

# NORTHWOOD-KENSETT CSD



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*Newsletter designed by: Tina Johnson, Elementary Secretary*

**March 2025**

## School Board Members

**Bradley Christianson - President \* Cindy Pangburn - Vice President**  
**Susan Kliment \* Shana Brunsvold \* Jamie Nelson**

**District Vision Statement:** Creating healthy, educated, ethical and productive citizens.

## **FROM THE DESK OF MR. KEITH FRITZ, MS/HS (SECONDARY) PRINCIPAL**

To start off March with a message our students could really benefit from hearing, our FCCLA is bringing in Allie Houston from Mothers Against Drunk Driving (MADD). On Thursday the 6th she will share a message with the 9-12 students that as Prom season approaches, there are real dangers associated with impaired driving and it is important to make safe, responsible decisions.

Our Prom parents do a fantastic job of running a 'closed Prom' where students' activities are planned and coordinated so there's no opportunity to consume alcohol or other substances. Allie will back them up on that with her message to the high schoolers, to help them realize the wisdom in enjoying a substance-free event.

She will also share a similar message to our middle schoolers the same day in an assembly just for them. Of course, they're not of driving age yet, but peer pressure is a strong and powerful influence at that age, so she will focus her anti-substance message on that aspect of wise decision-making.

I'm so proud of our FCCLA chapter and especially those students who have made this a project of theirs, and of their adviser Mrs. Thorson for making this message happen for our whole student body.

**FROM THE DESK OF MR. BRIAN COSTELLO, ELEMENTARY PRINCIPAL**

Iowa Assessments

Each year, public schools in Iowa are required to administer a couple standardized assessments, one of which is called Iowa Statewide Assessment for Student Progress (ISASP). In the past, this assessment was the Iowa Test of Basic Skills (ITBS) and Iowa Tests of Educational Development (ITED). Northwood-Kensett Elementary will be administering this assessment to students in grades 3-5 from March 25 thru April 4.

In order for us to get the most reliable results and an accurate picture of how your child is learning, I'm requesting you help by doing the following:

- Talk to your children about the test. Impress upon them the importance of doing their best.
- Make sure your children have a good night's sleep. Proper rest is one of the biggest factors affecting a student's performance.
- Make sure your children have a good breakfast. This will help students focus on the test.

More information about the ISASP can be found at [iowa.pearsonaccessnext.com](http://iowa.pearsonaccessnext.com). If you have specific questions about this new assessment, please contact me at 641-324-1127.

Thank you for your continued support,  
Brian Costello

## FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

### From the Desk of Mr. Crozier

On January 28, 2025 I had the opportunity to go to the Capitol and visit with our two legislators. Both Doug Campbell and Jane Bloomingdale took time to visit with me. There are many bills that are still alive in both the House and Senate that will have both positive and negative effects on K-12 education. Below is the latest news post from the School Administrators of Iowa regarding happenings in the legislature that will affect K-12 education. Thank you, Jane Bloomingdale, and Doug Campbell for listening and supporting education.

## SAI Weekly Legislative Update – February 25

### What's Going on at the Capitol?

This was week six of the legislative session and also state wrestling week, something near and dear to my heart. There were several teams (and administrators) who visited the capitol while they were in Des Moines.

Meanwhile, the Legislature “wrestled” behind the scenes regarding SSA. There was no official movement on those bills, which was a little disappointing. If you have the opportunity, encourage lawmakers to get that moving, and let them know that while none of the proposals meet our needs, we need them to move toward the House bill. They will most likely compromise with something near the House proposal, but we won't get it all.

This week was very busy with several subcommittees that met regarding education, as well as a large number of bills being introduced. Below are many of the bills that moved. Asterisks represent bills that address issues high on our priority list.

### Passed Out of Senate:

- [SF 175](#) — Requires a certain video to be shown in Human Growth and Development classes.
- [SF 171](#) — A bill that specifically addressed timeline issues for Orient-Macksburg (O-M) and their dissolution efforts.
- [SF 278](#) — Approved Robotics as an activity.

### Passed Out of House:

- [SF 171](#) — O-M bill (To the Governor).
- [HF 392](#) — A bill that allows a year-round calendar for high schools.
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### Passed by the House Education Committee:

- [HSB 157](#) — Allows for equity in dropout prevention funding; has several conditions.\*\*\*\*\*
- [HF 122](#) — SROs and operational sharing, increases the weighting.\*\*\*\*
- [HF 220](#) — Allows 8th graders to participate in athletics.

- [HF 236](#) — Requires a full year of Government, but allows that to be a part of the five Social Studies units.
- [HF 204](#) — Allows robotics as a sponsored activity.

**Passed by Senate Education Committee:**

- [SSB1065](#) — Governor’s cell phone/device bill; it has an amendment to improve implementation.
- [SF 64](#) — Addresses natural disasters and the budget guarantee.
- [SF111](#) — Requires seizure training for school staff. It contains an amendment that will put together a group to organize, schedule, and approve all training for staff.
- [SSB1030](#) — Requires a Civics test and a passing grade for graduates.

**There were also numerous subcommittees, some of which are listed below.**

- [HSB 145](#) and [SSB 1135](#) — Governors’ bill on preschool and continuum of care. We have been assured by the DE that all of the PK expectations and standards will be the same as the voluntary preschool standards including teacher licensure, and assessments. It does not address expansion of current programs and weighting.\*\*\*\*
- [HSB 137](#) and [SSB 1092](#) — Math Counts, similar to reading initiative with improvement plans. It also includes passing a required Civics test for graduates (although we were told that they were going to take out the Civics part since they have other bills to deal with that).
- [SSB 1076](#) — Renews whole grade sharing and reorganization incentives.\*\*\*\*
- [SSB 1100](#) and [HF 147](#) — Governor’s Omnibus bill. This has several good things in it that we mostly favor, including TSS fixes, return to Teach Iowa, etc.
- [HF 253](#) — Computer Science requirement for graduation.
- [SSB 1161](#) — Tries to minimize bus driver training.
- [SSB 1099](#) — Allows school threat assessment teams and sharing of information.
- [HF 331](#) and [SF 265](#) — Establishes a conference realignment committee to address issues.
- [HF 262](#) — TSS efficiency bill, this addresses future TSS allocations.
- [HSB 156](#) — Curricular materials transparency.\*\*\*\*\* The last bullet is a version of a bill that we dealt with last year. It requires all teachers to list all resources that they use for instruction, including textbooks, worksheets, videos, websites, etc. This would all have to be put on a website/database for viewing by parents/guardians/community members, and updated as other sources are used. We have shared how massively time consuming this would be, as well as nearly impossible to manage, and would actually take away from quality instruction.

**Advocacy Points**

- Advocate for 2.25% SSA, as well as all of the items in the House bill.
- Advocate for additional work on the preschool issue.
- Explain to legislators the real impact of [HF 156](#).

## **From the Activity Directors (Mr. Hunt and Mr. DeArmoun)**

Breaking News: Adult Activity Passes are on sale. There are ten high school event dates (track, baseball, and softball) left for the school year. If you purchased a single ticket for every event, you would be spending \$80. With the special sale opportunity, you'll only be spending \$50, or \$25 if you are a senior citizen. Stop in the Middle/High School office and purchase your discounted pass. The Ron Parker Boys' Relays are April 28th, baseball and softball home dates are May 26 and 28, June 5, 9, 10, 13, 20, and 26, and July 1. Dates are subject to change because of weather. There will be no home Vikings Girls' Relays this year because the corresponding date fell on Good Friday and scheduling a new date didn't work out. It will be back next year. The Jack McMullen Co-Ed Junior High Relays will take place on May 6th with a \$3 cash admission. Passes will also be accepted for that event.



**ADULT  
ACTIVITY PASSES**

Enjoy the Vikings' home track, baseball  
and softball events at a discounted price.

Stop in the Middle/High School office and purchase  
the passes at discounted rates.

Adult price - \$50  
Seniors price - \$25

In the afternoon of March 6th, an assembly will be held in which all 7-12 members of winter activities will stand when called upon to show how many students are involved in a winter activity - JH boys & girls basketball, JH boys & girls wrestling, HS boys & girls basketball, HS boys & girls wrestling, pep band, those that sang the National Anthem at home winter events, large group & individual speech, JH basketball cheer, and HS basketball cheer. Also being recognized at this event will be the HS boys' basketball team for being conference co-champions, Jessi Ausborn and Alex Tiedemann as conference champions, state qualifiers, and state place winners, Lexi McHenry, True Hackenmiller, Sophia Butler, Camryn Rheingans and Ashlyn Skellenger for making the ICCA All Star Cheer squad, Skyler Williamson, Addyson Runde and Isaac Ludington for earning Division I at District Individual Speech, and MacKensy Tomlinson for earning her Iowa FFA degree, which she will receive during the State FFA Convention later this spring.

## **Mental Health Supports for N-K Students**

At this point in the school year, the communication regarding mental health support for N-K students may have been lost, forgotten, or both. For those reasons, we wanted to re-share them with you, our school community:

### **Our School Counselors:**

Ms. Kelly Bowman and Mrs. Amy Hansen are not mental health counselors; they are school counselors. That said, they both provide support to N-K students every day. To better understand the distinction between the two, they have co-published this document to help N-K community members understand what assistance they are able to provide, as well as how you might refer a student in need: [What is the Role of our School Counselors?](#)

### **School Social Worker, Shay Hall**

Here's a [letter](#) from our school social worker, Shay Hall. Please give it a look to learn more about the great, free services she can provide to N-K students, and let her know if you'd like to learn more. Here's a preview:

#### **What is a School Social Worker?**

A School Social Worker is someone who is available for the families and students of the school district to connect home, school, and community life in a unified effort to support students in the school setting.

#### **What can the School Social Worker do for my family?**

School Social Workers can assist students who exhibit behaviors that interfere with their academic growth and social development. They may also help students develop positive social skills, resolve conflicts with others, improve social skills, build self-confidence, manage anxiety, and cope with crisis situations. School Social Workers can help families access additional support both within the school system and the greater community. They work with parents to identify the areas of concern and help link families to community resources as needed.

## **Prairie Ridge's Virtual School-Based Therapy**

This is a [brochure](#) for the services that Prairie Ridge provides for all school-aged kids, this includes mental health and/or substance abuse therapy as well as psychiatry services. Care coordination is also available for in-need families who lack resources, more of this information will be in the brochure. Please feel free to print this out if you'd like.

Any staff can refer a student, or a parent can self-refer by calling or emailing Brooke Lowrey at [blowrey@prairieridge.net](mailto:blowrey@prairieridge.net) or [schooltelehealth@prairieridge.net](mailto:schooltelehealth@prairieridge.net) - this is on the brochure as well. When sending a referral we will need the student's name and a number to call the parent, and from there we can gather the other information needed.

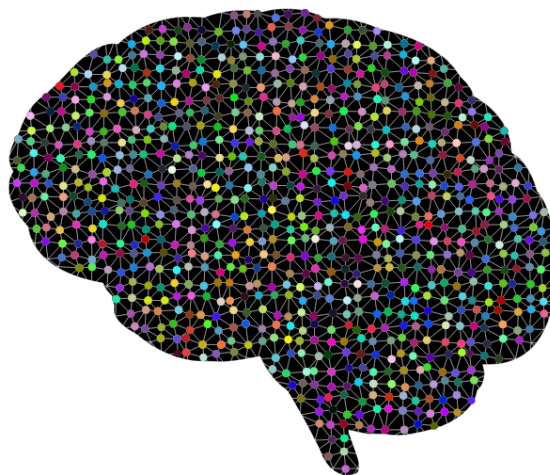
Please let me know if you have any questions on the tablets as well. Our therapists that work with the Northwood-Kensett school district are Raymond and Pam, with Thursdays being the dedicated day for appointments. Students utilizing school-based therapy are provided a Zoom link to sign on for their session. Parents are able to join the session if desired.

## **School-Based Programming**

When it is available, we regularly schedule supplemental mental health education for N-K students. This includes "Mindful Teen" programming for all middle school students this spring semester. Teen Mental Health First Aid for all 10th grade students in the fall through the Mason City Youth Task Force (soon to be Worth Co. Public Health), Communication Skills (Using Botvin's LifeSkills Training curriculum) with Worth Co. Public Health in 6th grade in the fall, as well as other guest speakers and presentations throughout the year.

## **Other Counseling & Therapy Services in North Iowa**

If you are not interested in school-based support, Mrs. Hansen keeps an [updated list](#) for N-K families to use when exploring other options that are located nearest to our school district.





WORTH COUNTY ASSET TEAM

# FAMILY FUN NIGHT



WCAT and community sponsors are hosting a Family Fun Night full of games, activities, inflatables, food and community resources.

We encourage your attendance as a family unit.

Strong parent involvement:

- ✓ increases academic success
- ✓ decreases risk of substance misuse
- ✓ supports healthy growth and development into adulthood

Thursday, March 20

**4-7 PM**

Kensett Community Center

**FREE**



## N-K Character Counts 6-12 Students of the Month - February 2025



Austin Orth



Kooper Julseth



Jackson Echelberger



Kenedie Berry



Sophia Butler



Taylan Enlow



Gabe Thompson



Jackie Budish



Kristin Hahn



Feyre Grunhovd



Ronan Penfold



Olivia Gentz



Chloe Leonard



Hallie Hanson



Brooklyn Orth



Casey Gentz



Martin Girouard



Piper Backhaus



Kenly Solberg



Owen Binnebose



Hadley Anderson



Avery Grunhovd



Brooks Fierova



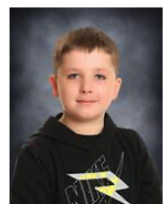
Chloe Woods



Erica Heims



Arianna Jackson



Ryan Willsher

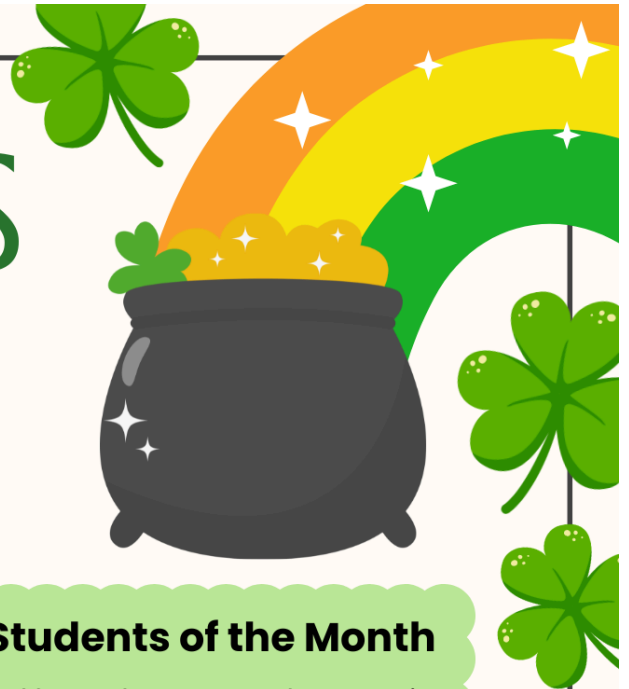


Marissa Williamson



# COUNSELOR'S CORNER

with Ms. Bowman | March 2025



## Guidance Classes

Our main focus in February was kindness. Students took a kindness questionnaire to discover areas in need of improvement. They also learned about the physiological changes that occur when humans give and receive kindness. Older students watched a video about a wrestler born without legs whose entire life was turned around by kindness. We wrapped things up by making origami fortune tellers that opened up to reveal compliments from classmates. During the month of March, we will focus on conflict resolution.

## Tips for Home

We are our children's first teachers of kindness - they are always watching and listening! Treat others the way you want to be treated. Choose books and shows that feature characters being kind. Teach acceptance of differences in appearance and ability. Communicate zero tolerance for bullying. Include older children when volunteering in the community. Always be friendly and courteous to restaurant and retail staff. Give compliments to strangers, hold doors open for people, and help others whenever you are able.

## Students of the Month

Buckley Haberman	Clay Magritz
Linnaea Schaps	Benton Batton
Caleb Eilertson	Emmet Urbatsch
Myles Weller	Olivia Perry
Evan Krull	Angelina Thomas
Harlow Magritz	Aspen Flatness
Lawson Perkins	Blake Stevens

## Important Dates

Tues 3/4 & Thurs 3/6:  
Parent-Teacher Conferences

Fri 3/7: No School

Mon 3/10 - Fri 3/14: Spring Break

Wed 3/19: 2-Hour Early Dismissal

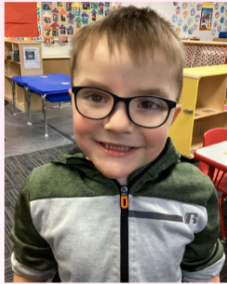
## Let's Chat!

Email: [kbowman@nkvikings.com](mailto:kbowman@nkvikings.com)

Phone: 641-324-1127 ext. 216

# N-K Elementary Character Counts Students of the Month

February 2025



Clay Magritz



Buckley Haberman



Linnaea Schaps



Benton Batton



Caleb Eilertson



Emmet Urbatsch



Myles Weller



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## MS/HS Social Studies News

For the first time since August 1996, the staff of the 6-12 Social Studies Department has experienced a change. Cade Hengesteg, a 2021 N-K graduate, replaced David Capitani who retired after 41 years of teaching here. Mr. Hengesteg is teaching High School American History, Psychology, Sociology, 6th Grade Social Studies, and 7th Grade Social Studies. He is also involved in coaching and has helped with the live streaming of basketball games the past few seasons. Monte DeArmoun, in his 29th year at N-K, is teaching Current Events, History of the 1980s, Economics, American Government, World History, and 8th Grade Social Studies. Mr. DeArmoun is also one of the new Co-Activities Directors this year along with Trevor Hunt.

The Social Studies Department continues to use the State Standards for Social Studies (<https://iowaculture.gov/sites/default/files/history-education-pss-socialstudiesstandards.pdf>) the McGraw-Hill Social Studies curriculum and using Google Classroom.

The students had an opportunity for a building-wide Iowa Youth Straw Poll mock election before the election back in November. The Iowa Youth Straw Poll is conducted by the Iowa Secretary of State's office and gave students a chance to voice their opinion on the 2024 Presidential Election and House of Representatives election.



(not a picture of Mr. Hengesteg or Mr. DeArmoun)

## Classroom News by Mr. Troy Einertson-Grade 4

One of the major changes we have had in the past year is the use of technology in our classrooms. With the way teaching and learning is changing, we thought it was very important to use the computers that the school has given our students to our advantage. One of the ways we utilize this technology is through the use of Seesaw in our classroom. Since the beginning of last year, we have been using Seesaw to communicate with parents, and to show them what their students have been doing in 4th grade. This year we have taken it a step farther, and we are having the kids demonstrate their understanding of our I Can Statements using one of the many features Seesaw has to offer.

We do this by loading all of their work onto Google Classroom and from there we begin our lesson with our I Can Statement. After the lesson is taught, our students will now create a piece of work on Seesaw to not only show us, but their parents that they are understanding what we are trying to get out of our I Can Statements. Parents see their posts even before we do and this gives the students a more realistic learning experience because now they are demonstrating their understanding not only to us, but their parents as well. Parents can comment on their students' work, and this gives the students a more authentic learning experience because they can get instant feedback from their parents. This makes their learning even more higher order thinking because it is getting their parents involved in what they are doing, and they are putting even more pride into their work. This also keeps the parents aware of any trouble that their student may be having in school.

By using sites such as Google Drive and slides, and using Kami to convert PDFs into a working document we are also able to go virtually paperless in our room. This allows us to show even more work on Seesaw because it is compatible with all of these sites, and the kids can upload all of their completed work to Seesaw. Once the kids upload all of their work, they can now explain what they did, how they did it, and why they did it by recording their voice in either the voice caption option, or just by simply recording it directly to their work. Again, this is a great way for them to demonstrate understanding to their parents. As soon as they upload all of their work, their parents can see their work and give them instantaneous feedback on what they think.

My students and parents love the use of Seesaw, and I cannot think of a better site to have for parent communication, demonstrating understanding, and showing students work. With its compatibility to other sites, and user-friendly features it takes a lot of the headaches out of getting students' work showcased for others to see, and for them to get instant feedback on what they did.

### **March is National Nutrition Month!**

It is important that we are staying healthy throughout the year, and one way we can provide that is with proper nutrition. Our bodies thrive off of good food and exercise.

**We Can! (Ways to Enhance Children's Activity and Nutrition)** is a national educational program designed for parents and communities to provide resources for children on ways to stay healthy. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods- and is a good way to spend time together as a family.

#### **Everyday Eating Tips:**

- **Change your shopping habits**
  - Eat before grocery shopping
  - Make a grocery list
- **Watch your portion sizes**
  - Share an entrée with someone
  - Don't serve seconds
  - Eat off smaller plates
- **Change the way you prepare food**
  - Make foods flavorful with herbs, spices, and low-fat seasonings
  - Grill, steam, or bake instead of frying
- **Change your eating habits**
  - Keep to regular eating schedule
  - Eat before you get too hungry
  - Stop eating when you are full

Eating healthy sounds easy right?? Well sometimes it can be easier said than done. The WeCan! website has great resources for better nutrition including shopping tips, family recipes, eating healthy when eating out, and serving sizes and portions. GO, SLOW, and WHOA foods are terms to be aware of when making your next grocery run.

#### **GO Foods are:**

- Lowest in fat and sugar
- Relatively low in calories
- Great to eat anytime
  - Examples include fruits and veggies, whole grains, low fat milk products, etc.

#### **SLOW Foods are:**

- Higher in fat, added sugar, and calories
- To be eaten sometimes/less often

#### **WHOA Foods are:**

- Highest in fat and added sugar
- "Calorie-dense"
- Often low in nutrients
- To be eaten only once in a while/on special occasions, in small portions