

OCTOBER 2022

# Trojan Update

Home of the Trojans!

## PRINCIPALS CORNER

**By Jennifer Berg**

Dear Trojans,

We are approaching the end of Q1 (October 14th). The elementary playground is being put to great use by our students. The additional sidewalk is a nice feature as well. The track looks beautiful and we are excited to have this new addition to our school campus.

All students in K-11th were tested in literacy, mathematics, and SEL through Fastbridge for the Fall. Fast testing occurs in the Fall, Winter, and Spring. The school wide goals are listed:

- All students in grades K-12th will be at 70% or above on reading assessment scores.
- All students in grades K-12th will be at 65% or above on mathematical assessment scores.
- All students in grades K-12 will show 10% improvement on Fastbridge assessments from Fall to Winter and Winter to Spring.
- All special education students will show 10% growth on reading, mathematical, and behavioral goals each quarter.

The preschool uses IGD's (Indicators of Individual Growth and Development) as their assessment tool. Assessment reports will be shared out throughout the school year.

A few upcoming dates are:

- October 5th: 2:00 p.m. dismissals with PLCs.
- October 12th: 2:00 p.m. dismissals with PLCs.
- School Conferences will be held on October 20th and October 22nd. Students will be dismissed at 2:00 p.m. with conferences being held from 3:45 p.m.-7:45 p.m. There will be no school on Friday, October 23rd.
- Birthday lunches for K-12th will be held on October 13th. Preschool birthday lunches will be held on October 17th.

Please make sure your child is bringing a jacket or coat for the Fall weather. Happy Fall!

Yours in education,  
~Ms. Jennifer Berg  
jennifer.berg@tri-countyschools.com  
#tcpride



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# What is the Fresh Fruit and Vegetable Program?

By: Jill Hall

Did you know that Tri-County Elementary participates in the Fresh Fruit and Vegetable Program? This will be our second year participating and we have had a lot of positive feedback!

Let me tell you a little about what our goals are and how we utilize our grant money. The Fresh Fruit and Vegetable Program (FFVP) is a grant opportunity for schools to provide children with free fresh fruits and vegetables during the school day, but not as part of breakfast or lunch. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options.

The goal of the FFVP is to:

- Create healthier school environments by providing healthier food choices.
- Expand the variety of fruits and vegetables children experience.
- Increase children's fruit and vegetable consumption.
- Make a difference in children's diet to impact their present and future health.

This program helps teach students where fruits and vegetables come from and allows them to try some they may not have heard about before! This is one great way for schools to help combat childhood obesity by teaching children healthful eating habits.





# SEPTEMBER'S STUDENTS OF THE MONTH



## SECONDARY

Saige McKain-8th grade  
Chloe Zittergruen-11th grade



## ELEMENTARY

Harper Morrow-Kindergarten  
Jillian McCulloch-3 yr PK  
Annabelle Callow-1st grade  
Harlan Dennis-4 yr PK  
Reese Moore-2nd Grade



Brayden McCulloch-4th grade  
Bristol Ward-6th grade  
Natalie Terwilliger-3rd grade  
Not Pictured  
Aubrey Cranston-5th grade





# Fit Family Friday & Youth Volleyball

By: Adrienne Thomas-TC Youth Sports

TC Youth Sports hosted their annual Fit Family Friday event and hosted Youth Volleyball in September. They provided fun fitness activities, healthy food ideas and prizes for all that attended. Each student that participated received an attendance badge and welcome bag with water, healthy snacks, and other fun prizes. They then took this to each station and preformed a task. For example the TSTAC booth provided an obstacle coarse. After the task they would get their badge stamped and they could move on to the next. After all of the booth activities were completed they could come to the prize booth! There were sport/fitness toys, TC swag and other apparel.

TC Youth Sports would like to thank the following for hosting booths and/or donating to the event; Girl Scout Troop by Amy Jandrisovits; Keokuk County Bowling; TSTAC; FFA; Keokuk County EMS; Keo-Cutters; Nathan McDonald Arm Wrestling; Krumm Creations; What Cheer Fire Department; Casey's; Jody Prell and her art students; Walmart; Hy-Vee; and Sigourney Golf Coarse.

We are currently still waiting for our blankets and cups, but as soon as we do we will pull for raffle prizes. Sorry for the delay on these.

TCYS would also like to thank the following for their participation in our youth Volleyball host date. Earl McKay; Jamie Schultz and Hy-Vee for donating food. A huge thank you to the following volunteers as this event can't happen with out them; Michaela Lundy; Sydney Davis; Chloe Zittergruen; Gabby Bunker; Lily Randall; Raegan Molyneux; Jordyn Hughes; Karley Moore; Emery Hall; Gracen MacCready; Aubrey Zittergruen; Sadie McKain; Macy Schmidt; Grace Randall; Sienna Molyneux; Shy Orr; Josh McCulloch; Sean McCulloch; Alex McCulloch; Natalie Triplett and Carter Thomas. Many of these students stayed for multiple games and helped out when the need arose. Lastly thank you to the parents who helped in concessions and Tricia Moore for coaching. It takes a village to make these events work.



# Tri-County Snack Cabinets- Who provides the snacks?

By: Heather Schmidt & Jody Schroeder

As we all know the end of the State Fair signifies the beginning of a new school year and the ongoing challenges for some of our families who face food insecurity. Last school year we were fortunate to apply for and receive a small grant that provided us the opportunity to purchase cabinets that we placed in the Tri-County school, and the initial snacks to fill those cabinets. We even had one of our own students design the wraps for our cabinets in keeping with the Trojan spirit!

We currently have 3 cabinets located throughout the school as well as 1 in the weight room to provide snacks for students to access during the school day. Studies have shown that students learn and retain knowledge better if they aren't hungry. The cabinets are also accessible after school for those students in extracurricular activities. You may have also heard that we have a food pantry right inside our school that teachers can utilize for entire class snacks or students that could benefit from it can take groceries home. The food pantry in the school has the opportunity to order items to stay stocked through the Food Bank of Southern Iowa. This service is at no cost to the school, unfortunately that doesn't cover the snack cabinets. For the past year, the cabinet program has been fully funded by the Tri-County Food Pantry and we are excited to keep it going this year but with rising costs it gets expensive to do so. We know what a generous community we live in and the amazing support that is given whenever a need arises. So if you are able to, we are asking for you to think of the snack cabinets the next time you happen to be shopping for your families – we have listed items we have found to be the best fit for the cabinets below; please note all items must be individually packaged servings and we are a peanut free campus.

Snack Cabinet ideas: veggie straws, chips, cookies, crackers, cheeze-its, goldfish, go go squeeze, etc.

**Thank you so much for your consideration and if you are interested in donating snacks or monetary gifts to this great cause please contact Student Council Advisor, Amanda Sowers at [asowers@tri-countyschools.com](mailto:asowers@tri-countyschools.com); Heather Schmidt at [heather.schmidt@carters.com](mailto:heather.schmidt@carters.com) or Jody Schroeder at [jschroeder@yourcountybank.com](mailto:jschroeder@yourcountybank.com).**





## **October Food Truck**

**Tuesday Oct 11th: 3PM to 4:30PM**

Located at the What Cheer Methodist Church.  
The Food Truck is open to all Keokuk County residents who need a little extra help right now.

Groceries will be pre bagged and delivered in your car. We ask that you line up on the North side of the church facing the highway. We will get you signed in and move the line through the alley. Please refrain from smoking while in the drive up land and have a place cleared in your car for us to place the groceries.

Thank you for your cooperation.

"This institution is an equal opportunity provider".

## **October Food Pantry**

**Tuesday October 25th: 4:30PM to 5:30PM**

Located at the What Cheer Methodist Church.  
Food Pantry is open to all Tri-County and Delta residents who need a little extra help right now.

### **Please Note:**

We are in the church basement. We will ask you to come in the main door of the church and exit up the ramp on the West side of the church to help us maintain social distancing.

**Please remember to bring bags/boxes to carry grocery items from the church.**

Thank you for your cooperation.

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Monday	Tuesday	Wednesday	Thursday	Friday
Pancakes 3 Sausage, Maple syrup Crispy Potato Cubes Pineapple Cereal and Pop-tart	Hot Dog WG Bun 4 RF Chips Side Salad w/ Cheese Apple Breakfast Pizza	Orange Chicken 5 Rice, Peas Mandarin Oranges Long John	Cheese Quesadilla 6 Refried Beans Red Pepper Slices Applesauce Cheese Omelet & Toast	Chicken Alfredo 7 Green Beans Side Salad w/ tomatoes Strawberry Cups Bacon/Tri Tator & Bagel
Spaghetti w/ Meat Sauce 10 Corn, Garlic Bread Kiwi cups Cereal & Yogurt	McRib Sandwich 11 RF Chips Peas Orange Smiles Sausage/Egg/Cheese Burrito	Ham & Cheese Wrap 12 Carrots w/ Dip Green Beans Applesauce Mini Donuts	Walking Taco 13 Lettuce, Cheese, Tomatoes Frosted Brownie Pineapple French Toast Sticks	Chicken & Waffles 14 Maple Syrup Broccoli/Cheese, Side Salad Pears Scrambled Egg Bake/Toast
Macaroni & Cheese 17 Lil Smokies, Peas Breadstick w/ Marinara Peaches Cereal & Toast	Chicken Patty Sandwich 18 French Fries Green Beans Fruit Cocktail Breakfast Pizza	BBQ Pork/WG Bun 19 Baked Beans, Broccoli Apple Slices Rice Krispy Treat Long John	Taquitos w/ Sour Cream 20 Cheese, Lettuce, Tomatoes Spanish Rice Strawberries/Blueberries Pancakes	NO SCHOOL 21
Beef Taco 24 Refried Beans Corn Applesauce Cereal & Yogurt	Chicken Nuggets 25 Potato Wedges Carrots Mandarin Oranges Bacon & Eggs Biscuit	Rotini 26 Garlic Bread, Broccoli Side Salad w/ dressing Pineapple Sausage & Biscuits	Sloppy Joe/WG Bun 27 RF Chips Carrots & Dressing Banana Breakfast Burrito	Bosco Stick w/ marinara 28 Cottage Cheese Coleslaw Pears Long Johns
Hot Ham/Cheese Sandwich 31 Baked Beans Cooked Carrots Strawberries Cereal & Pop-tart				

Breakfast is served with fruit, fruit juice, milk, and daily  
entree listed at the bottom of the daily lunch menu.

\*Variety of milk is offered with lunch each day.

All menus are subject to change.

Tri County Dollars for Scholars is  
hosting a fundraising event:

**FALL FLING!!**

Saturday, November 12<sup>th</sup> @6pm

Keswick American Legion

Free Will Donation: Beef Brisket, Pork,  
scalloped potatoes, vegetable, salads,  
and desserts.

We will have a Silent Auction filled with great items, live  
baked goods auction, and door prizes! You can also pre  
order your meal to go by placing your order no later than  
Nov 12<sup>th</sup> at 4pm. To order please go to our Dollars for  
Scholars Fall Fling Facebook invite and reply in the takeout  
thread. Every \$\$ raised goes to our Tri County graduates!

Hope to see you there!