

SHELL ROCK 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

Shell Rock Elementary
214 N. Cherry Street
Shell Rock, IA 50677
319-885-4311

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

Megan Borrett, Secretary
megan.borrett@wsr.k12.ia.us

Find us on Facebook at:
Shell Rock Elementary

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. Borrett know. If your child's normal routine is affected please let your teacher, the bus garage and Mrs. Borrett know of any changes.

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!



IMPORTANT DATES

Nov. 1: **"Fall Back" Day Light Savings Time Ends**
Nov. 4: **Conference Scheduler Opens up at 9:00 am**
Nov. 10: **Veteran's Day Assembly, 7:50-8:40 am**
Nov. 11: **Happy Veterans Day**
Nov. 19 & 23: Annual Book Fair, held during PT Conferences
Nov. 19: **Parent Teacher Conferences, 1:00 pm - 7:30 pm**
(special dismissal 12:25 pm - During PT Conferences, childcare will be provided by the Shell Rock PTO in the gym)
Nov. 23: **Parent Teacher Conferences, 3:00 pm -7:30 pm**
(early dismissal 2:00 pm - During PT Conferences, childcare will be provided by the Shell Rock PTO in the gym)
Nov. 25, 26 & 27: NO SCHOOL - Happy Thanksgiving Break!

Shell Rock Elementary

STUDENT OF THE MONTH LEADERS



HABIT 1: BE PROACTIVE

Our students are learning that being proactive means taking charge of yourself and making smart choices! Whether it's coming to class prepared, staying focused on goals, or choosing a positive attitude, these students show us what it means to lead the way to their own success.

We are so proud of your hard work and leadership at Shell Rock! Congratulations on being an awesome leader and setting a great example for your classmates!

NORTHEAST IOWA FOOD BANK

WWW.NEIFB.ORG

BACKPACK PROGRAM

Google Form Sign Up

Waverly-Shell Rock Schools

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

SHELL ROCK ELEMENTARY

Veterans Day Event

TUESDAY, NOVEMBER 10TH

As a thank-you from our staff and students, we'll be hosting a Veterans Day Breakfast and Assembly on

Tuesday, November 10th

Donuts and Coffee - 7:50-8:10 AM
(provided for student and their Veteran Guest only)

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

Assembly - 8:20-8:40 AM



Please Wear, RED, WHITE, and BLUE to honor as a tribute to our veterans service.

Thank You for Your Service.

BOOK FAIR INFORMATION

Our Shell Rock homepage is *https://www.scholastic.com/bf/shellrockelementaryschool*. Online shopping is available Nov. 16–29. The Annual Book Fair will be held during Parent Teacher Conferences on Nov. 19 & 23.



SHELL ROCK PTO UPDATES

The next PTO meeting will be:
Monday, November 16 at 6 pm, public library

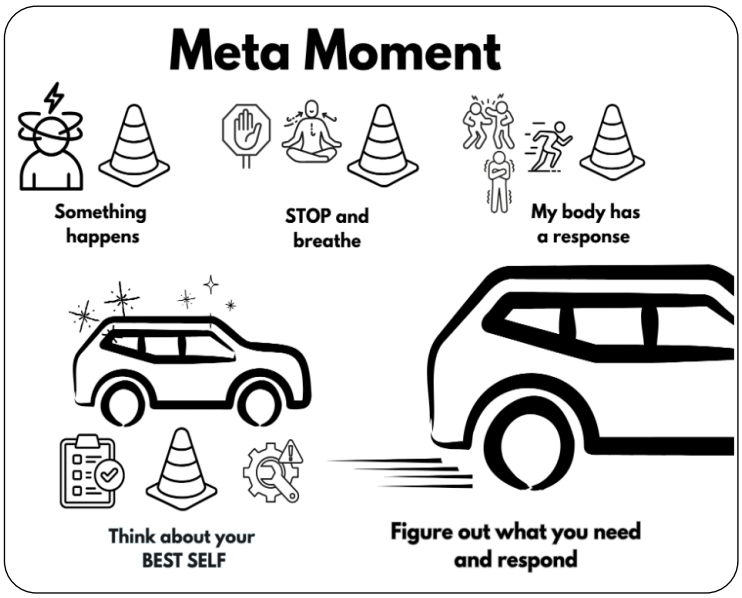
Thank You For Your Support!

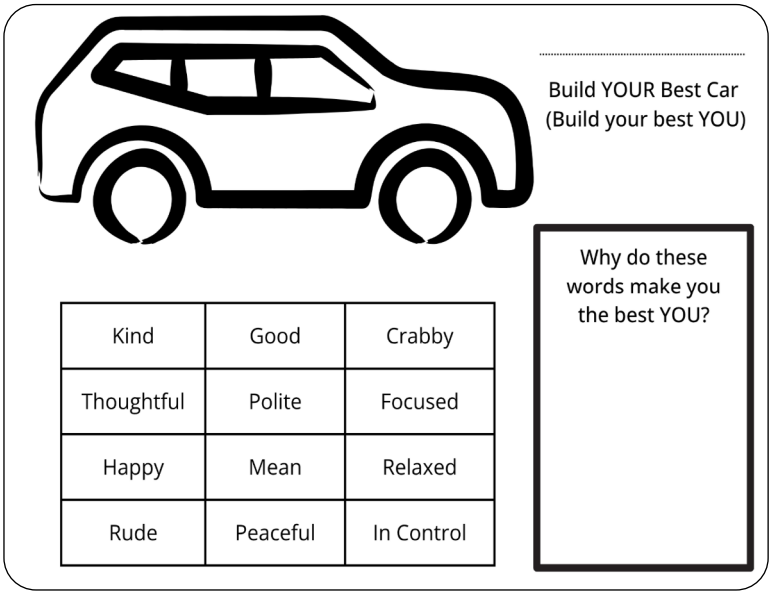
Thank you to everyone who supported McTeacher Night. With your help we raised over $1,200 to support students and staff at Shell Rock Elementary – or whatever you think sounds good!



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? Mid November look for a paper to come home that looks like the following images. Ask your students about their "best self" and what you can do to help them build on the human you want them to be.

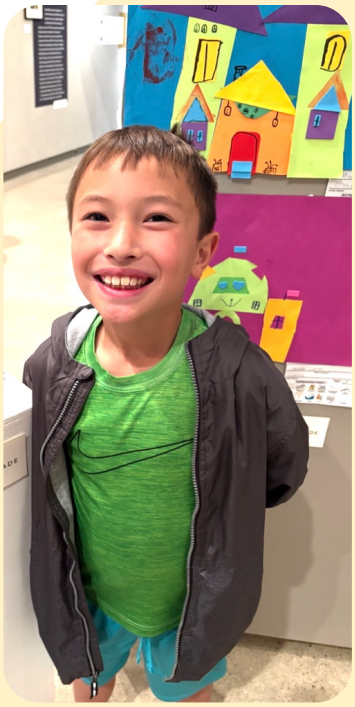




WHEN ART MEETS MUSIC: BRINGING "PICTURES AT AN EXHIBITION" TO LIFE!

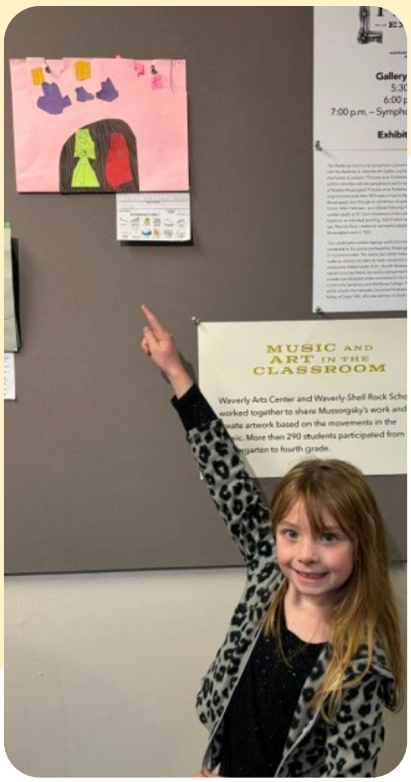
Over the summer, Mrs. Steuer and her student teacher, Teacher Neal, were offered the wonderful opportunity to work with the Wartburg Symphony on a very important project. For the past eight weeks Shell Rock and Prairie West students have been working on various art projects that were paired with different 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!

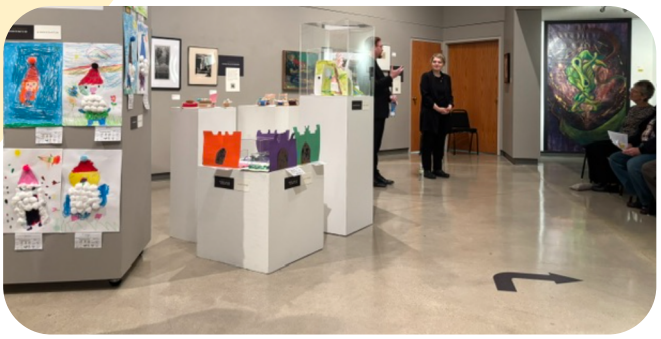














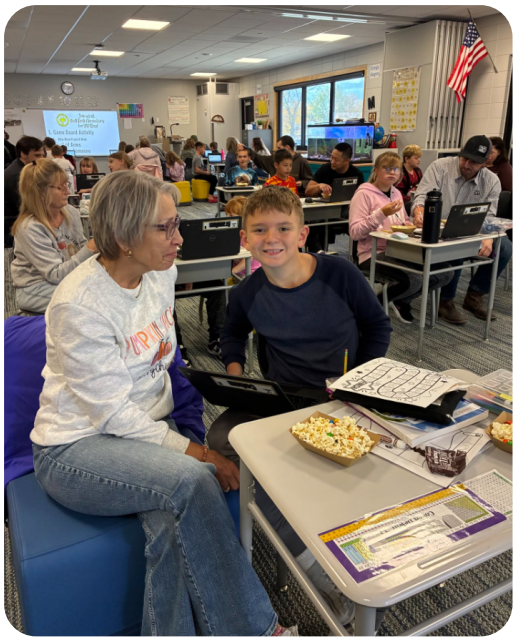
VIP DAY AT SHELL ROCK ELEMENTARY!

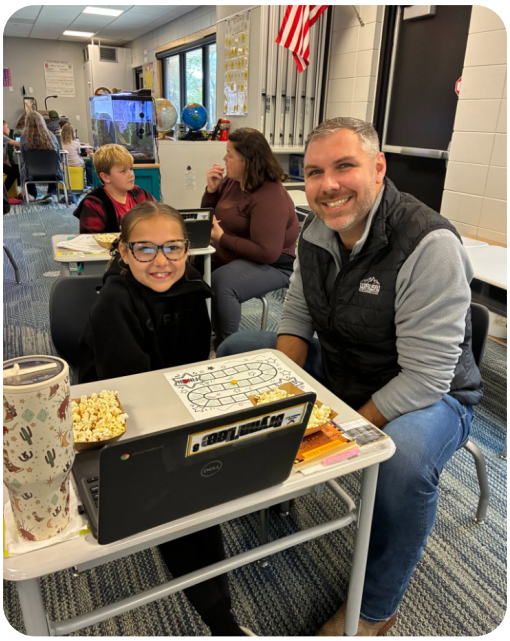
Friday, October 16, was filled with smiles and special memories as we welcomed our VIPs to Shell Rock Elementary! Two of our students put their leadership skills into action as VIP Tour Guides, proudly welcoming guests and escorting them to their classrooms. Thank you to all our wonderful VIPs for spending the afternoon with us, visiting classrooms, and enjoying a fun activity together. We are so grateful for these special moments with our Shell Rock Elementary family!

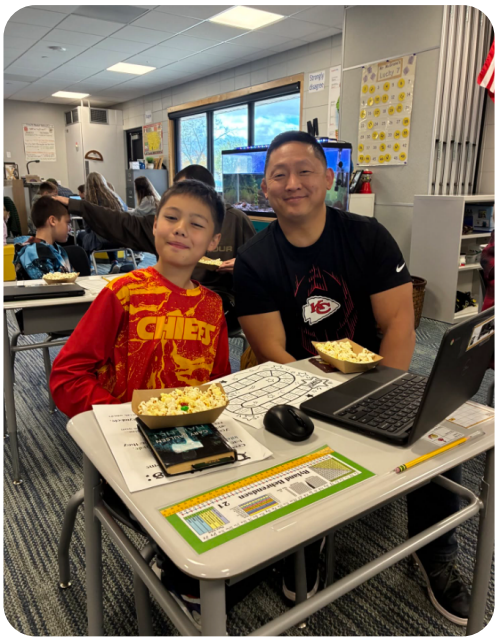














HOLIDAY SHOPPE

December 7, 2026

The Holiday Shoppe provides families in need in Bremer County & Shell Rock with the opportunity to "shop" to select toys/gift items for their children under the age of 18. There is no cost for families to participate in the Holiday Shoppe.

If your family needs support providing gifts for your children this holiday season,
RSVP by Nov.15 at
www.wsrunitedway.org/holidayshoppe
Call (319) 352-2582 if you do not have Internet access

Waverly-Shell Rock Area
UNITED WAY

DONATE TO HOLIDAY SHOPPE
www.wsrunitedway.org/holidayshoppe



from all of us at Shell Rock Elementary!

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

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				