

Newsletter

The Official Newsletter of Kingsley-Pierson Community Schools

January 2013

A Note from the Superintendent

I wanted to take a moment to express my gratitude for all those who have volunteered to help with the many activities and events we participate in throughout the school year. From those who volunteer to help teachers with projects on Tuesday to those who have helped with our various events, such as grandparents/special friends day, the book fair, working concession stands, to participating on the music or athletic booster clubs, to working with your children in their educational projects, to those businesses that have donated money or items for our use. Each of you are an intricate part of our school system. THANK YOU!

We have had a tremendous amount of people request keys to the weight rooms in Kingsley or Pierson. There is a \$50 fee for using the weight room. The use of the weight room does come with some responsibility on the part of the person requesting the key. We do not ask much but to make sure we can continue to offer this service, we ask that everyone take a moment, when done working out, to clean up a little bit, put weights away and wipe off the machines. If you plan on using the treadmill, please use a different pair of shoes than the ones you walked into the weight room with, especially during the winter season. The dirt and moisture will affect the machine. If everyone does their part, we will be able to offer this for many more years. Thank in advance for your efforts to help us with this.

Thanks again for the continued support you have all shown during this past year. We are truly blessed to have such a supportive community.



Holiday Concerts



Elementary Comments

- Mr. Wiese

Spending time with family and friends is always a joy over the holidays! I hope all of you had a relaxing break and spent precious time with your kids!

Report cards from the 1st semester 2012/2013 will be sent home by Friday, January 11 in most cases. Time does fly and our Parent-Teacher Conferences for the 2nd semester are scheduled for February 12 & 14, 2013. These conferences are a change to previous years with it being in the "middle" of a quarter instead of the end! Details will be shared about Iowa Assessments (except kindergarten), academic progress, and other miscellaneous items.

The weather has been a roller coaster this winter. Please make sure your child has the proper attire for going outside. Thank you for all of your preparation with this issue.

Finally, "thank you" to all of you who brought in canned items, money, etc. for our "Food Drive" this past December 2012! I know we made several families holidays brighter and happier this season!

Middle School TAG Students to participate in LEGO League

FIRST LEGO League is an international engineering competition sponsored by the non-profit organization FIRST, For Inspiration in Research and Technology. Teams of up to ten compete in tournaments worldwide, designing and programming an NXT Mindstorms robot to manipulate LEGO models on a 4' x 8' map, and creating an innovative solution to a real engineering problem of their choice. The theme this year is "Senior Solutions", in which teams will create novel ideas for helping senior citizens to continue to be independent, engaged, and connected to their communities. FLL emphasizes friendly competition, teamwork, creative problem solving, and "gracious professionalism". Our Middle School team will be building their robot and creating solutions during January and February. The opportunity to participate in Lego League was funded by a Science Technology Engineering Math (STEM) grant. Our school will be able to keep the NXT Mindstorms robot and supplies which hopefully will allow Lego League to be open to more students next year!

School Health Information

I Hope that everyone had a peaceful and relaxing Christmas break. It seems hard to believe that our school year is already half over. Before we know it, we will be finishing the school year.

I will be starting the Live Healthy Iowa Kids program with the 3rd and 4th grade students on January 28th and it continues for 100 days. This is a state wide program that encourages youth to increase their physical activity levels and make better food and beverage choices. Informational letters will be sent out to these parents as the date gets closer.

Hearing screenings, conducted by the AEA, will be held January 30th and 31st in the Kingsley building and February 1st in the Pierson building. All students in Kindergarten through 5th grade and all 8th graders will be screened. Any students new to the district will also be screened for baseline data. Notes will be coming home as reminder as the date gets closer.

If you have a Kindergartner or 9th grader enrolled in the district, you may have received a reminder letter over the break, to have your child examined by a dentist. Please take the certificated of dental screening form that came with the letter, to your dentist. Have your dentist fill out the form and return it to me at the school. This is a required exam for all students in these grade levels.

If you have any health questions or concerns, don't hesitate to call me at the school. Just a reminder that **HANDWASHING IS THE BEST DEFENSE AGAINST ILLNESS!** Washing your hands often throughout the day will help against the spread of infection!

-Barb Sitzmann, School Nurse

"The Kingsley-Pierson CSD believes education enhancement requires consistently fair and equitable educational and employment practices without regard to race, color, national origin, religion, creed, age, sexual orientation, marital status, sex, gender, gender identity, disability or socio-economic status."

Middle School Comments

- Mr. Wiese

Our 1st semester is now in the books and we are excited to begin our 2nd semester of 2012/2013! Please note the dates below for updates and other information. Report cards from the 1st semester will be sent home by Friday, January 11 in most cases. Please encourage your child to get off to a great start in the third quarter! A special "thanks" goes out to all of the students, faculty, staff, other adults, and agencies who/whom had a part in donating items/money to many in the area this past December 2012! It was the "highest" can and donation given in the last eleven years!

The basketball season has just about two weeks remaining on the schedule. Congratulations to all individuals involved with the basketball program. Here is a recap of the remaining basketball games.

--Thursday (1/3) RU (Girls only @Remsen) @4:00
 --Monday (1/7) RU (Girls only @Pierson) @4:00
 --Tuesday (1/8) WC (G-Home, B@Merville) @4:00
 --Thursday (1/10) LB (G@Bronson, B-Home) @4:00
 --Tuesday (1/15) Whiting: 2 Games Away
 (Girls @4, Boys @5) @4:00 *8th Grade Only!
 --Thursday (1/17) RV (G-Home, B@Washta) @4:00

The wrestling season begins with a meeting (wrestlers, cheerleaders, managers) on Friday, January 18 part of 9th period and practice starts on Monday, January 21. The official schedule will be given out to the wrestlers then and will also be submitted to the February 2013 school newsletter. Our annual athletic director's meeting for the middle school Western Valley Conference is on Wednesday, January 16 to finalize dates for the wrestling and track seasons for 2013.

News from Mrs. Goodwin

SPORTS SCHEDULES: Please utilize our Kingsley-Pierson website for updated schedules and gym times. Mr. Peiffer and his classes will be keeping these up to date. You can locate gym times under the "community" link.

IMPORTANT DATES:

Senior Parents' Night for basketball has been changed to January 15, 2013.

Senior Parents' Night for wrestling is January 28, 2013.

JANUARY 26, 2013 is our KP Wrestling Invitational, if you are willing to help out, please call or email me.

CHRISTMAS BASKETBALL CLINIC was held on Dec. 27th and 28th. We had great attendance from the young Panthers. Thanks for allowing your child to

attend. 3rd and 4th grade girls and boys play at half time of the HS basketball game on Jan. 4th. 5th/6th grade will play on Jan. 10th.

SAVE THE DATE: Panther Ball—March 2, 2013 (Tickets go on sale January 4, 2013 at our home varsity basketball game.)

PE NEWS: Elementary PE will be using the MPR when the wrestling mats are down. The students DO NOT wear shoes on the mats, but they MUST have socks on.

Also, remember if your child has seen a doctor and they are excused from PE for any medical reason, they will need a note from their doctor or from you, the parent/guardian, saying that they are OK to participate. Thank you for your cooperation!

“I INSPIRE”

Jayne Vondrak

What inspires you? A gorgeous pink and lavender sunset across calm lake waters? A child’s contagious giggles which infect an entire room? A hard-rocking, foot-stomping, heart-pounding song that lingers in your mind for days? A perfect connection between bat and ball that flies over the centerfield fence or between quarterback and receiver that finds the end zone? A novel which pulls you in from the unforgettable first line and doesn’t let you go until the last?

Whatever inspires you fuels you. Whatever inspires you breeds more inspiration. Whatever inspires you may inspire others. Anyone who has entered my classroom in the last four years cannot help but notice the inspiration, because “inspire” literally graces my walls. People closest to me know that “inspire” is my word. I believe in inspiration, and I’ve seen inspiration affect the lives of my students. Those inspirational moments are magical.

So, what does it mean? How does it happen? When the combination is right, surprises occur and confidence blossoms. While the results may seem mystical, anyone can be inspired, even those who believe they are not creative, artistic, or writers. People who use the “writer’s block” excuse are simply avoiding the effort and commitment required, perhaps from fear of not succeeding. Understanding how inspiration works can be spelled out for you: I-N-S-P-I-R-E.

I = Imagination. We all have imagination. We all have the ability to create imagined, fantastical lives. Visualizing what can be actualized is one of the first steps into making reality. One of my former colleagues was one of Iowa’s best baseball coaches; he turned average teams into winning teams; he turned mediocre players into all-state players. One of the keys to his success was positive mental imaging: players imagined themselves pitch by pitch, inning by inning. His methods apply to many situations; we are the ones who inhibit our imaginations. Many times, as students advance through grade levels, they are allowed less and less time for “imagined play time” and are forced into convergent thinking rather than allowed opportunities for divergent thinking, play time, imagination time. As students engage in a

variety of activities in Composition, they allow their imaginations to emerge.

N = Nuances. The subtle differences make one’s creativity distinct from another’s. A slight coloration or simple word choice selected in place of another provides the nuance for originality to exist. Each individual builds on his/her own foundation, vocabulary, experience, ideas, imaginings to produce writing or art or whatever he/she is inspired to create. Sometimes a single word makes all the difference. A few years ago, I participated in an Iowa Writing Project workshop in which I was invited to write and share. I’d spent many hours writing a poem, which ultimately was titled “In Search of Shallow Waters.” As I worked through the poem, I was troubled by one word; I knew what I had written didn’t fit but I could not find the word to replace it. Exasperated, I sought the facilitator’s assistance, but he simply nodded and said, “Yes, I see.” I agonized over that line, convinced that I was going to have to resign myself to the inferior choice and move on. One of the last days I drove to Sioux City when the word “sift” dropped out of the sky and into my lap; that was it; “sift like sediment in pond water” became the nuance which found its way into the poem later accepted by the National Council of Teachers’ of English for publication. When we open ourselves to the nuances in life, good things happen.

S = Stimulation of the Senses. Frequently, we rely on our senses of sight and hearing to provide the stimulation for ourselves and our students. We observe, read, see; we listen, tune in, hear. On occasion, we may ask them to use their other three senses: to touch something and understand the tactile feeling; to taste something and discern its qualities; to smell something and inhale the odors. Our senses function simultaneously which is why when an aroma is familiar to you, you can be transported through memories, both positive and negative. In Composition class, I have used an interactive “sniff” activity in which participants identify emotions or memories associated with certain smells, like cinnamon or Vicks. Stimulating our senses inspires recollections, like waking up to freshly baked cinnamon rolls or being nursed through a cold by grandma rubbing

“I INSPIRE” *continued*

Vicks on your chest then wrapping a towel around you to keep the vapor close to you. Those stimulated senses provide us with the raw material from which our creations can be formed.

P = Passion, Playfulness, and Potential. Whatever inspires you is closely attached to your passion in life. Whatever your passion in life is how you should be investing your energy and time. If you claim your passion is athletics, yet you don't want to follow through and do the “hard work” off the court or field, how can you demonstrate that passion? If music is your heart's desire, but you don't find it necessary to learn the foundations, how can you share that passion? If you are really passionate, that will be visible to others, not hidden and secretive. One of my passions is language, words, the sound of words, interesting vocabulary, the turn of a phrase; I read constantly, voraciously some say, and admire the way authors use language to evoke scenes and emotions. As a poet and writer, I attempt to convey that passion in my own work; I love watching others as they read or listen to what I write. My passion is validated as much as that athlete's or musician's passion. Passion promotes playfulness and joy, because what you aspire to fulfills contentment, satisfaction, and pride. In a cyclical way, passion leads to playfulness leads to attainment of your potential to build on more passion.

I = Innovation. Being innovative means being a risk-taker. Poet Ezra Pound urged artists and writers to “Make it new.” In my opinion, one of his greatest works is a two-line poem which I share with my classes; the lines of “In a Station of the Metro” present a simple scene but Pound forces us to visualize in a new, exquisitely beautiful way. To “make it new” in my teaching life requires innovation. If I am still teaching the way I taught 30 years ago, I would certainly detest having to walk into the classroom. Days filled with the same old drudgery would lull me into a hypnotic state, I think, where I just went through the motions. If I am to motivate others to think, explore and create, I need innovative ways for myself to think, explore and create. I continually expose myself to innovative thinkers and teachers from around the state and the country; I've made

professional contacts outside this district by way of organizations, conferences, coursework, professional literature, and online groups, which target my subject areas. I absorb all I can learn from other writers and artists, and take the risks of sharing new inventive ideas and techniques with my students. Every year has been different, every year I learn from my students. I marvel at their innovative ways of seeing the world, the literature, or the ways in which they write. Their innovations astound and inspire me.

R = Right Brain Resources. One conversation with Composition students concerns the functions of the two hemispheres of the brain. This scientific, technical discussion identifies the left-brain hemisphere as the “sign” mind and the right-brain hemisphere as the “design” mind. People, who are left-brain dominant, excel at linear thinking, mathematics and science, and like structure and organization. People, who are right brain dominant, excel at random, abstract thinking, art, creative writing, and see the world in new ways. Both types of learners enter my classroom, and both types discover activities, which meet their learning styles. But, because the right side of the brain is the creative side, my responsibility is to open up the right-side, the creativity, and originality for all students. Using right-brain resources inspires ingenuity, and it is magical when students look back on what they've created and exclaim, “I can't believe I wrote that! Where did that come from?”

E = Energy. Inspiring creativity demands a great deal of energy, but in a classroom of inspiration and inspiring people the energy is nearly tangible. A profound sense of creative energy fills the room and one writer feeds off another as the sparks of inspiration ignite. Maintaining that source of energy requires diligence and conscientious attention, plus forgiveness in understanding that at certain times on any given day one person's energy may be depleted. Re-energizing may mean seeking out a way to fuel the (I)magination, examining the (N)uances and making adjustments, (S)timulating and honoring the senses, remembering the roots of (P)assion, inviting (I)nnovative ways, or relying on the (R)ight brain being open for inspiration to strike, and letting the (E)nergized spirit inspire you!

THE GUIDANCE OFFICE

GUIDANCE NEWS: Many scholarship deadlines will be in the months of January through March. Most of the scholarships will need to be completed online and a few applications are available in the guidance office. Every news article I write has a calendar listing websites where scholarships can be located and their deadlines. I encourage seniors to check out those websites.

Students should have developed a well-organized activities resume. Each senior was required to start their activities resume when they completed their career notebook as a sophomore. Now would be the time to pull that resume out of the notebook and update the information. Extracurricular activities and community service opportunities both in and out of school may be placed on an activities resume. If the seniors would like me to help with this, please send them to my office.

FINANCIAL AID UPDATES: The U.S. Department of Education, Federal Student Aid provides over \$80 billion annually in financial assistance for college. Students are encouraged to apply as soon as possible after January 1, 2013. There are three ways that a student can complete the FAFSA:

1. Apply online at www.fafsa.gov
2. Download and complete a PDF version of the FAFSA at www.FederalStudentAid.ed.gov
(Note: PDF FAFSA's must be mailed for processing)
3. Request a paper FAFSA by calling the Federal Student Aid Information Center at 1-800-433-3243 or 1-319-337-5665.

ICAN IN SIOUX CITY: Beginning Tuesday, January 8, ICAN will have a presence within the Sioux City community thanks to a partnership with Western Iowa Tech. ICAN will operate an office on the WIT campus, and will offer one-on-one college planning and financial aid assistance to the students and families of Western Iowa.

Each month ICAN will e-mail out the set hours for the upcoming month in Sioux City. For the month of January and ICAN representative will be available every Tuesday from 10 a.m.-4 p.m.

KIBBIE GRANT AWARDED TO IOWA COMMUNITY COLLEGE STUDENTS: Approximately 4,400 students enrolled in specific vocational-technical or career option programs at Iowa community colleges are the first-ever recipients of the Iowa Skilled Workforce Tuition Grant, also known as the Kibbie Grant after former Iowa Senate President Jack Kibbie who sponsored the bill that created the grant during the 2012 session. The education appropriations bill included \$5 million to fund the grant program for Iowa students in the 2012-13 academic year, in anticipation that it will increase the number of skilled works needed in job shortage fields in Iowa. Iowa Workforce Development estimates that some 50 percent of all jobs in the state require an associate's degree, certification, or apprenticeship training, but only 33 percent of Iowa workers have such skills.¹

The minimum Kibbie Grant award is one-half of the average Iowa community college tuition and mandatory fees per year for up to two years of education. Part-time students may be eligible for prorated amounts. To be eligible, a student must:

- Be an Iowa resident.
- Be enrolled in at least 3 credit hours in a qualified program of study at an Iowa community college.
- File the Free Application for Federal Student Aid (FAFSA) on or before July 1 of each year.
- Demonstrate a high level of financial need.

More information about the Kibbie Grant, including the qualified programs of study that were identified by both Iowa Workforce Development and Iowa's community college presidents, can be found on Iowa College Aid's website, www.IowaCollegeAid.gov. For more information about other resources available to help families plan, prepare and pay for college, please contact Iowa College Aid at 877-272-4456.

¹ Iowa Workforce Development. May, 2012. Middle-Skill Jobs in Iowa. Retrieved December 3, 2012, from <http://iwin.iwd.state.ia.us/pubs/careers/middleskilljobs.pdf>.

GUIDANCE (continued)

DUANE AND SHIRLEY HILLER STUDENT ATHLETE SCHOLARSHIP: The Duane and Shirley Hiller Student Athlete Scholarship was established in December 2009 by family and friends. The purpose of the scholarship program is to assist graduating West Monona and Kingsley-Pierson High School seniors in their pursuit of a post-secondary education at an accredited educational institution located in Iowa, Nebraska, or South Dakota. Applicants must be involved in school sponsored sports for each of their four years while in high school and have a cumulative GPA of at least 2.8 out of 4.0.

Applications need to be submitted to the Siouxland Community Foundation by February 15. Recipients will receive a \$250 scholarship that will be announced in April.

Applications are available in the guidance office or at:

<http://www.sioxlandcommunityfoundation.org/scholarships.aspx>

FLIGHT CREW (UNITED 232) SCHOLARSHIPS:

The Flight Crew (United 232) Scholarship Program is administered by the Siouxland Community Foundation headquartered in Sioux City, IA. This scholarship fund was established by the flight crew of United 232 in appreciation of Siouxland's valiant rescue and recovery efforts during the aftermath of the United Airline Flight 232 incident on July 19, 1989.

The purpose of this scholarship program is to assist graduating high school seniors in their pursuit of a post-secondary education to prepare them for a career in the medical/health science field.

Eligibility criteria:

Applicants must be:

1. graduating high school seniors from a high school located within the Siouxland Tri-state area (approximate 50 mile radius of Sioux City)
2. pursuing a career in the medical/health science field (i.e. nurse, physician, physician's assistant, radiological, medical or surgical technologist, lab technician, physical or occupational therapist).
3. planning to attend one of the following Sioux City, Iowa post-secondary educational institutions: Briar Cliff University, Morningside College, Western Iowa Tech Community College or St. Luke's College.

Scholarship Award: minimum of \$1000, not renewable

Application Deadline: Received by February 15 deadline

Application may be obtained from the foundation website listed below: www.sioxlandcommunityfoundation.org/scholarships.aspx

COL. V. THOMAS CONSIDINE SCHOLARSHIP

High school seniors who will graduate in May 2009 may apply for a scholarship from a fund established within the Siouxland Community Foundation, known as the Col. V. Thomas Considine Scholarship.

Eligibility criteria:

High School Seniors who:

1. are a member of the 185th Iowa Air National Guard
2. have enlisted in the 185th Iowa Air National Guard prior to this scholarship application due date of February 15
3. are children or other legal dependents of a currently active member of the 185th Iowa Air National Guard unit headquartered in Sioux City, IA
4. are children or other legal dependents of a retired member of the 185th

Colonel V. Thomas Considine started his military career in 1969 at the 185th Iowa Air National Guard in Sioux City. He assumed the position of 185th Fighter Wing Commander in 1998 and served until losing his battle to cancer on August 18, 2001. Administered by the Siouxland Community Foundation, this scholarship was established by his family and friends in order that his legacy at the 185th and commitment to achieving higher education continue for generations.

Scholarship Award: \$500 not renewable

Deadline: February 15

Applications can be obtained from website listed below:

www.sioxlandcommunityfoundation.org/scholarships.aspx

GUIDANCE (continued)

MENSA SCHOLARSHIPS DUE JANUARY 15: Central Iowa Mensa is participating in the Mensa Education and Research Foundation's local scholarship program and we invite applications for scholarships in this year's program. Please distribute this information appropriately within your school.

The only eligibility requirements are that the applicant will be enrolled in a degree program in an accredited American institution of post-secondary education in the 2013-2014 academic year, and that the applicant is a citizen or a permanent resident of the United States. For the general awards, the applicant need not be a member of Mensa nor qualified for Mensa. The general awards are unrestricted as to age, race, gender, level of post-secondary education, or financial need.

Awards will be made on the basis of an essay of fewer than 550 words, which describes the applicant's career, vocational, or academic goal toward which the scholarship is to provide aid. Entries will be judged and awarded at three levels: local, regional, and national. Awards are made in amounts ranging from \$300 to \$1000.

More information and the online application can be found at <http://www.mensafoundation.org/scholarships/> All entries must be submitted online by January 15, 2013. If you have questions, send email to brandtlarryg@netins.net.

CALENDAR

- Jan. 10: deadline for the Burger King Scholarship. Apply at: [www.bkmclamorefoundation.org/WhatWeDo/Scholars Program](http://www.bkmclamorefoundation.org/WhatWeDo/ScholarsProgram)
- Jan. 13: Registration deadline for the February 11, 2013 ACT test. Students may register online at www.actstudent.org
- Jan. 15: This is the application deadline for the University of South Dakota Online Academic Scholarship. More details are at: <http://admissions.usd.edu/cost-and-aid/scholarships.cfm>
- Jan. 16: Spring classes begin on the WITTC campus
- Jan. 18: PSEO books will be delivered to Kingsley-Pierson
- Jan. 22: Online Classes begin at WITCC
- Feb. 1: Grand Lodge of Iowa, A.F. and A.M. Masonic Scholarship deadline. The application is available in the guidance office.
- Feb. 1: Deadline for the Hixson Opportunity Awards at Iowa State University-please apply at www.dso.iastate.edu/hixson/application.
- Feb. 8: Deadline for the KFC Colonel's Scholars Program. Online applications will be available at www.kfcscholars.org
- Feb. 10: Deadline for the Iowa Newspaper Foundation Scholarships-apply at the Iowa Newspaper Association website at www.inanews.com/inf/scholarships.php
- Feb. 15: deadline for the Cargill Community Scholarship Program-apply online at www.cargill.com, keyword: scholarship
- Feb. 15: deadline for the Siouxland Community Foundation Scholarships—Duane and Shirley Hiller Student Athlete Scholarship
- Feb.15: deadline for the Siouxland Community Foundation Scholarships-Flight Crew (232) Scholarship
- Feb.15: deadline for the Siouxland Community Foundation Scholarships-Col. V. Thomas Considine Scholarship
- Feb.15: Best Buy Scholarship deadline-apply online at <http://pr.bby.com>
- Mar. 1: deadline for the Iowa Automobile Dealers Foundation for Education Scholarship- application is in the guidance office.
- Mar. 1: All Iowa Opportunity Scholarship deadline-application is available at www.IHaveaPlanIowa.gov. Priority Deadline-March 1, 2013
- Mar. 1: deadline for the Gov. Terry E. Branstad Iowa State Fair Scholarship. Application is available at www.IHaveaPlanIowa.gov or at <http://www.iowacollegeaid.gov/ScholarshipsGrants/statefairscholarshp.html>
- Mar. 1: MCEC Technical Scholarship Application from the Grand Lodge of Iowa A.F. & A.M. Applications are available in the guidance office.
- Mar. 1: The deadline for the Plymouth County Farm Bureau Scholarship- application is in the guidance office.
- Mar. 12: The WITCC Foundation scholarship is due. The application is online.
- Mar. 14: The Wayne State College High School Special Abilities Art Scholarship is due. The information is available in the guidance office.
- Mar. 30: The LeMars Arts Council Scholarship is due. Information is available in the guidance office.

Meal Prices

Breakfast		Lunch	
Grades K-12	1.60	Grades K-12	2.15
		Adult	3.00
		Extra Entrée	1.50
Extra Milk or Side excluding F&V Bar		0.50	

January 2013

Kingsley-Pierson Breakfast & Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

New Starting
January 2013!!
Two Hot Entrée Choices
Offered to All Grades

HAPPY NEW YEAR

No School

Ham/Chz English Muffin 3

Pancakes w/Syrup 4

Hot Dog on WG Bun
Chicken Nuggets

Ham & Scalloped Potatoes
w/WG Bread
WG Pizza

Corn Chips
Baked Beans

Green Beans

Breakfast Pizza 7

French Toast w/Syrup 8

Omelet & Toast 9

Breakfast Wrap 10

Waffles w/Syrup 11

WG Grilled Cheese Sandwich
Chicken Patty on WG Bun

Beef Stroganoff w/WG Pasta
Beef Soft Shell Taco's

BBQ Pulled Pork on WG Bun
Hamburger or Cheeseburger

Turkey & Gravy
Chicken Nuggets
WG Bread
WW Sugar Cookie
Carrots

WG Spaghetti w/Meat Sauce
& WG Garlic Breadstick
WG Pizza

Tomato Soup

Carrots

Potato Wedges

Breakfast Pizza 14

Breakfast Bagel 15

Cinnamon Roll 16

Texas French Toast 17

Scrambled Eggs & Toast 18

Tator Tot Casserole
w/WG Bread
Chicken Patty on WG Bun

Mozz Cheese Breadsticks
Beef Soft Shell Taco's

Italian Pasta Bake
w/ WG Breadstick
Hamburger or Cheeseburger

Super Mexi Tots
Chicken Nuggets

Grilled Turkey Bacon Swiss
WG Pizza

California Blend Vegetables

Peas

Green Beans

WG Bread & Corn Chips
Corn

Baked Fries

Cinnamon Tastry 21

Pancakes w/Syrup 22

French Toast Sticks 23

Breakfast Pizza 24

Pancake Sausage Stick 25

Pork Fritter on WG Bun
Chicken Patty on WG Bun

Corn Dog
Beef Soft Shell Taco's

Turkey Pot Pie
w/Biscuit
Hamburger or Cheeseburger

Pork Loin Roast
Chicken Nuggets

Sloppy Joe on WG Bun
WG Pizza

Potato Wedges

Corn

Peas

WG Bread & WW Sugar Cookie
Mashed Potatoes w/Gravy

Green Beans

Waffles w/Syrup 28

Scrambled Eggs & Toast 29

Cinnamon Roll 30

Ham/Chz English Muffin 31

Ham & Cheddar on WG Bun
Chicken Patty on WG Bun

Chili w/ Crackers
Nacho's Grande

Cowboy Cavitini
w/ WG Bread
Hamburger or Cheeseburger

Baked Chicken
Chicken Nuggets

cbm
MAKING SERVING

Vegetable Soup

Cinnamon Roll
Corn

Carrots

Biscuit
Mashed Potatoes w/Gravy

Breakfast Choices Offered Daily:

- Fruit & Juice
- Cereal
- Whole Grain Bread/Toast
- Skim, Low-Fat & Skim Chocolate Milk

Lunch Choices Offered Daily:

- Fruit & Vegetable Bar
- Skim, Low-Fat & Skim Chocolate Milk

Students may select one of the two entrée options



Non-discrimination Statement: In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write: USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice), Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

KINGSLEY-PIERSON COMM. SCHOOL ACTIVITIES CALENDAR FOR JANUARY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		New Year's Day				
		*No School.	*No School. *Teacher In-Service 8:00-4:00.	*Classes resume - Begin 3rd Ctr/2nd Sem. *Jr. High BB at RU 4:00 Girls only. *WR at Lo-Ma (Logan) 6:00. (KP/MW/LM). *BB at RV (C'ville) 6:00.	*BB vs. WW home 6:00. *Chit feed sponsored by Dance Attack before B-ball games.	*HS Honor Band Festival at Hawarden. *WR West Sioux Tmy *Boys' JV BB Tmy at LB.
	*Jr. High BB vs. RU home 4:00 Girls only. *JV WR at West Sioux (Hawarden) *JV Girls BB at Ridge View (Holstein) 6:00. *Booster Club mtg. 7:00.	*Jr. High BB vs. WC 4:00 G - home, B - Merville. *BB at WC 6:00. *Jr. High B/G BB at WC 4:30.		*Jr. High BB vs. LB 4:00 G - Bronson, B - home. *WR at Ridge View (Holstein) 6:00 (KP/MW/woodline/Ridge View). *BB vs. Charter Oak-Lite home 6:00.	*ACT registration deadline. *JV Boys' BB at LB 4:30. *BB at LB 6:00, B JV 4:30.	*WR WVC Tmy at Lawton. *Dynamic School of Dance Show in gym 6:00-9:00 p.m.
*The Dwelling Benefit Breakfast.	*JV Girls BB at RV 6:00. *School Board mtg. 7:00.	*Jr. High BB (8th grade only) at Whiting 4:00. *BB vs. OABCIG home 6:00.		*Jr. High BB vs. RV 4:00 G - home, B - Washia. *BB vs. RU home 6:00.	*WR OABCIG Tmy. *BB at West Hartson (Mondamin) 6:00.	*District Lg. Group Speech *WR OABCIG Tmy.
			3 week progress reports			
	*JV WR at WC 6:00. *BB WVC Girls Tmy TBA.	*BB WVC Boys Tmy TBA.		*BB WVC Boys Tmy TBA.		*BB WVC Girls Tmy TBA. *WR KP Invitational.
	*BB WVC Boys Tmy TBA. *WR at home 6:00 (KP/MW/HMS). *Music Boosters mtg. 6:30.	*BB WVC Girls Tmy TBA. *Jr. High WR at AW (Akron) 4:00.		*BB WVC Girls Tmy TBA. *Jr. High WR at Early 4:00.		