



March–April  
2009

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**Gregg Shultz**  
Principal

**Carla Krogman**  
Associate Princi-  
pal

## Out with the old, in with the new

Even in a world of fast changing digital technology, five months is a short period of time for a product to become obsolete, but that is the case with our current student information management system. Since we began PowerSchool at the beginning of this school year, we have had concerns that the program lacked some of the capabilities of its predecessor, CenterPoint. Teachers lost the capability to distribute documents, make calendars and have an easy to use platform for getting assignment information out to students, parents and support professionals that work with students here at NW. For these reasons, Northwest has decided to pilot a new type of on-line student data management system called Connected.info.

Connected.info doesn't replace PowerSchool, but it does add features to it. In the future, we see Connected.info as the main portal for parents and students to access grade and attendance information from PowerSchool. Connected.info is best defined as a Web 2.0 internet application because it allows teachers to supplement their classes by creating a on-line community experience including class blogs, wikis, discussion forums, and even peer-to-peer communication. Before I discuss these advanced capabilities, here is a rundown of some features of Connected.info:

- Advanced calendar capabilities—this will offer families a way to coordinate school activities and class assignments as well as add their own important calendar information.
- Grade and attendance information—just like PowerSchool, you will be able to view individual grades for assignments as well as current class grades. You will also be able to see current attendance information.
- Robust assignment notification—teachers will now be able to place electronic copies of assignments on the internet as well as links to informational websites that might offer more explanation.
- Multi-student management—parents with more than one student at NW will be able to see all of their children's information with one username and password.
- Cell phone notifications—students will be able to access homework assignments simply by texting a simple command to Connected.info. The program will automatically send out a list of current homework assignments to any phone that can receive text messages.

In addition to these standard features, Connected.info also has a complete assortment of web 2.0 capabilities. This means that the site is built for interconnectivity much like some of the common social networking sites. Parents, students and teachers will all be part of a network which will allow them to access features such as discussion forums, blogs and wikis as well as find and communicate with other members of the network.

Unlike other social networking sites, Connected.info has several more layers of safeguards which are meant to keep this on-line experience a safe a productive one. Here are some of the features:

- Limited accessibility—only bona fide students and parents will have access to this site.
- No anonymous log-ins—everyone on the Connected.info is identified by their first and last name. All comments on the site are directly attributed.
- Triple profanity filter—Any text that is added to the site is screened electronically to ensure that inappropriate words and phrases are not posted. Teachers also have the ability to screen all posting before they can be published on the site and parents can opt their students out of peer to peer communication.

Our goal is to teach appropriate, responsible discourse. Unlike some of the news forums you may have read about where anonymous, negative and degrading comments are quite frequent, the postings to the Connected.info site will be attributed to a person and subject to prior review for appropriateness. Our timeline is to have Connected.info available to parents on the second week of the new trimester. Parents will receive their initial login codes via email. All users of Connected.info must have a current email address.

As with any pilot program, there will be some snags that we will have to overcome. Our sincere hope is that this service will strengthen our school community and provide the needed support for all of our students.

# Counseling Department

**Report Cards** - Report cards will be handed out to students the week of March 2nd; if you don't receive a copy, be sure to contact the counseling office at 688-1060.

**Registration for the 2009 - 2010 school year** - We have just about completed the registration process for next year. Please contact the counseling office at NW if you have any questions or want to make any changes in course selections for next year. If your child will be attending West High School next fall be sure to contact the West High counseling office at 688-1053 with your questions.

**College for Kids** - Registration packets for C4K will be distributed to students the week of Feb. 23rd. Grant Wood AEA will begin processing registrations on Monday, March 9th. Students will be notified at home of C4K acceptance and sent a class schedule early in May. Please feel free to call Grant Wood AEA (1-800-332-8488) any time you have questions or concerns. The Lincoln PSTO (Mary Hall Reno - 337-4423) is organizing bus transportation.

**Summer School Information** - Information for the 2009 Junior High School Remedial Summer School program is currently not available. This program offers classes for 7<sup>th</sup> and 8<sup>th</sup> graders who need additional credits to meet course requirements for promotion to the next grade in the fall and those who want to boost their skills in an academic area. That information along with enrichment offerings should be available around April 1<sup>st</sup>. Be sure to look for that information on both the school and district web-sites.

**Jacobson Entrepreneurship Academy** - Iowa junior high students interested in learning about invention, business, and entrepreneurship should consider attending the Jacobson Entrepreneurship Academy this summer at the University of Iowa. More information is available at [www.jacobsoninstitute.org](http://www.jacobsoninstitute.org) or by e-mailing Dawn Bowlus @ [dawn-bowlus@uiowa.edu](mailto:dawn-bowlus@uiowa.edu).

## ATHLETIC PREPARTICIPATION PHYSICALS

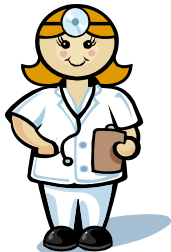
Students who plan to participate in inter-scholastic athletics in the ICCSD will be offered at no charge. These exams do not constitute total health care as they are sports specific. **NO ATHLETES WILL BE ADMITTED TO THE EXAMS WITHOUT A COMPLETED AND SIGNED HEALTH HISTORY FORM.** These will be available at each school in April and must be brought with the athlete to the exam.

DATE: Wednesday, April 15, 2009-

Grades 7-12 for school year 2009-10.  
Numbered tickets will be given out to ensure an orderly line

LOCATION: West High School Gym Areas

TIME: 6:00 pm (Arrive no later than 7:00 pm)



## IOWA CITY BOOSTER CLUB PANCAKE DAY 2009

*The Iowa City Booster Club holds an annual Pancake Day fundraiser for the purpose of supporting the athletic programs at Southeast Junior High, Northwest & North Central Junior Highs, City High and West High Schools. Funds raised by the Booster Club help purchase and improve athletic training equipment, uniforms and facilities for all sports at each of the schools.*

If your child (children) has (have) participated in at least one "fee free" sport during the current school year or during the spring or summer of 2008, you will be asked to help with this profitable undertaking. The week after Spring Break, you will receive a letter and Booster Club Pancake Day tickets. We ask that you sell or purchase these tickets. There will be a special package price for the tickets, or they can be purchased individually. We hope you will take part in this fundraiser that benefits the athletic program of your child's school.

Be sure to mark **April 4 (6:30 a.m. - 6:30 p.m.)** on your calendar to attend the **45th Pancake Day!!**

## Talking to Teens About Sex

A presentation for parents on **Tuesday, March 31 at 7:00 pm.**  
**Room 132** (in the 9<sup>th</sup> Grade Center)

The West High PSTO is inviting parents of all teens to a presentation on teen sexual issues and how parents can foster open communication on this topic. A panel of three community experts will provide information on current teen sexual practices and statistics in the Iowa City area, provide suggestions on what to discuss and how to discuss it with your teen, local resources for more information, followed by time for questions and discussion. The panel will include: Laura Dellos, Certified Nurse Midwife at UIHC; Kim Lamon, Teen Health Educator with United Action for Youth; Eva Fassbinder Brummel, Regional Educator for Planned Parenthood.

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## Notes from the Band Room



Both the Monday/Wednesday and Tuesday/Thursday Jazz Bands will perform at the S.E.I.B.A. Jazz Festival on March 7. This jazz festival is held at West High School. The Monday/Wednesday band, directed by Mrs. Triplett performs at 2:15 P.M. The Tuesday/Friday band, directed by Mr. Zinn performs at 4:20 P.M.

Both bands are working very hard for our Univ. of Iowa Clinic sessions which will be held at West High School on March 11. Prof. Kevin Kastens – director of the Hawkeye Marching Band and several other bands at the Univ. of Iowa will be our guest clinician for the day. More information will be sent home with the students and will be posted on the web site.

### Family Consumer Science Dept

#### FCS7 -

Hands-on activities are going on in the kitchen and sewing rooms. We have electronic babies (Baby, Think it over Dolls), check-books, sewing machines, sergers, and computerized embroidery machines for creative projects. Our current students are sewing up a storm! There's FUN in the kitchen, too! Yummy recipes are being prepared and we have no LEFTOVERS. Foods that are GOOD for you, can TASTE GOOD! Donations of lightweight cotton WOVEN fabric, thread, and stuffing are always appreciated.

#### FCS8 -

International Tasting Day introduces new flavors. The students will have the opportunity to taste foods from many different cultures. YUMMY!! The recipes will also be compiled into a cookbook for everyone. This is in conjunction with their Heritage Food Research Paper. Ask your child about it!!

#### CLOTHING/SEWING –

This course is for 8th graders. We spend our time **SEWING**. Plus we learn how to follow pattern directions, alter patterns to make them fit or be unique, and use sergers and embroidery machines, too. Here's a partial list of what will be made: backpacks, pajamas, stuffed animals, costumes, baby clothes and pillows. DONATIONS OF SEWING SUPPLIES ARE APPRECIATED!

#### Food for Fitness

We are promoting healthy eating, especially our snacks. Here's a short poem I like:

Snacks, snacks and more snacks.

Are they healthy or are they fat?

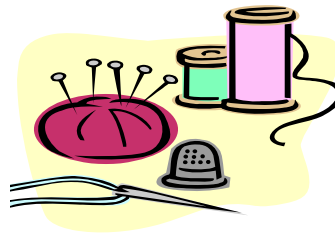
Read the label and get the facts!

Please encourage your children to "LOOK BEFORE THEY EAT," too much of anything can cause health problems!

#### Northwest Sewing Club

We will be working on a community service project starting next week. A local church has contacted me and we are making backpacks to give to families as school bags for next year. You may join us through out the year. We meet on Mondays at 3:30 in Room 116.

Mrs. Hanes



## MESA TUTORING

MESA Tutoring is Iowa City Community School District's FREE tutoring.

## WHOM DOES MESA TUTORING TEACH?

Students in grades 5-12

## WHO TUTORS AT MESA TUTORING?

All tutors have experience in a specific curriculum area but are usually, science and math specialists.

All tutors have special experiences in some of our best colleges.

Professors and undergraduate students from The University of Iowa. Individuals from the College of Engineering make up 90% of the tutor staff.

All tutors believe that all children can achieve.

All tutors have excellent skills in the area of commitment and to make difficult material clear to struggling students.

All tutors are skilled at motivating previously unmotivated students. Many tutors have distinguished themselves in professional life.

## HOW SUCCESSFUL IS MESA TUTORING

The success of the MESA tutoring program is often measured by just how far

the students want to go. Many of our past students have seen their grades in classes increase by two letter grades. Some have taken advantage of MESA tutoring to help them get into college. Some of our past students have even gone on to medical school. How successful is MESA? As successful as the students want it to be.

## WHERE IS MESA TUTORING?

Rooms 4501, 4505 and 4511 Seaman Center (Capitol and Washington Streets), College of Engineering The University of Iowa

## WHEN IS MESA TUTORING?

6:00 PM – 8:00 PM  
Tuesday Evenings

## HOW MUCH DOES MESA COST?

FREE

## HOW DO I ENROLL MY CHILD IN MESA TUTORING?

Contact the ICCSD Equity Office at (319) 688-1000.

## Children's Home Asthma Management Program (CHAMP)

Dr. Stephanie Nomura at Linn County Public Health (LCPH) needs your help! She is trying to find families with teenagers or children over 5 years old with asthma who would benefit from asthma education in their homes.

Families' first home visit will be a free Indoor Air Quality (IAQ) inspection (normally

a \$100 service) looking for mold and other asthma triggers. Follow-up home visits include asthma education, to empower the teen or child to better understand and manage their asthma. A visit with a Respiratory Therapist in the home is part of the program. The project is funded by an EPA grant and the generosity of community partners, so it is free to all families.

Children with asthma from flooded neighborhoods in Linn, Johnson, and nearby counties will receive this program for free, thanks to a grant from the Environmental Protection Agency (EPA). Children not affected by flooding will also receive the program for free thanks to project partners. Children recently diagnosed with asthma or ones who are having trouble with their asthma could really use this program.

CHAMP (which stands for Children's Home Asthma Management Program) asthma educators helped 50 families last year. The program will continue throughout the year, with the goal of helping 100 families in 2009.

Children with asthma whose homes received flood damage will especially benefit from the Indoor Air Quality visit.

To learn more or sign up for CHAMP, please call Dr. Stephanie Nomura at (319) 892-6022 or e-mail her at stephanie.nomura@linncounty.org. Thank you for leaving a message if she is out of the office.



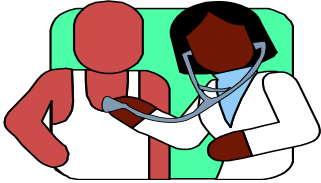
## Track

The girls track season will start with practices the week of March 9. The girl's first practice will be March 11. The boys will start after Spring Break (due to wrestling). THERE WILL BE NO PRACTICE FRIDAY, MARCH 13. Practices will be from 3:30 - 5:15 (2:30 – 4:15 on Thursdays). To be eligible to participate athletes must have a current physical and parent permission on file in the main office. There will be a parent meeting for boys and girls track on Wednesday, March 11 at 7:00 pm in the little theater.

We would encourage all Northwest students to consider participating in track this season. Northwest track has been very successful in the past with many state championships. For example, the 7<sup>th</sup> grade girls have won seven junior high state track meets and the 8<sup>th</sup> grade girls have won six !

# Attendance

Please call the school at 688-1061 if your son/daughter is going to be absent. An answering machine will record your message during off-hours.



## Doctor, Dental and Other Appointments

Parents can help reduce class interruptions by calling school before 8:00 a.m. when excusing their son or daughter. **Students must pick-up a pass from the office before the start of the school day so that classes do not have to be disturbed to deliver passes.**

## Lost and Found

There are many jackets, sweatshirts, and miscellaneous items in the lost and found.

## Mental Health Check-Up Recognize When to Seek Help

Nearly all of us worry about our weight at some time in our lives. However, some individuals become so obsessed with their weight and the need to be thin that they develop an eating disorder. The two most common eating disorders are anorexia nervosa and bulimia nervosa. Once seen mostly in teens and young adults, these disorders are increasingly seen in younger children as well. Eating disorders are not limited to girls and young women; between 10 and 20 percent of adolescents with eating disorders are boys.

Individuals with anorexia fail to maintain a minimally normal body weight. They engage in abnormal eating behavior and have excessive concerns about food. They are intensely afraid of even the slightest weight gain and their perception of their body shape and size is significantly distorted. Many individuals with anorexia are compulsive and excessive about exercise. Children and teens with this disorder tend to be perfectionists and overachieving. In teenage girls with anorexia, menstruation may cease, and may lead to bone loss.

Children and teens with bulimia go on eating binges during which they compulsively consume abnormally large amounts of food within a short period of time. To avoid weight gain, they engage in inappropriate compensatory behavior, including fasting, self-induced vomiting, excessive exercise, and the use of laxative, diuretics, and enemas.

Athletes such as wrestlers, dancers, or gymnasts may fall into disordered eating patterns in an attempt to stay thin or "make their weight". This can lead to a full-blown eating disorder.

Adolescents who have eating disorders are obsessed with food. Their lives revolve around thoughts and worries about their weight and their eating. Youth who suffer from eating disorders are at risk for other mental health disorders such as depression.

When students with eating disorders are preoccupied with body image and controlling their food intake, they may have short attention spans and poor concentration. These symptoms may also be due to a lack of nutrients from fasting and vomiting. They often lack the energy and drive necessary to complete assignments or homework.

If you suspect a student may be suffering from an eating disorder, refer the student for a mental health assessment. Without medical intervention, an individual with an eating disorder faces serious health problems and with severe weight loss, death.

Some symptoms and behaviors that may be characteristic of a student with an eating disorder are: perfectionist attitude, impaired concentration, withdrawn, all or nothing thinking, depressed mood or mood swings, self-deprecating statements, irritability, lethargy, anxiety, fainting spells and dizziness, headaches, hiding food, avoiding snacks, or activities that include food, cutting food into small pieces, moving food around on the plate to make it seem as if they are eating, water loading, and frequent trips to the bathroom.

**If you think your child needs help**, contact your child's healthcare provider, the child's teacher, school nurse, or guidance counselor. Local mental health providers are UIHC child psychiatry 319-356-1188, Center for Development and Disability @319-353-6900, and Community Mental Health Center 319-338-7884. For further information and support contact NAMIJC @319-337-5400. January 2009 ICCSD/NAMIJC Partnership.

### Mental Health Workshop

*Visions for Tomorrow* is a workshop course taught by family members of a child or adolescent with a mental illness to other like family members or other caregivers. The course addresses the needs of families in dealing with children and adolescents with mental health concerns. Topics include types of mental and emotional health concerns as well as instruction on coping skills, interventions, dealing with schools, and how to be an advocate. This FREE course starts March 7th. Call 337-5400 to preregister.