

STILWELL SENTINEL

October 19, 2009

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The West Des Moines Community School District does not discriminate on the basis of race, creed, color, religion, national origin, sex, marital status, sexual orientation, gender identity, physical or mental disability or socioeconomic status in educational programs and activities.

STILWELL MATHCOUNTS



**MATHCOUNTS
COMPETITION PROGRAM**

MathCounts is a math program for junior high students with four levels of competition — school, chapter (local), state and national. Stilwell has participated in MathCounts for over twenty years. Almost every year, Stilwell's team has been a competitor at the state level and several times at the national level. This year, the state winners will compete at the Walt Disney World Swan and Dolphin Resort in Orlando, Fla., for the National MathCounts Competition. At Stilwell, those students interested will work through a series of problems and eventually compete in our local school competition. If you are interested in being part of the MathCounts Club, please see Mrs. Eastman in room 208. The club will be meeting after school on Tuesday nights twice a month until January when it will meet weekly. All seventh and eighth graders who are interested in math may be a part of MathCounts Club.

MAGAZINE CAMPAIGN

A very special thank you to everyone who worked so hard on our magazine sale. The efforts of numerous people have allowed us to sell over \$60,000 worth of magazines. We would like to extend a special thank you to Jessica Stutz and Kris Harrison for heading up the team of volunteers that helped check in our orders. We couldn't have done it without their help!!

MAKE A DIFFERENCE WEEK – WEST DES MOINES COMMUNITY SCHOOLS

Make a Difference Day, the nation's largest single day of volunteering, is Oct. 24. More than three million people turn out to perform thousands of charitable acts for others. This year, the West Des Moines Community School District's students and staff will be collecting personal hygiene items for West Des Moines Human Services — Stilwell will be collecting diapers — as well as donations for Koins for Kids, a scholarship fund to help low-income families participate in local programs. Last year WDM Human Services provided 3,777 orders of personal care products to households in need and currently serves over 325 families a month. Over the last few months, WDM

Human Services has seen an increase in households in need, and unfortunately they have not been able to keep up.



for your support of this great cause!

During the week of Oct. 19-23, Stilwell will collect diapers which, the West Des Moines Community Education staff will collect Oct. 23. They will be delivered to the personal care product shelves at the WDM Human Services center. Thank you

DAILY ANNOUNCEMENTS ON THE WEB

You can find our daily announcements listed on our Stilwell web-page at www.wdmcs.org/stilwell. We are also sending them out daily to everyone who has an e-mail address listed on Infinite Campus.

ITBS TESTING

We will be administering the Iowa Tests of Basic Skills during the weeks of Nov. 2 and 9. We would greatly appreciate it if our families would avoid scheduling appointments during the school day that would cause students to be absent for these tests.



It would also be good to remind all our students of the importance of giving their best effort on these tests. The results are used as an indicator for admittance into the advanced and accelerated classes in both eighth and ninth grade. They are also used to determine if students should receive additional academic support in the areas of reading resource and math resource. We also review them to determine who is recommended to attend summer school.

PHYSICAL EDUCATION NEWS

The physical education department at Stilwell believes in teaching all students, "How To Lead A Healthy Lifestyle" and equipping them with the principles and aspects of fitness and living healthy.

Seventh grade classes started the school year with a guest lecturer, Beth Hanna, director of food and nutrition services for West Des Moines Community Schools. Eighth grade classes had the lecture in seventh grade.

Hanna talked with each class about nutrition, the new food pyramid and the school lunch program. During her lectures with the students, we learned that a large percentage of students at Stilwell

do not eat anything for breakfast. We also learned that a large percentage of students are not drinking the adequate amount of liquids daily. Therefore coming to school in some form of dehydration. This can be very detrimental to your student's health and educational process. The drinking of appropriate liquids is important for hydration. Your body composition is made of two thirds water in some form or another. The human body and brain cannot function to its maximum potential when dehydrated. A great website for personal nutrition based on your daily activity level and other facts is located at:

<http://www.mypyramid.gov>, a great reference book for parents and the child is called "Eat This, Not That for Kids" by David Zinczenko with Matt Goulding. There is also an adult version called, "Eat This, Not That." Another great site which will compute your individual body mass index is located at:

<http://www.nhlbisupport.com/bmi/bmicalc.htm>

The first activity in physical education class was goal setting with each student. Each student has their own three physical goals that they wish to work on during the school year. The first units in physical education have been ultimate frisbee and volleyball. Each of these activity units will be culminated with a written test on the activity. During both these units we have also included health

fitness testing when the weather has been inclement. During the health fitness testing, we discuss the health fitness components of cardiovascular endurance, body composition, muscular strength, muscular endurance and flexibility. These five components help in living a healthy

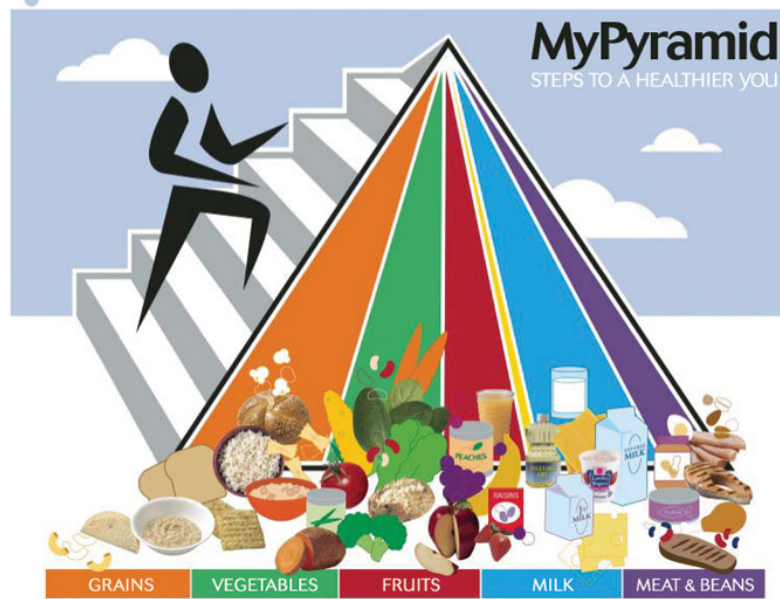
lifestyle and a body that is physically fit helps to prevent certain hypo kinetic diseases, such as obesity, heart disease and diabetes. A body that is physically fit is able to perform daily activities or tasks without undue fatigue.

Physical education grades are calculated on a weighted scale. Preparation is worth 30 percent, which includes having their physical education materials and being on time for class. Participation is worth 30 percent, which

includes participating in the activities, doing your best and trying your hardest with a good attitude. Written tests are worth 20 percent and are on the activity just completed. Students are given a study guide for their activity test. The last category is skills tests and they are worth 20 percent as well. Various skills tests are given during the year. Some of those skills tests are health related as well: hand/eye coordination, balance, team work in partner balances and others. These four categories compile your students grade.

Please remember that when your student is excused from regular physical education classes we can provide alternative activity in our fitness room facility. The fitness room facility contains various weight machines, as well as exercise bikes, elliptical and a treadmill. We would like to encourage all students to be active in some way even when they have an injury. Please inform your physician of this option available to your student.

Stilwell physical education teachers are: Cheryl McConnell, Larry Beals and Rochelle Svestka. Please feel free to contact us at anytime with any problems or concerns or praises you may have for our department. Thanks for allowing your son or daughter to attend Stilwell.



COUNSELING DEPARTMENT AND LEARNING LAB ADDRESS INDIVIDUAL NEEDS OF STUDENTS

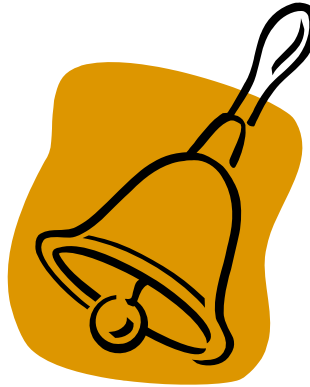
The Stilwell counseling department, with counselors Kristin Reed and Kathryn Zaun, offers many services for our students, their families and our staff. From meeting with new students and families, creating schedules and making schedule changes, monitoring student grades for academic success, providing individual and small group counseling, peer mediation, working with community professionals and resources, to overseeing the Iowa Tests of Basic Skills and the Kuder Career Planning Program, being accessible to students and families is a priority. Although students are divided alphabetically by their last name, with Reed serving students with last name S-Z and Zaun working with students A-R, both counselors are here to serve all students as needed and work closely together to address the individual needs of our students.

In addition to the counseling department, Learning Lab is a program offered in both grades seven and eight on an alternating day schedule. Kristi Carpenter teaches the seventh grade students while Kristin Reed serves as the teacher for students in grade eight. Learning Lab is a program designed to address the gap between the student's potential and performance and is intended to be a safe, friendly and positive environment for students to gain a sense of belonging. It is intended to provide support for students to make school a more successful endeavor. If you would like more information on our Learning Lab please contact Mrs. Reed or Mrs. Carpenter.

UPDATING STUDENT INFORMATION

If there is ever a change in your student's contact information (address, phone numbers, etc.) please let our main office know as soon as possible so we can keep our records up to date. Thank you.

STILWELL AFTER THE BELL



Stilwell is proud to offer an after school study session called Stilwell After the Bell. It meets in the cafeteria on Mondays, Tuesdays, Wednesdays and Thursdays until 4 p.m. Students are expected to arrive by 2:45 p.m. (Wednesdays by 2 p.m.) but are free to leave before 4 p.m. if they complete their work early. Teachers and high

school students are there to provide extra help and the nutritional staff provides a snack. All students who are available after school are encouraged to take advantage of this program. If a student desires a ride home on the bus, they need to let the office know in the morning of every day they are staying.

FIRST QUARTER GRADING PERIOD

Our first quarter grading period will end Oct. 23. Families can look for report cards to be mailed home during the following week. Grades will be updated on Infinite Campus then as well.

SCHOOL WORK REQUEST FOR EXTENDED ABSENCES

Students that are gone fewer than three days should work with their teachers upon their return to make-up missed school work. Students have two days for everyday they miss to make-up their work.

Students that are absent more than three days due to an illness can request homework to be brought down to the office to be picked up by a parent or guardian. A request can be emailed to the team or contact the office . Please request homework first thing in the morning and call our office at 633-6000 to arrange a pick up time.



WEST DES MOINES
COMMUNITY
S C H O O L S

informal

For the Parents of the West Des Moines Community Schools
Office of School/Community Relations

October 19, 2009
www.wdmcs.org

Board Highlights

At the meeting Oct. 12, the Board of Education:

- Heard a report from Valley students who serve on the State of Iowa Youth Advisory Council
- Approved a trip request for the Valley Thespian Troupe to travel to New York City in June 2010
- Heard a report on 2008-09 activities and accomplishments from Community Education Director Shahna Janssen
- Approved the 2009-10 Community Education Advisory Council roster
- Conducted a hearing and awarded bids on the Crestview Elementary north addition project
- Reviewed the June 2009 year-end financial reports
- Authorized the district to request modified allowable growth and a supplemental aid payment for the negative special education balance for the 2008-09 school year
- Approved change orders on the Crestview and Indian Hills projects
- Appointed System Works LLC to perform commissioning services for the Crossroads Park project
- Approved the agreement with RDG for design services for the Crossroads Park remodel
- Approved the agreement with Polk County Empowerment for the Project Shine program
- Authorized the renewal of the agreement with Four Oaks to provide a program to serve suspended and expelled students in the district
- Approved the agreement with the Iowa Department of Public Health to provide federal funding to expand nutrition and physical activity education programs that serve food assistance-eligible students in the district
- Approved the contract with the Renaissance Chicago Hotel for lodging for the Valley High School debate team
- Authorized the agreement with Marzano Research Laboratory to provide a speaker to present the Art and Science of Teaching to district junior high and high school staff

Next meeting: Mon, Oct. 26, 2009
7 p.m.
Learning Resource Center



Online Survey about the Calendar

You have the opportunity to offer your opinion on options for the 2010-11 school year schedule. A survey will be posted on the district web site (www.wdmcs.org) Mon., Oct. 26. Three choices will be offered, reflecting differing start dates, winter break dates and the last day of school (without weather cancellations). The survey will close Fri., Nov. 6 at 4 p.m.

The district Calendar Committee – staff members and parents – has been meeting for several months to develop the calendar options. The survey of district staff and parents will be used by the committee to develop a recommendation to the Board of Education. The 2010-11 school year calendar will be presented to the Board for approval in early 2010, along with a tentative schedule for 2011-12.

Make a Difference Week



**MAKE A
DIFFERENCE DAY**
NATIONAL DAY OF DOING GOOD

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Human Services, which currently serves over 325 families a month. The district is also collecting donations for Koins for Kids, a scholarship fund to help low-income families participate in local programs.

Last year WDM Human Services provided 3,777 orders of personal care products to households in need. Over the last few months WDM Human Services has seen an increase in households in need and, unfortunately, they have not been able to keep up.

This week, each building throughout the district will be collecting personal hygiene items. Each building has been assigned a specific item to collect, so contact your school to find out what they are collecting. You can also contact your school to find out where to drop off donations to Koins for Kids. The WDM Community Education staff will pick up the items from each school Oct. 23, deliver them to the WDM Human Services center and stock the personal care product shelves. Thank you for your support of this great cause!