Winterset Community School District
BEACON
WINTERSET, IOWA NOVEMBER 2025

SUPERINTENDENT'S MESSAGE

I truly enjoy this time of year—the air turns crisp, the leaves begin to change, and fall is in full swing. Of course, this also means that inclement weather may soon be upon us. The best way to stay informed about weather-related cancellations or delays is to download the district app. We will also share any closures, early dismissals, and late starts through our social media pages, email, text alerts, and local television stations. In the coming weeks, we'll send a letter to all parents with additional details about our weather communication procedures.

As our fall athletic season winds down, we quickly move into a new season filled with opportunities to enjoy our drama and fine arts programs. Husky Drama will present the fall musical, Dirty Rotten Scoundrels, on Friday, November 7 and Saturday, November 8 at 7:00 p.m. Mark your calendars and come support our talented students! Their creativity and dedication always shine through on stage. During these performances, we'll also share information about the upcoming renovation of the high school auditorium and other improvement projects scheduled to begin next summer.

While it may seem early, discussions are already underway regarding the 2026–2027 school calendar. Because state law prevents us from starting before August 23, our calendar has remained fairly consistent year to year. However, our calendar committee is considering a few potential changes and would appreciate your feedback.

One proposal is to hold classes on Monday and Tuesday of Thanksgiving week, rather than giving those days off as we've done in recent years. Another option being discussed is to move our weekly professional development time from Wednesday morning one-hour late start to a Friday afternoon 90-minute early dismissal. We understand that any change impacts families, which is why we've sent out a survey to gather input. Once we review your feedback, we'll determine whether these proposed adjustments are worth pursuing. Our goal is to present a draft calendar to the school board in December for approval.



I also want to take a moment to encourage everyone to vote in the upcoming school board election. We have four individuals running for four open seats: Jared McDonald, Jeremey Frease, Tim Mohs, and Ross Rethmeier. I want to thank each of them for their willingness to serve. School board members play a vital role in shaping the direction and success of our district, and I deeply value the strong partnership between

November Monthly Highlights

11/3: No School
11/24: No School (TQ Day)
11/25: No School (PD Day)
11/26: No School (Teacher Comp Day)
11/27-28: No School (Thanksgiving Break)

our board and administrative team.

On the facilities front, we continue to meet with our architects and construction manager to refine plans for several exciting projects. These include renovations to the auditorium, art room, and CTE areas, as well as the addition of a girls' wrestling room at the high school. We're also planning to renovate the front high school parking lot and add a new parking area and paved drive behind the Junior High/High School complex. Over the next several months, we'll display informational posters and preliminary design drafts at various district events, so please keep an eye out for those updates.

As always, thank you for the opportunity to serve the students and families of this district. It truly is a great time to be a Husky!

Yours in Service,

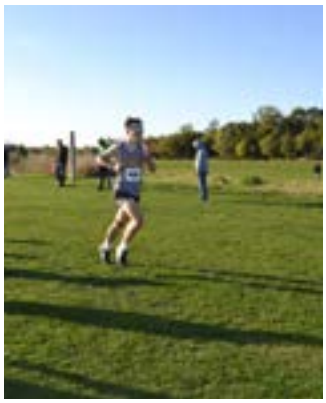
Justin M. Gross

Superintendent

CONGRATS TO THE STATE CROSS COUNTRY QUALIFIERS!



The Girls' Varsity Team
L to R: Mallory Back (Ind. Q), Maven Smith (Ind. Q), Ava Hope (Ind. Q), Natalie Smith, Sienna Evans, & Morgan Back (Ind. Q)



Ind. Boy Qualifier: John Taylor

CONGRATS TO THE ALL STATE BAND & CHOIR SELECTIONS!







Abram Oswald: Trumpet
Lily Burkett: Horn
Bella Barrett & Tori Clausen: alto
Brooks Nedved: Bass
Charles Bautista: Tenor

Now Showing: WCSD Homecoming!
Oct. 4th, 20025



All Kindergarten students must be up to date on their preschool shots and have received their 4 year old boosters of Dtap, Polio, MMR and Varicella.

All 7th grade (and above) students must show proof of having received a Tdap (Tetanus/Acellular Pertusis) vaccination booster AND a Meningococcal vaccination on or after 10 years of age, before the first day of school.

All 12th grade students must show proof of receiving 2 DOSES of Meningococcal vaccine; or 1 dose if first dose was received at 16 years of age or older before the first day of school.

*or signed medical certificate of exemption or religious exemption.

All Kindergarten students must have a dental screen performed between the ages of 3 and 6 years old with a dental certificate on file. All 9th grade students must have a current, within the past 12 months, dental certificate on file.

All Kindergarten and 3rd grade students must have a current, within the past 12 months, vision certificate on file.

Lunch Menus

Use the new school app for the most up to date menus each day.

Elementary Lunch Menu
Middle School Lunch Menu
JH/HS Lunch Menu

Free & Reduced-Price Meals Applications

- Log into your Parent Portal
- Click on More, then click on Meals Benefits
- Complete Free & Reduced Form, click Submit

You will receive confirmation in your Parent Portal inbox once the application is processed. Questions: Call the administration office at (515) 462-2718.

SCHOOL FEES

Attention parents: This year's school fees were due October 17th. You may pay them through your ***Parent Portal***, at any of the school offices or at the administration office.

CHANGE OF ADDRESS/PHONE

When you have a change of address or phone number, please contact the school or the administration office. It is important for the school to have updated information on our students for messages and emergency situations.

STUDENT/PARENT HANDBOOKS

The Winterset Student/Parent Handbooks are posted ***on the district website under the Parent tab***. We have produced a district-wide handbook that aligns to board policies and current state law. The handbook includes addendums for each school, covering building specific expectations. Paper copies are available in each school's office. All students are expected to follow the policies, procedures and expectations. Please take the time to review the handbooks with your child.

2025-26 School Hours

Type of Day	Elem	Middle	Jr. High	HS
Teacher Regular Day	7:30-3:30	7:30-3:30	7:30-3:30	7:30-3:30
Student Regular Day	8:00-3:00	8:00-3:05	8:00-3:05	8:00-3:05
Building Opens for Drop-Off	7:35	7:45	7:45	7:45
Teacher Day on Wednesday	7:30-3:30	7:30-3:30	7:30-3:30	7:30-3:30
Student Day on Wednesday	9:00-3:00	9:00-3:05	9:00-3:05	9:00-3:05
Building Opens on Wednesday	8:35	8:45	8:45	8:45

BUILDING SAFETY MEASURES

In an effort to maintain a safe environment in our schools, all staff in Winterset will be wearing their staff identification badges while on any Winterset School Campus. Additionally, ALL visitors are expected to check into the office of any school building during regular business hours (7:30 a.m. – 3:30 p.m.) each time they visit the school. Visitors will need their driver's license or state issued identification card to check in. Our system, Raptor, checks state and national databases for individuals who are on the sex offender list. Once a visitor has been cleared, they will be issued a Visitor Badge. This must be worn at all times while in the building. Our staff will be asking people who do not have a badge to return to the office immediately. While this may be a slight inconvenience, this measure will provide better protection for our students.

NOTIFY SCHOOL OF CHANGES

To make any changes to your personal information, please go to the Infinite Campus Parent Portal. Select Demographics, Household Information, Family Member and click Update for any information you wish to update.

Once you make your changes, you will need to click "Send Update". This information will be reviewed by the administration office and will be automatically updated in Infinite Campus once approved.

You can update: address, home phone, cell phone, work phone and emergency contact.

It is very important that this information is up to date and accurate in case of an emergency with your child.

If you need assistance setting up a Parent Portal, please contact the Administration Office at 515-462-2718.

School Fees

Food Service Program:*

Breakfast	$2.00 per meal
PK-3 Lunch	$2.75 per meal
4-12 Lunch	$3.00 per meal
Second Lunch	$5.00 per meal
Student Guest (all grades)	$5.00 per meal
Adult Lunch	$5.00 per meal
Milk 1/2 pint	50¢ each

NOTICE: Students with no available account balance will not be allowed to charge any further meals until a deposit is received.

*Application forms for Free & Reduced meals and waiver of school fees are available online through the Parent Portal.

Textbook & Computer Fees:

Kindergarten - 6th Grade	$40.00
7th - 12th Grade	$75.00
Computer-Damage	$10.00*
Computer-Lost/Stolen	$1,000.00*

*Subject to additional charges

PAST DUE FEES MUST BE PAID

All past due student fees/lunch accounts must be paid before school starts. Past due fees are posted on ***Parent Portal***.

All fees and lunch account deposits can be paid through the Parent Portal, or at the Administration Building or the school buildings. Current fees are due October 15th.

Free & Reduced-Price Meals are Available

Children need healthy meals to learn, and our schools offer healthy meals every school day. Your child(ren) may qualify for free meals or for reduced-price meals. Application forms are available on your Parent Portal.If you need assistance filling out the application or setting up the Parent Portal. please contact the Administration Office at 515-462-2718.

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The WHS Best Buddies club has had a fantastic start to the 25-26 school year! We held our match party on October 9th, where we met our "families" or groups we will stay in contact with throughout the school year and at our monthly socials!

Upcoming events later this month include our Fall Social, where we will paint sun catchers shaped like leaves, we will have snacks, and warm drinks. The plan is to catch up with our given groups and show what it means to be a true friend to others you may not know as well. We will also do final checks for registrations!

If your student is interested in joining Best Buddies, please have them talk to our club leaders. Wishing you a cozy and colorful autumn! Happy Fall, y'all!

Morgan Vaughn, President
Taylor Van Pelt, Vice President
Lana McDonald, Chapter Advisor

WHS STUDENT COUNCIL UPDATES

ARTICLE SUBMITTED BY: Eli Holliday, Marketing Director

2025 Homecoming, "Now showing WHS" was a huge success! Our annual traditions, like the dance and the parade went smoothly, bringing joy to our community. Students were able to participate in spirt seminars, where students got the opportunity to take a moment to relax in their busy schedule. Some students took the opportunity to make bookmarks, or other fun activities hosted by their teachers. At the same time, other students took the opportunity to decorate the high school hall for homecoming week! Students designed various New York/Broadway themed decorations that represented not just homecoming, but each individual grade. Of course high schoolers are not the only ones to get all the fun! There were various activities at the Jr High, Middle school, and Elementary school- including highfives from high schoolers, tattoos, button selling at their individual schools, and even more. In addition, each school building had its own assembly to celebrate homecoming, hosted by the senior athletes, cheer squad, and band.

Although the student council's busy season may be over, our activities for the year are far from over! We're currently working on new activities for the rest of the year, including Veterans' day activities, holiday activities, and a winter warmth drive!

If any of this sounds like something you'd like to have input on, please join us!
The Student Council is always looking for new members! Just Email jgibbons@winterset.k12.ia.us to Join!

Winter Warmth Drive



1-15 November 2025

Help families in need with new or used winter outer wear
Drop off at any WCSD Building or boxes at local businesses

High Need Items: adult-size gloves (warm ski type) for men or women, snow pants for any kid through adult sizes, boots for any kid through adult sizes, and adult sized ski type coats.

Sponsored by: **WHS Student Council - jgibbons@winterset.k12.ia.us**
CRISP - crisp@familyresourcelink.org

Winterset Paw Pantry

Additional Pantry Dates!

Thursday, November 13th
Tuesday, November 25th
Thursday, December 11th
Monday, December 22nd

4:30 p.m.- 6:00 p.m



Parking Change

Please park in the front/east parking lot. Enter through the doors by the playground at 4:30.



WMS Food Drive
FILL THE PAW PANTRY!

Support local families with your generous holiday donations!

Items most needed: stuffing, boxed potatoes, mac and cheese, gravy, all the items that make a great holiday meal.

Can always use cereals, oatmeal, and pasta!

Winning grade level that brings in the most donations will win DJ Nate at recess!

NOVEMBER 4TH–7TH

Students can bring their donations with them to school all week!

LIONS CLUB

SOUP SUPPER

NOV. 24TH 5:30-7:00PM

NEW BRIDGE CHURCH
1305 W JEFFERSON

Please bring a can of soup to donate to the Paw Pantry



Free Will Donation



Enter To Win a Ham or Turkey !

RAFFLE!

WHS Guidance Department

Visit the Guidance Webpage at ***www.winterset.k12.ia.us/Page/1552.***

The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude test that covers eight areas including science, word knowledge, mathematics, and mechanical comprehension. It assesses a student's ability to learn new skills and is a predictor of success in training and education programs. Civilian Education Services Specialists who have no recruiting function administer the program. The ASVAB tests are offered each fall to juniors and some seniors. The ASVAB test will be offered on November 6th from 8:00 to 11:30 am. Please sign up in the office.

College and Post High School Applications:
What should I do? We encourage our seniors to apply when they are reasonably sure they want to attend a certain school. Be sure you visit the campus. After you apply, make sure to inform Ms. Snow in the office and request that she send your official transcript. If you have taken DMACC concurrent enrollment classes, you will also need to request to have your DMACC transcript sent by completing the blue form found in the office and returning it to Ms. Snow. Official transcripts will need to be sent at the time of application (for most colleges) AND after graduation. You will need to complete a blue DMACC transcript request form again at the end of the school year to be sent to the college you will attend.

Most colleges will not require writing test scores. If you're a junior or sophomore and wondering about the new writing tests on college admissions exams, make sure you check with the colleges you are considering attending before you register to take the exams. It's possible that you won't have to take a writing test.

You can now apply online for the 2024-25 NCAA Guide for the College-Bound Student-Athlete. Their web site is www.ncaaclearinghouse.net

Winterset High School administers the ACT. If you are interested in taking this test, please sign up at www.act.org. The ACT will be administered at Winterset High School on these dates:

12/14/24: Register no later than November 8th
02/08/25: Register no later than November January 3rd
04/05/25: Register no later than February 28th
06/14/25: Register no later than May 25th

Visit the Guidance Webpage at ***www.winterset.k12.ia.us/Page/1552.***

ICAN VIRTUAL EVENTS:

ICAN VIRTUAL EVENTS:
Seniors: FSA ID Step by Step

November 6th - 5:30pm - Register
Ideal for high school seniors and parents
Join ICAN for this interactive session. Though the FAFSA will NOT open until December 1st, in this session ICAN advisors will walk through how to complete the FAFSA form step by step, and answer questions along the way. This is a great session to help prepare you for the FAFSA. The Federal Student Aid ID (FSA ID) is made up of a username and password and used to log in to Federal Student Aid websites, including the FAFSA at www.fafsa.ed.gov. This guide will take you through a step-by-step process of how to create and

verify your FSA ID FSA ID Guide
Life After High School: A Guide to Career and College Planning
November 13th - 5:30 pm - Register
**Ideal for freshmen, sophomores, juniors, and parents
There are many post-high school options available to students through education and training programs. This program engages students and parents in a discussion of recent employment trends and industry growth outlook to provide insights into the developing a post-high school plan for both college and career.
Seniors: The Scholarship Process
November 20th - 5:30 pm - Register
Ideal for high school seniors and parents
Scholarships are an important part of the financial aid process and can make a big difference for students when it comes to picking the school they attend. Join us for a discussion of the scholarship process – everything from where to look for scholarships, standard application expectations, how to write essays, and how to improve your applications. We'll share examples and resources, and walk you through the scholarship timeline from start to finish.
Activities Resume
November 20 - 5:30 pm - Register
Ideal for all students and parents
An activities resume is a great tool for students to use in the application process, scholarships, and getting letters of recommendation. In this session we'll talk about what should be included, how to use an activities resume, and how to access the ICAN template to create your own.

Visit the Guidance Webpage at ***www.winterset.k12.ia.us/Page/1552.***

SCHOLARSHIP INFORMATION

Most scholarships are online only, they are posted to the guidance page of the school's website and can be found on our webpage. More will be added, so check back often!
https://www.winterset.k12.ia.us/o/whs/page/whs-guidance

Grand Lodge Of Iowa Masonic Scholarships

Grand Lodge of Iowa will be awarding twenty-five scholarships (15-$5,000 scholarships and 10-2,500 scholarships) to high school seniors who will graduate during the 2024-2025 academic year from a public school within Iowa state. The scholarship is designed to assist graduating seniors in pursuing a post-secondary education in any state at an accredited institution that provides either a two or four-year degree. A broad-based criterion is used in the application

process. Applications are available on the guidance webpage or you can download them here Grand Lodge of Iowa

Masonic Scholarships Deadline: February 1st.

New Cooperative Scholarship Application

The New Cooperative Foundation annually provides scholarships to undergraduate students pursuing degrees in agriculture. They offer a minimum of ten (10) scholarships of $2,000 each awarded to undergraduates pursuing degrees in agriculture. They are also offering the Bob Wallentine Memorial Scholarship, awarding one $4,000 scholarship to a full-time student pursuing an Agricultural Business degree. Recipients will be selected according to their outstanding leadership potential and interest in pursuing a future career in agriculture. Must be a full-time student that has been accepted into an accredited 2-year college or a 4-year university—deadline: March 14th.

Hixson Opportunity Award ISU

The Hixson Opportunity Award is a half-tuition grant (estimated value of more than $17,000 over eight semesters) to be used at Iowa State University. One hundred high school seniors from across Iowa will receive the award each year. Ideally, recipients will represent each county in the state. If you are a high school senior who demonstrates potential in ways that go beyond class rankings and test scores, you may wish to apply at https://www.hixson.dso.iastate.edu/. Deadline: February 22nd.

The Lillard-Miller and Eva Rogan Funds were established to help students finance post high school education. The funds are financed through private contributions. Loans are available for up to $1,000 per year per student and a maximum of $3,000 per student. No interest is charged, but the loans must be paid back. Applications are available on the guidance webpage and in the guidance office or the administrative office and may be completed anytime now through August.


You're Invited to the 4th Grade
Morphology
Thanksgiving Parade
When: Friday, November 21
at 1:30 PM
Where: WMS Gym
Please check into the office prior to
the event with your drivers license.



NOVEMBER/DECEMBER ATHLETIC CALENDAR

Check for updates at *raccoonriverconference.org* or call the high school at 462-3320.

HIGH SCHOOL BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 21	5:45 PM	JV/V- G	DM Christian	Winterset
Nov 25	4:30 PM	9/JV/V-B	Knoxville	Winterset
Dec 1	4:30 PM	9/JV/V-G/B	Creston	Creston
Dec 5	4:30 PM	9/JV/V-G/B	Gilbert	Winterset
Dec 9	4:30 PM	9/JV/V-G/B	B-F	Winterset
Dec 12	4:30 PM	9/JV/V-G/B	ADM	ADM
Dec 13	1/2/3:15	9/JV/V-B	Atlantic	Atlantic
Dec 16	4:30 PM	9/JV/V-G/B	North Polk	North Polk
Dec 19	4:30 PM	9/JV/V-G/B	Carroll	Winterset

JUNIOR HIGH GIRLS BASKETBALL

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 6	4:15 PM	7 A/B	North Polk	Winterset JH
		8 A/B	North Polk	NP
Nov 10	4:15 PM	7 A/B	ADM	Winterset JH
		8 A/B	ADM	ADM HS South Gym
Nov 13	4:15 PM	7 A/B	Bondurant-F	Bondurant
		8 A/B	Bondurant-F	Winterset JH
Nov 17	4:15 PM	7 A/B	Gilbert	Winterset JH
		8 A/B	Gilbert	Gilbert MS
Nov 20	4:15 PM	7 A/B	Boone	Boone
		8 A/B	Boone	Winterset JH
Nov 24	4:15 PM	7 A/B	Carlisle	Winterset JH
		8 A/B	Carlisle	Carlisle MS
Dec 2	4:15 PM	7 A/B	Bondurant-F	Winterset JH
		8 A/B	Bondurant-F	Bondurant

JUNIOR HIGH BOYS WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 18	4:15 PM	7/8	Meet	Perry
Nov 21	4:15 PM	7/8	Meet	ADM
Dec 4	4:15 PM	7/8	Meet	Norwalk
Dec 9	4:15 PM	7/8	Meet	Winterset

HIGH SCHOOL SWIMMING

DATE	TIME	OPPONENT	SITE
Dec 2	5:30 pm		Newton YMCA
Dec 6	10:00 AM		Newton YMCA
Dec 11	5:30 PM		Ottumwa
Dec 13	11 AM		Grinell
Dec 16	5:00 PM	SEPolk	SEP HS

HIGH SCHOOL BOYS WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Dec 5	5:30 PM	JV/V	ADM, Carlisle	ADM
Dec 7	10:00 AM	V	Tournament	Harlan
Dec 7	9:30 AM	JV	Tournament	Winterset
Dec 10	5:30 PM	JV/V	I-35	Winterset
Dec 12	5:30 PM	JV/V	Gilbert	Winterset
Dec 13	1:30 PM	V	Tournament	Central Decatur
Dec 16	5:00 PM	JV	Tournament	Knoxville
Dec 19	5:30 PM	JV/V	Ballard, Earlham	Ballard
Dec 20	5:00 PM	JV	Tournament	Indianola
Dec 21	10:00 AM	V	Tournament	Roland-Story

HIGH SCHOOL GIRLS WRESTLING

DATE	TIME	LEVEL	OPPONENT	SITE
Nov 20	5:00 PM	V	Ballard Duala	Ballard
Nov 22	10:00 AM	V	Central Iowa Kickoff	Nevada
Dec 6	10:00 AM	V	Ames Tourney	Ames
Dec 11	5:30 PM	JV/V	Gilbert	Gilbert
Dec 12	4:30 PM	JV/V	Saydel Scramble	Saydel
Dec 13	9:00 AM	V	SE Polk Duals	SE Polk
Dec 18	5:30 PM	JV/V	Winterset Dual	Winterset
Dec 20	10:00 AM	JV/V	ADM Girls Invite	ADM

GAME TICKETS

A new school year is upon us and with it comes a new year of athletic competition. We are looking forward to outstanding seasons in all areas.

$8 for All High School Events & $5 for Junior High Activity Passes for the 2025-2026 school year will need to be purchased through Bound.

SENIOR CITIZEN'S PASS

Any person age sixty-five (65) or older, is eligible to obtain a Senior Citizen Pass. This pass is good for admission to all of the school's activities except state-sponsored tournaments. To obtain this pass, stop by the High School Office, 720 Husky Drive, or call (515) 462-3320.

Senior photos and kindergarten photos due to Mrs. Forsyth by 12-13-25 for the yearbook. Email them to boomerang@winterset.k12.ia.us



Doc's Kids Club Newsletter

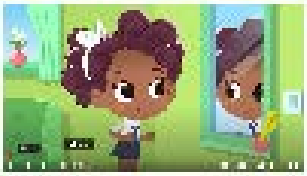
Hi superkids! Welcome to my club. Are you ready to become a health hero? Let's work together.

Follow my healthy tips, then help me complete the activities below. You're well on your way to being the healthiest hero out there!

Your friend,

Doc

Sing-Along: I'm Going Back to School



Our first day of school is right around the corner, and I can't wait! There are so many new things to do and discover, and lots to learn. My friends are also super excited, and they have their pencils sharpened and notebooks ready to go!

Check out this video and see how excited my friends are to go back to school!

Classroom Helpers

School can be busy and full of fun, so I like to help out around the classroom when I can – and my friends do, too! Check out this game to help my classmates do things like put away our backpacks, wipe up messes, and other fun ways to help out!



Read-Along: *The Crayons Go Back to School* by Drew Daywalt



What are you most excited to do when you go back to school? Read this story with me and see how my friend crayons are looking forward to lots of different things. Yellow and Orange love science, and Purple loves math! Personally, I love to read; getting to dive in to so many new stories is so fun!

Recipe: Beet Berry Jam with Toast

Start your mornings off with a healthy piece of toast! This quick and easy beet and berry jam toast should give you lots of energy for a full day of fun in the classroom. Plus, you can make a bunch of jam on Sunday night and use a little bit every day of the week!

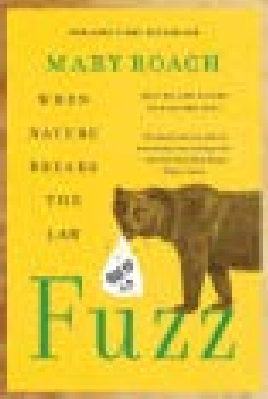


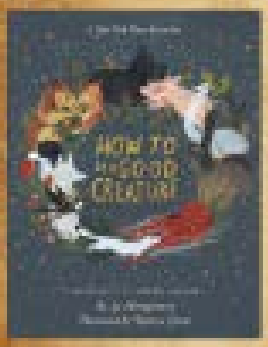
Want more help with cooking? Look for the Eating Healthy with Iowa Total Care section at IowaTotalCare.com/beewellbewell. There you'll find free cooking classes to try with help from a parent or guardian. Happy cooking, health heroes!

Madison County's MOST WANTED

Sign up today to reserve your FREE copy of the book "Fuzz" by Mary Roach (for adults) or "How to Be a Good Creature" by Sy Montgomery (for kids). See below schedule of monthly events. Join us to learn more about human / wildlife conflict and how our community can coexist with wildlife.
Questions? Call 515-462-3536 or email Jessie at jlowry@madisoncounty.iowa.gov

SIGN UP!





Join us for a community event each month!

- Book Distribution/Kick-off w/ Dr. Edward Louis of Madagascar Biodiversity Partnership - **11/8/25**
- Creative Writing Workshop w/ Marianne Fons - **12/13/25**, Winterset Public Library
- Guest Speaker-Susie Louis of Conservation Fusion- **1/13/26**
- Media Writing Workshop w/ Vicki Minor - **2/7/26**, Winterset Public Library
- Panel Discussion w/ Wildlife Experts - **2/17/26**
- Theatrical Writing Workshop w/ Winterset Stage - **3/7/26**, The Iowa Theater
- Game Night w/ American Idol contestant Sam Moss- **3/31/26**
- Meet the Author, Mary Roach (virtual) - **4/7/26**
- Most Wanted Showcase - **4/25/26**
- USA's 250th Anniversary Event - **5/7/26**

Events are held at the Madison County Conservation Center in Pammel Park unless otherwise noted.









Supported by:

WINTERSET PUBLIC LIBRARY · IOWA THEATER · MADISON COUNTY CONSERVATION · MADISON COUNTY FOUNDATION FOR COMMUNITY ARTS

LEGO CLUB

Children ages 8-12 welcome.

No registration required.

Held 3:30-4:30 p.m. the 3rd Thursday of the month:



October 16, 2025

November 20, 2025

December 18, 2025

January 15, 2026

February 19, 2026

March 19, 2026 **April 16, 2026** **May 21, 2026**

WINTERSET PUBLIC LIBRARY

Thematic builds each month and displayed after sessions. Legos will be provided, please do not bring your own.

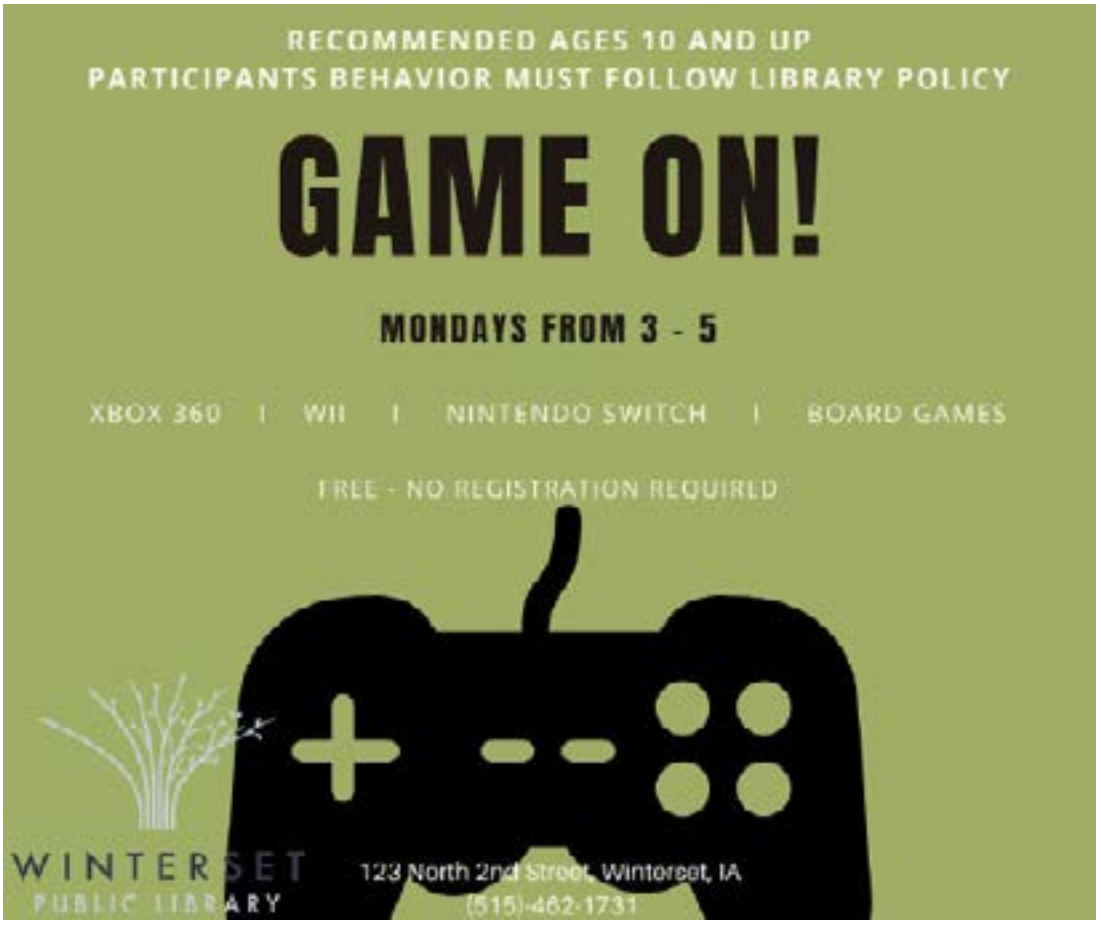
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CRISP Winter Wear Program



Is your child in need of a winter coat, boots, snow pants, hat or gloves for the upcoming season? If this will be a hardship for you or your family to provide, please call Community Resources in Service to People (CRISP) at 515-462-9400. CRISP has a good selection of new and gently worn winter wear items **PLEASE CALL FOR AN APPOINTMENT BEFORE STOPPING IN** so that we may limit the number of people in the office at one time and better meet your needs. If you are in need of assistance, but are not a current CRISP client, please contact us for information on how to access CRISP services


Friday Flicks
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October 24, 2025
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May 29, 2026
WINTERSET
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Join your friends and come watch a family friendly movie at the library starting at 1:30 p.m. on the above dates! Free popcorn included!
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Instilling the Habit of Sharing: How to Be Positive About It

by Monalisa Singh

We all know the expression, "*Sharing is caring.*"

But sharing is also so much more than just caring, isn't it?

Teaching our kids to share their toys, story books, or at times their favorite food, is another way to teach our kids how to be compassionate—not just towards other kids, but in general with people around them as they grow up.

Sharing is not always an easy habit to instill though.

If you are a parent with two or more kids, you're likely more than sick of the constant sibling fights related to not wanting to share. Somehow, a toy never looks quite as appealing to a child as it does when her sibling is playing (peacefully!) with it.

And like me, if you are a parent of a single child, instilling the sharing habits takes on a completely different form. I have a 3.5-year-old son, and considering that he doesn't *need* to share his toys with anyone during the course of regular play at home, I find it really hard to introduce the concept of sharing to him.

I'm an aspiring positive parent. As with other things I teach my child, I want to go about this as positively as I can. I have been trying a few things, and I'm happy to say that things are certainly looking up when my son has playdates with other kids.

Here's what I've found:

#1 Don't Force



Never force your kids to start sharing their toys the moment their sibling or the neighbor's kid wants what they are holding.

The idea is to first talk to your kid about what sharing is all about. Instead of yelling, "John, *you need to learn to share your toys with Joe, or he will not play with you anymore",* be calm about it the first time and demonstrate what sharing is to them later in the day.

When my son had his first playdate at our place with his friend, a girl who is a year younger than him, he was all bossy and didn't let her touch anything.

As a normal parent, seeing my son not sharing at all did concern me a lot. With great difficulty, I kept my calm at that instant. It was after his friend left with her mom I talked to my little ninja about what sharing is, by displaying a few examples of sharing with the help of my husband.

We both did some role-playing and were painting on different sheets. I had red color with me, and my husband had blue color, and when I wanted the blue color I very politely asked my husband, *"Would you please share your blue color with me for 5 minutes?"* To which my husband replied with a smile on his face, *"Sure, you may have my blue color for your painting for some time".* And to this, I replied by saying, *"Thank you so much, honey, for sharing your blue color with me,"* keeping my toothy grin intact.

I don't think that my son absorbed the concept of sharing that very same day, but he observed something, *and the seed of sharing was sown inside his mind.*

My husband and I like to have fun raising our little boy, so role-playing works for us.

If role-playing isn't your cup of tea, though, you could as easily do this by asking your husband if he will share a piece of his dessert with you at the dinner table.

The idea is to introduce the concept of sharing gently to your kids, and by demonstrating it to them in some way, rather than by forcing them to do it while in the middle of play.

Think about it…

When you demonstrate what sharing is, you put it in a positive light, and all those smiles on your face link it with a positive connotation.

When you force them, you are starting off with a negative feeling about sharing in their minds. It can only be an uphill battle from there!

#2 Teach Them to Take Turns

Whenever my son and his friend go out with their respective scooters, my son wants to ride his friend's scooter, as it is brand new and has some music coming out of it, while my son's scooter is now an old one.

Luckily, I was not the only mom here! So, my son's friend's mom and I did some brainstorming, and we came up with this excellent idea that worked that day and still works with respect to many other toys.

We made my son and his friend understand that it would be so much more fun if they took turns riding each other's scooters instead of riding their own scooter all the time.

When I say 'turns,' I mean complete 2 rounds of the tennis court and then exchange.

Sharing does not always mean giving up on your toy completely for the rest of your playtime; it also means taking turns.

Share and take turns by Cheri J. Meiners is a beautifully illustrated book for reinforcing this idea in your kids.

#3 Understand Your Child's Behavior before You Respond

My son, being a single child, has the monopoly over every toy he has. It's the same with siblings—until the younger ones appear on the scene, the older ones have the run of the toy bin.

When that monopoly is threatened, they are bound to show all kinds of emotions. Suddenly, even the smallest of ponies, that they almost didn't acknowledge the existence of, begin to look supremely precious when held in the hands of the friend/sibling. And they cry at the top of their lungs for their beloved, minuscule pony.

The goal here is for the parents to not get embarrassed by their child's behavior. It is simply an outcome of the attachment to the things that your child thinks of as "mine" even if they haven't looked at it since after the day it was bought. It's a fairly primal instinct to respond strongly to a fear that someone is encroaching on their comfort zone or territory.

As a sensible and positive parent, first calm down your child in the most compassionate way possible. Absolutely nothing substantial comes out of a loud and unsettling environment.

Then gently try to explain to your child that *"Joe really likes that pony and wants to play with it for some time. He will play with it only for a few minutes and will leave it here when he goes home. Why don't you show him how cool your pony is, and then let him try it out for himself for a few minutes".*

You could also try saying, "*Why don't you let Joe play with it for a few minutes? In the meantime, we can find something else to play with and maybe Joe will join us too seeing how much fun we are having with these other toys?"*

Now, this is one area where my son and I still struggle from time to time, but there have also been times when he has been easily distracted to engage himself with other toys.

This kind of situation is super tricky, but please do not be disappointed if it doesn't work out the first time. Like most things with raising kids, it will take multiple attempts to get the message across. We just need to believe that our kids will eventually get there. Being disappointed at the first go would mean that we don't have enough faith in our kids.

#4 Teach Your Kids How to Be Good Team Players



It's never too early to make your children understand the concept of being good team players.

So, engage your kids, and their friends in some team-building fun activities.

If you have multiple kids, you can have the kids in one team and parents in others. Since we have just one child, I do this with a friend and her son.

We go out and make 2 teams: we moms form one team, and our kids form another team. Team members must hold each other's hand and run, while the other team chases them while also holding hands.

For our kids, this game was such a hit! They got to chase us, and we chased them. They have realized that it's double the fun when they are together in a team. And, both of us moms make sure to convey this to them by telling them *"how wonderful a team they both make"*.

Together, everyone achieves more, and in our children's case it is the fun they have, more and more along with a little bit of learning.

There are a lot of other fun activities one can do with their kids without having parents involved. If there is a bigger group, let them play by themselves. The key is to steer them towards games that help build cooperation rather than result in competition and fights. Here is a list of 21 Fun Team Building Activities For Kids to give you some ideas.

#5 Let Kids Learn to Negotiate



We may undermine our children's intelligence thinking that they are too young. But this is almost never the case.

Kids are intelligent and can only really explore it when their parents are not around constantly monitoring them to make sure they are playing nicely.

I have done this with my son and his friends both at our place and at his friends' place. I must say that most of the time, while we moms were busy chatting and enjoying our coffee, our kids were really taking turns in playing with the doctor set or taking turns to use the slide and negotiating the terms of their playtime.

They would sometimes come out and complain that their friends were not ready to share or take turns.

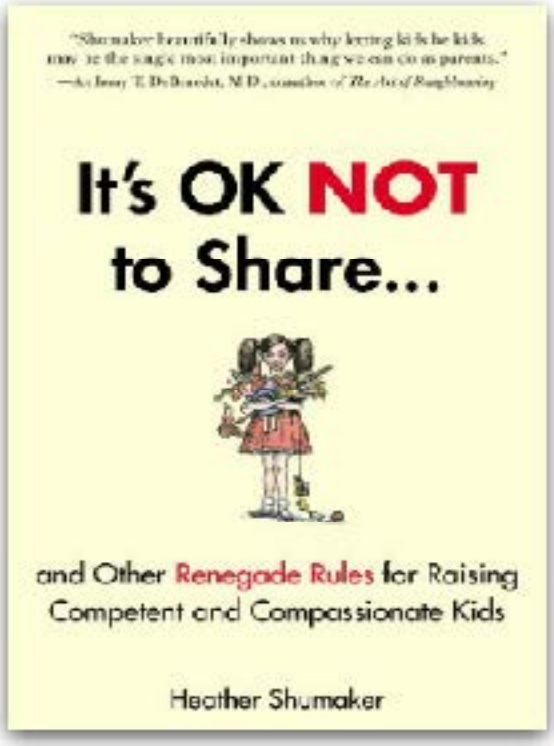
While the instinct is to jump in and help, my friends and I have made a pact to give our kids the first chance to resolve it themselves. When we do get involved, we facilitate finding solutions rather than solving it for them.

Coincidentally, this is what the experts suggest as the best approach for handling sibling rivalry as well.

#6 Absolutely NEVER PUNISH for Not Sharing

Let's face it… Sometimes, we just don't want to share. For instance, I am a mother and still, to this day, I do not like anyone working on my laptop for long.

Similarly, our children have that one special dinosaur or seal or shark that they would never want to share.



It's OK. All of us have some prized possession that we don't want to part with, and if your child doesn't want to share that special toy with anyone, that doesn't raise an alarm about his behavior and is not a cause to punish him.

While trying to build up the foundation of sharing, or for that matter any habit, if we introduce punishment, we risk obtaining compliance without a clear understanding of *why*. The child may fear the negative consequences and may share next time, but it is not with an open heart; instead, it's with the scared thought in mind that they will get punished if they don't share.

That is certainly not what we are trying to achieve here!

#7 Make Sharing an Integral Part of Everyday Life

Sharing is not something that should be restricted to just toys; it should be extended to other things as well.

Whenever we go out to Subway, my son would always get his favorite bag of chips and would never want to share it with us. So, my husband and I again set a visual example for our son to simply observe. We shared our sandwiches and appreciated each other's sandwich.

No, he still doesn't want to share his chips with us, but we continue with sharing our food so that he learns that sharing is not always associated with toys.

And I'm sure if I stay patient, one of these days, he will offer his chips to me open-heartedly without me having to force or blackmail him.

Alright then… those are the 7 ways to instill the virtue of sharing in our children that I have tried personally. Some have worked very well, while others are still work in progress. The whole idea is to stick to these simple methods, and sure enough, we have a more positive child today than he was yesterday.

And that's more than what any mom can ask for, isn't it?

The 2-Minute Action Plan for Fine Parents

For our quick contemplation time today, here are few questions to answer:

- Does your child share easily?
- If the answer is "no," how do you feel about that? Do you ever force your kids to share? What are some of the things you can do instead? (To make some real progress, think of a specific situation where your child did on share, and see which of the above ideas would have worked best for that particular situation.)
- If the answer is "yes," how do you feel about that? Are you happy that he is compassionate and caring, and make sure to tell him about it? Or do you worry that he will be easily taken advantage of? How can you nurture your child's kind heart while making him a strong person and teaching him to say no?

The Ongoing Action Plan for Fine Parents

- The ongoing activity would be to encourage our children by appreciating them every-time they show an act of sharing. Don't just say, *"Good job!"* Instead, appreciate them wholeheartedly in full sentences like, *"You did such a good job today by sharing your toys with your friend. Look how happy he was to play with you and how much fun you both had!"*
- Keep jotting down which technique works best for your kid and work towards implementing that technique in your child's day-to-day life.
- Enroll him in some team sport or any kind of sport. Coming from a sports background myself and after enrolling my son into a sport, I can vouch 100% that, be it a team sport or an individual sport, it does teach you a lot about teamwork in general and makes you a much more sharing person as you grow up.
- Arrange a trip to an orphanage to make our children understand that it is not only their friends with whom they can share their toys or books, etc., but also these other children who would be extremely happy to play with his/her old toys. Only when he/she happily agrees to share his old toys, books, or clothes then make another trip to share. This will teach him empathy toward the children who need our support and, eventually, empathy towards everyone in need as they grow up.

ADDITUDE ADHD Science & Strategies

ADHD Medication & Treatment

COMPLEMENTARY APPROACHES TO MANAGING ADHD

Caffeine Is Not a Good Alternative to ADHD Medication

Caffeine is not a reliable or effective replacement for stimulant medication. Here's why coffee, energy drinks, or chocolate should not be used to manage ADHD symptoms.

By Sarah Cheyette, M.D. | Updated on September 11, 2025

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Caffeine is the world's most common (and delicious) stimulant.

Unlike prescription stimulant medications such as amphetamine (brand name: Adderall) or methylphenidate (brand name: Ritalin), caffeine occurs naturally. Coffee drinkers with ADHD may find that it improves focus, ramps up productivity, promotes wakefulness, and reduces ADHD symptoms.

But before you reach for that morning cup of joe, know this: People with ADHD should not use caffeine to manage their symptoms instead of prescribed stimulants. Here's why.

1. Caffeine Can't Compete

ADHD stimulants provide reliable, steady symptom management; caffeine's punch is unpredictable. You know exactly how many milligrams of medication you are taking with a prescribed stimulant. Caffeine has a different chemical composition. So, even if you brew the same amount and brand of coffee each morning, the caffeine count in each cup may differ due to natural variations in the beans.

2. Caffeine's Impact Goes Beyond the Brain

Prescription stimulants work specifically in the brain. Caffeine in beverages, on the other hand, travels throughout the body. So, while it improves energy and alertness, caffeine may also affect your kidneys and digestive system, causing diarrhea, nausea, or vomiting in some people. Caffeine can also increase your blood pressure and risk of a cardiac event. Other side effects can include impaired sleep, inflammation, anxiety, and headaches.

[Free Guide To Natural ADHD Treatment Options]

Caffeine affects people differently. One person can drink six cups of coffee daily and feel great because their fast metabolism quickly rids the body of caffeine. Another person may feel jittery and get a headache after one cup of coffee because their slower metabolism takes longer to break down caffeine.

If you feel energized and productive after drinking a caffeinated beverage but then crash afterward, don't keep drinking coffee every few hours to renew its benefits. Instead, talk to your doctor about trying a stimulant medication to address your ADHD symptoms.

Side effects may come from prescription stimulants, too, though patients work with their doctors to manage them through medication and dosage adjustments.

3. Caffeine Doesn't Mix Well with Meds

Combining a stimulant medication with caffeine can trigger severe side effects. If you use caffeine to amplify the benefits of your ADHD medication, discuss this with your doctor. A change in dosage or medication may be appropriate.

[eBook: Complementary Approaches to Managing ADHD]

Non-stimulant medications are less likely to interact with caffeine. However, stimulant medications are typically the first choice to treat ADHD symptoms because they work for about 80% of people with ADHD.

We live in a pro-caffeine culture. Coffee and energy drinks have become part of the teen lifestyle, but parents should never encourage their children to drink caffeinated beverages. Stimulant medications, along with sleep, exercise, and healthy eating, comprise a safer and more effective ADHD treatment plan.

CAFFEINE COMPARISON

The American Academy of Pediatrics recommends that children between the ages of 12 and 18 consume no more than 100 mg of caffeine daily and advises against caffeine for children under 12. Adults should drink no more than 400 mg per day. This chart compares the caffeine content of popular beverages. Source: Center for Science in the Public Interest

CAFFEINE IN COMMON BEVERAGES			
16 oz. Starbucks Blonde Roast	360 mg	15.2 oz. Kevita Kombucha	58 mg
16 oz. Starbucks Pike Place Roast	310 mg	1 Bag, Lipton Black Tea	55 mg
16 oz. Starbucks Dark Roast	260 mg	18 oz. Bai Wonderwater	35 mg
14 oz. Dunkin' Coffee	210 mg	12 oz. Diet Coke	46 mg
16 oz. Starbucks Cold Brew	205 mg	1 Bag, Celestial Seasonings Green Tea	35 mg
16 oz. Panera Coffee	179 mg	16 oz. Starbucks Decaf Pike Place Roast	24 mg
16 oz. Starbucks Frappuccino	156 mg	16 oz. Dunkin' Decaf Coffee	10 mg
16 oz. Dunkin' Cold Brew	174 mg	16 oz. Panera Chai Latte	0 mg
15.5 oz. Yerba Madre Yerba Mate Enlighten Mint	150 mg	20 oz. Vitaminwater Focus Kiwi Strawberry	6 mg
16 oz. Starbucks Chai Latte	95 mg	1 Packet, Swiss Miss Milk Chocolate Hot Cocoa Mix	1-3 mg
20 oz. Mountain Dew	91 mg	1 Bag, Herbal Tea	0 mg

CAFFEINE IN ENERGY DRINKS			
16 oz. Bang	300 mg	12 oz. Gatorade Fast Twitch Energy Drink	200 mg
15 oz. Monster Java Triple Shot	300 mg	16 oz. Full Throttle	160 mg
16 oz. C4 Ultimate Energy	300 mg	16 oz. Monster Energy Original	160 mg
16 oz. Celsius Essentials	270 mg	16 oz. Rockstar Original	160 mg
1.9 oz. 5-Hour Energy (Extra Strength, Fan Fuel, or Gamer Shot)	230 mg	16 oz. NOS	160 mg
		12 oz. Zevia Zero Sugar Energy	120 mg
16 oz. Prime Energy	200 mg	1 Tablet, Nuun Energy	80 mg
12 oz. Alani Nu	200 mg	8 oz. V8 Plus Energy	80 mg
12 oz. C4 Energy	200 mg	8.4 oz. Red Bull (Regular, Sugar-Free, or Zero)	80 mg
12 oz. Celsius	200 mg	11.5 oz. Phocus Naturally Energizing Sparkling Water	75 mg



Source: ***Center for Science and Public Interest***

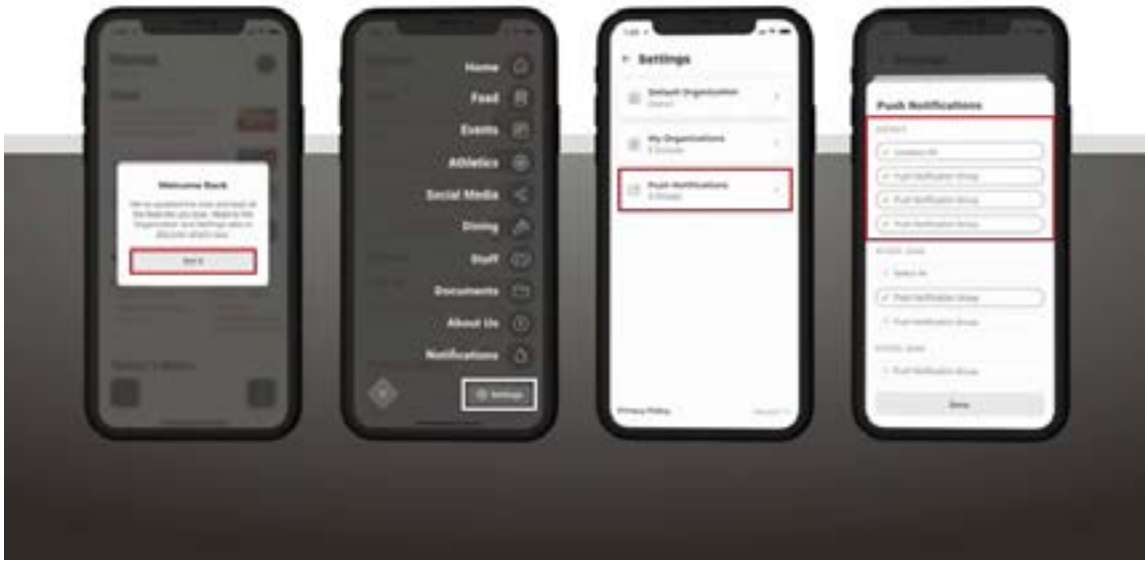


Christmas4Kids (CRISP) and Operation Santa Claus (MATURA) are working together to serve Madison County families.
We will provide families who sign up for our combined Holiday Program: Toys, Clothing AND a Food Box.

If your family needs assistance this holiday season, or you know of someone who does, please contact either of our offices. CRISP 515-462-9400, MATURA 515-462-4704.

Don't miss any updates from Winterset!

1. Search **'Winterset School District'** in your phone's app store and download the app
2. Select **'ALLOW'** when prompted on initial download to ensure you receive notifications
3. Open the app, and navigate to the bottom menu then tap **'SETTINGS'**
4. Ensure your settings are turned on and your organization is selected



Stay Connected with WCSD!



Upgraded Website:

- ***www.winterset.k12.ia.us***
- District homepage updated weekly
- School homepages are updated frequently with information
- Daily calendar of events for schools as well as athletics/activities is located on district homepage

Electronic Backpacks:

- Located on both the district and school homepages - includes fliers, newsletters, important and timely information

Facebook:

- **Winterset Community School District: *@wintersetCSD***
- Winterset Huskies for Athletics and Activities updates: ***@WintersetHuskies***
- ***All buildings now have their own Facebook and Twitter Accounts***

Instagram:

- *@Wintersetschools*





Twitter:

- WintersetSchools: ***@WintersetSchool***
- Winterset Huskies for Athletics and Activities updates: ***@WintersetHusky***

Infinite Campus:

- Must have a ***portal account*** - contact your school's office or the Administration Building to request account

Madisonian:

- Article by Superintendent every other week