



PRAIRIE WEST ELEMENTARY

WAVERLY-SHELL ROCK CSD

OCTOBER 2026 NEWSLETTER

STAY IN THE LOOP



Please check the W-SR centralized location for extracurricular events for all elementary students. We encourage you to periodically visit [WSR Community Flyers](#) for updates on upcoming events, including athletics and other community activities.

CONTACT US

Prairie West Elementary
401 30th ST NW
Waverly IA 50677
319-559-2844

Emilee Westendorf, Principal
emilee.westendorf@wsr.k12.ia.us

Sarah Graham, Secretary
sarah.graham@wsr.k12.ia.us



Find us on Facebook at:
Prairie West Facebook

End-of-Day and Pick-Up Reminders

Please remember if you need to change your child's pick-up plan, contact Mrs. Graham by 2:15 pm on regular school days (3:10 pm dismissal) or by 1:00 pm on Wednesdays (2:00 pm dismissal). Changes made after these times may not be possible, and your child will follow their original dismissal plan.

OUR NEW GO-HAWK STATUE

More than a statue, this is a piece of Prairie West Elementary – filled with the creativity, memories and the hearts of the students and community who helped bring it to life. We hope this beautiful Go-Hawk becomes a lasting symbol of our school and a special part of our community for generations to come.



OCTOBER 20: VERY IMPORTANT PERSON (VIP) EVENT



We are thrilled to announce that our first VIP event of the school year will be held on Tuesday, October 20! Each student is invited to welcome a VIP (Very Important Person) to school for a fun-filled time with activities and snacks. This is a wonderful opportunity to celebrate and create lasting memories with important people in our students' lives. A VIP could be a parent, grandparent, aunt, uncle, neighbor, family friend or another special person your child wishes to invite.

Due to parking and space limitations, each student may bring **one VIP**. If siblings are sharing a VIP during the same time slot, please indicate that on the RSVP so we can arrange a space for them to meet together. At the scheduled times, our Prairie West Student Ambassadors will meet VIPs in the Commons and will escort VIPs to the appropriate locations.

Grades 3-4: 8:30-9:15 am
TK/K-Grade 2: 2:00-2:45 pm



Prairie West Elementary
VIP DAY



Tuesday, October 20, 2026

We are thrilled to announce our first VIP event of the school year! Each student is invited to welcome a VIP (Very Important Person) to school for activities and snacks. This is a wonderful opportunity to celebrate and create lasting memories with the important people in our students' lives.

A VIP could be a parent, grandparent, aunt, uncle, neighbor, family friend, or another special person your child wishes to invite. Due to parking and space limitations, each student may bring **one** VIP. If siblings are sharing a VIP during the same time slot, please indicate that below so we can arrange a space for them to meet together.

VIPs - please gather in the Commons at your scheduled time (listed below). Our PW Student Ambassadors will escort you to your appropriate locations.

3rd and 4th 8:30-9:15

TK, Kindergarten, 1st, 2nd 2:00-2:45

Please return this portion to your child's teacher by Friday, October 2nd.

Child's Name: _____ **Grade:** _____ **Teacher:** _____

Name of VIP: _____ **Relationship to Child** _____

Select one of the Following:

_____ TK, K, 1st, and 2nd graders: My child will go home with their VIP at 2:45

_____ 3rd and 4th graders: My child will go home with a sibling's VIP at 2:45

_____ -OR- My child will follow their regular transportation plans.

Complete if applicable:

_____ My child is sharing a VIP with a (circle one: TK, K, 1st, 2nd, 3rd, 4th) Grader.

_____ (other student's name)

Parent/Guardian Signature: _____

IMPORTANT DATES

- Oct. 2: RSVPs to VIP Event DUE!
- Oct. 4-10: Fire Safety Week
- Oct. 6: Waverly Fire Department Visits Prairie West
- Oct. 12: Prairie West PTO Meeting - 6:00-7:00 PM - PW Conference Room
- Oct. 16: School Picture Retakes
- Oct. 19: No School - Teacher Inservice
- Oct. 20: Prairie West VIP Event - Grades 3-4, 8:30-9:15 AM;
Grades TK/K-Grade 2, 2:00-2:45 PM
- Oct. 30: Trick-or-Treating at Bartels & Classroom Parties
- Nov. 4: Conference Scheduler Opens at 9:00 AM
- Nov. 19: Parent-Teacher Conferences, 1:00-7:30 PM; Special Dismissal at 12:25 PM
(Childcare Provided by PW PTO)
- Nov. 23: Parent-Teacher Conferences, 3:00-7:30 PM; Special Dismissal at 2:00 PM



ORDER YOUR SCHOOL PICTURES TODAY!

School pictures are available and ready for order! Ordering photos is simple and convenient. Order online today at shop.jostenspix.com using our school **Event Code: FE109326**. All ordered photo packages will be shipped directly to your home address. If you have any questions about your order, you can contact Jostens Customer Support directly at 1-877-515-1447.

If your child missed picture day or needs a new photo, **picture retakes will take place on Friday, October 16**. Please make sure your student avoids wearing green on photo day, as green clothing can blend into the special photo backgrounds.



JostensPIX

IT'S TIME TO ORDER YOUR

*school
pictures.*



GET READY FOR *Retake Day.*



JostensPIX

SCHOOL WIDE MOOD METER: UNDERSTANDING OUR MOODS

We are so proud of the incredible social-emotional learning happening in our classrooms! Recently, our students have been discovering what different moods look and feel like inside our bodies and minds. Using color and creativity, they drew representation of their emotions and their vibrant art-work is now brightening up our walls for everyone to admire.

Just as importantly, students brainstormed practical tools and coping strategies they can use at school or home to help reset and get back to their "good zone" when facing feelings like frustration, worry or overwhelm. It is so rewarding to watch our students grow in self-awareness and build healthy, lifelong skills for managing their emotions.



Boosting Social Skills: Name it to Tame it

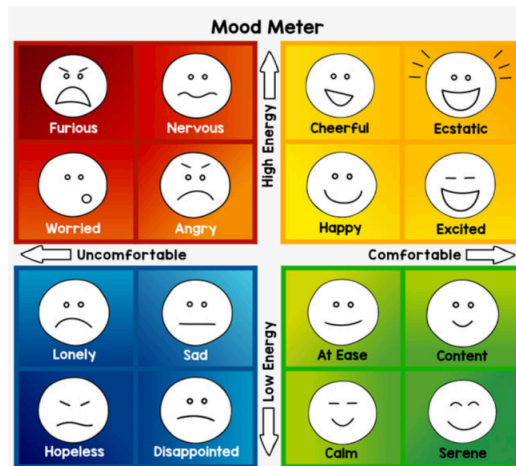
Hello Go-Hawk Families!



My Name is Allison Rasmussen, and I'm the district's Social-Emotional Instructional Coach. I work with both students and staff to

help our school community build strong emotional and social skills. Four times throughout the year, I visit with students to teach about their brains and how feelings work. If your child comes home talking about their amygdala, that's from our lessons!

Look out for updates in the newsletters this year with tips on the skills your kids are learning to help them manage big emotions and thrive. One tool we always use is the mood meter (pictured above) We use that tool to name our emotions so we can tame our emotions. Ask your kids about the tools they use to help tame their emotions in and out of school. Watch for parent tips too! We can thrive together!



When something feels wrong:

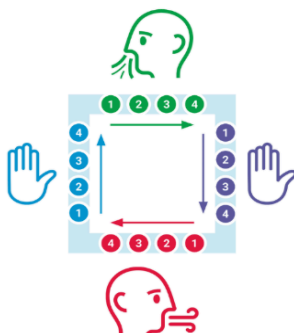
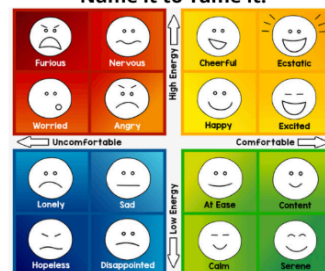
Ask your child about what they feel like when their amygdala alarm is going off and their favorite way to breathe when they are regulating.

Amygdala Alarm



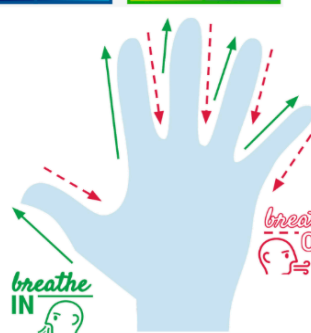
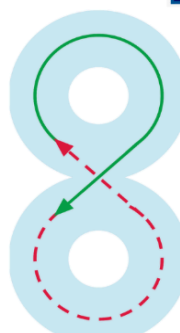
- S** **Stop**
whatever you're doing. Just pause for a moment.
- T** **Take a few breaths**
Your breath is an anchor to the present moment. Let it draw your attention to right here, right now.
- O** **Observe**
your experience just as it is. Notice where your mind is, what you feel, what you're doing.
- P** **Proceed**
with intention. Use what you learned to respond to what's happening instead of reacting.

Name it to Tame it.



breathe IN

breathe OUT



breathe OUT

OCTOBER 2: NATIONAL CUSTODIAN DAY

Prairie West Elementary would like to give a HUGE shout-out to our amazing custodians, Brenda Wolf-Porter and Luke Ellis!

Every day, Brenda and Luke work behind the scenes to make sure our school is clean, safe, welcoming and ready for our students and staff. From the everyday tasks to the unexpected messes, they are always willing to jump in and help wherever they are needed!

We are so grateful for the care, hard work and pride they bring to our school each and every day. Our school simply wouldn't be the same without them! Thank you, Brenda and Luke, for everything you do for Prairie West Elementary!

We appreciate you more than you know!



NORMAL SCHOOL HOURS

Monday, Tuesday, Thursday & Friday: 8:10 am – 3:10 pm

Wednesday: 8:10 am – 2:00 pm



END-OF-DAY & PICK-UP PLAN REMINDERS

Please remember if you need to change your child's pick-up plan, contact Mrs. Graham by 2:15 pm on regular school days (3:10 pm dismissal) or by 1:00 pm on Wednesdays (2:00 pm dismissal). Changes made after these times may not be possible, and your child will follow their original dismissal plan.

A BIG THANK YOU FROM THE PRAIRIE WEST PTO!

The Prairie West PTO extends a heartfelt thank you to all of our students, staff and families for supporting our first fundraisers of the 2026-27 school year! Thanks to your generosity in purchasing fall mums and Homecoming gear, our fall fundraising efforts were a fantastic success.

It was so much fun seeing our school community come together to show their spirit! From creative daily dress-up attire to a vibrant sea of Go-Hawk shirts for the statue reveal and the Homecoming game, our Prairie West pride was on full display. Thank you for your continued partnership and enthusiasm!

A big thank you to **Thinkwell Coffee** for joining us for Coffee at the Curb! We appreciate you helping make our morning extra special for our Prairie West families and staff. We're so grateful for your support of our school community!

Upcoming PTO Events: Mark Your Calendars

Next PTO Meeting:

Monday, October 12, 6:00-7:00 pm

Location: Prairie West Conference Room

McTeacher Night: Come support our school while enjoying dinner! Our teachers and staff will be serving up smiles, and a portion of all sales will directly benefit Prairie West.

Thursday, November 5, 4:30-7:00 pm

Waverly McDonalds: 1203 4th St SW

We hope to see you there!



OCTOBER DAY CALENDAR

October-2026				
M	T	W	TH	F
			1 - Day 3	2 - Day 4
5 - Day 1	6 - Day 2	7 - Day 3	8 - Day 4	9 - Day 1
12 - Day 2	13 - Day 3	14 - Day 4	15 - Day 1	16 - Day 2
No School	20 - Day 3	21 - Day 4	22 - Day 1	23 - Day 2
26 - Day 3	27 - Day 4	28 - Day 1	29 - Day 2	30 - Day 3

FAMILY FUN NIGHTS!

Pathways Behavioral Services is hosting Family Fun Nights on October 5, 12 and 19 from 5:00–7:00 pm at the Waverly Child & Adolescent Center. Families can enjoy a free meal donated by Waverly's Z's Pizza, interact with Pathways therapists and BHIS providers, and learn positive discipline strategies through education and collaboration. Child supervision will be provided during the educational portion.

Location: 124 2nd St. NE, Waverly

Call 319-344-4994 to sign up



PATHWAYS BEHAVIORAL
SERVICES PRESENTS

FAMILY FUN NIGHTS

Oct. 5th, 12th, 19th

Time: 5-7pm

Where: Waverly Child & Adolescent Center
124 2nd St. NE Waverly, IA 50677

FIRST

Families create and interact with our therapists & BHIS providers, while enjoying a **FREE meal** donated by Waverly's own **Z's Pizza!**



THEN

Parents have the opportunity to learn **POSITIVE DISCIPLINE** skills through collaboration and education from our very own therapists!

AND

Child supervision provided during education time



Call our office to sign up!
319.344.4994

Halloween Fun at Prairie West Elementary!

We are so excited to celebrate Halloween with our students on Friday, October 30!

This year, our classes will show off their costumes during a special parade through the **Bartels Lutheran Retirement Community**, bringing festive joy to the residents.



Your child's teacher will share specific times for their classroom party, along with details regarding any needed volunteer support or treats.



To ensure a fun, comfortable and safe experience for everyone, please follow these costume guidelines:



No Costume Props or Weapons: Please keep all toy weapons, wands, sticks and extra handheld accessories at home so they don't get misplaced.

Keep It Family-Friendly: To keep the day positive for all ages, please avoid costumes featuring fake blood, scary masks/faces or violent themes.

Easy to Wear: Costumes must fit comfortably over your child's regular school clothes so they can easily put them on and take them off as needed.



Thank you for your partnership in making this a memorable, safe and exciting day for our students and community!

PRAIRIE WEST ELEMENTARY ATTENDANCE POLICY

For your child's safety, please call the school if they will be late or absent. Calls should be made between 7:45-9:00 am. If we have not heard from you by 9:00 am, the school will call to confirm your child's location.

MEDICATION AT SCHOOL

Before the school can give your child prescription or over-the-counter medicine, a signed consent form is required. Forms are available in the school office. All medication must be in its original container and brought to school by an adult.

LUNCH VISITORS & FOOD DELIVERIES

We love working together with our families and know that sharing a meal is a wonderful way to connect with your child during the day! To help keep our school schedule running smoothly and build a great lunch routine for all students, we encourage parents who want to eat with their child to sign them out at the office and enjoy a special lunch together off campus.

We also kindly ask that families do not order restaurant takeout or food delivery services to the school for students. While we know food deliveries are convenient, these special meals can disrupt the classroom and cause other students to feel left out. We encourage all of our students to either enjoy a healthy meal from our cafeteria or bring a homemade lunch from home. Thank you so much for your support in keeping lunchtime fun, safe and fair for every child!



PETS ON SCHOOL GROUNDS

For the safety and comfort of all students, we ask that pets not be brought onto school grounds during morning drop-off and afternoon pick-up times. While service animals are permitted, other pets can be a distraction, may frighten some children and can behave unpredictably in busy, high-traffic areas. Thank you for helping us maintain a safe and calm environment during these times.

INVITATIONS, BALLOONS & FLOWER DELIVERIES

To help maintain a focused learning environment, we kindly ask that party invitations, balloons, flowers and other special deliveries not be sent to students at school. These items can be distracting in the classroom, may unintentionally cause hurt feelings among students and can be difficult for children to manage at the end of the school day. If your child is attending a celebration or party after school, please ensure that any gifts or items sent with them can be discreetly stored in their locker or book bag.



Note on Directory & Contact Info: If you would prefer not to have your contact information shared with other families for event planning or party invitations, please notify the main office. We appreciate your understanding and support in helping us create a positive school environment for all students.

NURSES NOTES

October



HAPPY OCTOBER!

As the weather begins to cool, it's a great time to remember healthy habits like handwashing and dressing for changing temperatures. Here's to a fun and healthy month ahead!

-Nurse Robbins



What's the difference?

Knowing where to seek care can save time and stress when your child is sick or injured.

Your **family practice provider** is the best place to start for regular health concerns, ongoing health questions, yearly checkups and preventive care.

Walk-In Clinic is a good choice for issues that need attention sooner, such as minor injuries, sprains, stitches or illnesses that can't wait for a regular appointment.

The **emergency room** is for serious or life-threatening concerns, including trouble breathing, severe allergic reactions, seizures, major injuries, uncontrolled bleeding or when your child is difficult to wake or not acting normally.

Family Smile Challenge

Keeping our teeth healthy is important, and with all the sugary treats October brings, the American Dental Association recommends brushing your teeth **twice a day for two minutes** with a fluoride toothpaste. This month, I challenge you to:

- ☐ Brush for 2 minutes
- ☐ Brush 2 times a day
- ☐ Use fluoride toothpaste
- ☐ Try flossing
- ☐ Show your boo-tiful smile!

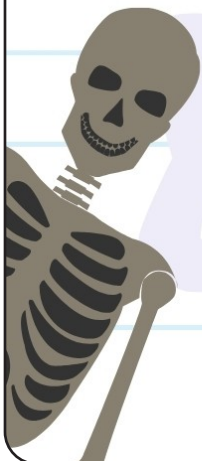
did you know?

Your nose is one of the body's first lines of defense against germs. Tiny hairs and mucus in the nose help trap particles before they reach the lungs!



CONTACT ME!

♥ Jaime Robbins, RN
✉ jaime.robbins@wsr.k12.ia.us



Need Local Care?

Christophel Clinic (319) 483-1390
Shell Rock Clinic (319) 885-6530

Walk-In Clinic
Open Daily
8am to 8pm

WHC Emergency
Open Daily
24 hours a day

Responsibility

Family Newsletter

PurposeFULL
People

Responsibility Overview

This month we are talking about Responsibility. One way to define Responsibility is “taking action and understanding the impact of our choices.” Taking action can mean doing the right thing or completing the tasks you have been assigned. Understanding the impact of our choices means that our actions matter. Positive and responsible actions can help people and irresponsible actions can hurt others.

Responsibility is 1 of 3 traits we will focus on throughout the year that helps students **Be Strong**.

Across grade levels students will be developing skills like focusing, organizing, and goal-setting.

Conversation Starters



- Can you share or show what it means to be Responsible?
- How can we help each other practice being more Responsible?

PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Responsibility. Here are 2 “PurposeFull Pursuits” you can complete together!

#1

As a family, think of ways in which you might make someone’s life a little easier by helping a neighbor or family friend with 1 of their Responsibilities. Could you bring the garbage to the chute or out to the curb? Could you carry things in from the grocery store? Could you invite someone over for a meal or a show?



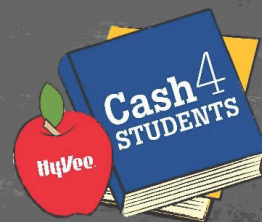
#2

Review Responsibility as a family! Responsibility is taking action and understanding the impact of our choices.

Choose 1 household chore (or more!) that requires multiple steps. Then have each member of the family select 1 step to complete to help get the job done! Maybe it’s washing the dishes, doing laundry, cleaning the living room, or unloading the groceries – whatever it is, see who can be the quickest or most effective at their task!



Cedar Falls | Waterloo | Waverly



Cash 4 Students

Follow us and Like us on Facebook for program details & family events

**Collect Hy-Vee receipts for your school of choice
May 31st, 2026 through April 17th, 2027**

What's the scoop?

Area schools and child care facilities are encouraged to collect select Cedar Falls, Waterloo, or Waverly Hy-Vee receipts and we will give back \$1 for every \$250 in receipts submitted!

Receipts for this year's program must be from the Cedar Falls, Waterloo or Waverly Hy-Vee food stores or gas stations and must be dated May 31, 2026 through April 17, 2027. Organizations must earn a minimum \$50 donation in order to be eligible.

Each school has their own method(s) on how they choose to collect and total receipts. Feel free to adopt your own plan for your organization, and don't hesitate to contact Marcela Bedore for ideas or any questions. Organizations must register for the 2026-2027 program year by completing and submitting the Registration Form. Throughout the program year, organizations must total receipts, fill out the Redemption Form and submit receipts at each of three submission dates in order to qualify for the final donation. Checks will be cut, with the total donation value, at the end of the program in May 2027.

Some limitations do apply. The program does not include any alcohol, tobacco, postage stamps, lottery tickets, money orders, money transfers, amusement or entertainment tickets, returned check service fees, or items prohibited by law. We ask that you do subtract any of these items from your totals or do not include receipts that contain only these items. We have listed some examples of qualifying and non-qualifying receipts on the back page. If you have any questions, please contact Marcela Bedore.

REMINDER! We will have 2 turn-in dates this school year. Organizations must turn in their current totals on each date to qualify for the program. This is necessary on our end for accounting purposes.

Please complete the attached redemption form and turn totaled receipts into any area Hy-Vee store.

1st submission due by: December 18, 2026

2nd submission due by: April 23, 2027

 BREAKFAST

OCTOBER 2026

Waverly-Shell Rock Elementary

*Cereal bar and cereal bowl offered as an entrée choice, daily

**Monday**

Poptarts
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

5**Tuesday**

Pumpkin Chocolate Chip M
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

6**Wednesday**

Cereal Bar or Bowl
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

7**Thursday**

Cinnamon Breakfast Cake
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

1

Toast/ Hard Boiled Egg
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

8**Friday**

Frudel
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

2

Waffle Sticks
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

9

Cinni Mini
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

12

Blueberry Muffin
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

13

Chocolate Chip Muffin
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

14

Frosted Long John
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

15

Pancakes/Syrup
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

16

No School

Professional
Development

19

Mini Donuts
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

20

English Muffin
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

21

Cinnamon Breakfast Cake
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

22

Frudel
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

23

Poptarts
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

26

Pumpkin Chocolate Chip M
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

27

Cereal Bar or Bowl
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

28

Toast/ Hard Boiled Egg
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

29

Waffle Sticks
String Cheese or Yogurt
Fruit & Fruit Juice
Milk

30
 LUNCH

OCTOBER 2026

Waverly-Shell Rock Elementary

Welcome Back!!
If you have questions or concerns with the Infinite Campus
low-balance reminders/accounts, or any other questions or
concerns, please feel free to contact
Becky Prostine MPH, RDLD,
Director of Food Service

Monday

Bosco Cheese Sticks
Marinara
Peas
Baby Carrots
Pears
Milk

5**Tuesday**

Pulled Pork/Bun
Baked Beans
Coleslaw
Grapes
Milk

6**Wednesday**

Walking Taco
Refried Beans
Baby Carrots
Applesauce
Snickerdoodle Cookie
Milk

7**Thursday**

Turkey/Cheese Tortilla Roll
Cooked Carrots
Fresh Broccoli
Banana
Milk
Chocolate Chip Cookie

1

Popcorn Chicken
Tea Roll
Potato Wedges
Green Pepper Slices
Bananas
Milk

8**Friday**

Stuffed Crust Pepperoni Piz
Corn
Fresh Cauliflower
Mandarin Oranges
Milk

2

Hot Dog/Bun
Peas and Carrots
Fresh Broccoli
Dried Cherries
Milk
Chocolate Chip Cookie

9

Cheeseburger/Bun
French Fries
Baked Beans
Peaches
Milk

12

French Toast Sticks
Sausage Links & Yogurt
Hash Brown
Celery
Strawberries and Bananas
Milk

13

Chicken Nuggets
Tea Roll
Mashed Potatoes/Gravy
Baby Carrots
Fruit Cocktail
Milk

14

Cheese Pizza
Green Beans
Romaine Salad/Ranch
Pears
Milk

15

Breaded Chicken Patty/ Bur
Potato Smiles
Grape Tomatoes
Pineapple
Milk

16

No School

Professional
Development

19

Chicken Strips
Tea Roll
Sweet Potato Fries
Cucumber Slices
Apple Slices
Milk

20

Orange Chicken
Rice
Green Beans
Green Bell Pepper Slices
Strawberry Applesauce
Milk
Fortune Cookie

21

Sloppy Joe/ Bun
Baked Beans
Strawberry Spinach Salad
Mixed Berry Cup
Chocolate Chip Cookie
Milk

22

Stuffed Crust Pepperoni Piz
Corn
Fresh Cauliflower
Mandarin Oranges
Milk

23

Meatball Sub
Peas
Baby Carrots
Pears
Milk

26

Pulled Pork/Bun
Baked Beans
Coleslaw
Grapes
Milk

27

Walking Taco
Refried Beans
Baby Carrots
Applesauce
Snickerdoodle Cookie
Milk

28

Popcorn Chicken
Tea Roll
Potato Wedges
Green Pepper Slices
Bananas
Milk

29

Mini Corn Dogs
Peas and Carrots
Fresh Broccoli
Dried Cherries
Milk
Chocolate Chip Cookie

30