

PRAIRIE WEST ELEMENTARY

WAVERLY-SHELL ROCK CSD

NOVEMBER 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.

NORMAL SCHOOL HOURS



Monday, Tuesday, Thursday & Friday:
8:10 am – 3:10 pm
Wednesday:
8:10 am – 2:00 pm

CLOSINGS & CANCELLATIONS

Text messages will be sent to your phone regarding any late starts, early dismissals and cancellations. This is all done through our Infinite Campus system. If you do not receive any ***notifications***, please let Mrs. Graham know. If your child's normal routine is affected please let your teacher, the bus garage and Mrs. Graham know of any changes.

UPCOMING PTO EVENTS: MARK YOUR CALENDARS

Teacher Conference Meal Sign-Up
Our PTO is providing meals for teachers during conference night! If you're able to help, please sign up using the link: ***Fall Conference Meal Sign Up***. Thank you for supporting our Prairie West staff!

Next PTO Meeting:
- Monday, November 9, 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!



IMPORTANT DATES



Nov. 1: "Fall Back" Day Light Savings Time Ends
Nov. 4: Conference Scheduler Opens at 9:00 am
Nov. 11: Veterans Day Breakfast and Assembly
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
Nov. 19 & 23: Annual Book Fair (Held During Parent/Teacher Conferences)
Nov. 25-27: No School - Thanksgiving Break

WINTER WEATHER RULES

- 40 degrees or Below: winter coat, hats and gloves
- 40 to 59 degrees: coat/jacket or sweatshirt worn over regular clothes
- 60 degrees & over: no coat needed

Once it snows, you need boots & snowpants until Mrs. Westendorf says otherwise!



VIP DAY: KINDNESS ROCKS

A big thank-you to all of our wonderful VIPs who joined us at Prairie West for VIP Day! We loved seeing our students share their school day with the special people in their lives. During the visit, students and their VIPs decorated Kindness Rocks that will soon be displayed outside our school as "River Rocks of Kindness." A big thank you to Crosspoint Church for helping bring our Prairie West River of Kindness to life outside our school! We are grateful for your time and helping hands in creating this special display for our school community. Our River of Kindness is a wonderful reminder that even small acts of kindness can make a big difference! These colorful rocks will remind us that even the smallest acts of kindness can make a big difference. Thank you for being part of such a special day and helping us spread kindness throughout our school community!











PARENT TEACHER CONFERENCES



Parent-Teacher Conferences are coming up on Thursday, November 19, and Monday, November 23! Please review the schedule and information below to plan your conference times.

Conference Dates & Times

- **Thursday, November 19:** 1:00–7:30 pm (Childcare provided by PTO)
  Special dismissal at 12:25 pm
- **Monday, November 23:** 3:00–7:30 pm
  Early dismissal at 2:00 pm

How to Schedule Your Conferences

Online scheduling opens **Wednesday, November 4, at 9:00 am**. We encourage families to schedule early, as time slots are limited. To schedule your conferences:

1. Visit the ***Waverly-Shell Rock Community School District website***.
2. Click on **Parents.**
3. Select **Conference Scheduling.**
4. Follow the prompts to select your child's teachers and available conference times.

Helpful Information

- Each conference will last approximately **15 minutes**.
- You may schedule conferences with your child's classroom teacher and any specials teachers you wish to meet with. Specials include **Title I, PE, Art, and Music**.
- To schedule a conference with an **ELP teacher**, please email the school office to request a time.
- If your child receives special education services, **you may wish to coordinate their conference time with your child's classroom teacher.**
- **Childcare will be available in the gym during conferences on Thursday, Nov. 19 only!**

If you need help scheduling your conferences, please contact the school office. We look forward to connecting with our Prairie West families!

TEACHER CONFERENCE MEAL SIGN-UP



Our PTO is providing meals for teachers during conference night! If you're able to help, please sign up using the link: ***Fall Conference Meal Sign Up.***

Thank you for supporting our Prairie West staff!

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.



SCHOLASTIC BOOK FAIR!



Get ready to shop for your next great read! Stop by the Scholastic Book Fair during Parent-Teacher Conferences:

Thursday, November 19 | 1:00–7:30 pm
Monday, November 23 | 3:00–7:30 pm

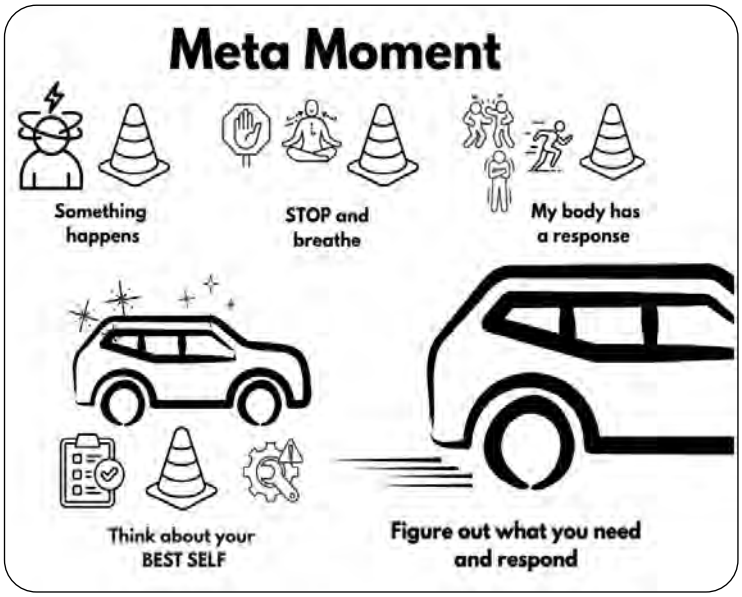
Help Make Our Book Fair a Success! We're looking for volunteers to help during the Scholastic Book Fair! If you're able to lend a hand, please *sign up online*. Thank you for supporting Prairie West and helping make the book fair a fun experience for our students!

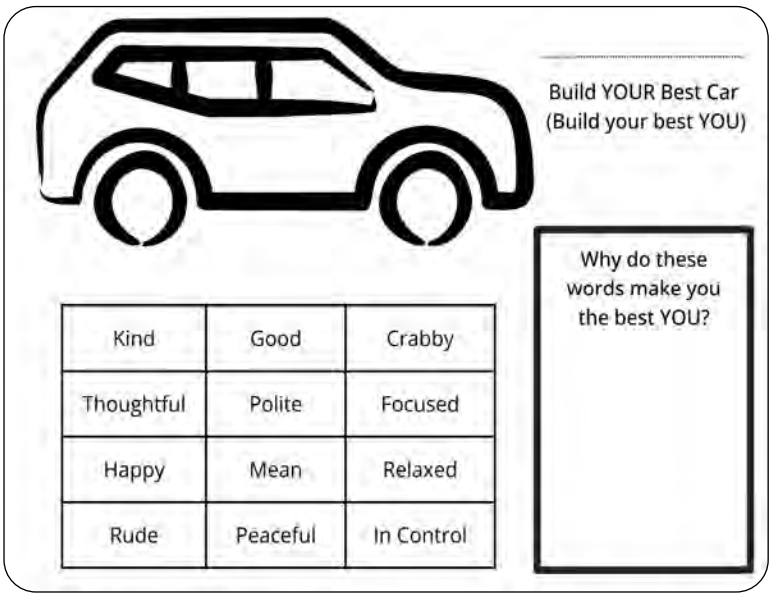
Can't make it in person?
Shop online November 16-29:
https://www.scholastic.com/bf/prairiewestelementary.

SOCIAL EMOTIONAL SKILLS UPDATE

In November students will be working through a "Meta Moment." When their amygdala sends out an alarm, it is important to take a moment to breathe and think about how the body is responding (name it to tame it). The exceptional thing about the "Meta Moment" is to think about your "best self."

- What do I look like at my best?
- What do I sound like at my best?
- What do I say and do when I'm at my best?





November-2026				
M	T	W	TH	F
2 - Day 4	3 - Day 1	4 - Day 2	5 - Day 3	6 - Day 4
9 - Day 1	10 - Day 2	11 - Day 3	12 - Day 4	13 - Day 1
16 - Day 2	17 - Day 3	18 - Day 4	19 - Day 1	20 - Day 2
23 - Day 3	24 - Day 4	No School	No School	No School
30 - Day 1				



BUS INFORMATION

The district transportation department will provide bus route details. If you have questions or need help with bus transportation, call 319-352-5009.

NORTHEAST IOWA FOOD BANK

WWW.NEIFB.ORG

BACKPACK PROGRAM

Waverly-Shell Rock Schools

Google Form Sign Up

Join our Backpack Program, which supplies food for students and families throughout every weekend in the academic year. Food is provided through the Northeast Iowa Food Bank and will be distributed to students every Friday at no cost. Students will pick up food bags from the front office on Fridays.



~~Benefits~~

- **ANY STUDENT ENROLLED IN THE DISTRICT CAN RECEIVE A FOOD BAG**
- **STUDENTS ELIGIBLE FROM K-12**
- **EASY SIGN-UP**
- **NO INCOME INFORMATION NEEDED**
- **PROVIDES NUTRITIOUS AND EASY TO PREPARE FOOD ITEMS**

Information Contact

If there are any questions or if you need help signing up, please contact:

Erin Hubbard

erin.hubbard@wsr.k12.ia.us

VETERANS DAY BREAKFAST & ASSEMBLY

Prairie West Elementary will honor our Veterans on Wednesday, November 11, with a special breakfast and student assembly. If your child would like to invite a Veteran, please complete and return the attached RSVP form to the office or your child's classroom teacher as soon as possible. We look forward to celebrating those who have served! Don't forget your red, white and blue!

PRAIRIE WEST ELEMENTARY

VETERANS DAY EVENT

On **Wednesday, November 11th**, Prairie West Elementary will honor our Veterans with a special breakfast and student assembly.

Donuts & Coffee- 7:50-8:10 AM
(Provided for Veteran Guest)

Students may purchase school breakfast at regular school charge and eat with their veteran guest.

Social in Lunchroom - 8:10-8:20 AM
Assembly - 8:20-8:40 AM

If your child has a Veteran they would like to invite to this event, please return the **RSVP** form to the office or your child's classroom teacher **no later than Friday, October 30th.**



Please wear RED, WHITE, and / or BLUE on Wednesday, November 11th to honor to our veterans' service.

Please detach and return the portion below. Thank you!

Child's Name: _____ Grade: _____ Teacher _____

Name of Veteran Guest: _____
(one guest per student)

My child is sharing a veteran guest with: _____
(name of other student)

My veteran guest will be eating breakfast: yes or no

Parent/Guardian Signature: _____

Please attach to this form or email a photo of your veteran guest to katie.mcgrane@wsr.k12.ia.us. We would love to include it in our assembly!

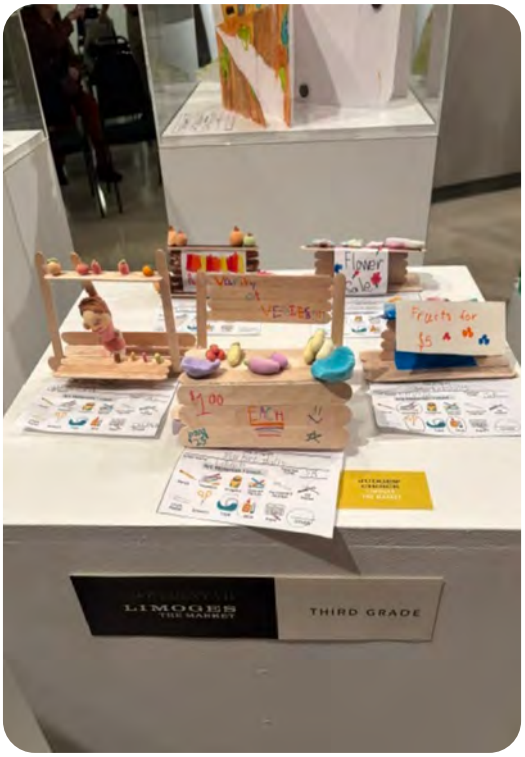
WARTBURG ART COLLABORATION

Over the summer, Mrs. Steuer and her student teacher, Teacher Neal, were offered the wonderful opportunity to work with the Wartburg Symphony on a very important project. For the past eight weeks, Prairie West and Shell Rock students have been working on various art projects that were paired with different movements of Russian composer Mussorgsky's "Pictures at an Exhibition". The students listened to the movement that their grade was paired with, and they created artwork based off of that theme! They combined their auditory and visual skills to create beautiful pieces that bring the music to life! Some of the art that WSR students worked so hard to make was displayed in the Wartburg art gallery and shown during the performance on October 17. All students should be very proud of their masterpieces











REMINDERS

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.

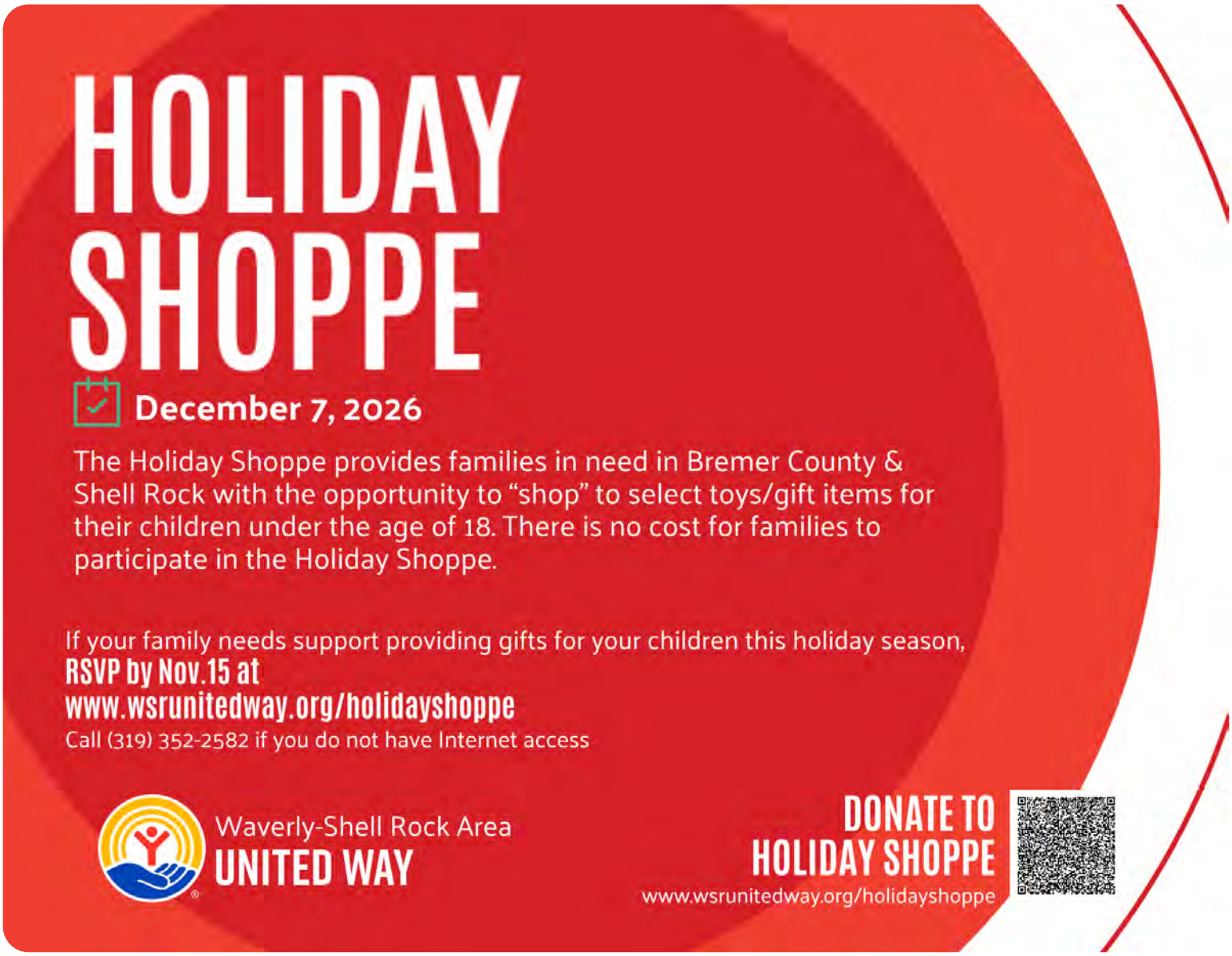
SCHOOL DROP-OFF REMINDER

Just a friendly reminder that we encourage parents to say goodbye to their students at drop-off rather than walking them to their classrooms. This helps students build independence and allows our mornings to run smoothly. If your child needs a little extra help getting to class, our staff is always happy to walk them in and help them get settled! Thank you for your understanding and for helping us make mornings at Prairie West a great start to the day!

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!



NURSES NOTES

November



HELLO FRIENDS!

November is a wonderful time to slow down, spend time with loved ones and reflect on the many things we're thankful for. What are you thankful for this year?

-Nurse Robbins

Gratitude & Kindness

November is a wonderful time to practice gratitude and kindness. These simple habits don't just make others feel good, they can also improve a child's mental and emotional well-being.

Children who regularly express gratitude often have a more positive outlook, build stronger friendships and learn healthy ways to manage stress. Parents can encourage gratitude with small, everyday moments. At dinner or bedtime, ask each family member to share one thing they are thankful for that day. Encourage your child to notice acts of kindness, say "thank you," write a note to someone special or help a neighbor.

When children see kindness modeled at home, they are more likely to show it to others. Small acts of kindness can have a big impact and help create happier homes, classrooms and communities.

Family Kindness Challenge

Complete as many acts of kindness as you can this month!

- ☐ Say "thank you" to someone.
- ☐ Help a classmate or sibling.
- ☐ Write a kind note or draw a picture.
- ☐ Give someone a compliment.
- ☐ Share with a friend.
- ☐ Help with a chore without being asked.
- ☐ Tell someone you're thankful for them.
- ☐ Make someone smile today.

did you know?

School-age children need **9–12 hours** of sleep every night for healthy growth, learning and emotional well-being.

IT'S OK TO ASK FOR HELP

If your child is struggling with anxiety, stress, sadness or big emotions, Waverly Health Center's behavioral health team is here to support children, teens and families. Talk to your or doctor about a referral.

CHRISTOPHEL CLINIC
(319) 483-1390
Samantha Wolff, *PMHNP-BC*

SHELL ROCK CLINIC
(319) 885-6530
Abby Nieman
PMHNP-BC

WOMEN'S CLINIC
(319) 483-4074
Dr. Ann Rathe
Holly Wardlow, LISW

CONTACT ME!

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

The Nurse's Notes are prepared in partnership with the Community Relations Department at WAVERLY HEALTH CENTER

PERSEVERANCE

Family Newsletter

PurposeFull People

Perseverance Overview

This month is all about Perseverance. One way to think about Perseverance is "pushing yourself through challenges and obstacles." We all experience challenges in our lives. We all have moments when we feel like we can't do it or that we want to give up on a big task. It is important to develop tools that help us work through those challenges in order to grow in those moments instead of giving up. How might you practice Perseverance as a family this month?

Perseverance 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 have Perseverance?
- When working towards goals, how does Perseverance help us to reach them?

PurposeFull Pursuits

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

#1

Consistency is hard. Have each person in the family commit to 1 thing they will do each day this week. Maybe it is flossing, drinking a certain amount of water, getting to bed at a certain time, limiting screen time, or exercising. Create a place where each person can tally their progress and see who can keep their streak going the longest!

#2

Review Perseverance as a family! Remember that Perseverance is pushing yourself to work through challenges and obstacles.
Here's a fun challenge: Can you fit your whole body through an index card? While it sounds impossible, with the correct folding and cutting technique, you can make it happen! Give each family member a 4x6 index card and a pair of scissors. Ready for the answer? You can find the directions and solution online by searching: "Fit Your Body Through an Index Card."

Hy-Vee

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

Marcela Bedore | (319) 234-7523 | 1866managermailgroup@hy-vee.com

K-4 STUDENT LUNCH: $3.10 | EXTRA MILK/ SNACK MILK: $0.65 | PLEASE NOTE: IN CASE OF A LATE START, BREAKFAST WILL NOT BE SERVED.

BREAKFAST

NOVEMBER 2026

Waverly-Shell Rock Elementary

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cinni Mini String Cheese or Yogurt Fruit & Fruit Juice Milk	3 Blueberry Muffin String Cheese or Yogurt Fruit & Fruit Juice Milk	4 Chocolate Chip Muffin String Cheese or Yogurt Fruit & Fruit Juice Milk	5 Frosted Long John String Cheese or Yogurt Fruit & Fruit Juice Milk	6 Pancakes/Syrup String Cheese or Yogurt Fruit & Fruit Juice Milk
9 Mini Donuts String Cheese or Yogurt Fruit & Fruit Juice Milk	10 English Muffin String Cheese or Yogurt Fruit & Fruit Juice Milk	11 Fruit & Yogurt Parfait/Granola String Cheese or Yogurt Fruit & Fruit Juice Milk	12 Cinnamon Breakfast Cake String Cheese or Yogurt Fruit & Fruit Juice Milk	13 Apple Cinnamon Pancake Bite String Cheese or Yogurt Fruit & Fruit Juice Milk
16 Poptarts String Cheese or Yogurt Fruit & Fruit Juice Milk	17 Pumpkin Chocolate Chip Muffin String Cheese or Yogurt Fruit & Fruit Juice Milk	18 Cereal Bar or Bowl String Cheese or Yogurt Fruit & Fruit Juice Milk	19 Toast/ Hard Boiled Egg String Cheese or Yogurt Fruit & Fruit Juice Milk	20 Waffle Sticks String Cheese or Yogurt Fruit & Fruit Juice Milk
23 Cinni Mini String Cheese or Yogurt Fruit & Fruit Juice Milk	24 Chocolate Chip Muffin String Cheese or Yogurt Fruit & Fruit Juice Milk	25 No School Thanksgiving Break	26 No School Thanksgiving Break	27 No School Thanksgiving Break
30 Mini Donuts String Cheese or Yogurt Fruit & Fruit Juice Milk				

LUNCH

NOVEMBER 2026

Waverly-Shell Rock Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheeseburger/Bun French Fries Baked Beans Peaches Milk	3 French Toast Sticks Sausage Links & Yogurt Hash Brown Celery Strawberries and Bananas Milk	4 Chicken Nuggets Tea Roll Mashed Potatoes /Gravy Baby Carrots Fruit Cocktail Milk	5 French Bread Pepperoni Pizza Green Beans Romaine Salad/ Ranch Pears Milk	6 Breaded Chicken Patty/ Bun Potato Smiles Grape Tomatoes Milk Pineapple
9 Chicken Strips Tea Roll Sweet Potato Fries Cucumber Slices Apple Slices Milk	10 Deli Croissant Baked Beans Strawberry Spinach Salad Mixed Berry Cup Chocolate Chip Cookie Milk	11 Pizza Quesadilla Green Beans Green Bell Pepper Slices Strawberry Applesauce Milk	12 Chicken Tettrazini Herb Tea Roll Broccoli Baby Carrots Banana Milk	13 Stuffed Crust Pepperoni Pizza Corn Fresh Cauliflower Mandarin Oranges Milk
16 Pizza Crunchers Marinara Peas Baby Carrots Pears Milk	17 Pulled Pork/Bun Baked Beans Coleslaw Grapes Milk	18 Walking Taco Refried Beans Baby Carrots Applesauce Snickerdoodle Cookie Milk	19 Popcorn Chicken Tea Roll Potato Wedges Green Pepper Slices Bananas Milk	20 Hot Dog/Bun Peas and Carrots Fresh Broccoli Dried Cherries Milk Chocolate Chip Cookie
23 Chicken Drumstick Biscuit Broccoli Baby Carrots Fruit Cocktail Milk	24 Cheeseburger/Bun French Fries Baked Beans Peaches Milk	25 No School Thanksgiving Break	26 No School Thanksgiving Break	27 No School Thanksgiving Break
30 Chicken Strips Tea Roll Sweet Potato Fries Cucumber Slices Apple Slices Milk				