



INDIANOLA MIDDLE SCHOOL NEWS

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<http://www.indianola.k12.ia.us/school/indianola-middle-school/>



WEEK OF February 19, 2018

Reader of the Week:



Aiden Core

High School Registration Work Sessions

Date/Time: February 19-22, 3:30-6:30 PM

Location: High School Media Center

Work sessions at the high school are arena style; no individual appointments. You may work with any counselor available. We will collect completed sheets at that time.

If this is your 2nd or 3rd child and you are comfortable on your own, you can turn in your completed registration form to Mrs. Cherniss.

All Registrations Must be Turned in by March 2

Attention Parents of 6th and 7th Graders Registration News

Parents of current 6th and 7th graders, today you were emailed a course option form for next year's elective classes. This form **must be submitted by this Friday, February 23**. It is very brief and should take just a couple minutes for you to complete. If you do not receive it, please check your junk or spam folder. If you still do not receive it, contact Janet Robbins at 515.961.9530 x3156 or janet.robbins@indianola.k12.ia.us.



SCHOOL NEWS...

Dates to Remember

March 12 – 16: Spring Break

April 16: No School

Please click [Food Service](#) to select February menus.

New Look to ICSD Website

<http://www.indianola.k12.ia.us/>

Influenza Awareness

A Note from Your School Nurse:

Influenza season is upon us and is considered to be widespread throughout Iowa. With that in mind, I wanted to share some information about the signs and symptoms of influenza to be watching for and give recommendations for when to keep your child home from school. Influenza is a highly contagious viral infection that is spread by airborne droplets when an infected person sneezes or coughs. It mainly affects the nose, throat, chest, and lungs. Symptoms may include fever (usually more than 100° F), headache, extreme tiredness, dry cough, runny or stuffy nose, and muscle aches. It typically lasts 3-7 days. People may be able to infect each other one day before symptoms occur and up to 10 days after being sick. The CDC suggests that you consult your doctor as needed if your child develops flu-like symptoms including fever and/or cough. Also, keep in mind that it is not too late for a flu shot. Gastroenteritis (often called stomach flu although it is not influenza) continues to be present this time of year as well. People with this should not attend school or work until it's been 24 hours since vomiting or diarrhea have occurred.

In order to prevent the spread of germs and the flu virus, the CDC recommends that your sick child stay home for at least 24 hours after his/her fever is gone, without the use of fever-reducing medicine like Tylenol or Ibuprofen.

Regardless of the season, some healthy reminders are included below:

- Wash hands often and use hand sanitizer when available
- Avoid touching the face
- Cough or sneeze into elbows
- Hydrate, hydrate, hydrate! Keep drinking water, even when it is cold outside
- Maintain good sleep patterns
- Fuel the body with plenty of fruits and vegetables
- When possible, avoid others who are ill

Additional information regarding influenza may be found [here](#) .

Thank you for considering the health of your child and the others in the classroom. If you have any questions or concerns, please feel free to contact me at any time. I can best be reached by email: cadi.williams@indianola.k12.ia.us .

Wishing you all a healthy winter season,

Cadi Williams, BSN, RN
Middle School and High School Nurse

Upcoming Music Dates:

Tuesday, February 20: 7th – 12th Teddy Bear Concert (Orchestra)

Monday, February 26: 6th Grade Band Solo Contest

Monday, March 5: 7th/8th Grade Band Solo Contest

Thursday, March 8: 6th Grade Band/Orchestra/Chorus Concert

Yearbook Order Deadline Approaching

Yearbook sales are coming to an end. You may still order online at Jostens.com, or your child may bring cash or a check to Mr. Damman in room 507. Books are \$30. The last day of sales will be February 28. As with all past years, no extras will be purchased, so order yours today. Not sure if you ordered one? Your student can check the list by the lunchroom. It is updated weekly. If you have questions, contact Mr. Damman at William.damman@indianola.k12.ia.us.



ACTIVITY INFO...

Orchestra's Annual Teddy Bear Concert

Orchestra students in grades 7 – 12 will be hosting their annual Teddy Bear concert this Tuesday, February 20, at 7 p.m. in the high school auditorium. The theme this year is Cartoon Tunes, so you'll definitely recognize hits from all of your favorite animated shows and movies! They will have a variety of stuffed animals to raffle off in between groups so be sure to bring some extra dollars if you'd like to purchase tickets.

Girls Track

Sign-ups for girls 7th and 8th grade track are in the office. Practice will start March 19 for 8th grade and March 21 for 7th grade. The March 21 practice will start at 4 p.m. due to it being a Wednesday.

There will be a parent/athlete meeting on Thursday, March 1, at 5:30 p.m. in the cafeteria. The meeting should last approximately 30 minutes.

The track coaches are Michelle Lester, Erin March, Jami Daniel, and Keri Sorenson.

As with all sports, students will need an updated physical and Concussion Awareness form on file. Please check with the front office if you have questions.

Archery Team

The 2018 Archery team is having its first informational meeting on Wednesday, February 21, before school from 7:45 to 8:05 a.m. No experience is required; we will train anyone who's never shot before. The Warren County Izaak Walton League will be providing all equipment, or you can bring your own.

Bring your friends and meet in room 303 to learn more about this opportunity! Contact Sandy Thorup at thorup111666@indianola.k12.ia.us with any questions or for information if you can't make it. We hope to see you there.

This team is not school sponsored and is not supported by the school district or teachers within the school.

IHS Girls Soccer Camp for 6th – 8th Graders

Girls in grades 6 thru 8 can spend their spring break training like a high school soccer player. This 5-day camp will be filled with drills and activities, and it will help elevate athletes to the next level.

The camp runs March 12-16 from 5:15-6:45 p.m. The cost is \$50. Please go to the [Digital Backpack](#) to see full details listed on the flyer.

Indianola Volleyball Practices

All Indianola girls in grades 3-8 are welcome to attend the Indianola Volleyball select practices listed below. Grades 3-6 will practice 6:30 – 7:45 p.m., and grades 6-8 will practice 7:45 – 9:00 p.m. Practices will be held in the high school's North gym.

Thursdays: March 8, 22, 29; April 5

Tuesdays: April 10, 24

Monday: April 16

Indianola Athletic Boosters

We started the year with a lofty goal of 600 Indianola Athletic Booster members. We are now at 615! Are you a member yet? It is easy to become one. Please go to www.indianolaathletics.com now to support our athletes, coaches, and programs. They depend on IABC to fund everything from uniforms to equipment & much more.

Indianola Little League

Please click [digital backpack](#) to view the 2018 Little League flyer. Contact Bobby Shepherd, bobbyshepherd51@gmail.com, with questions.

Check Out the District Event Calendar

<http://www.littlehawkeyeconference.com/public/genie/206/school/645/>

Study Table for Middle School Athletes

On Wednesdays due to the early out, we have an option for our student athletes. When school ends at 2:20, students may stay in a supervised area to do homework or read until practice starts at approximately 3:50. Students who sign up for Study Table are expected to be there each Wednesday during the season unless a parent calls in or writes a note to excuse them ahead of time.

Please click [here](#) and select *Study Table form* for details.

Athletics

IMS Activities Schedule link: <http://www.littlehawkeyeconference.com>



GENERAL INFORMATION...

Heal House of Iowa

Heal House of Iowa is a group of volunteers, who have filed for non-profit status, committed to taking care of homeless individuals in Warren County and establishing a shelter in Indianola. Please click [Digital Backpack](#) to see the flyer with full details.

Backpacks 4 Hunger

No Child Goes Hungry over the Weekend

ALL students eligible for this program

Backpacks are filled with meals and snacks for the weekend and are sent home with students on Friday. The backpacks and contents are provided by donations from the Indianola community.

TO SIGN UP: Call 961-5755 or contact your student's school counselor.

Students, parents, employees and others doing business with or performing services for the Indianola Community School District are hereby notified that this school district does not discriminate on the basis of age (except students), race, color, religion, national origin, sex, disability, sexual orientation, gender identity, socioeconomic status, creed or marital status in admission or access to, or treatment in, its programs and activities.

The school district does not discriminate on the basis of age (except students), race, color, religion, national origin, sex, disability, sexual orientation, gender identity, socioeconomic status, creed or marital status in admission or access to, or treatment in, its hiring and employment practices. Any person having inquiries concerning the school district's compliance with the regulations implementing Title VI, Title VII, Title IX, the Americans with Disabilities Act (ADA), § 504 or Iowa Code § 280.3 is directed to contact:

504 Coordinator
Indianola Community School District
1304 East 2nd Avenue
Indianola, IA 50125
515 961-9500

who has been designated by the school district to coordinate the school district's efforts to comply with the regulations implementing Title VI, Title VII, Title IX, the ADA, § 504 and Iowa Code 280.3 (2007).

Anti-Bullying/Harassment (Ref. School Board Policy 104) Harassment and bullying of students and employees are against federal, state and local policy, and are not tolerated by the board. The board is committed to providing all students with a safe and civil school environment in which all members of the school community are treated with dignity and respect. To that end, the board has in place policies, procedures, and practices that are designed to reduce and eliminate bullying and harassment as well as processes and procedures to deal with incidents of bullying and harassment. Bullying and harassment of students by other students, by school employees, and by volunteers who have direct contact with students will not be tolerated in the school or school district. Concerns can be reported to the building administration by phone, email, or in person. Board Policy forms 04E1 and 104E2, along with additional bullying and harassment policy information can be obtained from the district website or from the main office.