

# Treynor Community School

"COMMITTED TO EXCELLENCE"



# NEWSLETTER

November, 2012

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

### **District Enrollment Continues to Grow....**

Enrollment in the Treynor Community School District increased by 15 students for the 2012-13 school year. The Certified Enrollment report was compiled and submitted to the Iowa Department of Education during the month of October. For the current school year, we will serve 774 students in grades K-12.

Treynor has had an enrollment growth trend for many years. During a span of the last 16 years, we have been fortunate to experience an increase in enrollment 15 of those years. We continue to have a large number of students elect to open enroll into Treynor to participate in the outstanding academic and extra-curricular programs that we offer. This year, 226 students, about 29% of the district's enrollment, have elected to attend school at Treynor through the open enrollment option.

Our enrollment breakdown by grade level is:

K = 52	1 = 64	2 = 68	3 = 63	4 = 64	5 = 61
6 = 59	7 = 50	8 = 64			
9 = 60	10 = 55	11 = 54	12 = 60		



**Dirt work began October 24th on the new athletic complex!**

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

- ✓ Treynor has an enrollment increase of 15 students.
- ✓ Treynor's enrollment has experienced an increase 15 of the last 16 years.
- ✓ Approximately 29% of Treynor's enrollment is open enrolled students.
- ✓ Projected completion date for the new athletic complex is next fall!
- ✓ Check out the updated Championship display!

### **Earth Moving Equipment Begins Sculpting New Site...**

On Wednesday, October 24th, grading work on the site of the new athletic complex began. TAB Construction was awarded the contract for completion of the grading and storm water infrastructure. McArdle Grading is the subcontractor that will be completing the grading work. The contractors have a 40 day window to finish the grading and storm water piping portion of the project. If all goes according to plan, their work will be completed this fall and the site will be allowed to settle and compact naturally during the winter months.

During the late fall and early winter, our engineers and architects will be involved with developing the remaining construction plans. After the first of the year, the Board of Education will take bids on the majority of the construction work. Our projected plans are to begin construction of the stadium and site amenities next spring with a goal of having the complex ready for football next fall. Keep your eyes on the project over the next few weeks and you will begin to see the site layout take shape.

### **Thanks for your time....**

I want to extend a big thank you to Frank Maguire and Dave Danker for updating our State Championship display area near the entrance to the middle school/high school. We have added a sign recognizing our 2012 Softball State Championship team and also included signs recognizing some indoor track championships from the late 60's and early 70's. When you get a chance, please check out the updated display and thank Frank and Dave for their effort.

As always, THANK YOU for supporting Treynor students and Staff! Go Cardinals!  
Mr. Elwood

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## CASH FOR STUDENTS



The "Cash for Students" program has begun. Hy-Vee cash register receipts dated from September 1 through December 31, 2012 will be collected in the Elementary, Middle School and High School offices. Hy-Vee gives back \$1.00 for every \$200 spent in any of the fourteen Omaha and Council Bluffs locations up to a maximum of \$2,000. Over \$403,000 in much needed funds has been donated to area schools as a result of this program. All of our proceeds go to the Athletic Booster Club. Remember to save your receipts and turn them in to any of the school offices!

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

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



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

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

## @ TREYNOR NATION ON TWITTER



If you are unavailable and are unable to attend varsity events at Treynor High School, you can follow the highlights on @TreynorNation on Twitter.

# FROM THE ELEMENTARY PRINCIPAL'S DESK



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

Teacher Conferences.

November will bring many additional opportunities besides the ones mentioned above that include the 5th Grade Music Concert, Accelerated Reader Cardinal Cart #1 and 3rd Grade Cognitive Aptitude testing. Don't forget that progress reports will be sent home on November 20th and that there will be no school on November 21st due to teacher in-service.

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

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

Thanks for all of your educational support!

Mr. Larsen  
Treynor Elementary School

# UPCOMING ELEMENTARY EVENTS

November 1	2nd Grade Pottawattamie County Conservation Program
November 2	Accelerated Reader Cardinal Cart #1
November 6-8	3rd Grade Cognitive Aptitude Testing
November 12	5th Grade Music Concert/HS Auditorium @ 7:00 p.m.
November 14	Elementary Art Attack @ 3:30 p.m.
November 20	Progress Reports Sent Home
November 21	No School—Teacher Inservice
November 22-23	No School—Thanksgiving Vacation
November 28	Elementary Art Attack @ 3:30 p.m.



# ELEMENTARY FOOD SERVICE STAFF NEEDED

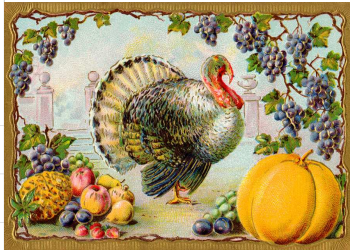


**NEEDED:**

Food Service staff to assist with serving lunch at the elementary school. Hours would be from 10:45 to 12:30 each day.

If interested, please call Jnelle, 712-487-3804.

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



**Early dismissal**

October 31<sup>st</sup>

@ 1:00pm

**Veteran’s Day Assembly**

November 12<sup>th</sup>

@ 10:30am

**Progress reports**

November 20<sup>th</sup>

**No School Teacher In-Service**

November 21<sup>st</sup>

**Thanksgiving Vacation**

November 22<sup>nd</sup>/23<sup>rd</sup>



**Read about  
Cardinal Con-  
nections & Red  
Ribbon Week!**

The first quarter has been very active and meaningful for both our teachers and students. All of our teachers in the district attended a workshop in Harlan called “The 21<sup>st</sup> Century Technology Conference” where they were able to see how teachers are using technology in their classrooms in various schools throughout the area. Our teachers will continue to use in-serve and professional development time during first semester to investigate various ways to incorporate technology and they will continue to implement technology into their lessons.

The middle school students Cardinal Connections theme this year is “Vote for Your Future”, which is relevant to what is going on in our country right now with elections right around the corner. So, we started making connections between voting (what this means) and how voting is similar to choices that they have in their everyday lives. At some point in their lives, they may be in situations where they are given the choice of whether to partake in alcohol and/or drugs. To help with the prevention of this happening, Dan Clark presented a Drug and Alcohol Prevention Assembly. Dan’s knowledge and experiences he has had with the Omaha Police Department in high risk assignments, such as SWAT, K-9, gang and narcotics teams, were shared with the students. During his presentation, he showed a power-point that included before/after pictures of people who started taking drugs, mainly methamphetamines. The students were also able to view samples of drugs that he held as students walked out of the presentation.

In October, we continued with Drug and Alcohol Prevention, particularly during and leading up to “Red Ribbon Week”, which was October 22-26. The students were all given the task to think about their future and focus on specific goals that they had for themselves. Once the students determined their goals, they were asked to write these goals down on “I’m Voting for My Future” ballots, knowing that the possibility of reaching those goals are very unlikely if they make the decision to choose drugs or alcohol over striving for these goals. In winding up our efforts regarding the prevention of using drugs and alcohol, our MS Student Council determined dress up days and made posters advertising how to dress up each day during “Red Ribbon Week.” The various days dress attire consisted of the following; “I’m Voting for My Future” (red/white/blue), “Black Out Drugs” (black), “Put a cap on drugs” (wore a cap), and “I’m too bright for drugs” (bright colors). We are looking forward to the month of November, where we will change our focus to things for which we are grateful and will hopefully do some service learning. More details to follow in next month’s newsletter.



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

It is unbelievable that the first quarter of the 2012-2013 school year is over. The students have been wonderful in accepting me into their family and I am proud to be a Treynor Cardinal. Within the high school, the teachers have been researching and implementing different strategies to better incorporate the usage of the students' computers. As a whole staff, we participated in the Green Hills AEA 21st Century Learners conference in Harlan. We are using our professional development days to investigate and implement technology websites and programs into our lessons with the assistance of our tech support: the Treynor Technology committee, the Green Hills AEA, and our Technology Director Shelly Bailey. Our vision for having every student with a computer is a paperless, more student-centered classroom within the high school. With that vision, the high school staff and administration are researching the most adaptable and efficient Learning Management System (LMS), along with teaching strategies and technology that will enable our lessons to be student-centered. A LMS is a software application that allows teachers and administration the ability to assemble and deliver lessons and assignments over the web along with multiple other abilities.



In conjunction and with the support from TS Bank, the middle school and high school had the opportunity to listen to John Pritiken. He discussed the importance of "Being a Hero" to the student body and how important acceptance is to all students. Mixed in with his message, John demonstrated his power and ability to roll a metal frying pan with his hands, bend a steel bar with his teeth, and break a baseball bat over his leg. Evidence of his feats with his message of "Be a Hero" are on display in the high school commons.

In closing, I would like to extend an invitation to our Veteran's Day assembly. We will be having the assembly on Monday, November 12th, at 10:30 a.m. in the high school (west) gymnasium. All community members are invited and encouraged to attend.

## "THE NIFTY FIFTIES" - NOVEMBER 2 & 3



Ladies, get on your poodle skirts, and gentlemen, put on your black boots and motorcycle jackets, because we are going back to the fifties this year at the one and only Treynor High School. Come to our annual musical this year, a fifties feature called "The Nifty Fifties".

The story is about a young group of students living in the 50's and need, what they think, is serious help. They decide to tell a couple of kids that a famous performer is coming to the soda shop, but then they run into trouble. Come to the musical and see how they get out of this sticky situation!

Show times are Friday, Nov. 2 at 7:30 and Saturday, Nov. 3 at 3:30 and 7:30. It will be a great experience for the whole family, complete with laughter. Ticket prices are \$8 for adults and \$5 for students. To reserve tickets, call Darla at the middle school, 712-487-3181 or Danette at the high school, 712-487-3804.

## VETERAN'S DAY ASSEMBLY



All community members are invited to join the middle and high school students for a Veteran's Day assembly on Monday, November 12th at 10:30 a.m. in the high school (west) gym.



# Cardinal Financial Literacy Update

## The Allowance Dilemma: Teaching Your Kids to Save



The allowance experience can provide hands-on training for a financially responsible future. But, before offering your kids their first allowance, here are some things you should consider.

**Decide on your “allowance philosophy”.** Before establishing an allowance for your children, first determine your “allowance philosophy”. Should an allowance be given without expectations for chores completed, school grades or good behavior? Some parents believe that an allowance given without expectations in return may lead to an “entitlement” mentality.

Or, should your children’s allowance be compensation for work done? With this philosophy, some parents believe that it will mirror job situations the child is likely to encounter a few years down the road.

Whichever allowance philosophy works for your family, make certain you communicate it clearly, and agree upon the rules together. Giving an allowance should be a learning opportunity and not a power struggle.

**How much, and when?** Once you’ve determined your allowance philosophy, you may find yourself asking two questions:

- How much should I give my children?
- How old should my children be to start receiving an allowance?

The answer to the first question is often dictated by your financial situation. However, other issues also should be taken into consideration, including how you expect your children to use the money. Is it strictly for use on items of their choosing, or will you direct them to donate a portion to charity? What other items will they be responsible for? For example, a child who uses an allowance to buy school lunches will have additional expenses so could get more than one who isn’t expected to buy their lunch.

As for savings, it’s important to make it a habit. Giving your children some type of piggy bank can be a good way to help them get in the habit of savings. Then—once there is a sizable amount in the bank, say \$50—taking them to a local bank or credit union to set up an account can be a valuable experience.

As for the question about at what age should a child get an allowance, according to the book, [Yes, You Can...Raise Financially Aware Kids](#), it is appropriate to start giving an allowance when they enter first grade. If, as your children age, they ask for a bigger allowance, have them keep a daily journal of all their expenses for one week. Then go over the diary with them and ask challenging questions about each expense, such as:

- Did you really need it?
- If you had the choice, would you rather have the money back or are you completely satisfied with your purchase?
- Could you have found it elsewhere for less?; and
- Did you get your money’s worth?

These discussions can help your children think about how they are using their money and better understand the value of the allowance they receive.

## CARDINAL FINANCIAL LITERACY CONT'D.

Use these discussions to celebrate their victories, such as staying within their budget for successive weeks, saving for a big ticket item or donating an amount to charity. Also, discuss ways to improve upon their financial challenges. For example, if they are constantly running out of money, then talk about the reasons why and what they can do to prevent it from happening. Where are they spending too much? Are there other ways to get the same item or experience at a lower expense? For example, buying clothes at a discount store or renting a movie instead of going to the theater.

While there are a number of theories about the best way to manage allowances, one thing is certain—the ultimate goal of an allowance is to help your child learn to manage money responsibly.

### Setting a Course for Financial Independence



Research has shown that it takes at least 21 days to form a new habit. That means, over the next three weeks, you can start changing how you think about money and set yourself on the path to improving your financial position.

Start by setting realistic and achievable goals.

**Keep them small.** Don't set a goal you can't achieve. It may be easier to cut out several small expenses than a single big one.

**Make them measurable.** Instead of saying you'll "spend less", set a goal to reduce spending by a specific amount.

**Write them down.** If you can put your goals on paper, you're more likely to stick to them.

**Limit the number.** Don't try to do too much at once. It's better to have several small successes than one big failure.

**Create an action plan.** Track your progress on a calendar.

This can help keep you going. If you haven't already, create a

spending plan. This will let you see, penny-by-penny, how you're using your money.

Don't be discouraged if you miss goal. Improving your financial position is a long-term process that requires patience and a disciplined approach.

## DANCE TEAM'S "SNEAK PEEK AT STATE"

Please join the dance team in the High School Gym on Friday, November 9th at 7:00 p.m. for a "Sneak Peek at State".

The dance team will be performing their routines that they will take to state competition later in November.

The co-ed boys and girls will perform the first co-ed routine to ever go to state from Treynor!

The performance will run approximately 30 minutes and there will be a "free will" donation to help with the expense of state.



## “SAVE OUT LOUD” CONTEST



The Treasury Department's Bureau of Public Debt, through its' **Ready.Save.Grow.** Campaign, is sponsoring its' "Save Out Loud" Contest October 3 through November 25th to celebrate kids' savings goals and inspire a lifetime of good saving habits. Students in grades K-12 are encouraged to share their savings stories for a chance to win a live video conversation with Treasurer of the United States, Rosie Rios, along with commemorative prizes.

Students\* have two ways to enter the **Ready.Save.Grow.** "Save Out Loud" Contest:

- Photo: Submit an aspirational savings snapshot along with a description of up to 250 words
- Video: Submit an up to 90-second personal video sharing a savings story.

Entries should be original, creative and support the concept of saving. Prizes will be awarded for best photo and video in each of the following categories: Grades K-6 and Grades 7-12. Grand prize winners will be determined by a panel of judges, including Treasurer of the United States Rosie Rios; former Bureau of the Public Debt Commissioner Van Zeck; Beth Kobliner, personal finance commentator and journalist; David Mancl, Jump\$tart Coalition and Wisconsin Department of Financial Institutions; and Nan Morrison, Council for Economic Education. A Popular Vote Winner will also be awarded for best photo and video in each category based on public votes received during the contest. All contest winners will receive official commemorative prizes from the Treasury Department.

"Save Out Loud" Contest entries will be accepted through Sunday, November 25, 2012. Students, teachers or families may enter as many times as they wish, but only one winner will be selected per contest entrant. Winners will be announced in early December. For more information about the "Save Out Loud" Contest, or to enter, go to [www.facebook.com/readysavegrow](http://www.facebook.com/readysavegrow) or [www.treasurydirect.gov/readysavegrow](http://www.treasurydirect.gov/readysavegrow).

Information about the "Save Out Loud" Contest is also available on Challenge.gov at <http://challenge.gov/BPD/426-save-out-loud-photo-and-video-contest>.

\*Parents must enter on behalf of children under 13, and give consent for children 13 and above. Teachers may also submit an entry on behalf of individual students or classroom teams of students (up to six members) with parental permission.

## SCHOOL'S OUT—HOLIDAY VACATION DAYS



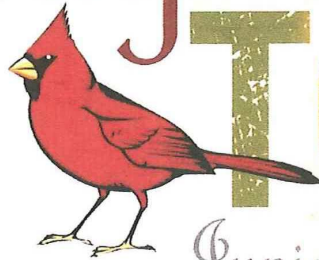
There will be no school on Wednesday, November 21 for teacher inservice.  
There will be no school on Thursday and Friday, November 22 & 23 for Thanksgiving.

School will be dismissed at 2:00 p.m. on Friday, December 21 for Christmas Vacation.  
School will resume again after the holidays on Thursday, January 3.





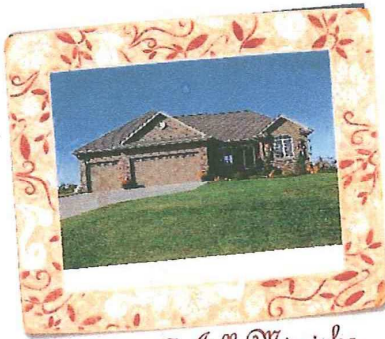
# Holiday Home



# TOUR 2012

Junior Treynor Women

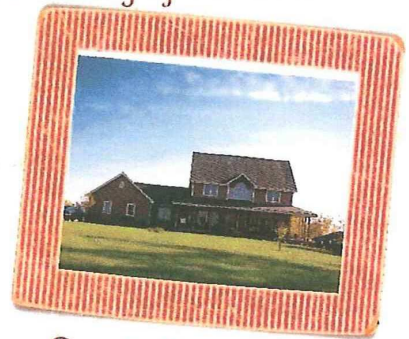
Tickets: \$10 | May be purchased at any location on the day of the tour.



Anthony & Jill Misciska  
18468 Gaylen Drive  
Council Bluffs, Iowa



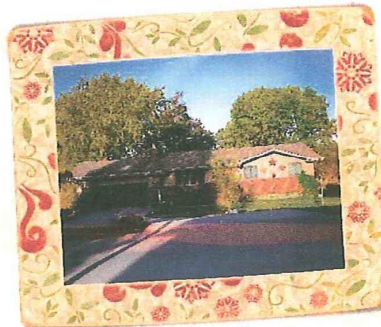
Scott & Temple Rucker  
18106 Ashley Lane  
Council Bluffs, Iowa



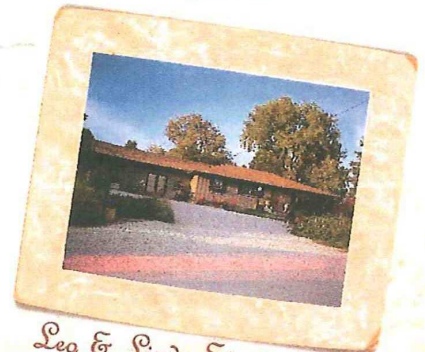
Dave & Michelle Kiers  
23893 McPherson Ave.  
Council Bluffs, Iowa



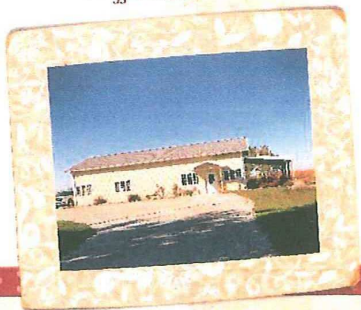
Kent & Deanna Boese  
23867 Dogwood Rd.  
Council Bluffs, Iowa



Mark & Kalene Moore  
18 S. Eyeberg Ave.  
Treynor, Iowa



Leo & Linda Stortenbecker  
11348 300th Street  
Treynor, Iowa



Prairie Crossing Winery  
31506 Pioneer Trail Treynor, Iowa  
Featuring: Wine Tasting and Vendors



Brought to you by: Junior Treynor Women

## Cardinal Counseling

### 2012-13 Iowa Assessments

The Iowa Assessments will be given K-11 during the week of March 11-15, 2013. Please mark those dates on your calendar as it would be helpful to have high attendance during that week to complete the battery of tests.



## Connections

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

Phone: 487-3181    Email: [sirvin@treynorcardinals.org](mailto:sirvin@treynorcardinals.org)    November, 2012

### Financial Aid Meeting for Seniors and Parents: Tuesday, Nov. 13

The annual Financial Aid Meeting for seniors and their parents will be sponsored by THS on **Tuesday, November 13, 2012 at 7:00 p.m.** Any senior who is considering post-high school education should attend no matter whether it would be a four year college, two year college, or one year technical school. Essential information on the financial aid process will be presented. The meeting will last about one hour. Packets of information will be distributed.

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

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

### What Needs to Get Done for College Now?

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

1. **Complete and send college applications.** Applying does not commit a student to a college. It simply means that the student is interested and is seeking admission. Admission opens a communication line between the college and the student.
2. **Campus visits.** It is essential to get campus visits done before the December. In December the weather can turn cold and snowy, and college campuses begin to shut down for the end of the semester. Students involved in activities and athletics may want to plan around those activities before the schedule gets busy.
3. **Attend the Financial Aid Meeting at THS on Tuesday, Nov. 13, 2012 at 7:00 p.m.** It is a very important meeting to help students and families learn about the financial aid process.
4. **Register for a PIN** (Personal Identification Number) to electronically sign the FAFSA in January or February. Both a senior student and one parent should register for a PIN. Go to: [www.pin.ed.gov](http://www.pin.ed.gov).
5. **Organize for scholarship applications.** Students should write a resume that will list the activities that have been involved in the school and community, awards that they have received, community service activities that they have been involved. Assembling all of this information will make scholarship applications much easier.
6. If a student is admitted to a college, be ready to pay a housing deposit or enrollment (if needed) and look for scholarship information through the college as well as general scholarship searches: [www.fastweb.com](http://www.fastweb.com); [www.finaid.com](http://www.finaid.com); scholarship search through [www.ihaveaplaniowa.gov](http://www.ihaveaplaniowa.gov).

7. If you have other questions or want more information, go the counseling web page at <http://www.treynorschools.org> or the ICAN web site: [www.icansucceed.org](http://www.icansucceed.org) or call or email the high school counselor, Mr. Irvin.

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

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

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

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

### Helpful Resources

Cardinal Counseling information has a Twitter page. To access the page go to:  
[www.twitter.com/CardCounseling](http://www.twitter.com/CardCounseling).

**What will be reported on the Cardinal Counseling Twitter page?** The Twitter page will have updates, reminders, and information on important dates, deadlines, meetings, opportunities in the areas of college planning, financial aid, scholarships, ACT Test dates, and many more things. Also there will be retweets of informational articles from the Iowa College Access Network along with the Iowa College Student Aid Commission. It is a great way to communicate. If you have a mobile phone and already receive TreynorNation Twitter updates, you can simply sign up to receive Twitter updates in the important area of college planning. If you don't have a text plan for your phone, you may access the Twitter updates through your computer over the Internet.

#### Listed below are instructions to connect to Twitter to receive Cardinal Counseling updates:

Go to Twitter.com. Go to the Get Started – Join Button

Register for a Twitter Account...you will provide a username and a password.

After you are signed in you can set your cell phone up to receive the messages. (This is not required, you can follow Twitter on the Internet or download an app for your phone.)

Go to Settings and then Devices to set up your phone.

Go to home page and use the Search tab in the right hand column to find and follow the site.

Type in CardCounseling to find and follow the site.

After you find the site, choose to enable the updates by clicking on the following box and choose yes to enable the texts to be sent to your cell phone.

It's that easy. Enable it when you want updates, or choose off if you don't want them all of the time.

E-mail Mr. Irvin ([sirvin@treynorcardinals.org](mailto:sirvin@treynorcardinals.org)) if you have any questions.

# November 2012



*Happy Thanksgiving!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Elem. AR Cardinal Cart #1 Musical 7:30 in Auditorium Football Playoff	3 Musical 3:30 & 7:30 in Auditorium
4	5 Girls Basketball Practice Begins JH Boys BB @ AHST 4:15	6 3rd Grade Cognitive Aptitude Testing	7	8 Boys JH BB Missouri Valley Here 4:15  State Volleyball	9 SWIBA JH Festival Dance Show in West Gym 7:00  State Volleyball	10 State Volleyball  Football Playoff
11 <b>Veterans Day</b> 	12 Veteran's Day Assembly 10:30 in West Gym; Boys BB & Wrestling Practices Begin Boys JH BB @ Riverside 4:15 5th Grade Program @ 7:00	13 Financial Aid Meeting @ 7:00 in HS Auditorium  School Board Meeting 6:30	14 Elementary Art Attack @ 3:30 p.m.	15 Boys JH BB Audubon Here 4:15; Var Girls BB @ Audubon 6:00 All State Festival in Ames 7:00	16 All State Festival in Ames  State Football	17 All State Festival in Ames
18	19 Boys JH BB @ Griswold Middle School 4:15	20 Progress Reports Sent Home	21 <b>NO SCHOOL TEACHER INSERVICE</b>	22 	23 Thanksgiving Vacation	24
25	26 G & B 9th BB @ ISD 6:00/7:30	27 JH Boys BB @ T-C 4:15; Wrestling @ Woodbine 6:00; JV/V Girls BB @ Harlan & JV/V Boys BB @A.L.6 :00/7:30	28 Elementary Art Attack @ 3:30	29 JH Boys BB @ Underwood 4:15; JV/V G & B BB Shenandoah Here 6:00/7:30	30	

# December 2012



*Merry Christmas!*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Treynor Wrestling Tournament 10:00
<b>2</b>	<b>3</b> JH Boys BB Tri-Center Here 4:15  5th & 6th Grade Band & 6th Grade Vocal Concert 7:00 in Auditorium	<b>4</b> G & B Var BB @ Riverside 6:00 & 7:45	<b>5</b>	<b>6</b> JH Boys BB @ Glenwood Middle School 4:00 Wrestling Here 6:00	<b>7</b> G & B JV/Var BB AHST Here 6:00 & 7:30	<b>8</b> SWIBA HS Auditions @ Red Oak
<b>9</b>	<b>10</b> Christmas Concerts in Auditorium JH @ 6:30 HS @ 8:00	<b>11</b> JH Boys BB Griswold Here 4:15 G & B JV/Var BB Griswold Here 6:00 & 7:45	<b>12</b> Early Dismissal Teacher Inservice @ 1:00	<b>13</b> JH Boys BB Riverside Here 4:15; 9th Boys BB Harlan Here 6:00; 4th Grade Concert @ 7:00 in Auditorium	<b>14</b> 9th Boys BB @ Underwood 4:30 WIC Wrestling @ Audubon 5:00 G & B Var BB @ Underwood 6:00 & 7:45	<b>15</b> WIC Wrestling @ Audubon 9:00 G & B JV/Var BB @ St. Albert 5:00/6:30
<b>16</b>	<b>17</b> 4th Grade Music Concert @ 7:00 p.m.	<b>18</b> 9th BB Mo Valley Here 4:00; Wrestling @ WCV 5:00 G & B JV/Var BB Mo Valley Here 6:00/7:45	<b>19</b>	<b>20</b> G & B 9th BB @ Glenwood 6:00/7:30	<b>21</b> Elem. Christmas Parties @ 12:30  End of 2nd Quarter 2:00 Dismissal	<b>22</b>
<b>23</b>	<b>24</b> Christmas Vacation	<b>25</b> 	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>



## TREYNOR COMMUNITY SCHOOL

### November, 2012 Breakfast & Lunch Menus



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Juice or Fruit Breakfast Bagel K-5 Biscuits/Gravy 6-12	2	Choice of Cereal Whole Grain Poptart
							Mostaccioli Tossed Salad/Romaine Green Beans Whole Grain Roll 9-12 Fresh Banana  (4-12 Salad Bar)		Quesadilla Whole Grain Tortilla Chips & Salsa Refried Beans Orange Wedges  No 2nd Choice
5	Juice or Fruit Choice of Cereal Toast/Jelly	6	Juice or Fruit Pancakes w/syrup	7	Juice or Fruit Choice of Cereal Granola Bar	8	Juice or Fruit Breakfast Square	9	Juice or Fruit Choice of Cereal Muffin
	Chicken Wrap Romaine & Tomato Spanish Rice 6-12 Steamed Carrots Tropical Fruit  (6-12 Salad Bar)		Hot Dog/Whole Grain Bun Potato Wedges Broccoli/Cheese Apple Wedges Power Jello 6-12 (4-12 Salad Bar)		Pasta/Meat Sauce Garden Spinach Salad Seasoned Peas 9-12 Fresh Garlic Bread Peaches  (4-12 Salad Bar)		Taco Salad Whole Grain Chips & Salsa Refried Beans Cinnamon Puff Pineapple Tidbits (4-12 Salad Bar)		Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll/Jelly 9-12 Orange Wedges  (No 2nd Choice)
12	Juice or Fruit Choice of Cereal Cinnamon Toast	13	Juice or Fruit French Toast Sticks/Syrup	14	Juice or Fruit Choice of Cereal Whole Grain Poptart	15	Juice or Fruit Breakfast Bagel	16	Juice or Fruit Choice of Cereal Toast/Jelly
	Pizza Slice Tossed Salad/Romaine Garlic Breadstick w/Marinara Sauce Apple Wedges  (6-12 Salad Bar)		Chicken Strips Savory Rice Fresh Broccoli Oatmeal Roll Sliced Peaches  (4-12 Salad Bar)		Pork Ribb on Bun Romaine/Tomato Tri Tater Corn Fresh Kiwi  (4-12 Salad Bar)		Roast Turkey Mashed Potatoes/Gravy Green Beans Pumpkin Pie Dinner Roll  (No Salad Bar)		Hamburger on Bun Sweet Potato Fries Mixed Fruit Krispy Bar  (No 2nd Choice)
19	Juice or Fruit Choice of Cereal Muffin	20	Juice or Fruit Pancake Stick Syrup	21	<b>NO SCHOOL</b>	22	<b>NO SCHOOL</b>	23	<b>NO SCHOOL</b>
	Sloppy Joe on Bun Whole Grain Chips 9-12 Sweet Potato Puffs Baked Beans Pineapple  (4-12 Salad Bar)		Chicken Nuggets Mash Potato/Gravy Fresh Broccoli Wheat Roll 6-12 Pears  (4-12 Salad Bar)		<b>NO SCHOOL TEACHER INSERVICE</b>				<b>NO SCHOOL</b>
26	Juice or Fruit Choice of Cereal Muffin Square	27	Juice or Fruit French Toast Sticks Syrup	28	Juice or Fruit Choice of Cereal	29	Juice or Fruit Sausage Links Eggs	30	Juice or Fruit Choice of Cereal Toast/Jelly
	Beef Nachos Whole Grain Tortilla Chips & Salsa Green Beans Cucumber Slices Peaches (6-12 Salad Bar)		Stromboli Steamed Peas Fresh Carrots Strawberry Cake  (4-12 Salad Bar)		Chili Soup Celery/Cucumbers Crackers Cinnamon Roll Orange Smiles  (4-12 Salad Bar)		Turkey & Cheese Sub Romaine/Lettuce/ Tomato Oven Fries Peaches Graham Snack (4-12 Salad Bar)		Country Style Beef Pattie Mashed Potatoes/Gravy Mixed Vegetables Wheat Roll/Jelly Banana (No 2nd Choice)

Elementary: \$1.00 Breakfast—\$1.75 Lunch; Extra Milk \$0.50

MS—HS: \$1.00 Breakfast—\$1.90 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.



**Trey Community  
School**

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**POSTAL CUSTOMER**

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