

NORTHWOOD-KENSETT CSD



Brian Costello-Principal

Elementary School
1200 1st Ave. N.
Northwood, IA
Ph.(641)324-1127

Keith Fritz-Principal

MS HS School
704 7th St. N.
Northwood, IA
Ph. (641)324-2142

Michael Crozier

Superintendent Office
1496 480th St.
Northwood, IA
Ph.(641)324-2021

Newsletter designed by: Tina Johnson, Elementary Secretary

May 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. BRIAN COSTELLO, ELEMENTARY PRINCIPAL

Annual May wrap-up note:

As is the case each May, I want to provide you a list of the events that will be occurring during the month and into the summer.

- We'll hold our end-of-year preschool programs in the elementary gym during the week of May 19. Our preschool teachers will send home notes to parents with details.
- Our annual elementary Track and Field Day is the afternoon of May 21st. This event will take place at the high school sports complex. After the events are over, walkers will be dismissed to go home and bus students will load at the high school. ****We will not have a bus pick up at the elementary****. A letter will be coming home with more details as we get closer to this date.
- This year we are partnering with the Worth County Sheriff's Department to offer a Bike Safety presentation. This event is scheduled for May 16. More details will be coming soon from Nurse Kaitlyn.
- As of this writing, our last day of school will be Thursday, May 28th. The elementary school will dismiss at 12:20 for bus students and 12:25 for our walkers.
- A look ahead: Registration for next school year will be Wednesday, August 6th. Our first day of classes will be Monday, August 25th.
- We will be offering summer school again in June. A few details still need to be worked out, but the basic schedule will have us holding class from 9:00-11:00 from June 4th-June 27th.

Thank you for your support this year. Have a safe summer!

FROM THE DESK OF MR. MICHAEL CROZIER, SUPERINTENDENT

From the Desk of Michael R. Crozier

Join Us in Celebrating Iowa's School Board Members This May

May is School Board Recognition Month, a time to honor the dedicated individuals who serve as a Guiding Light for Student Success in Iowa's public schools. Sponsored by the Iowa Association of School Boards (IASB), this month-long celebration recognizes school board members' vital role in shaping education and supporting students.

The Northwood-Kensett School District is proud to celebrate our school board members' hard work and leadership. In partnership with families, educators, and the community, they ensure our schools provide high-quality education and opportunities for every student.

"School board members profoundly impact students' lives by setting the vision and direction for our district," said Superintendent Michael Crozier. "They dedicate countless hours to meetings, policy development, community engagement, and advocacy—all to ensure students have the resources and support they need to succeed."

The Northwood-Kensett school board is critical in overseeing the budget, establishing policies, fostering a positive school culture, and making decisions that affect the entire community. Each year, board members reaffirm their commitment to guiding our schools forward and developing the next generation of teachers, doctors, business leaders, and even future school board members.

"Our board keeps the district focused on providing equitable, high-quality education for all students," said Superintendent Michael Crozier. "They serve over 500 students and 90 employees and manage an annual budget of over \$8,000,000.00."

The Northwood-Kensett School District recognized our board members at the April 10, 2025, meeting to show our appreciation. Please join us in celebrating their contributions.

Meet Our School Board Members

The following individuals serve on the Northwood-Kensett School board:

- Bradley Christianson, President: "I am very proud of the high level of education we provide for our students and the outstanding facilities we provide them."
- Cindy Pangburn, Vice-President: "I feel being a board member at Northwood-Kensett is a privilege that I take very seriously, always keeping the student at the forefront of all my decisions."
- Susan Kliment
- Jamie Nelson
- Shana Brunsvold

We encourage everyone to take a moment to thank our board members for their dedication.

FROM THE DESK OF MR. KEITH FRITZ. MS/HS PRINCIPAL (PG 1 of 2)

Every year our junior parents exert a lot of effort and energy into planning a Prom, and this year's parents were no exception. The decorations were gorgeous, the event itself was smooth, efficient, and entertaining, and the kids were clearly having a fantastic time.

Parents that *I* noticed particularly in the year long work of planning, executing, fundraising, more fundraising, (and then some MORE fundraising) included...

- Jessica and Jon Berry
- Teresa and Steve Butler
- Erin and Chad Ducommun
- Alyssa and Steve Peterson
- Michelle and Kevin Petznick
- Heather and Tory Rheingans
- Janet and Carl Rye
- Tiffany and Chad Tiedemann
- Jennifer and Ryan Wahl
- Jill and Wade Willand

But there were many, many others that I may not have seen but who also worked concession stands, placed orders, picked up and dropped off all the stuff it takes to make Prom happen, and lined up the contracts, agreements, and managed the logistics, too.

I just love NK parents, and Prom is an event where the junior parents really show their stuff. Thank you for all of your hard work and dedication.

LETS CELEBRATE MIKE & HIS RETIREMENT

WHO: MIKE CROZIER, SUPERINTENDENT OF SCHOOLS

WHEN: Wednesday, May 7th Receiving staff 3:30-4:00; Community 4:00-5:00

WHERE: Viking Athletic Center-Community Room

Please come join in on refreshments and let's celebrate Mr Crozier's past 12 years as the leader of our school district. We wish you a long and fun filled retirement as you embark on the next chapter of your life! Thank you for your service Mike.

FROM THE DESK OF MR. KEITH FRITZ. MS/HS PRINCIPAL



April showers bring May flowers, and at N-K the month of April also brought some bees to go with those flowers. Mr. Miller, our ag instructor, acquired some beehives and bees and established a set of white miniature high rise apartments for those bees out back in the northwest corner of the Ramsey Nature Center prairie, within sight of the ball diamonds.

He and the students will learn about creating an environment where the bees will thrive, and eventually will harvest the honey. It's an alternative to the usual types of production agriculture that our students encounter here in north Iowa but one that is just as important as raising traditional livestock and row crops.

White bee suits and a smoker round out the mental picture of the students as they work with their bees. This kind of creative thinking and willingness to imagine engaging ways to learn are an emphasis for us at N-K, thanks to our school board's vision supporting innovation in our instruction.



CLASSROOM NEWS -PHYSICAL EDUCATION- MR. MICHAEL KESSEL

Students in this photo are 4th graders who are completing the PACER fitness test. We started using this assessment a few years ago in place of the mile run. The PACER Test, or Progressive Aerobic Cardiovascular Endurance Run measures a student's cardiovascular endurance/aerobic capacity. Students run back and forth across a 20 meter distance at progressively increasing speeds, signaled by a beep. The test continues until the student fails to reach the end of the course before the beep for a second time. Students worked to improve their scores from the initial assessment last fall.



CLASSROOM NEWS -PHYSICAL EDUCATION- MR. MICHAEL KESSEL

First graders in this photo are working on hockey passing and receiving drills. This is an excellent activity for improving hand/eye coordination skills. We use padded safety sticks and emphasize keeping the stick low while passing or shooting a goal.



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



Terry Ausborn



Grace Barenthin



Topanga Hackenmiller



Hailey Krambeer



Jose Obregon



Addy Tasker



Macy Thorson



Alex Bewley



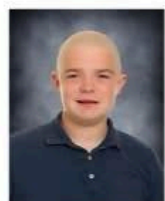
Isaac Ludington



Lexy Mosher



Rebeka Zamudio



Konner Dowd-Minck



Ray Thompson III



Weston Heims



Atticus Ludington



Amaya Rugland



Brady Tufte



Ivy Urbatsch



Sara Wubben



Makaylah Davis



Bea Koenig-Fierova



Brayden Jaeckels



Bentli Meyer



Harper Davis



Madilyn Davis



Tucker Janssen



Kennedy Schoon



Counselor's Corner

with Ms. Bowman

May 2025



Guidance Classes

In April, our main focus was personal safety. Students shared ways they keep safe while at home, in school, and out in public. They learned the importance of safe body boundaries, as well as how to say no and report people who don't respect them. Students were presented with scenarios to categorize based on whether they were safe or unsafe. Lastly, younger students reviewed how to be cautious around strangers while older ones learned about online safety and how to protect themselves from online predators. This month, we will be focusing on careers. I hope your family has a fantastic summer!

Tips for Home

Summer Safety

- Make sure children wear a helmet while biking.
- Agree on a family safe word/password for your child to know in the event a stranger tries to get him/her to come with them in public.
- Wear life jackets while boating and swimming in lakes, ponds, (etc.). Sign children up for swim lessons as early as possible. Always have an adult watching them while swimming!
- Make a family fire safety plan if you don't already have one. Have a designated place to meet and try to get out in under two minutes. Practice family tornado drills often as well.

Students of the Month

Kendra Kortan	Reid Patterson
Benton Batton	Hunter Ralston
Liam Beresford	Gabriel Perez
Alex Low	Paxton Brown
Siahna Bewley	Braxton Batton
Peyton Lichman	Beau Anderson
Mia Yanney	Hayzelei Henderson

Important Dates

Week of May 5th: Teacher Appreciation Week
Wed 5/7: 2-hour Early Dismissal
Thurs 5/15: 2:30 Dismissal
Tues 5/20: 4th & 5th Grade Spring Concert
Wed 5/21: K-5 Track & Field Day
Mon 5/26: No School
Wed 5/28: Last Day of School - 12:20 Dismissal

Let's Chat!

Email: kbowman@nkvikings.com

Phone: 641-324-1127 ext. 216

N-K Elementary Character Counts Students of the Month

April 2025



Reid Patterson



Kendra Kortan



Hunter Ralston



Benton Batton



Liam Beresford



Gabriel Perez



Alex Low



Paxton Brown



Siahna Bewley



Braxton Batton



Peyton Lichman



Beau Anderson



Mia Yanney



Hayzelei Henderson



Northwood-Kensett Athletic Hall of Fame Committee Formation **VOLUNTEERS REQUEST**

Are you interested in joining the Northwood-Kensett Athletic Hall of Fame Committee? If so, we'd love to hear from you! The committee is dedicated to recognizing and honoring exceptional athletes, coaches, and contributors to the Northwood-Kensett School District since its formation in the early 1960s. The Hall of Fame committee will celebrate athletic achievements during their time at Northwood-Kensett as well as extraordinary accomplishments in secondary, collegiate, and personal athletic pursuits.

We are seeking volunteers from various graduating decades, spanning from the early 1960s to present day. Our goal is to form the committee by early June so we can select and celebrate our first Hall of Fame inductees between the Fall and Winter Sports sessions of the 2025-2026 N-K school year. More details will be shared after the committee has been established.

If you're interested in volunteering, please click the link below and submit the volunteer form:

<https://bit.ly/NKAHOF25>



Northwood-Kensett will host a 2025 Iowa High School Track & Field State Qualifying meet on Thursday, May 15th. Fourteen schools will be competing for the chance to run on the blue oval at the State Track Meet. All admissions will be digital through HomeTown Ticketing. Look for more information to follow about the purchasing of the tickets. **NO PASSES ARE ALLOWED AT THIS STATE EVENT.**



Speaking of passes, remember to purchase your adult activity passes for the 2025 baseball/softball season at 50% off in the High School office. Baseball will have eight home playing dates and softball will have nine.

Because the weather causes changes to the summer schedule, please stay up to date by checking <https://www.gobound.com/ia/schools/northwoodkensett> or by following Northwood-Kensett on Facebook at <https://www.facebook.com/NKVikings/>.

A Busy Year for Fifth Grade

Ms. Hagen and Ms. Cheney

Our year began with learning about life science, moving into Earth and Space science, and ending with physical science. American history has been the focus of social studies. Heaven Walker, our naturalist, presented more information about Native Americans by teaching us how they made arrowheads. She also introduced us to games the Native Americans might have played. In science, we experienced the Star Lab with the help of Dan Block.

Bridges Mathematics has allowed us to improve our computational skills of adding, subtracting, multiplying, and dividing whole numbers, fractions, and decimals. These skills will help us to grow and become better problem solvers.

In addition to just enjoying our own independent reading books, we continued to learn more about the strategies good readers use. Our writing has taken us through many different genres. We started out the year with some fun stories. Everyone enjoyed those. From there, we moved on to personal narratives and research papers. We are finishing up the year learning about persuasive writing skills.

As we wrap up our last year of elementary school, we look forward to a few days yet to come. Our spring concert is on Tuesday, May 20th in the NK MS/HS Gym. Our last Track and Field Day will take place at the high school track and is scheduled for Wednesday, May 21st! We will also be visiting the Middle School for orientation on Thursday, May 22nd. Our final full week of school will be a busy one for sure!!

Elementary Parents:

Worth County Sheriff's Department will be coming on May 16th to go over bicycle safety with students in grades K-5. Weather permitting, they can bring their bikes to school and participate in the obstacle course! More information will be sent out at a later date.

Spring safety tips:

- Remember that it is good for kids and adults to get a healthy dose of sunlight every day. Ten minutes of unprotected sun exposure is healthy! However, if you are outside for longer than 10 minutes, sunscreen should be applied. The sun is most intense between 10 a.m. and 4 p.m.
- Make outdoor time a safe time- wear a helmet when riding bikes, skateboards, and scooters. Knee pads and elbow pads are easy to wear and add more protection.
- Stinging insects are back- If you are stung, remove the stinger as soon as possible with a scraping motion. Wash with soap and water and apply a cold compress. If trouble breathing, severe swelling or fainting occurs, call 911 or an emergency number right away.
- Animal bites- don't disturb a sleeping dog or dog that's eating! Wash wounds well with soap and water and call the pediatrician. A tetanus or rabies shot may be needed.
- Ticks are going to be a problem in our area soon enough- use tweezers or fingers to grasp as close to the head as possible and pull the tick away from where it is attached. Call the pediatrician for symptoms of rash or fever.
- Swimming pools will be reopening soon! A great way to have some fun in the sun and spend time with family and friends. Review water and sun safety rules every day!

A look into the 2025-2026 school year:

- **Incoming Preschoolers:**
 - Please provide me with an up-to-date immunization record and physical form for the school year!
- **Incoming Kindergarteners:**
 - Vaccinations due! PLEASE REACH OUT TO NURSE KAITLYN WITH ANY QUESTIONS.
 - Please provide me with up-to-date immunization records. If you reside in Minnesota, I do not have access to Minnesota's registry, so you will need to contact your child's pediatrician to receive them and then get a copy to me!
 - The State of Iowa also requires that you have a vision and dental screening done for your child. This can be done at any dentist or doctor. Please have the sheets filled out and returned to me before the school year begins! If you need help finding a doctor or dentist, give Nurse Kaitlyn a call.

- **Incoming 3rd Graders:**
 - The state of Iowa requires that your child have a vision screening done. This can be done by a doctor or eye specialist. Please have the sheets filled out and returned to me before the school year begins!
- **Incoming 7th Graders:**
 - Vaccinations due! The Iowa Department of Public Health requires all students entering 7th grade to have both a Meningococcal vaccine and a Tdap (Tetanus, Diphtheria, and Pertussis/whooping cough) booster before school starts this fall. All students entering 7th grade must have proof of having both the Meningococcal and the Tdap vaccines before school starts in August, unless the student has a Certificate of Immunization Exemption. There will be no grace/extension period for the implementation of this requirement. IF you get these immunizations done in Minnesota, please send a copy to me, as I do not have access to the Minnesota Immunization Registry. I will get them put into the Iowa Immunization Registry.
- **Incoming 9th Graders:**
 - All children enrolling in an Iowa elementary or high school are required to have a dental screening. These screenings are required when a child enters Kindergarten, and again in 9th grade. Paperwork for the dental screening can be found on the school website, in the high school office, or Nurse Kaitlyn's office.
- **Incoming Seniors:**
 - Vaccinations due! The Iowa Department of Public Health (IDPH) requires all students entering 12th grade to have the second Meningococcal vaccine before school starts in the fall. Now is a great time for your child to receive this immunization booster requirement and beat the back-to-school rush by making an appointment for your incoming 12th grader. IF you get these immunizations done in Minnesota, please send a copy to me, as I do not have access to the Minnesota Immunization Registry. I will get them put into the Iowa Immunization Registry.
- **All Secondary School Students:**
 - If any student plans on participating in sports the next school year, a physical form will be required to participate. Get these done this summer!

Public Release for Schools Operating the National School Lunch and Breakfast Program

The Iowa Department of Education, Bureau of Nutrition and Health Services, has finalized its policy for free and reduced price meals for students unable to pay the full price of meals served under the National School Lunch Program, School Breakfast Program, Special Milk Program and the Afterschool Care Snack Program.

State and Local school officials have adopted the following family size and income criteria for determining eligibility:

INCOME ELIGIBILITY GUIDELINES (Effective 7-1-2024)

Household Size	Free Meals					Reduced Price Meals				
	Yearly	Monthly	Twice a Month	Every two weeks	Weekly	Yearly	Monthly	Twice a Month	Every two weeks	Weekly
1	19,578	1,632	816	753	377	27,861	2,322	1,161	1,072	536
2	26,572	2,215	1,108	1,022	511	37,814	3,152	1,576	1,455	728
3	33,566	2,798	1,399	1,291	646	47,767	3,981	1,991	1,838	919
4	40,560	3,380	1,690	1,560	780	57,720	4,810	2,405	2,220	1,110
5	47,554	3,963	1,982	1,829	915	67,673	5,640	2,820	2,603	1,302
6	54,548	4,546	2,273	2,098	1,049	77,626	6,469	3,235	2,986	1,493
7	61,542	5,129	2,565	2,367	1,184	87,579	7,299	3,650	3,369	1,685
8	68,536	5,712	2,856	2,636	1,318	97,532	8,128	4,064	3,752	1,876
For each additional family member add:	6,994	583	292	269	135	9,953	830	415	383	192

Households may be eligible for free or reduced-price meal benefits one of four ways

1. Households whose income is at or below the levels shown are eligible for reduced price meals or free meals, if they complete an application for free and reduced price school meals/milk. Households may complete one application listing all children and return it to your student's school. When completing an application, only the last four digits of the social security number of the household's primary wage earner or another adult household member is needed.
2. Supplemental Nutrition Assistance Program (SNAP) households, students receiving benefits under the Family Investment Program (FIP) and students in a few specific Medicaid programs are eligible for free or reduced price meals. Most students from SNAP and FIP households will be qualified for free meals automatically. These households will receive a letter from their student's schools notifying them of their benefits. Households that receive a letter from the school need to do nothing more for their student(s) to receive free or reduced price meals. No further application is necessary. If any students were not listed on the notice of eligibility, the household should contact the school to have free or reduced price meal benefits extended to them. If you feel you would qualify for free meal benefits and received notification qualifying for reduced price benefits, complete an application for free and reduced price meals. Households must contact the school if they choose to decline meal benefits.
3. Some SNAP and FIP households will receive a letter from the Iowa Department of Health and Human Services (Iowa HHS) which will qualify the children listed on the letter for free meals. Parents must take this letter to the student's school to receive free meals.
4. SNAP or FIP households receiving benefits that do not receive a letter from Iowa HHS must complete an application with the abbreviated information as indicated on the application and instructions, for their students to receive free meals. When the application lists an assistance program's case number for any household member, eligibility for free benefits is extended to all students in a household.

Eligibility from the previous year will continue within the same school for up to 30 operating days into the new school year. When the carryover period ends, unless the household is notified that their students are directly certified or the household submits an application that is approved, the students must pay full price for school meals and the school will not send a reminder or a notice of expired eligibility. An application cannot be approved

unless complete eligibility information is submitted. Applications may be submitted at any time during the year. If a family member becomes unemployed the family should contact the school to complete an application. Households notified of their student's eligibility must contact the school if the household chooses to decline the free meal benefits.

Foster children are eligible for free meal benefits. Some foster students will be qualified for free meals automatically through the state direct certification process. Their host family will receive notification of these benefits. Families that receive this notification from the school need to do nothing more for their foster students to receive free meals. If a family has foster students living with them and does not receive notification and wishes to apply for such meals, instructions for making application for such students are contained on the application form. A foster student may be included as a member of the foster family if the foster family chooses to also apply for benefits for other students. Including students in foster care as household members may help other students in the household qualify for benefits. If the foster family is not eligible for free or reduced price meal benefits, it does not prevent a foster student from receiving benefits. Special Supplement Nutrition Program for Women, Infants, and Children (WIC) participants may be eligible for free or reduced price meals based on a completed application.

When known by the school, households will be notified of any child eligible for free meals if the children are enrolled in the Head Start/Even Start program or are considered homeless, migrant or runaway. If any children are not listed on the notice of eligibility, contact the school for assistance in receiving benefits. If households are dissatisfied with the application approval done by the officials, they may make a formal appeal either orally or in writing to the school's designated hearing official. The policy statement on file at the school contains an outline of the hearing procedure. School officials may verify the information in the application, and that deliberate misrepresentation of information may subject the applicant to prosecution under applicable state and federal criminal statutes. Households should contact their local school for additional information.

There will be no discrimination against individuals with Limited English Proficiency (LEP) in the school meal programs.

Nondiscrimination Statement: This explains what to do if you believe you have been treated unfairly.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
 2. **fax:** (833) 256-1665 or (202) 690-7442; or
 3. **email:** program.intake@usda.gov
- This institution is an equal opportunity provider.
Declaración de no Discriminación del Departamento
de Agricultura de los Estados Unidos

Iowa Nondiscrimination Notice. "It is the policy of this CNP provider not to discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age, or religion in its programs, activities, or employment practices as required by the Iowa Code section 216.6, 216.7, and 216.9. If you have questions or grievances related to compliance with this policy by this CNP Provider, please contact the Iowa Civil Rights Commission, Grimes State Office building, 6200 Park Ave Suite 100, Des Moines, IA 50321-1270; phone number 515-281-4121, 800-457-4416; website: <https://icrc.iowa.gov/>."