EASTON VALLEY NEWSLETTER

"EVERY STUDENT, EVERY DAY"

NOVEMBER 2026

EASTON VALLEY CSD
BOND REFERENDUM

ELECTION DAY
TUE, NOV 3

KNOW THE FACTS

WHAT'S ON THE BALLOT



$7.5M

General obligation bonds, not to exceed $7,500,000

About half the ~$15M field house proposed in 2024

Needs 60% approval to pass

- New competition gymnasium
- New locker rooms with a FEMA-rated storm shelter
- Performing arts upgrades to the existing gym
- ADA accessibility updates
- Related building, site and parking improvements

TUE, NOV 3 · POLLS 7 A.M.–8 P.M.

EastonValleyCSD.com
eastonvalleymedia@gmail.com

REGIONAL SPECIAL OLYMPICS



INSIDE THIS ISSUE

- EV Bond Referendum Information
- Article from your Curriculum Director
- Concert Dates information
- Veteran's Day Program Information
- Message from your Elementary Counselor
- JH/HS School Councelor important information
- Elementary Reading Challenge Info

and more...

- **Three First-Place Finishes and a Trip to State!**

Congratulations to Evan Pitts, JJ Collister, and Conner Demoss on their outstanding performances at the Regional Special Olympics in Davenport, Iowa, on October 1! All three students earned first place in their divisions, qualifying them for the state competition in Waterloo, Iowa, on November 21.

We are proud of Evan, JJ, and Conner for their hard work and dedication. Please join us in celebrating their accomplishments and cheering them on as they prepare for state. Way to go, boys!



Please visit our website for the links to sign up.

The Easton Valley Boosters will once again be raising funds to support our 7-12 grade student athletes. We ask all families of student athletes in grades 7-12 to sign up for a minimum of 6 events throughout the academic school year. Many helping hands make light work for all involved. All River Hawk Athletic Programs and Athletes benefit from these funds. There are many different tasks within the concession stand. We are willing to help you find a concession task you are comfortable doing. The concession stand is a great fundraiser for the EV Booster Club. We need everyone's participation. Thank you in advance for all of your help and support!

ELEMENTARY
(563) 682-7131
439 Wilson St
Miles, IA 52064

JUNIOR/HIGH SCHOOL
(563) 689-4221
321 W. School St
Preston, IA 52069

The Easton Valley Community School District is an Equal Opportunity Affirmative Action employer and does not discriminate in its educational programs and activities on the basis of age, color, creed, national origin, religion, marital status, sex, sexual orientation, gender identity, and socioeconomic status

EVery student EVery Day
Bond Referendum Information

EVery Student, EVery Day: What the Election Means for Easton Valley

On Tuesday, November 3, voters in the Easton Valley Community School District will decide whether to authorize up to $7,500,000 in general obligation bonds. The money would build a new competition gymnasium and new locker rooms with a FEMA-rated storm shelter. It would also pay for performing arts upgrades to the existing gym, ADA updates, and related site work. The measure needs 60% approval to pass.

The question voters are being asked is about more than a gym. The project is designed to reach EVery student, EVery day: in physical education, in the arts, in the shop, and in an emergency.

How every student benefits

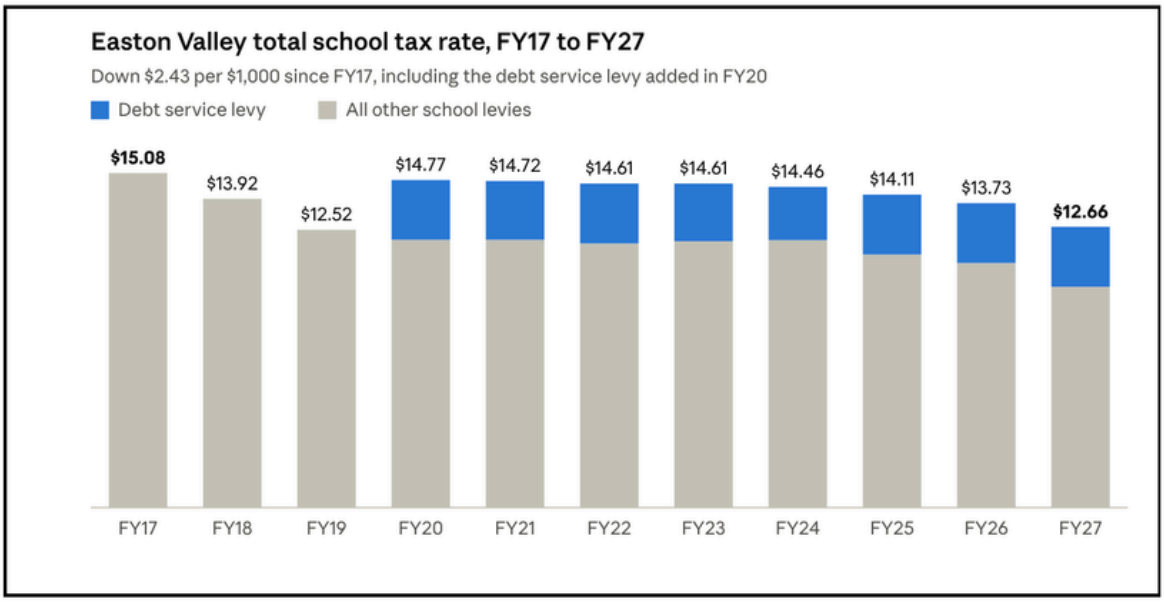
Our current JH/HS gym was built in 1962, and the stage area was added in 1975. A professional facility assessment graded our academic spaces mostly B, but our extracurricular and athletic spaces C and D. Today one gym is shared by physical education, practices, games, concerts and community events. A second gym changes that for every student.

- **More physical education space.** A second full gym gives PE classes room without competing with practices and events.
- **More access to high-demand gym time.** Two full practice courts with a retractable divider ease scheduling for sports, performing arts, choir, band and youth sports.
- **Better extracurricular facilities.** The new gym seats 1,000 and includes home and visitor locker rooms. About 77% of our 7–12 graders take part in athletics, fine arts and/or FFA.
- **New classroom space for industrial arts.** Former locker rooms are repurposed into a hands-on industrial arts space, expanding what we can offer.
- **A real performance venue.** The existing gym gets an enhanced stage, upgraded lighting and audio, and new seating and storage for performing arts.
- **Protection for everyone.** The new locker rooms double as a FEMA-standard storm shelter built to hold 375 people during a tornado.
- **Gym time for our youngest students.** Freeing up the existing gym opens access for elementary students in our after-school program.

The real story on taxes

Passing this measure does not increase the district's levy rate. Easton Valley's total school tax rate is $12.66 per $1,000 of taxable valuation in FY27, down from $15.08 in FY17, a drop of $2.43 or about 16% over ten years.

cont...



State of Iowa school district tax rate data, FY2017–FY2027 · total rate per $1,000 of taxable valuation

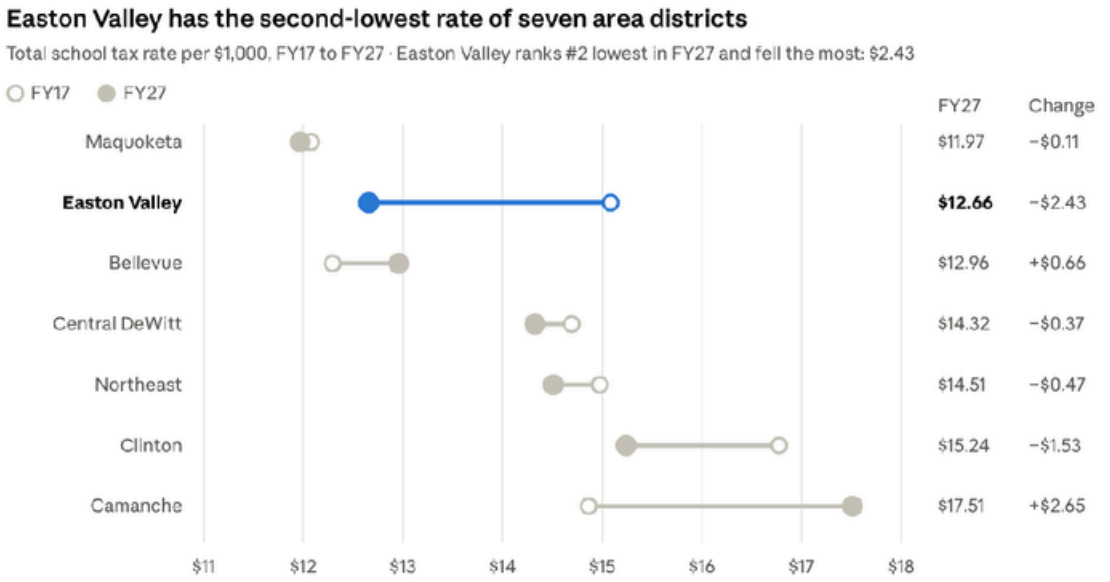
That decline happened even though the district added a debt service levy of about $2.70 in FY20 to pay for earlier facility work. The bond on this ballot keeps that same debt service levy in place for an additional four to five years. It does not add a new levy or raise the existing one.

Two things are worth knowing. Your actual tax bill also depends on your property's taxable value, which is set by the county assessor and state rules, not the school board. If the measure does not pass, the debt service levy would end once the district's existing bonds are paid off.

How we compare with our neighbors

Among seven K-12 districts in our area, Easton Valley has the second-lowest school tax rate in FY27, behind only Maquoketa. Over the last ten years our rate fell more than any of the others.

cont...



State of Iowa school district tax rate data, FY2017 and FY2027 · total rate per $1,000 of taxable valuation

Statewide, Easton Valley's FY27 rate is also below the median of $12.99 across Iowa's 329 school districts.

How to vote and where to learn more

- **Election Day:** Tuesday, November 3, 2026. Polls are open 7 a.m. to 8 p.m. at your assigned polling place.
- **Find your polling place:** voterready.iowa.gov
- **Not registered?** Iowa allows Election Day registration with ID and proof of residence.
- **Voting by mail?** Absentee ballots must reach your county auditor (Clinton or Jackson County) by 8 p.m. on Election Day.
- **Questions about the project:** email eastonvalleymedia@gmail.com or visit EastonValleyCSD.com.

Elementary Guidance Counselor

Happy November....Here are updates and information to help stay connected.

Classroom SEL lessons & activities for K-6th have included the McGrath anti-bullying messages. The emphasis is on kindness and respect so that everyone can be safe and happy at school while we learn. Another highlight is speaking up if someone is being unkind. We help each other & remember the Golden Rule. November's activities will also include Thankfulness.

"Lunch Bunch" groups are on-going for 2nd - 6th grades. Students are enjoying Lunch Bunch groups which are proactive, and build positive connections.
Small group and individual sessions are available for Kindergarten - 6th.

Remember, Therapists provide services at school (through a referral process) with Life Connections and Classroom Clinic (a telehealth or virtual therapy option) for social/emotional and behavioral health and wellness needs. Please contact us with any questions.

A highlight for September was establishing solid, positive routines and the need for quality sleep. October's focus was "Making Mealtime Moments Matter." *November's theme is gratitude.* Did you know that mindfully recognizing three reasons you are grateful each day leads to an improved quality of life in areas of sleep and mood, and reduced ill-feeling?

*Research/supportive connection includes fascinating research about the impact of simple gratitude. Data is excerpted from a 2023 Einstein (Sao Paulo) abstract in the National Institutes of Health (NIH) & the National Library of Medicine:
~ The study found that a direct connection was established between gratitude and well-being.
"Elements such as grace, presence, love, health, nature, beauty, and life have been recognized, which can be reflected in a state of fulfillment while enjoying and valuing the trajectory more than the result itself."
"Participants who (daily) wrote and talked about why they are grateful led to consistently improved psychological well-being and health outcomes, including better sleep quality and reduced anxiety."

Those in the study "experienced greater feelings of gratitude, better mental health, and fewer symptoms of anxiety and depression. Moreover, they experienced other benefits such as a more positive mood and emotions."

This gratitude focuses on well-being for everyone...& who doesn't want to fall asleep faster, sleep longer, and wake up happy? JOY!
Ask your 4-6th grade students about the '3' in "3, 2, 1" in their notebook.

I am grateful to serve the EVES community. There are really wonderful students, families, and staff here. Happy Fall & Go River Hawks!

Ms. Kuhl
margaret.kuhl@eastonvalleycsd.com
563.682.7131 Ext. 3063



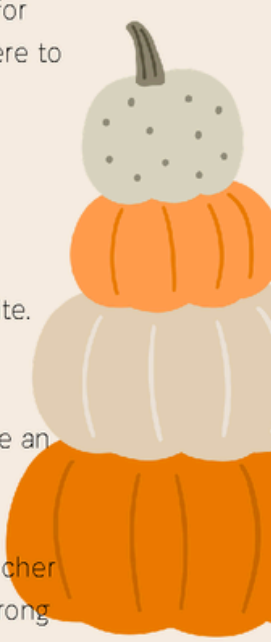
NOVEMBER Newsletter

IMPORTANT INFO:

Dear Students and Families,

Welcome to November! As the crisp autumn weather sets in and the first marking period comes to a close, this month presents a wonderful opportunity to reflect on our achievements, express gratitude, and refocus our goals for the rest of the semester.

Whether you are a freshman finding your footing, a sophomore exploring career pathways, a junior preparing for post-secondary testing, or a senior actively submitting college applications, your school counseling team is here to support you every step of the way.



Seniors (Class of 2027)

- College Applications: If you missed the November 1 Early Action deadline, don't worry! Work with your counselor to ensure your Regular Decision materials (transcripts, letters of recommendation, essays) are submitted before winter break.
- Financial Aid & Scholarships: Check the local scholarship portal updated weekly on the Counseling Website. Complete your FSA ID setup in preparation for financial aid application processing.

Juniors (Class of 2028)

- Post-Secondary Planning: November is a great month to begin building your post-high school list. Schedule an exploratory meeting with your counselor.

Sophomores & Freshmen (Classes of 2029 & 2030)

- Academic Check-In: Review your Quarter 1 grades. If you are struggling in any class, reach out to your teacher
- Extracurricular Engagement: Getting involved in clubs, sports, or community service is key to building a strong foundation for high school success.



UPCOMING EVENTS:



- 11/3 Jostens Order due
- 11/3 UD Visit
- 11/16-11/19 Bullying and Harassment Lessons
- 11/25-11/27 Thanksgiving Break

Erica Felkey

Director of Curriculum and Instruction

Phone

(563) 689-4221

Email

erica.felkey@eastonvalleycsd.com

What Your Child Is Learning, and How to Keep the Conversation Going

“How was school?” “Fine.” If that exchange sounds familiar, you’re not alone. Many of us have gotten that answer from our own kids. But one night, something different happens. Your first grader suddenly wants to tell you about the 5 body systems! That’s not random. It’s a sign of what’s happening in our classrooms.

This is a typical Core Knowledge Language Arts (CKLA) lesson. Students listen to rich read-alouds, talk about what they hear, practice phonics and decoding, and write about what they've learned. The goal goes beyond reading words on a page. We want children to build the background knowledge and vocabulary that make reading make sense. Research consistently shows that students who know more about the world understand more of what they read.

That's why you might hear surprising things from your child lately. Don't be startled if your kindergartner announces a fact about Helen Keller or your second grader tells you when it's appropriate to use quotation marks. That's learning in action!

You are the best partner we have in keeping it going. Instead of "How was school?" (which usually earns a "fine"), try one of these at dinner or in the car:

- "What was the most interesting thing you learned today?" Let them pick.
- "Can you teach me something about _____?" Children remember more when they explain it, and this keeps you involved in their learning as well!
- "What new word did you hear today? What does it mean?" Bonus points for using it in a sentence.
- "What question are you still wondering about?" Curiosity is the best sign of learning.
- "What was the hardest part of today, and what helped?" This builds the habit of reflecting on effort, not just results.

You don't need to know the answers. If your child stumps you, look it up together. That shows them what a curious learner does.

Easton Valley

ATTENDANCE

SENATE FILE 2435

PRE-K - 12TH GRADE CHRONIC ABSENTEEISM

Statewide Threshholds

4-6 DAYS	1st Notice - Email
7-9 DAYS	2nd Notice - Email
9-12 DAYS	3rd Notice - Letter Home
10%	Notice sent to County Attorney and Law Enforcement
15%	Family Engagement Meeting
20%	4th Notice - Letter home (cert)
20% +	Truancy Referral to County Attorney (ages 6-16)

BROOKE.COLLISTER@EASTONVALLEYCSD.COM

JODY.BOLSINGER@EASTONVALLEYCSD.COM

563-689-4221

563-682-7131

EDUCATE.IOWA.GOV/

VETERANS DAY Ceremony

HONOR ★ RESPECT ★ REMEMBER

Wednesday, November 11, 2026 | **Easton Valley JH/HS (High School Gym)** | **10:00 – 11:00 AM**

This year we are combining THE ELEMENTARY SCHOOL WITH THE JH/HS

We invite our local community to attend, especially our Veterans! ★



SPECIAL SPEAKER

JERRY JOCHUM
from Green Island
will be speaking about
AFGHANISTAN

There will be a short program put on by the local Legion Clubs.

Let's come together to honor and show our gratitude!

NOVEMBER
Reading at Home

Small moments. Big impact!

READ
LEARN
GROW

Weird Fact About Reading...

Your brain can't tell the difference between the real thing and what you imagine when you read!

When you read a good book, your brain lights up in the same areas as when you experience the real thing. That means reading can be almost as exciting as actually living the adventure!

Another Amazing Fact!

Children who are read to just 15 minutes a day, grow their vocabulary by about 1.4 million words in a year!

That's a lot of new words, ideas and opportunities for their future!

Questions to Ask While Reading

Asking questions helps your child think more deeply, make connections and build a love for reading. Here are some great questions to try:

Before Reading

- What do you think this book will be about?
- What do you already know about this topic?
- What do you wonder about the story?
- Look at the cover. What clues does it give you?

During Reading

- What do you think will happen next?
- Why do you think the character did that?
- What does this word mean?
- How does this part make you feel?

After Reading

- What was your favorite part? Why?
- What did you learn?
- How did the story make you feel?
- Can you make a connection to your own life or the world around you?

Reading Challenge!

Take a picture of your child(ren) reading or following a recipe and send it in to their teacher!

We'd love to see your reading adventures, creative cooking, and all the ways you make reading part of your day!

Yummy Recipes

Great readers make a brighter tomorrow!



Bus Safety Poster Contest

The 5th grade participated in this year's contest. The winners were chosen by our own EV bus drivers. Posters are on display near the gym.



CONGRATS TO

- Malayah Clark - 1st
- Brylee Johnson - 2nd
- Asher Ehlers - 3rd
- Gia Loeffelholz - Honorable Mention



EV LEAP FALL 2026



STUDENT LEADERS READING TO THE GROUP



WE FOUND A LOVE FOR WATERCOLOR PAINTING!





HAUNTED HOUSES FOR SNACK

EASTON VALLEY ATHLETIC BOOSTERS



At Easton Valley Elementary School (EVES), we are committed to improving student literacy achievement and increasing overall reading proficiency. To support this goal, we have implemented several new initiatives focused on strengthening literacy skills and are now inviting families to partner with us by encouraging reading at home.

At the beginning of November, students will bring home a November Reading Minutes Calendar. Please keep the calendar at home and use it to track your child's daily reading minutes, initialing each day to acknowledge their reading efforts. Classrooms that meet their monthly reading minutes goal will earn a special reward at the beginning of December!

Each month, students will receive a new reading calendar and a fun reading challenge, along with an informational flyer highlighting the importance of reading at home and offering practical ways families can support their child's literacy development.

Thank you for partnering with us to build strong readers and support our schoolwide literacy goals. Your encouragement and involvement make a meaningful difference in your child's growth and success. If you have any questions, please contact your child's teacher.





School of the WILD

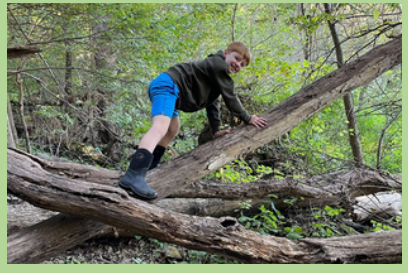
By: Mrs. Thomson & Ms. Highnam

archeology

What do kayaking, building shelters, studying wildlife, and learning about the great outdoors have in common? They're all part of an unforgettable week of learning for Easton Valley Fifith graders at the School of the Wild!

In October, Easton Valley Fifth graders participated in School of the Wild (SOW), marking our sixth year of this exciting outdoor experience. School of the Wild provides students with a full week of education in an outdoor setting.





geology

This cooperative program brings together Andrew School, Easton Valley School, Jackson County Conservation, and the University of Iowa. Funding for SOW is provided by REAP, the Community Foundation of Jackson County, and Friends of Jackson County Conservation.



Throughout the week, students explored a variety of topics, including archeology, geology, woodlands, prairie, ponds, birds, and survival skills.

woodlands

Survival Day looked a little different this year due to inclement weather. Students waited in the pavilion for the lightning to pass, which meant each group missed one rotation. However, we made sure everyone got to participate in everyone's favorite activity - kayaking! Other Survival Day stations included shelter building, disc, golf, and fire starting.



prairie, ponds, birds

Students enjoyed learning in the outdoor classroom while gaining a greater appreciation for nature and the environment. School of the Wild contininues to be a wonderful opportunity for our fifth graders to learn, explore, and create lasting memories outside the traditional classroom!

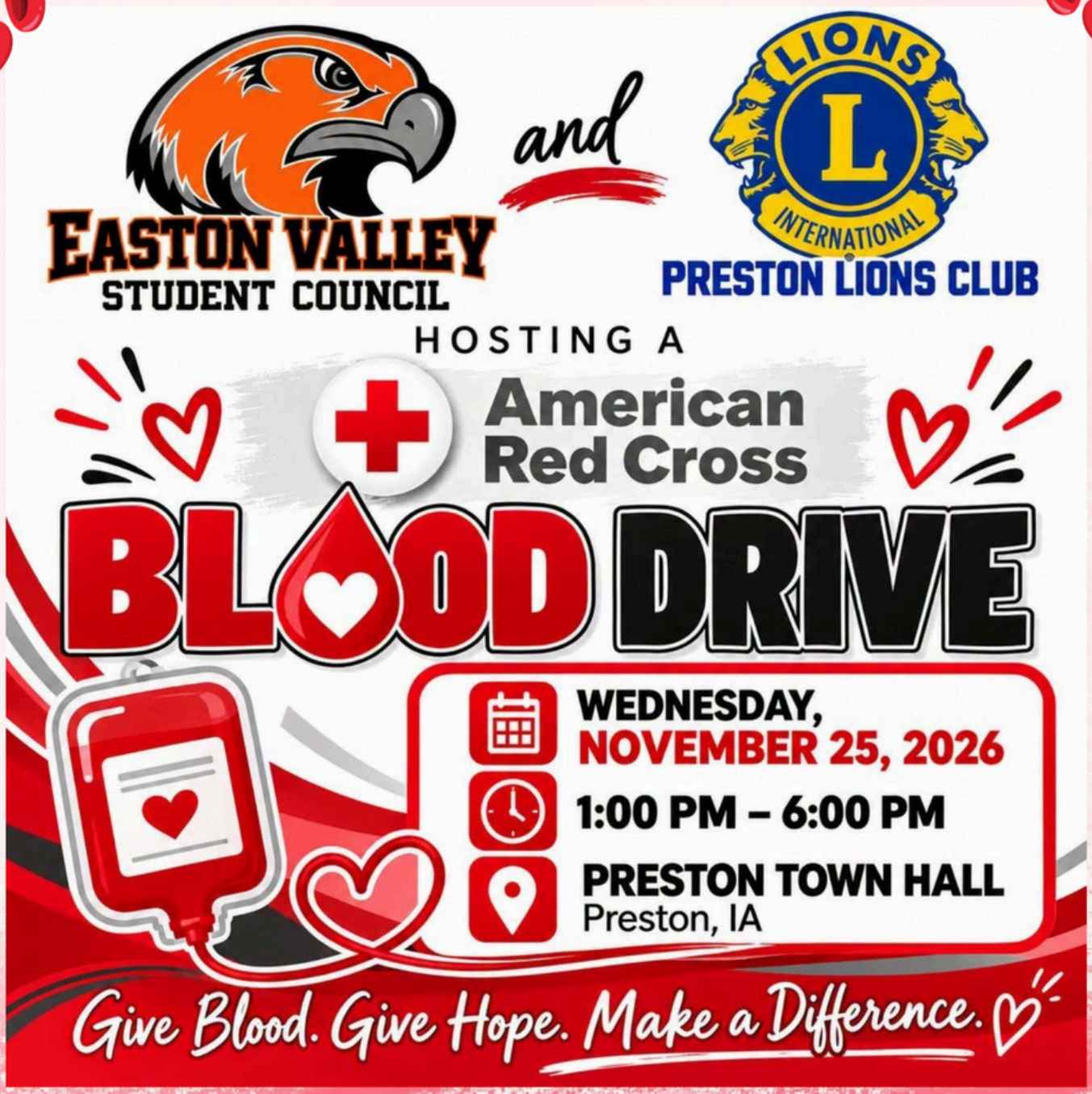


THE MOUSE THAT ROARED



Easton Valley's Fall Production

NOVEMBER 20-22



PLEASE PRE-SIGN UP FOR OUR BLOOD DRIVE!

We know everyone is busy, and we want to make donating blood as quick and convenient as possible. That's why we're asking everyone who plans to donate to schedule an appointment ahead of time! Pre-signing up helps the American Red Cross know how many donors to expect, plan for the supplies and staffing needed, and keep things moving smoothly so you can get in, donate, and get on with your day. And don't worry about remembering your appointment! The Red Cross will send you reminder emails and texts about your scheduled donation time.

SCHEDULE YOUR APPOINTMENT HERE:
https://www.redcrossblood.org/give.html/drive-results?zipSponsor=PrestonIA

EASTON VALLEY ELEMENTARY

Family Engagement Dates

Activities begin at 2:00 PM on all dates!

Date	Grade Level	Activity Time
Wednesday, Sept 30	6th	2:00 PM
Wednesday, Oct 21	4th	2:00 PM
Wednesday, Nov 18	2nd	2:00 PM
Wednesday, Dec 16	Pre-K	2:00 PM
Wednesday, Jan 20	1st	2:00 PM
Wednesday, Feb 17	5th	2:00 PM
Wednesday, Mar 10	Kindergarten	2:00 PM
Wednesday, April 21	3rd	2:00 PM

We look forward to seeing you at Family Engagement!

Easton Valley River Hawks

SCHOOL Concert Dates

Dec 7

Elementary Winter Concert

at 5:30pm

Dec 14

JH/HS Band and Choir Concert

at 7:00pm

BENTLEE BREDEKAMP

He came for a championship. He left with the championship 🏆

Bentlee is officially your 2026 Ohio Hard Enduro State champion — B Class.

7 rounds. Countless miles from Iowa to Ohio. Long weekends, broken parts, tough sections, good days and bad ones... and he kept showing up.

This kid has put in the work all year, and watching it pay off has been one hell of a ride.

B CLASS STATE CHAMPION.

Huge thank you to everybody who has helped with fuel,travel costs, food, parts, wrenching on the bike and everything in between. We couldn't do this without the support.

Proud of you, Bentlee. 👊



STUDENTS OF THE MONTH



Congratulations to the following students for being recognized as student of the month

Emery Smith *- She always works hard and takes advice to improve her work. She is kind and respectful.*

Hayden Cordero *- She is incredibly smart and kind. She is always contributing something valuable and works hard.*

Addisyn Hansen *- She is always working hard in class. She will make sure she completes her work thoroughly and I can always count on her to work hard and be respectful.*

Saige Chrest *- She always has a smile on her face, works hard, is a great leader and cares about other students.*

Blake Bowling *- He is a great student and athlete.*



Come join our Before and after school program.

- **Reading**
- **Movies**
- **Crafts**
- **Games**

Questions?
Contact:
andrea.reuter@eastonvalleycsd.com

EASTON VALLEY

Dear Families,

We are happy to share that the Easton Valley Community School District will again offer our weekly Backpack Food Program. The Backpack Program provides food for your child, at no cost to you. A bag of non-perishable food will be placed in your child's backpack on Thursday. This food is for your family to eat over the weekend. The bag is delivered to your student confidentially by school staff. This program will continue each week until the end of the school year.

If you would like your child/family to participate in this program, please return this note to the office or to Mrs. Bolsinger.

If you have any questions or would like to sign up via email, please email Mrs. Bolsinger at the following email address: jody.bolsinger@eastonvalleycsd.com.

Child(ren) Name(s) and Grade(s):_

_____ _____

_____ _____

Allergies:

_____ _____

Parent/Guardian name & contact information:

_____ _____

The Nurse's Corner

NURSE'S HOURS
Elem: 7:45a-8:45a and 11:45a-3:15pm
JH/HS: 9a-1130a and 9a-Noon on early out days

Health Information from the Nurse

One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. A decision must be made as to whether the child stays home or goes to school.

The information on this sheet is not intended as medical advice, but designed to provide guidelines to be followed until your doctor can be contacted for his opinion.

If you have questions you may contact the school nurse by phone 563-682-7131 or by email at: amy.roling@eastonvalleycsd.com

Fever: if your child has a temperature of 100 degrees or more they should stay home. They should be fever free, without Tylenol/Ibuprofen for 24 hours before returning to school.

Stomachache, vomiting, diarrhea: If your child's stomachache limits his/her activity see your doctor, if your child throws up and can't keep food down, please keep your child home. A child with diarrhea should be kept home. Call your doctor if any of the above systems do not resolve in 24 hours. Be sure to feed your child a nutritious breakfast as many mid-morning stomachaches are due to be hungry.

Cold, sore throat, cough: A child with a very bad hacking cough should be kept at home to rest. It is very distracting for your child and to the rest of the class. If your child complains of sore throat and has no other symptoms, they may go to school. If the throat is very red, they have a fever, stomachache, and headache keep your child home and see your doctor as this could be strep infection.

Rash: A rash may be the first sign of one of the many childhood illnesses. Please keep your child home if you do not know the origin of the rash.

Toothache, earache, headache: if it is mild and no fever is involved your child may attend school. Please contact your dentist for a toothache.

Head lice: You must notify the nurse if your child has head lice. They will not be excluded from school but must be treated before returning to school

Medications: Please contact the nurse before sending medications to school. Strict state policy is followed in administering medications at school. If your child needs meds three times a day or less they can be given at home unless ordered by the doctor to be given at school.

Nutrition and rest: Studies show that students do better in school when they eat a healthy breakfast and get plenty of rest and exercise. Also, in order to follow our Wellness Policy goals please send nutritious, low fat, low calorie snacks to school.

Thank you for your cooperation in making your child's academic success a priority!

Healthy students are learning students!

SERVICE LEARNING

Service Learning Requirement: Students will be required to complete service learning projects which constitutes the required hours of volunteer service based on your grade, to be served outside of school class time. These service hours may begin in May of your 8th grade Freshman, Sophomore or Junior year. The service learning requirements are as follows:

- 10 service hours Freshman year
- 10 service hours Sophomore year
- 20 service hours Junior year
- 20 service hours Senior year

These hours must be documented using the official service learning tracking form (available in the main high school office), signed off by the supervisor of the volunteer experience, and turned in to the main high school office no later than April 30th of each school year. ***SENIORS ARE REQUIRED TO TURN IN THEIR COMPLETED SERVICE LEARNING FORM NO LATER THAN APRIL 1ST IN ORDER TO MEET THE GRADUATION REQUIREMENT. Late submission of these forms may result in a student not receiving their diploma until the school board meets to revisit the student's completion of the graduation requirement.

The high school principal will be responsible for ensuring the volunteer experiences meet the designated criteria in order for him/her to sign off on the completion of hours each year. Hours will be monitored quarterly. Students who are not on pace to complete their required yearly hours, will have a letter and email sent to their parents after the first and second quarter of the school year. A parent phone call will be made to parents if their child is not on pace to complete their required hours after the third quarter of the school year.

Students who do not submit documentation that they completed their required number of hours prior to April 30th, will be ineligible for extra-curricular participation the following Fall until their completed forms are turned in and signed off on.

ATHLETIC PASSES

Family Pass - $200
~Family passes are only for immediate family living in the same household

Single Pass - $100

Senior Citizen Pass FREE
~ Age 60+
No Expiration

Passes required at all EV sporting events

Passes not accepted for any tournaments, regional or district games

ATHLETIC PHYSICALS AND CONCUSSION FORMS

All students in grades 7-12 who plan on participating in any extra -curricular activities, MUST read and complete the HEADS UP-Concussion in High School Sports form annually. All athletes MUST also complete an annual sports physical before they are able to participate in any sports. Forms can be downloaded from our website or are available in the JH/HS office.

REMINDERS

- Nov 5 - Picture Retake Day
- Nov 11 - Veteran's Day Program @ 10a
- Nov 25 - Student Council/Preston Lions Cub Blood Drive
- Dec 7 - Elementary Holiday Concert
- Dec 14 - JH/HS Band and Choir Concert
- Jan 8 - Athletic Boosters Cake Auction
- April 10 - Elementary Spring Concert

ADMINISTRATION

SUPERINTENDENT: Chris Fee
BUSINESS MANAGER: Adam Crigger
ELEMENTARY PRINCIPAL: Austin Daniels
JH/HS PRINCIPAL: Brandon Krusey

BOARD MEMBERS

PRESIDENT: Seth Lawson
BOARD MEMBERS: Chris Matthiesen ~ Walt King ~ Joe Kilburg ~ Dylan Meyer ~ Corey Driscoll ~ Brandon Marburger

Yearbook

Order your yearbook online today for $45. Order forms are available in Ms. Ratermann's room and the JH/HS office.

Nutrition

Did you know...



THERE'S A LOT MORE TO SCHOOL MEALS THAN WHAT'S ON YOUR TRAY

River Hawks Nutrition is governed by USDA nutrition standards and a specific meal pattern must be followed

In order to receive reimbursements from the federal government, we must serve a reimbursable meal to our students

A reimbursable meal has to include a ½ cup of fruit or vegetable on the tray, as well as two other meal components that are offered

WHAT IS A MEAL COMPONENT you may ask..
We are required to offer 5 meal components every day: Meat/Meat Alternate (MMA), Vegetable, Fruit, Grain, Milk

Our River Hawk Nutrition staff must balance nutrition, student preferences, regulations AND our budget every single day

CALORIES
Meals must fall within specific calorie ranges set by USDA, based on grade levels

SODIUM
We have strict sodium limits set by USDA that we cannot go over

FATS
Meals must stay within USDA requirements for all fats, but especially for Saturated Fats

ADDED SUGARS
We have strict limits on how much added sugars can be served

COST
We are doing all of this while making sure that our per meal cost doesn't exceed what we charge for meals, which gets harder every day

MEAL COST
Our meal prices are one of the lowest compared to other surrounding districts

CHALLENGES
We continue to have new challenges as new regulations are released from USDA, as well as we continue to see meal accounts not paid.

Easton Valley Nutrition staff want our students to EAT our meals. We work hard, while still following the numerous guidelines. Our team is AWESOME!!! We are always trying to have a variety of components that our students will love. All our meals are chosen and prepared with our students in mind.

Every tray represents so much planning and hard work.

WE ARE PROUD TO SERVE OUR STUDENTS EVERY DAY, AND WE ENCOURAGE YOU TO PARTICIPATE IN OUR PROGRAM.

Easton Valley CSD is an equal opportunity provider



School Breakfast



Breakfast served every School day from 7:50am to 8:15am





FRUITS: Fruit is available every day in the form of 100% fruit juice, applesauce and sometimes fresh fruit. It is important for kids' health, such as potassium, dietary fiber, vitamin C and folic acid.

PROTEIN: Some breakfast menus may offer items such as eggs, nuts, cheese, or meats to pair with whole-grain products.
Check out what Easton Valley Schools serves as your protein every day.

MILK: Kids and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles.
We offer 2 kinds of milk every day.
Choose one!!!!

GRAINS: Starting every day the whole grains way gives kids and teens B vitamins, minerals, and fiber to feel fuller longer so they stay alert to concentrate at school.



VEGETABLES: Every breakfast does not include vegetables, but schools may offer them in addition or in the place of fruit.

Free & Reduced Meal Benefits for the 2026-2027 School Year

Applications for Free & Reduced Meal Benefits for this school year are available on our website at **eastonvalleycsd.com.**
All Free & Reduced applications are kept confidential.
You can apply for Free & Reduced benefits throughout the school year.

2026-2027 Meal Prices
Breakfast - $1.20
Reduced - $.30 cents
Lunch (JH/HS) - $2.50
(Elem) - $2.30
Reduced Lunch - $.40 cents
Extra Milk - $.50 cents

A La Carte items available at the JH/HS level only. Positive lunch accounts only will be allowed to purchase from the a la carte selection. A la carte selections are smart snack approved.



WAYS TO DEPOSIT FUNDS INTO YOUR LUNCH ACCOUNT
~ JMC
~ Check
~ Cash

JOIN US FOR BREAKFAST EVERY SCHOOL DAY AT EASTON VALLEY SCHOOLS. BREAKFAST FUELS LEARNING, PROVIDES BETTER NUTRITION AND SAVES TIME.

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Be A

School Wellness Champion



Parents, we need your help to make our school healthier!

Children spend most of their day at school. So, it's important that they have healthy foods and drinks while they are there. Good nutrition also helps kids learn better at school. Parents can help update the school wellness policy and put it into action.

4 ways parents can help:

1. **Join the school wellness committee.** The wellness committee meets once a year to discuss our current wellness policy and what we can do to make it better. You do not need any special training to be on the committee, just an interest in keeping our school healthy!



2. **Read the school wellness policy** at our website: **eastonvalleycsd.com**



3. **Support classroom and school events** to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to have at events and celebrations.



4. For questions or to share how our school is doing with our wellness policy, please contact the school.



What is in our school wellness policy?

The full school wellness policy is online at: eastonvalleycsd.com

Interesting topics are:

- **Nutrition education** and **promotion**
- **Physical activity**
- **Other wellness activities** (walk/bike to school)
- **Nutrition standards** for all foods and drinks **sold** to kids at school
- Foods and drinks that may be **given** to students (such as at classroom celebrations or foods given as rewards for behavior)
- **Celebrations in the classroom** (healthy snacks vs unhealthy snacks)

We are always looking for new ideas to ensure that we continue to keep our school healthy.

Better Health = Better Learners

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