FAFSA Day and how it will work. It is totally optional to participate in the FAFSA Day, but if a senior family does not participate, they are still responsible to file the FAFSA on their own.

#### Why complete the FAFSA?

1. To qualify for federal and state financial aid programs based on need.
2. To be eligible for a federal Stafford student loan regardless of need or income.
3. Some colleges want a FAFSA filed before they distribute their own institutional financial aid (scholarships and activity awards)
4. Some scholarships require page one of the Student Aid Report to be included with scholarship materials. The Student Aid Report is generated by completing the FAFSA.
5. The FAFSA is free and it can possibly yield positive benefits. With some assistance and organization, it is not difficult to complete.
6. If a parent employment status would change due to illness or loss of job, it is nice to have filed a FAFSA for financial aid assistance.
7. You never know for sure what your financial aid status is until you complete the FAFSA.

#### Financial Aid Priority Dates

Be sure to complete the FAFSA before the financial aid priority date of the colleges that your student is considering. Those dates are listed in the ICAN *Financial Aid Guide* distributed at the financial aid meeting in November. See the Financial Aid page under Counseling of the Treynor school website to access the ICAN *Financial Aid Guide*.

#### Financial Aid Award Letters

To receive a financial aid award letter from a college, a student must have applied and been accepted to the college. The college needs to be listed on the FAFSA to receive the FAFSA information.

#### Student Aid Reports

After completing the FAFSA, the Department of Education will send a Student Aid Report (SAR) in which all the information entered in the FAFSA will be listed. Keep the SAR for future reference. If any of the

information is not correct, contact your college financial aid office(s) and they can correct the errors for you.

If your student becomes interested in a college that was not listed on your FAFSA, you may call the college financial aid office and give them the DRN code listed on the SAR and they will be able to download the information from the FAFSA for the student.

#### Verification

Some colleges may send you a letter requesting verification of the numbers on the FAFSA. This does not mean that you made a mistake or are being accused of providing false information. Colleges are required to verify a certain percent of their incoming students by random draw. Some colleges require all prospective students to verify information. Follow the directions of the college financial aid office in completing verification. It is not a threatening process..

### Getting Help with the FAFSA

Here are some sources for help to file the FAFSA:

- Iowa College Access Network (ICAN) College Planning Center: [www.icansucceed.org](http://www.icansucceed.org) or call 877-CPC-IOWA (877-272-4692). ICAN has a regional office located on the campus of IWCC in Council Bluffs. Call the ICAN number (877-272-4692) to schedule an appointment at IWCC. No cost for the FAFSA appointment.
- College Goal Sunday. This is an event in which volunteers are available to help parents complete the FAFSA free of cost. College Goal Sunday events will be held in Council Bluffs. Go to [www.iowaCGS.org](http://www.iowaCGS.org) for information and dates.
- Federal Department of Education 800-4-FED-AID (800-433-3243)
- Call your prospective college's financial aid office.
- Contact your school counselor
- To file the FAFSA on-line, go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov).



### Registering with the Selective Service

Most male students must be registered with the Selective Service to receive federal student aid. Students who register for the Selective Service may use the FAFSA to do so. One of the questions on the FAFSA asks a male applicant if he wants the Selective Service to register him. Students can call the Selective Service toll free at 888-655-1825 for general information about registering or access. It is required by law that all males that reach the age of 18 must register with the Selective Service. The web site for the Selective Service is [www.sss.gov](http://www.sss.gov).

#### **Tips for Filing the FAFSA From the Iowa College Access Network® (ICAN)**

January marks the start of financial aid season for students planning to attend college this fall. Students need to fill out and file their Free Application for Federal Student Aid (FAFSA) form to qualify for federal financial aid. The FAFSA is a free form available from the U.S. Department of Education either online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) or on paper by calling (800) 4-FED-AID. Although students and parents can fill out the form without professional assistance, the forms are often confusing. Use these tips to help ensure the FAFSA is correctly filled out.

**Get PINs.** Each student and at least one parent should request a personal identification number (PIN) from [www.pin.ed.gov](http://www.pin.ed.gov) prior to filling out the FAFSA. The PIN allows parents and students to sign the online form electronically and make changes later.

**Time it right.** The FAFSA should be filed as soon after Jan. 1 as possible and before the priority filing deadlines at schools the student is applying to. Since students' and parents' most recent federal and state tax records are needed to fill out the form, the timing can be tricky. If necessary, tax and income information can be estimated to

file the FAFSA in a timely manner; the FAFSA will need to be updated once taxes are filed.

**Be complete and accurate.** Filers should read all the directions carefully and fill out the form completely and accurately. Students and parents with questions can visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov) or contact the Iowa College Access Network (ICAN) for free assistance. Call (877) 272-4692 to make an appointment for one-on-one help over the phone or in either the Cedar Rapids or West Des Moines College Planning Center.

**File electronically.** Filing electronically is quicker than completing a paper form. Electronic filing also reduces errors and speeds up processing time.

**Repeat once a year.** The FAFSA needs to be filled out each year students plan to attend college.

### Important Upcoming Dates

FAFSA Day	February 21, 2014	10:00 am to 7:00 pm
Deadline for Treynor Local Scholarships	March 17, 2014	3:30 pm
National Honor Society Induction Ceremony	March 25, 2014	7:00 p.m.
Iowa Assessment Testing (K-11)	March 31 to April 4, 2014	8:30-10:00 a.m. (at MS/HS)
Freshman Orientation for 8 <sup>th</sup> Graders	March 31, 2014	7:00 p.m.
Graduation	May 18, 2014	2:00 p.m.

### 2013-14 Remaining ACT Test Dates

Test Date	Registration Deadline	Late Fee Required
April 12, 2013	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)

### Social Media

Follow information that Mr. Irvin posts on college planning, financial aid, scholarships, etc. on Twitter or Facebook.

Twitter: @CardCounseling

Facebook: Treynor Cardinal Counseling

## Check out Scholarship Central on the Treynor School Website

Scholarship Central is your one-stop information page on scholarships. Access this page through at [www.treynorschools.org](http://www.treynorschools.org) and click on Counseling. This page is exclusively devoted to scholarship information. There are download links, updated scholarship information, and helpful links for scholarship information and searches.

The uniform application for all Treynor local scholarships may be downloaded from the page. The deadline to apply is March 17, 2014.

The Iowa College Access Network (ICAN) recommends the following steps for scholarship applications.

- **Start early and don't stop.** If you're in high school, begin searching for scholarships early in your junior year. Many opportunities exist for college students as well, so you should continue looking for them into your final year of college.
- **Look locally first.** Ask your school counselor or college financial aid office about opportunities they're aware of. Then contact community and religious organizations, your and your parents' employers, professional organizations and area businesses.
- **Expand your search.** Check with the college you plan to attend and any student organizations you are or plan to be involved with. Don't pay for scholarship services; free online search services can match your unique background and qualifications against a database of scholarship opportunities.
- **Get organized.** Keep applications, deadlines and requirements for each scholarship together, and make a plan for submitting everything on time. Remember to give people plenty of time to write letters of recommendation for you.
- **Understand the mission.** Take the time to understand the goal of the organization awarding the scholarship. You can then demonstrate how your qualifications promote or meet that goal.
- **Complete the form neatly and accurately.** If you're submitting a paper application, make a copy of it first. You can use the copy as a rough draft and use the original for your final answers. Make sure you fill in every line legibly and accurately.
- **Show your best side.** Remember that your scholarship application is likely the only impression the judges will have of you, so offer the best picture you can by being professional, using vivid examples and expressing your excitement about and gratitude for the opportunity.
- **Write a winning essay.** Address the topic completely while including details about yourself and your ideas. Develop a theme around your main topic. Your essay should follow a logical order and conclude smoothly. Have others read it for errors and proofread it carefully.
- **Include a resume or profile.** List your memberships, participation, honors and awards, employment, and future plans and goals.
- **Mind the little things.** When you submit your application, pay attention to the details: Include materials in the order requested, don't include extra materials and don't use special packaging or folders unless you're asked to do so.

The outreach representatives at ICAN's College Planning Centers in Cedar Rapids and West Des Moines can help students with scholarship applications and searches, as well as other college planning needs. All ICAN services are free and available in person or over the phone. Spanish-speaking representatives are available. Call (877) 272-4692 for an appointment.

# February 2014



*Happy Valentine's Day!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> State Jazz Band @ Glenwood Wrestling @ Audubon 10:00 G & B JV/Var BB St. Albert Here 6:00/7:30
<b>2</b>	<b>3</b> JH Wrestling Here 4:00 JH Girls BB @ IKM-Manning 4:15 Strategic Plan Meeting 5:30	<b>4</b> JH Wrestling @ Lo-Ma 3:45 Wrestling @ Clarinda 5:30 9th Girls BB @ Griswold 4:30 G & B JV/Var BB @ Griswold 6:00/7:30	<b>5 1:00</b> <b>Early Dismissal—Teacher Inservice</b> Progress Reports Sent Home	<b>6</b> JH Girls BB @ Underwood 4:15; 9th Boys BB AHST Here 4:30; G & B JV/V BB AHST Here 6:00/7:30	<b>7</b> G & B JV/Var BB @ Audubon 6:00/7:30	<b>8</b> Pinewood Derby @ Elementary State Large Group Speech @ Ankeny Sectional Wrestling @ Audubon 9th, JV/Var Boys BB @ Clarinda 4:30/6:00/7:30
<b>9</b>	<b>10</b> State Jazz Choir @ Audubon JH Girls BB @ Tri-Center 4:15 School Board Meeting	<b>11</b> District Wrestling @ Underwood JH Girls BB ISD Here 4:00 G & B JV/Var BB @ Mo Valley 6:00/7:30	<b>12</b> Elementary Art Attack @ 3:30	<b>13</b> JH Wrestling @ Underwood 4:00 JH Girls BB Riverside Here 4:15 HS Winter Concert @ 7:30	<b>14</b> Elementary Valentine Parties @ 2:15 	<b>15</b> Girls Regional Basketball
<b>16</b>	<b>17</b> Boys District Basketball Jazz Fest Here JH Wrestling Here 4:00 JH Girls BB @ Griswold 4:15 G & B Track Practice Begins	<b>18</b> Girls Regional Basketball JH Wrestling @ Riverside 4:00	<b>19</b> State Wrestling <b>1:00 Early Dismissal - Teacher Inservice</b>	<b>20</b> State Wrestling District Boys Basketball SWIBA District Jazz @ Audubon; JH G BB AHST Here 4:15	<b>21</b> State Wrestling Girls Regional Basketball Box Tops for Education Deadline	<b>22</b> State Wrestling All State Large Group Speech @ Ames
<b>23</b> St. Paul Chili Cook-off 11:30 am MS Commons	<b>24</b> Regional Girls Basketball JH Wrestling Here 4:00 JH Girls BB @ Audubon 4:15	<b>25</b> District Boys Basketball	<b>26</b> Elementary Art Attack @ 3:30	<b>27</b> JH Girls BB CB Wilson JH Here 4:15	<b>28</b>	

# March 2014



*Happy St. Patrick's Day!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> District Individual Speech Boys SubState Basketball
<b>2</b>	<b>3</b> Girls State Basketball	<b>4</b> Girls State Basketball  JH Wrestling @ Griswold 4:00	<b>5</b> Girls State Basketball <b>1:00 Early Dismissal—Teacher Inservice</b>	<b>6</b> Girls State Basketball IWCC Choir Invitational @ IWCC Elem. Night of Arts 6:30	<b>7</b> Girls State Basketball WIC Weightlifting Championships @ Mo Valley 4:00	<b>8</b> Girls State Basketball
<b>9</b>	<b>10</b> Boys State Basketball JH/HS WIC Honor Band @ Mo Valley School Board Meeting	<b>11</b> Boys State Basketball SWI Elem/JH Honor Choir Here	<b>12</b> Boys State Basketball  Elementary Art Attack @ 3:30	<b>13</b> Boys State Basketball Pops Concert in West Gym @ 5:30	<b>14</b> Boys State Basketball State Individual Speech <b>2:00 Dismissal</b> End of 3rd Quarter	<b>15</b> Boys State Basketball State Individual Speech
<b>16</b>	<b>17</b>  Blood Mobile Here Golf & Boys Soccer Practice Begins Elem. Scholastic Book Fair	<b>18</b> <b>2:00 Early Dismissal</b> <b>Parent-Teacher Conferences</b> 4:00—8:00	<b>19</b> Quiz Bowl Here @ 1:00	<b>20</b> <b>2:00 Early Dismissal</b> <b>Parent-Teacher Conferences</b> 4:00—8:00	<b>21</b> NO SCHOOL	<b>22</b>
<b>23</b>	<b>24</b> JH/HS WIC Honor Band @ Riverside 12:30 Girls Soccer Practice Begins	<b>25</b> National Honor Society Induction Ceremony in Auditorium @ 7:00	<b>26</b> Elementary Rock In Prevention Assembly Elementary Art Attack @ 3:30	<b>27</b>	<b>28</b>	<b>29</b>



## TREYNOR COMMUNITY SCHOOL

February, 2014 Breakfast & Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Juice or Fruit Choice of Cereal Toast/Jelly	<b>4</b> Juice or Fruit French Toast Sticks Syrup	<b>5</b> Juice or Fruit Choice of Cereal WG Poptart	<b>6</b> Juice or Fruit Breakfast Pizza	<b>7</b> Juice or Fruit Choice of Cereal Muffin
Pork Fritter on WG Bun Lettuce & Tomato Oven Fries Chilled Peaches  (6-12 Salad Bar)	Fiestada Pizza Golden Corn Salsa & Whole Grain Chips 9-12 Apple Wedges Poke Cake (4-12 Salad Bar)	Chicken Noodle Soup Grilled Cheese Green Beans Applesauce  (4-12 Salad Bar)	Taco Salad WG Chips & Salsa Refried Beans Pineapple Chunks Cinnamon Puff  (4-12 Salad Bar)	Hot Dog on Bun Tri-Tater Baked Beans Chilled Fruit  (No 2nd Choice)
<b>10</b> Juice or Fruit Choice of Cereal WG Poptart	<b>11</b> Juice or Fruit Pancakes Syrup	<b>12</b> Juice or Fruit Choice of Cereal Granola Bar	<b>13</b> Juice or Fruit Breakfast Bagel K-5 Biscuits/Gravy 6-12	<b>14</b> Juice or Fruit Choice of Cereal Toast
Taco Soup WG Tortilla Chips Fresh Broccoli Sliced Pears Snickerdoodle  (6-12 Salad Bar)	Whole Grain Corndog Garden Spinach Salad Seasoned Peas Apple Slices  (4-12 Salad Bar)	Chicken Stir Fry 6-12 Cheese Pizza K-5 Green Beans Tropical Fruit WG Breadstick  (4-12 Salad Bar)	Nachos/Beef WG Tortilla Chips w/salsa Mixed Vegetables Chilled Peaches Blonde Brownie (4-12 Salad Bar)	Sweetheart Nuggets Mushy Potatoes/Gravy Cupid's Fruit Valentine Cake  (No 2nd Choice)
<b>17</b> Juice or Fruit Choice of Cereal Cereal Bar	<b>18</b> Juice or Fruit French Toast Sticks Syrup	<b>19</b> Juice or Fruit Choice of Cereal Granola Bar	<b>20</b> Juice or Fruit Breakfast Square	<b>21</b> Juice or Fruit Choice of Cereal w/Poptart K-5 Breakfast Bagel 6-12
Stromboli Honey Glazed Carrots Cucumber Slices Sliced Pears  (6-12 Salad Bar)	Pork Rib on Bun Green Leaf Lettuce Tomato Oven Fries Green Beans Chilled Peaches (4-12 Salad Bar)	Chicken & Noodles Mashed Potatoes Green Beans Breadstick Mixed Fruit  (4-12 Salad Bar)	Baked Chicken Drumstick Fresh Veggies Corn Oatmeal Roll Fresh Kiwi (4-12 Salad Bar)	Hamburger on Bun Lettuce/Tomato Sweet Potato Puffs Fruit Temptation  ( No 2nd Choice)
<b>24</b> Juice or Fruit Choice of Cereal Cinnamon Toast	<b>25</b> Juice or Fruit Pancake Stick w/Syrup	<b>26</b> Juice or Fruit Choice of Cereal 1/2 Bagel K-5 Bagel 6-12	<b>27</b> Juice or Fruit Sausage Links Eggs Whole Grain Toast	<b>28</b> Juice or Fruit Choice of Cereal Cinnamon Roll
Beef Taco Shredded Lettuce/Cheese Steamed Broccoli Chilled Pears Angel Cake  (6-12 Salad Bar)	Deli Combo Sandwich Lettuce/Tomato Oven Fries Strawberries/Bananas Graham Snack 9-12  (4-12 Salad Bar)	Pasta Bar 6-12 Pasta/Sauce K-5 Garden Spinach Salad Seasoned Peas 9-12 Fruit Medley Garlic Bread (4-12 Salad Bar)	Pizza Slice Tossed Salad w/ Romaine Garlic Bread Stick w/ Marinara Apple Wedges (4-12 Salad Bar)	Chicken Patty on Bun Romaine/Tomato Oven Fries Chilled Fruit Frozen Pie  (No 2nd Choice)

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

MS-HS: \$1.10 Breakfast—\$2.00 Lunch; Extra Milk \$0.50

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>.



## Treynor Community School

PO Box 369  
Treynor, IA 51575  
Phone: 712-487-3414  
Fax: 712-487-3332



### POSTAL CUSTOMER

#### ADDRESS SERVICE REQUESTED

Treynor Community School does not discriminate in its' policies or programs on the basis of race, color, creed, religion, age, sex, handicap, national origin, marital status, sexual orientation, gender identity, socio-economic status or ancestry. Treynor Schools supports Affirmative Action and Equal Opportunity Employment.

## 2013 ELKS HOOP SHOOT WINNERS



Congratulations to the following placewinners in the annual Elks Hoop Shoot Contest held in Mr. Van Winkle's PE classes during the month of December:

		<u>8-9 year olds</u>	<u>10-11 year olds</u>	<u>12-13 year olds</u>
<b>GIRLS</b>	1st Place	Ashlyn Vorthmann	Mandy Stogdill	McKenna Paulsen
	2nd Place	Delanie Andersen	Mia Shipley	Katie Johnson
<b>BOYS</b>	1st Place	Alan Young	Kaden Miller	Jon Schwarte
	2nd Place	Tyler Moore	Davin Rucker	Jack Stogdill

The first place winner in each age group advanced to the local Elks Hoop Shoot contest held at Wilson Junior High in Council Bluffs on Saturday, Jan. 11th. We know these students were great representatives of Treynor Elementary!

## PARENTS—CHECK LUNCH BALANCES!

Low lunch balance notices are given to students and also emailed to parents. Please make sure your email address in our database is correct in order for you to receive these notices. Students need to maintain a positive balance in their lunch account. If at any time you would like to complete a free and reduced price lunch application, contact the Superintendent's office. If you have any questions regarding your student's lunch account, please contact any of the school offices.