

Gilbert Community School District

103 Mathews Drive, Gilbert, Iowa 50105

www.gilbertcsd.org



April 2016


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Congratulations to Curtis Martinek for being honored at the Outstanding Iowa Teachers Recognition Luncheon. Curtis is a finalist for the Presidential Awards for Excellence in Science and Mathematics Teaching which are the nation's highest honor for teachers in these content areas. Governor Terry Branstad and Iowa Department of Education Director Ryan Wise presented Mr. Martinek with a plaque for being a math finalist.

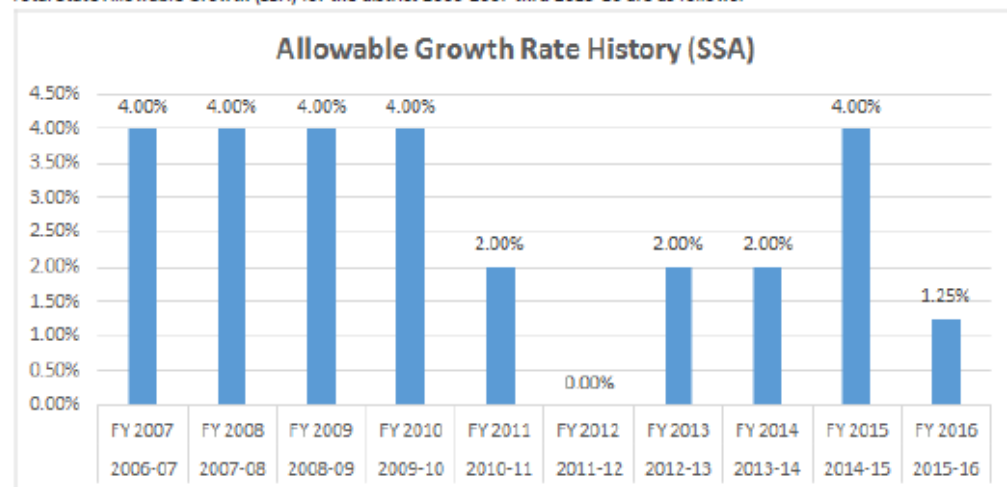
The Gilbert Drama department will be presenting a one act play in addition to the regular spring play next weekend on April 8th and 9th. The one act is entitled *Law and Order: Fairytale Unit* and the full length play is entitled *The Humor Games*. Both are comedies and one is a parody of the TV show *Law and Order* and the other is a parody of *The Hunger Games*. A large number of high school students are participating and it promises to be an evening of laughter. The show starts at 6:30 pm in the auditorium.

As many of you are aware, the Gilbert School District has earned a very strong reputation as a solid academic institution. We, like many schools in Iowa, have had a challenging time maintaining our programming when we have received less than effective state funding. Because of the increased enrollment in our district, we opened a new high school which has resulted in a variety of extra expenditures including additional staffing and building operating cost. The costs of mandated programming, three out of the last four years, have exceeded state funding increases. As a result of lower state funding and higher expenditures associated with increased enrollment, the Board of Education voted at the last meeting to bring to a budget hearing a proposal to raise the property tax by a sum of \$1.09 to 18.93 per \$1,000 valuation. In other words, for every \$100,000 of assessed valuation on a residential property, the annual assessed tax would be increased \$55.11.

Total tax rates for the district since 2011 are as follows:

FY11	FY12	FY13	FY14	FY15	FY16	Proposed FY17
\$20.00	\$19.98	\$17.99	\$17.48	\$17.72	\$17.84	\$18.93

Total State Allowable Growth (SSA) for the district 2006-2007 thru 2015-16 are as follows:



The District's Administration and Board of Education will work diligently to be fiscally responsible with the money accrued from this tax. We will be bringing this matter before a budget hearing on April 11th, 2016 at 6:00 p.m.

—Lindsey Beecher

[Click here for App!](#)



-SCHOOL INFORMATION-

2016-2017 Kindergarteners!

If you have a child that will be **5 years old** by **September 15, 2016**, he or she is eligible for kindergarten. Please call the Elementary School office at 232-3744. We will take the student name and some other basic demographic information.

This is not registration.

Enrollment forms will be sent, and we will hold a kindergarten round-up on April 18th and parent meeting April 7th.

Parent Meeting –April 7th at 6:30 at the Elementary School



Kindergarten Round-up –April 18th at the Elementary School. Parents will need to sign up for a specific time.

Elementary Music Concerts

2nd Grade

Thursday, April 14th at 6:30pm
High School Auditorium

Kindergarten

Monday, May 9th at 6:30pm
High School Auditorium

More information soon as dates draw near. Please contact Ashley Brown (BrownA@gilbert.k12.ia.us) if you have any questions.

Attention all Junior and Senior Parents:

The “After-Prom” party is open to all Junior and Seniors and their dates. Students do not have to attend the Prom to attend the “After-Prom” party. The party is a fun, safe environment for everyone to enjoy.

If you would like to help out or be involved, here are upcoming meetings. All meetings are at 6:30pm in the High School commons.

Wednesday, March 30

Wednesday, April 6

Wednesday, April 13

Prom will be April 16, 2016 and the “After-Prom” party will follow in the GHS commons and gym area. There will be food, drinks, games, prizes, and a raffle. This party has been a highlight of the Junior and Senior class and has been well attended in past years.

This event is funded exclusively by donations and is coordinated by Junior and Senior parents. In order to make the “After-Prom” a success, we are asking for a suggested \$30.00 tax-deductible donation per child. Please feel free to send your donation to the high school office or you may pay online through RevTrak on the district web site.

Thank you for your support.

Rhonda Gardner and Diane Rioux
2016 Post Prom Coordinators:

Guessing Jars for After Prom

The After Prom Committee needs your help!

We need 200 Guessing Jars so that every student who attends After Prom gets a jar.

Your donated jar can be as creative as you'd like! The kids love it when cash or gift cards are visible in the jars with the goodies!

Jars or donations can be dropped off at the High School office during office hours before
Friday, April 1st.

Please put a note on the jar with the number of pieces inside.

Contact Eileen Carter if you have questions:
esc600@gmail.com

–SCHOOL INFORMATION–

High School Information**—Layne Billings, Principal**

Mr. Martinek a finalist for the Presidential Awards for Excellence in Mathematics and Science Teaching



Curtis Martinek with Governor Terry Brandstad. Mr. Martinek was a finalist for the Iowa Presidential Award for Excellence in Mathematics and Science.

Congratulations to Curtis Martinek for being honored at the Outstanding Iowa Teachers Recognition Luncheon. Curtis is a finalist for the Presidential Awards for Excellence in Science and Mathematics Teaching which are the nation's highest honor for teachers in these content areas. Governor Terry Brandstad and Iowa Department of Education Director Ryan Wise presented Mr. Martinek with a plaque for being a math finalist.

[Iowa's Top Teachers Honored](#)

The Presidential Awards for Excellence in Mathematics and Science Teaching are the nation's highest honors for teachers in these content areas. Awardees serve as models for their colleagues, inspiration to their communities and leaders in improving mathematics and science education. Since 1983, more than 4,400 teachers have been recognized for their contributions in the classroom and to their profession.

Curtis Martinek teaches Advanced Mathematics (commonly called Precalculus), AP Calculus AB, Statistics and Math Applications at Gilbert High School. He has a bachelor of Arts in Mathematics Education and a Masters of Arts in Mathematics with a Secondary Teaching Emphasis from the University of Northern Iowa. This is Curtis' 13th year of teaching.

Congratulations Mr. Martinek!!

-SCHOOL INFORMATION-

High School Information

—Layne Billings, Principal

Gilbert High School High Honor Roll

Freshmen:

Sophia Adams, Mackenzie Anderson, Amelia Bal, Danielle Baltimore, Alexander Baumgarten, Brandon Bloebaum, Jack Borts, Luke Campbell, Lucas Carpenter, Brandon Carroll, Gage Christenson, Hannah Crow, Yetta Duster, Emma Etler, Brian Fergen, Madeleine Feyen, Olivia Fink, Morgan Gustafson, Robert Henson, Allie Houseman, Landon Howard, Trinity Jackson, Mitchell Johnson, William Johnston, Anna Kazwell, Kelly Kemp, Cael Klein, Matthew Koenig, Taylor Larimore, Natalie Lawrence, Matthew Laws, Jaxon Lehman, Eyrun Leifsdottir, Matthew Leners, Laura Lynch, Josephine McCarty, Michael Moody, Ella Mueller, Katelyn Murray, Riley Nelson, Kenyon O'Brien, John Ockey, Davi Patterson, Kaleb Pierce, Gabrielle Ricklefs, Alejandro Rico-Gomez, Jeffrey Rudman, Adrianna Rupert, Nathan Saltzman, Greta Sents, Benjamin Simodynes, Zachary Smith, Eva Steckelberg, Mark Steffen, Ethen Stuber, Mason Tharp, Hannah Thatcher, Taitum Torpy, Will Turner, Delaney Walker, Timothy Weber, Naomi White, Olivia Whitham, Rebecca Wickert, Samuel Wildeboer, Molly Winer

Sophomores:

Alexa Al-Hameed, Sidney Ayers, Kenneth Baker, James Bernard, Kally Billings, Emily Branson, Jamie Brenner, Seth Breyfogle, Abby Buchele, Jacob Calendine, Rylee Cannon, Tayler Cannon, Cheyenne Carlson, Elizabeth Cowley, Caroline Culek, Samuel DeMoss, Oliver Dies, Emily Duster, NajLa Evans, Sarah Farwell, Camry Folkmann, Oliver Goche, Erica Gorden, William Greder, Sydney Grouwinkel, Olivia Hampton, Jack Harper, Shelby Heimer, Garrison Holck, Makayla Houser, Abigail Jaquis, Katherine Jenkins, Madeline Jensen, Bradley Johnson, Caroline Knutson, Logan Litchfield, Abbie Lucht, Kenzie Miller, Emily Moe, Elizabeth Nelson, Connor Olson, James Partridge III, Brody Pietz, Margaret Pollard, Ajay Reed, Inga Rotto, Nathan Schmidt, Trudy Schoepfer, Sura Smadi, Camilla Smith, Joel Stahr, Jason Taylor, Ryan Weber, Lauren White

Juniors:

Alexandra Babcock, Ava Bal, Paige Bathie, Katherine Becker, Joanna Bober, Noah Brinkmeyer, Lauren Burrough, Mackenzie Carder, Courtney Carter, Dassah Clayton, Jazlyn Cornelious, Brandon Crow, Jack Currans, Lukas Daniels, Cody Dvorak, Taylor Forth, Roberto Gemignani, Joseph Gibbons, Mya Gibbons, Abigail Gorden, Maria Greufe, Christian Harder, Eli Harris, Ryan Hart, Schuyler Hop, Carter Johnsen, John Kazwell, Erin Kimle, Jacob Larimore, Steven Lawrence, Molly Laws, Madison Moody, Quinton Nespor, Xarianna Nunez-Hirald, Lauren Parker, Madeline Pritchett, Carly Rahn, Kate Ramirez, David Rico-Gomez, Philip Roetman, Lauren Rosburg, Robert Rudman, Grant Samson, Evy Schoepfer, Joanna Schwager, Samuel Sells, Jeb Shaw, Adam Simodynes, Ellen Sneller, Krishan Sritharan, Sandeep Stanley, Olivia Stearns, Noel Steckelberg, Andrew Thatcher, Joshua Timms, Laurence Vander Werff, Elena Weber

Seniors:

Adam Baker, Julianna Battles, Joshua Beste, Ryan Blum, Kyla Brandenburg, Jackson Breen, Andrew Cannon, Spencer Carlson, Kiersten Carter, Elisabeth Culek, Andrea Daley, LaVon Davis, Nicklas Day, Liam Dougherty, Cole Drzycimski, Natalie Gammon, Noah Goebel, Nicholas Greiner, Kristy Ihle, Omair Ijaz, Bryleigh Janvrin, Donovan Jenks, Elizabeth Johnston, Kristen Kemp, Gillian Klein, Caitlin Mander, Mary Marsh, Jonathan Mennecke, Andy Metzger, Megan Miller, Margarita Montiel, Audrey Nelson, Emily Olson, Grant Peterson, Annie Pollard, Sarah Reger, Barrett Schonefeld, Mackenzie St. Germain, Sarah Steffen, Quinn Vandenberg, Providence VanDerWeide, Paul



–SCHOOL INFORMATION–

High School Information

—Layne Billings, Principal

Gilbert High School Honor Roll

Freshmen:

Justin Adolphson, Jack Anderson, Taryn Anderson, Peyton Clatt, Alejandro Corral, Benjamin Gebhart, Zoie Goldstone, Kyle Grossnickle, Samantha Grove, Jared Jensen, Dylan Kleinwolterink, Seth Kumaroo, Jeffrey Marsh, Ryan Meehan, Ethan Mesenbrink, Noah Milhous, Owen Miner, Michael Moore, Colton Pike, Tristan Popillion, Anthony Porter, Hank Powers, Laura Sneller, Durga Sritharan, Elayna St. Germain, Cole Steenhoek, Victoria Strong, Samuel Strother, Keegan Sturdy, Julia Sutton, Benjamin Teske, Carter Weary, Justin Adolphson, Jack Anderson, Taryn Anderson, Peyton Clatt, Alejandro Corral, Benjamin Gebhart, Zoie Goldstone, Kyle Grossnickle, Samantha Grove, Jared Jensen, Dylan Kleinwolterink, Seth Kumaroo, Jeffrey Marsh, Ryan Meehan, Ethan Mesenbrink, Noah Milhous, Owen Miner, Michael Moore, Colton Pike, Tristan Popillion, Anthony Porter, Hank Powers, Laura Sneller, Durga Sritharan, Elayna St. Germain, Cole Steenhoek, Victoria Strong, Samuel Strother, Keegan Sturdy, Julia Sutton, Benjamin Teske, Carter Weary

Sophomores:

Noah Ante, Elaina Borg, Rachel Bryan, Nathan Chasey, Alexander Delaney, Thomas Doyle, Savannah Eaton, Jay Edwards, Megan Goodhue, Christian Graber, Michael Hart, Matthew Harwood, Sarah Hinner, Nathan Hochstetler, John Howell, Sumair Ijaz, Benjamin Lehmann, Dylan Nguyen, Graham Nicholson, Morgan Ogg, Jacob Peterson, Jacob Pohlen, Erik Raman, Cassandra Roche, Justine Rosburg, Samuel Royer, Alexander Sharp, Jacob Stevens, Calvin Stewart, Eric Swart, Nicholas Thielen, Gabriella Torresi

Juniors:

Lily Barber, Anna Benna, Sinjin Briggs, Sydney Fink, Matthew Gannon, Caitlyn Grebner, Bailey Hergenreter, McKenzie Hill, Zachariah Johnson, Grace Klopstad, Matthew Lynch, James McMurray, Kamryn Miller, Katherine Moore, Nikole Naberhaus, Madison Ogg, Tate Powers, Elizabeth Rioux, McKinley Rohrssen, Rebecca Rydl, Angela Schwartz, Stephen Shuka, Regan Suntken, Timothy Swanson, Jake Thompson, Matthew Tifft, Olivia Tyler, Mason Williams, Drew Wilson, Daria Ziola

Seniors:

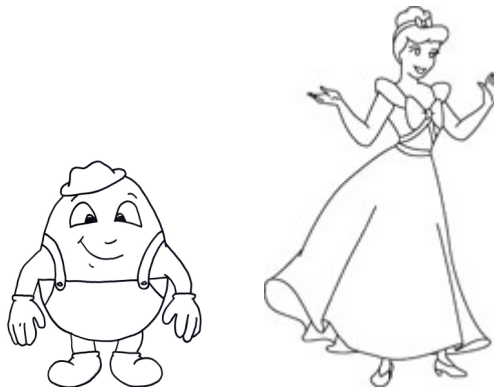
Tyler Austin, Zachary Becker, Madeline Bonthuis, Selina Call, Jordan Cole, Nicole Daub, Humza Firoz, Ryan Fleener, Allison Gardner, Austin Graber, Alec Gustafson, Ella Gustafson, Noah Hardy, Lydia Heydlauff, Ryan Jenkins, Garret Jensen, Emily Koenig, Jenness Lawless, Tiffany Loe, Riley Loonan, Christopher McGuire, Grant Pahl, Skyler Popillion, Aaron Rinehart, Abigail Rioux, Gavin Smith, Isaac Stahr, Josh Stevens, Abigail Stumbo, Simon Taylor, Sean Timberland, Riley Walker, Megan Willroth



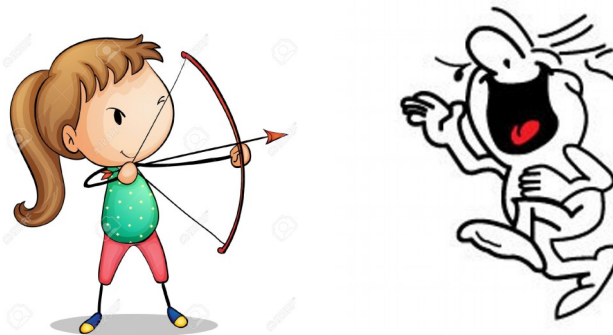
-SCHOOL INFORMATION-

Gilbert Theater Department Presents
A Night of Comedy

LAW AND ORDER: FAIRY TALE UNIT
By Jonathan Rand

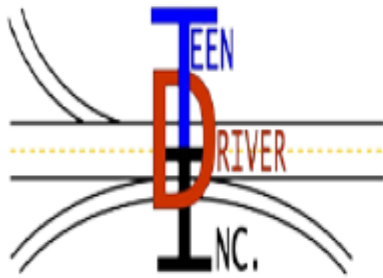


THE HUMOR GAMES
By Dean O'Carroll



APRIL 8th and 9th
7:00 PM
High School Auditorium

-SCHOOL INFORMATION-



▣--Teen Driver, Inc--▣▣ **ANNOUNCING 2016 SESSION** **DATES!**

Teen Driver Inc. is excited to announce class offerings for the Gilbert Community. We are the private driver education company serving the Gilbert District. Classes and drive times at Teen Driver Inc. meet all state guidelines. Our certified instructors working for Teen Driver Inc. are from the Gilbert Community with educational backgrounds and years of experience. They enjoy working with young drivers; are patient and understanding, very flexible and willing to work with the young driver to help them develop safe and defensive driving skills. Guest speakers are brought in to help emphasize the importance of safe driving. Each speaker shows the consequences of what could happen if rules of the road are not followed. Personnel from law enforcement, the medical field, insurance agents, the railroad department, the truckers association, and the Iowa Statewide Organ Procurement Organization are all included as guest speakers. Drive times are arranged the first night of class.

Upcoming 2016 Sessions:

- Spring - GHS-8 Mon/Wed:03/21/16- 04/25/16 (6-9pm)
- Summer - GHS-9 Mon-Fri:06/01/16- 06/14/16 (1pm to 4pm)

GHS-10 Mon/Fri:06/15/16- 06/28/16 (1pm to 4pm)

REGISTRATION: For registration and more specific information please check out the Teen Driver Inc. website at teendriverinc.com. Questions please call or email Karl Terrones, Teen Driver Inc. Coordinator at 515-520-1485 or karlterrones@gmail.com. Thank you for considering Teen Driver!

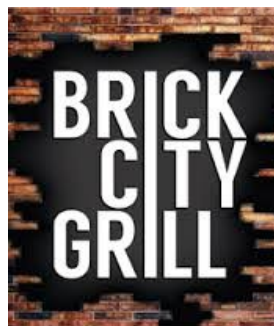
-FOUNDATION NEWS-



Gilbert Rock Hop 2016—SATURDAY, APRIL 2nd!

Sneak Peeks: We have some fabulous packages that we are excited to share with you. Please visit the Foundation website for a complete list www.gilbertiowafoundation.org. If you see any package that a group can go in on, please contact your friends.

Raffle Ticket Sales: Thank you to everyone who bought and sold raffle tickets. Your last chance to purchase tickets will be the night of the Rock Hop. This year's tickets feature coupons from Brick City Grill, Dairy Queen, Fareway, Subway and Texas Roadhouse. Not only can you get some great coupons, but the raffle prize is cold hard cash!



Mobile Bidding: You will be getting a mobile bidding tutorial you tube link on Friday. This will walk you through the easy mobile bidding process. You will get your welcome text Saturday afternoon. You will be notified via your smart phone if you have been out bid on your auction item! This will be the only bidding method for the silent and super silent auction.

-GILBERT FINE ARTS BOOSTERS-

SCRIP PROGRAM HELPS RAISE FUNDS FOR THE GILBERT FINE ARTS BOOSTERS.

Fine Arts Boosters and Gilbert PTO benefit when friends and family use SCRIP certificates to shop at places like Walmart, Younkers, and Walgreens. The funds raised are split:

- 50% goes to your family's Gilbert school account and can be used for school-sponsored trips and/or school-sponsored driver education class.
- 25% goes to Fine Arts Boosters
- 25% goes to PTO.

More information may be found at gilbert.k12.in.us/district/scrif.



Board of Directors

President
Jane Weaver

Vice President (Membership)
Jen Weber

Vice Presidents (Volunteers)
Shelly Billings & Pam Vandenberg

Treasurer
Diane Janvrin

Secretary
Laureen Borg

Gilbert Schools Rep (ex officio)
Byron Tinder

The Gilbert Fine Arts Booster Club is classified as a public charity and exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code. Contributions to the Gilbert Fine Arts Boosters are deductible under section 170 of the Code.

2015-16 MEETING SCHEDULE

October 8, 2015	February 11, 2015
November 12, 2015	March 9, 2015
December 10, 2015	April 14, 2015
January 14, 2016	

Meetings are held at the High School at 7PM. Please check website as dates are subject to change.

Gilbert Fine Arts Boosters

P.O. Box 192
Gilbert, IA 50105
www.gilbertfab.org

GILBERT FINE ARTS BOOSTERS



Enhancing the fine arts programs offered by the Gilbert School System

About Us

The fine arts uniquely enrich and enhance our students as they prepare for the future. The Gilbert Fine Arts Boosters are a group of Gilbert area parents and patrons who volunteer time and resources to enhance the fine arts program offered by the Gilbert school system. We actively:

- Raise money to support the fine arts programs at Gilbert.
- Organize volunteers to support fine arts activities such as large group contests, theater productions, and concerts.
- Communicate fine arts priorities to Gilbert school administrators and the school board.
- Identify and meet the needs of fine arts teachers and staff.



Annual Fundraising

Every fall the Gilbert Fine Arts Boosters conduct a membership drive to generate funding to support ongoing fine arts activities at Gilbert schools. Each year we raise and distribute thousands of dollars that directly benefit Gilbert fine arts students: collegiate and music camp scholarships, instruments and equipment, meals for students attending honor events in art and music, middle school band pins, high school drama awards, meals for contest judges, music contest medals and accompanists, supplemental choir robes and band uniforms, money for drama production expenses, and more.

How Can I Get Involved?

We are always looking for individuals to get involved with the Fine Arts Boosters!

- Become a Booster member.
- Attend the Fine Arts Boosters monthly meetings.
- Sign up to help volunteer with fine arts events and activities.



GET INVOLVED TODAY AND SUPPORT THE GILBERT FINE ARTS PROGRAM!

Sign me up for a Fine Arts Boosters membership!

Select one:

- ☐ **Platinum**
Includes four fine arts passes* \$500
- ☐ **Gold**
Includes four fine arts passes* \$250
- ☐ **Silver**
Includes two fine arts passes* \$100
- ☐ **Bronze** \$50

* Fine arts passes are valid for entry to band/choir concerts, plays, and musicals.

Sign me up for volunteering!

- ☐ Sewing/alterations of uniforms and costumes.
- ☐ Donate food for events.
- ☐ Volunteer at events.
- ☐ Chaperone events.
- ☐ Return cans/bottles to redemption center.
- ☐ Help with fundraising activities.

Name: _____

Address: _____

Email: _____

☐ I wish to keep my membership anonymous.

Make checks payable to "Gilbert Fine Arts Boosters" and send to:

Gilbert Fine Arts Boosters
P.O. Box 192
Gilbert, IA 50105



-PTO NEWS-

Gilbert PTO News

Mileage Club: This program is sponsored by Mary Greeley Medical Center and organized by Gilbert PTO volunteers at Gilbert Elementary and Intermediate Schools. The program begins Monday, May 30. Volunteers can sign up to mark cards and cheer on students on our website GilbertPTO.org.



Conference Meals: Thank you to everyone who contributed to conference meals last month! Special thanks to Abby Mitchell, Laura Clouse, Mindan Lytle, and Deb Swanson for planning, setting up, and cleaning up the meals!



Volunteer Opportunities: We need volunteers for the following activities:

- 1) Carnival organizers
- 2) Back-to-school social at Intermediate school
- 3) Yearbooks at Elementary and Intermediate schools



If it's the time commitment you're worried about, find a friend (or 2 or 3!) to work with!

Library Volunteers Needed: The librarians at the Elementary and Intermediate schools appreciate all the volunteer help they have received! But, the year isn't over yet! If you have time to volunteer (mornings at the Elementary school and afternoons at the Intermediate school), please visit our website GilbertPTO.org for the link to sign up.



Meeting: Our next meeting is scheduled for Monday, April 25th at 7:00 pm at Gilbert Elementary School. Free childcare is provided. We will discuss Bingo, Mileage Club, and Teacher Appreciation. This is a great opportunity to meet other Gilbert parents and learn how you can support our schools!



Follow Us: You can keep updated on all of our activities on our Facebook page "Gilbert Iowa Community Schools PTO" or our website GilbertPTO.org! To learn more about our volunteer opportunities or if you have questions regarding any of our activities, please email us at PTO@Gilbert.K12.IA.US.



—SCHOOL NEWS—

High School News

—Layne Billings, Principal

Gilbert High School National Merit Scholarship Finalists

Two Gilbert High School students have been named 2016 National Merit Scholarship Finalists. Nick Day and Grant Peterson achieved the honor on the basis of their scores on the Preliminary SAT/National Merit Scholarship Qualifying Test. They now have an opportunity to continue in the competition for nearly 8,000 Merit Scholarship® awards worth more than \$32 million. Finalists are the highest scoring entrants in each state and represent less than one percent of the state's seniors. Each year 2.5 million students take the qualifying test. In September, 34,000 students receive "commended" status and another 16,000 advance forward as National Merit Semi-finalists. By February, only 7,4000 students nationwide remain in the competition. Approximately half of the Finalists will be Merit Scholarship winners. These winners are chosen on the basis of their abilities, skills, and accomplishments--judged by their potential for success in rigorous college studies and beyond



Nick Day

Grant Peterson



Dance-a-thon a Success!

On Saturday, March 5th the high school students danced the night away for a good cause. The goal was to raise \$1,000 for Blank Children's Hospital's Child Life program; they raised \$4,726.11 through MANY generous contributions from our entire Gilbert family.

There was more than dancing and games going on, several brave Gilbert students and families shared their stories of their multiple hospital stays (Malcolm Thornock's family, Tristan Popillion, Riley Loonan, and Annie & Maggie Pollard on behalf of their little brother).

It was definitely a great night to be a Tiger!

Cathy Anderson and Rebekah Hamblin
Student Council Sponsors



-SCHOOL NEWS-**High School News****—Layne Billings, Principal****Congratulations
Sandeep Stanley!!!**

Sandeep Stanley, a junior at GHS, has been nominated to All-State Individual Speech in Spontaneous Speaking!!!

He will be performing at UNI on April 4th.

District Individual Speech Results

Noah Brinkmeyer - II in Spontaneous Speaking, advancing to State in Radio News
Mason Tharp - advancing to State in both Radio News AND Acting
Sydney Fink - II in Musical Theatre, advancing to State in Poetry
Mackenzie Carder - advancing to State in both Literary Program AND Original Oratory
Regan Suntken - advancing to State in Public Address
Ally Babcock - advancing to State in Improv
Sarah Steffen - advancing to State in Poetry
Sandeep Stanley - advancing to State in Spontaneous Speaking
Allie Houseman - advancing to State in Poetry
Ryan Weber - advancing to State in Musical Theatre

Other students who did a great job but will not be moving on to State:

TJ Swanson - Radio News and Improv
Beau Henson - Radio News and Spontaneous Speaking
Asha Bober - Spontaneous Speaking
Alex Rico-Gomez - Original Oratory
Durga Sritharan - Poetry and Musical Theatre
Katherine Becker - Original Oratory
Camry Folkmann - Musical Theatre and Literary Program
Olivia Fink - Acting
Delaney Walker - Musical Theatre
Mark Steffen - After Dinner Speaking
Anna Babcock - Storytelling

State Contest is Saturday March 12th at Des Moines North High School.



-SCHOOL NEWS-

High School News

—Layne Billings, Principal

Career and Technical Education Showcase

On April 1 the Story County Consortium for Career and Technical Education will be hosting a CTE Showcase at DMACC Hunziker Center in Ames. Approximately 100 students from 7 schools- Gilbert, Ames, Ballard, Collins-Maxwell, Colo-Nesco, Nevada, and Roland-Story- will be competing in Industrial Technology, Business, and Family and Consumer Sciences.

Six Gilbert HS I-Tech students will be participating in a building trades competition in which they will be given a list of materials and a tools and equipment list. They will be asked to build a small woods project that cannot exceed a specific set of size parameters. They will have approximately 30 minutes to plan and design and about 90 minutes to build the project. In addition, they will complete a measurement exercise. In the afternoon, all of the students will be visiting a job site of one of the local construction companies to observe several of the trade industries at work.

The Business Ed kids will be participating in a marketing activity in which they will be developing and organizing a local charity event for a local human service agency (the Boys and Girls Club). They will travel to the Club in the morning to meet with staff and see the facility. They will then return to DMACC and develop a fundraising plan and marketing strategy to promote the fundraiser. Their task will be to:

1. Organize a local charity event
 - a. Create a presentation identifying
 - i. What the event is
 - ii. Components of the event (pre-determined)
 - iii. Cost breakdown
 - iv. Advertising
 1. How/where
 2. Example poster/flyer
 - v. Target market
 - vi. Number of volunteers and supplies for each component/area of event

The Business Showcase will mix schools into groups. Gilbert High School has 5 students participating.

The Family and Consumer Sciences students will be competing in a "Chopped" Contest (similar to the TV show). There will be 18 teams competing this year. Students will be given a Box/Bag with a protein, grain, fruit, vegetable and a "Special" ingredient. There are also items for their use in the "Pantry". Students have 15 minutes to plan, 45 minutes to prepare, 15 minutes to present and then time to clean-up.

The judges this year are Nolan N. Green, Chef de Cuisine – Iowa State University Dining ; Cori Albers, Chef, Lincoln Center Hy-Vee, Ames ; and

Joyce Hoppes, Consumer Information, Iowa Pork Producers Association.

The Pork Council has generously donated the pork and Barilla has supplied us with whole grain pasta as well as sauce for the pantry.

Along with the Cooking Competition students will be given an objective test on Math and Measurement, have Boone HyVee Dietician Jocelyn Pohl as a guest speaker and will also take a Field Trip to Workiva (which employs more than 950 people with offices in 16 cities). The company is headquartered in Ames, Iowa.

Students will begin with a tour of the building facilities and see the Gym, Workout facility, Racquetball courts, Game room, and Atrium. They will then have the opportunity to go into the cafe area and be shown the different stations, menus, and the front of the house. Moving to the back of the kitchen they will see some of the Workiva team in action, getting ready, prepping their stations, mis en place, etc. Depending on the time they tour students may also see menu production as employees enjoy their lunches. Gilbert High School FCS will have 3 teams competing. Teams may be comprised of 2-4 members. **GOOD LUCK TIGERS!!**



-SCHOOL NEWS-

High School News

—Layne Billings, Principal



Fifteen students from Gilbert's Advanced Foods class witnessed some of the best cooking done in High Schools at the 2016 Iowa ProStart Invitational on March 1 at the Iowa Events Center. The event was hosted by the Iowa Restaurant Association Education Foundation.

ProStart® is a nationwide, two-year high school program that unites the classroom and industry to develop the best and brightest talent into tomorrow's restaurant and foodservice leaders. The top winners in both the culinary and management events are crowned state champions and advance to compete at the National ProStart Invitational, April 2016 in Texas where more than \$1 Million in scholarships are awarded to the top five teams in both events.

The Culinary Competition was a Top Chef-style competition that made the students feel the heat with just 60 minutes to create a three-course meal using only two butane burners. A panel of professional industry judges judged and critiqued the students on taste, knife skills, teamwork, safety and sanitation, and much more. Thirteen schools competed in the Culinary.

The Management Competition was a Shark Tank-style competition that challenged students to create a restaurant concept from the ground up and pitch their business idea to a panel of Iowa restaurant industry professional "investors" (judges). Additionally, students had to think on their feet as a separate panel of judges fired industry-related questions at them in a Critical Thinking format.

Gilbert students thought it was very interesting and fun to watch these high school students work together as real chefs.



-SCHOOL NEWS-

High School News

—Layne Billings, Principal

FCCLA NEWS



This is the second year Gilbert FCCLA and the adaptive learning class are collaborating to provide a service to high school staff- Kyra's Koffee. Adaptive learner super senior Kyra and FCCLA have started a coffee by subscription service. Kyra and friends deliver 12 oz. cups of coffee (or tea and hot chocolate) in reusable thermal cups to participants each morning during first period. Subscriptions may be daily or for specific days of the week. Refills are free throughout the morning, but staff need to visit room 114 for refills. Used cups are collected and machine washed daily at the same time that fresh cups are delivered.

The coffee is medium roast, 100% Rainforest Alliance Certified and coffee condiments are included upon request. Participants are billed twice monthly and staff are not charged when absent and their substitutes may have complimentary coffee. Coffee service is available every day during the school year with the exception of in-service days. FCCLA is excited to be working once again with Kyra (and friends) on this project!



—SCHOOL NEWS—

High School News

—Layne Billings, Principal

FFA News

GILBERT FFA SUCCEEDS AT DISTRICTS

The Gilbert FFA chapter had good representation at the District competition with 27 chapter members in attendance. These competitors participated in a wide variety of leadership events that took place at AGWSR High School (Ackley) on March 5, 2016. Three different participants moved on to state because of outstanding performances in their respective events. Those moving on are: Ally Babcock (Public Speaking), Noah Brinkmeyer (Radio Broadcast), and the Parliamentary Procedure team (Cody Dvorak, Philip Roetman, Garrison Holck, Eric Davis, Calvin Stewart).

The Iowa FFA Leadership Conference will be held at Iowa State University on April 18-19.

Ally Babcock was also selected as the North Central District Vice-President. She was slated on a ballot of 10 individuals that were picked from a group of 24 that interviewed for a position. After being slated, Ally spoke in front of 40 different chapters and was then voted in by delegates.



-SCHOOL NEWS-

High School News

—Layne Billings, Principal



TIGER STRENGTH

**TIGER
STRENGTH**

 WINTER
2015

OUTSTANDING LIFTERS FOR WINTER

OUTSTANDING LIFTER!
QUINN VANDENBERG



Quinn Vandenberg, a senior, is one of the two outstanding lifters for the winter session. Quinn finished the winter with a total of 42 workouts. The impressive part about those is that many came at 5 in the morning!

Quinn has shown a strong commitment to the weightroom over the winter months and has improved in every single area by leaps and bounds.

Great job Quinn!

OUTSTANDING LIFTER!
SETH BREYFOGLE



Seth Breyfogle is our second outstanding lifter for the winter months. Seth is currently a sophomore and has worked extremely hard over the last couple months.

Seth has put in 43 workouts over winter and a total of 74 since summer! He's been a strong leader in the weightroom and a good role model for the younger athletes.

Keep up the good work Seth!

WINTER RECAP

The winter season is over and the number of workouts totaled over 4500 for girls and boys!

On the boys side, the freshman rolled to an impressive showing with a total over 1400 for the group. Mitchell Johnson led the way for the boys with 50 workouts over the winter. The Jansen brothers were not far behind, with Cale putting in time on 46 mornings and his brother, Jared, coming in for 45 workouts.

The freshman girls also had the highest overall workouts among the classes with over 600. The overall leader for the girls was Gabi Ricklefs with 23!

For both the boys and girls there was an impressive number of Middle School students who came in during the mornings. A big thanks to all the parents who drove them in on those cold mornings!

For the year, Cale Jansen is in a strong lead for overall workouts (see chart to the right). As he wraps up his HS career he is nearing almost 450 total workouts!

OVERALL LEADERBOARD

BOYS		
2467	FRESHMEN	
1514	JUNIORS	
1260	SOPHOMORES	
1044	8th Grade	
817	SENIORS	
486	7th Grade	
Lifts	Name	Gr
95	Jensen, Cale	Sr.
88	Johnson, Mitchell	9
85	Larimore, Jake	Jr.
84	Swanson, Tim	Jr.
81	Jensen, Jared	9
75	Hum, Cooper	8
74	Breyfogle, Seth	So
73	Barragy, Matt	9
72	Nelson, Austin	9
71	Anderson, Jack	9
70	Dvorak, Cody	Jr.
70	Harris, Eli	Jr.
69	Howell, John	So
68	Turner, Will	9
67	Harris, Brock	So

GIRLS		
1018	FRESHMEN	
690	JUNIORS	
451	SOPHOMORES	
203	SENIORS	
127	7th GRADE	
87	8th GRADE	
Lifts	Name	Gr
62	Ricklefs, Gabi	Fr.
56	Clatt, Peyton	Fr.
49	Anderson, Mackenzie	Fr.
48	Babcock, Ally	Jr.
47	Moody, Madison	Jr.
45	Lynch, Laura	Fr.
44	Nunes-Hirald, Xary	Jr.
43	Goodhue, Megan	So
42	Strong, Tori	Fr.
41	Gruefe, Maria	Jr.
41	Tyler, Olivia	Jr.
41	Thatcher, Hannah	Fr.
40	Rydl, Rebecca	Jr.
40	Weber, Elena	Jr.

SPRING WEIGHTROOM TIMES

The spring training program is currently underway. The door on the south side of the school by the weightroom will be open for entry. This schedule will go through October.

Be sure to check out the website listed for the current calendar.

SCHEDULE:

MONDAY 6:15-7:15am

TUESDAY 6:15-7:15am

THURSDAY 6:15-7:15am

<https://sites.google.com/a/gilbert.k12.ia.us/tigerstrength/home>





Elementary/Intermediate Breakfast Menu



Friday

Breakfast \$1.35				Egg and Cheese WG Burrito Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
4 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	5 WG Pancakes Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	6 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	7 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	8 Egg and Cheese on WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
11 NO BREAKFAST	12 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	13 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	14 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	15 Egg and Cheese WG Burrito Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
18 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	19 WG Pancakes Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	20 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	21 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	22 Egg and Cheese on WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
25 NO BREAKFAST	26 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	27 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	28 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	29 Egg and Cheese WG Burrito Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk

Middle School Breakfast Menu



Friday

Breakfast \$1.35				Sausage and Egg /W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
4 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	5 WG Pancakes Sausage Links Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	6 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	7 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	8 Sausage and Egg /W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
11 NO BREAKFAST	12 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	13 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	14 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	15 Sausage and Egg /W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
18 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	19 WG Pancakes Sausage Links Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	20 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	21 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	22 Sausage and Egg /W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
25 NO BREAKFAST	26 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	27 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	28 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	29 Sausage and Egg /W G Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk

High School Breakfast Menu



Friday

Breakfast \$1.35				<p>1</p> <p>Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>
<p>4</p> <p>WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>	<p>5</p> <p>WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>6</p> <p>WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>7</p> <p>WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>	<p>8</p> <p>Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>
<p>11</p> <p>NO BREAKFAST</p>	<p>12</p> <p>WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>13</p> <p>WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>14</p> <p>WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>	<p>15</p> <p>Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>
<p>18</p> <p>WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>	<p>19</p> <p>WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>20</p> <p>WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>21</p> <p>WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>	<p>22</p> <p>Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>
<p>25</p> <p>NO BREAKFAST</p>	<p>26</p> <p>WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>27</p> <p>WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk</p>	<p>28</p> <p>WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>	<p>29</p> <p>Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk</p>

Elementary/Intermediate Lunch Menu



Friday

Lunch Prices: Elem K-5 \$2.35 Adult \$3.45 Extra Milk \$0.30				1 Chicken & Cheese Quesadilla Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Milk
4 Crispito Savory Blackbeans Celery Sticks Applesauce Orange Wedges WG Chips & Cheese Milk	5 Baked Chicken Mashed Potatoes w/gravy Broccoli Florets Carrot Sticks Mandarin Oranges Red Grapes WG Dinner Roll Milk	6 Cheese Pizza Mixed Greens Salad Sliced Cucumbers Pear Halves Sliced Apples Banana Cake Milk	7 Cheeseburger / WG Bun Seasoned Corn Sliced Tomatoes Radishes Pineapple Tidbits Canteloupe Milk	8 Chicken Strips Seasoned Green Beans Pasta Salad Red Pepper Strips Fruit Cocktail Banana Milk
11 Walking Taco Lettuce and Cheese Carrot Sticks Pear Halves Sliced Apples Milk	12 Chicken Patty /WG Bun Steamed Broccoli Shredded Lettuce Sliced Tomatoes Fruit Cocktail Orange Wedges Milk	13 Mini Corn Dogs Baked Beans Green Pepper Strips Grape Tomatoes Mandarin Oranges Banana Milk	14 Egg Roll Fried Rice Peas & Carrots Sliced Cucumbers Pineapple Tidbits Canteloupe Milk	15 Mozzarella Cheese Sticks Marinara Sauce Seasoned Peas Cauliflower Florets Sliced Peaches Red Grapes Chocolate Pudding Milk
18 Chicken Fajitas Mixed Vegetables Red Pepper Strips Green Pepper Strips Fruit Cocktail Orange Wedges Milk	19 Italian Dunker Sauce Spinach Salad Grape Tomatoes Applesauce Kiwi Bread Stick Milk	20 Chicken Nuggets Sauteed Summer Squash Celery Sticks Radish Pear Halves Strawberries & Bananas WG Teddy Grahams Milk	21 Deli Combo Sub Sweet Potato Crisp Cuts Shredded Lettuce Sliced Tomatoes Sliced Peaches Red Grapes Milk	22 Hot Dog /WG Bun Baked Beans Carrot Sticks Mandarin Oranges Melon Milk
25 Pepperoni Pizza Seasoned Green Beans Carrot & Celery Sticks Hummus Pineapple Tidbits Sliced Apples Milk	26 Fish Sticks Mashed Potatoes Red Pepper Strips Sliced Cucumbers Sliced Peaches Orange Wedges WG Dinner Roll Milk	27 Grilled Cheese Sandwich Tomato Soup Carrot Sticks Broccoli Florets Applesauce Banana WG Goldfish Crackers Milk	28 Cheeseburger /WG Bun Seasoned Corn Sliced Tomatoes Radishes Pear Halves Canteloupe Milk	29 Macaroni and Cheese Sausage Patty Seasoned Peas Grape Tomatoes Broccoli Florets Fruit Cocktail Red Grapes WG Cookie Milk

Middle School Lunch Menu



Chef Salads are also available		Lunch Prices: MS 6-8 \$2.40 Adult \$3.45 Extra Milk \$0.30		Chicken & Cheese Quesadilla Lasagna Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Milk					
4	Crispito Hot Dog /WG Bun Savory Blackbeans Celery Sticks Applesauce Orange Wedges WG Chips & Cheese Milk	5	Baked Chicken Breaded Pork Patty Mashed Potatoes /gravy Broccoli Florets Mandarin Oranges Red Grapes WG Dinner Roll Milk	6	Cheese Pizza Sloppy Joe /WG Bun Mixed Greens Salad Mandarin Oranges Red Grapes Banana Cake Milk	7	Cheeseburger WG Bun Chicken Tetrizzini Seasoned Corn Sliced Tomatoes Pineapple Tidbits Canteloupe Milk	8	Chicken Strips Cheesy Tiger Bread Seasoned Green Beans Pasta Salad Fruit Cocktail Banana Milk
11	Walking Taco Cheese Quesadilla Lettuce and Cheese Diced Tomatoes Carrot Sticks Pear Halves Sliced Apples Milk	12	Chicken Patty /WG Bun Mr Rib /WG Bun Steamed Broccoli Shredded Lettuce Sliced Tomatoes Fruit Cocktail Orange Wedges Milk	13	Mini Corn Dogs Hawaiian Chicken Wrap Baked Beans Green Pepper Strips Mandarin Oranges Banana Milk	14	Chicen Egg Roll Shrimp Poppers Fried Rice Peas and Carrots Sliced Cucumbers Pineapple Tidbits Canteloupe Milk	15	Mozzarella Cheese Sticks Meatball Sub Marinara Sauce Seasoned Peas Sliced Peaches Red Grapes Chocolate Pudding Milk
18	Chicken Fajitas Ground Beef Stroganoff Mixed Vegetables Peppers and Onions Fruit Cocktail Orange Wedges Graham Cracker Milk	19	Italian Dunker Sauce Baed Potato /w Ham & Cheese Spinach Salad Grape Tomatoes Applesauce Kiwi Bread Sticks Milk	20	Chicken Nuggets Macaroni and Cheese Sauteed Summer Squash Celery Sticks Pear Halves Strawberries & Bananas Teddy Grahams Milk	21	Deli Combo Sub Chicken Alfredo Sweet Potato Crisp Cuts Shredded Lettuce Sliced Tomatoes Sliced Peaches Red Grapes Milk	22	Hot Dog /WG Bun Hamburger /WG Bun Baked Beans Carrot Sticks Mandarin Oranges Melon Milk
25	Pepperoni Pizza Yogurt Parfait Seasoned Green Beans Carrot & Celery Sticks Hummus Pineapple Tidbits Sliced Apples Milk	26	Crispy Fish Beef Gravy Mashed Potatoes Red Pepper Strips Sliced Peaches Orange Wedges WG Dinner Roll Milk	27	Grilled Cheese Sandwich Chicken Caesar Wrap Tomato Soup Carrot Sticks Broccoli Florets Applesauce Banana Milk	28	Cheeseburger /WG Bun Chicken Tetrizzini Seasoned Corn Sliced Tomatoes Pear Halves Canteloupe Milk	29	Macaroni and Cheese Sausage Patty Chicken Panini Seasoned Peas Grape Tomatoes Fruit Cocktail Red Grapes WG Cookie Milk

High School Lunch Menu



Chef Salads and Deli Sandwiches are also available as Entree Choices		Lunch Prices: HS 9-12 \$2.45 Adult \$3.45 Extra Milk \$0.30		Chicken and Cheese Quesadilla Lasagna Pizza Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Milk	
4	Crispito Hot Dog /WG Bun Savory Blackbeans Celery Sticks Applesauce Orange Wedges WG Chips and Cheese Milk	5	Baked Chicken Breaded Pork Patty Mashed Potatoes/gravy Broccoli Florets Mandarin Oranges Red Grapes WG Dinner Roll Milk	6	Cheese Pizza Sloppy Joe /WG Bun Mixed Greens Salad Sliced Cucumbers Carrot Sticks Pear Halves Sliced Apples Banana Cake Milk
7	Cheeseburger /WG Bun Chicken Tetrizzini Seasoned Corn Sliced Tomatoes Pineapple Tidbits Melon Doritos Milk	8	Chicken Strips Cheesy Tiger Bread Pizza Seasoned Green Beans Pasta Salad Fruit Cocktail Banana Milk	11	Walking Taco Cheese Quesadilla Lettuce and Cheese Refried Beans Carrot Sticks Pear Halves Sliced Apples Milk
12	Chicken Patty /WG Bun Mr Rib /WG Bun Steamed Broccoli Shredded Lettuce Sliced Tomatoes Fruit Cocktail Orange Wedges Doritos Milk	13	Mini Corn Dogs Hawaiian Chicken Wrap Pizza Baked Beans Green Pepper Strips Mandarin Oranges Banana Milk	14	Chicken Egg Roll Shrimp Poppers Fried Rice Peas & Carrots Sliced Cucumbers Pineapple Tidbits Cantaloupe Milk
15	Mozzarella Cheese Sticks Meatball Sub Pizza Marinara Sauce Seasoned Peas Cauliflower Florets Sliced Peaches Red Grapes Chocolate Pudding	18	Chicken Fajitas Ground Beef Stroganoff Mixed Vegetables Peppers and Onions Fruit Cocktail Orange Wedges Graham Cracker Milk	19	Italian Dunker Sauce Baked Potato /w Ham & Cheese Spinach Salad Grape Tomatoes Sliced Cucumbers Applesauce Kiwi Bread Sticks
20	Chicken Nuggets Macaroni and Cheese Pizza Sauteed Summer Squash Celery Sticks Pear Halves Strawberries & Bananas Teddy Grahams Milk	21	Deli Combo Sub Chicken Alfredo Sweet Potato Crisp Cuts Shredded Lettuce Sliced Tomatoes Sliced Peaches Red Grapes Milk	22	Hot Dog w/WG Bun Hamburger w/WG Bun Pizza Baked Beans Carrot Sticks Mandarin Oranges Melon Milk
25	Pepperoni Pizza Yogurt Parfait Seasoned Green Beans Carrot and Celery Sticks Hummus Pineapple Tidbits Sliced Apples Milk	26	Crispy Fish Beef in Gravy Mashed Potatoes Red Pepper Strips Sliced Cucumbers Sliced Peaches Orange Wedges WG Dinner Roll Milk	27	Grilled Cheese Sandwich Chicken Caesar Wrap Pizza Tomato Soup Carrot Sticks Applesauce Banana WG Goldfish Crackers Milk
28	Cheeseburger /WG Bun Chicken Tetrizzini Seasoned Corn Sliced Tomatoes Pear Halves Cantaloupe Doritos Milk	29	Macaroni and Cheese Sausage Patty Chicken Panini Pizza Seasoned Peas Grape Tomatoes Fruit Cocktail Red Grapes WG Cookie		

–WELLNESS TIPS–



Pick a better snack™

April 2016

Peaches

This month with Pick a better snack™ students are tasting peaches or another stone fruit. Stone fruits, like peaches, plums, apricots and avocados, have a large stone or pit in the center. You probably know how delicious a fresh peach is in the summertime. This is because it is in season. When fruits and vegetables are in season they taste better and are usually less expensive.

Peaches can grow in Iowa, but aren't ready to be picked until July or August. It's fun to look forward to summer when we can eat a sweet, juicy peach. In the meantime, your money will likely go farther buying canned or frozen peaches. Look for store brands for the same product at a cheaper price.

Peach Tips

Selecting: Choose golden colored fresh peaches with no green color or bruises. Hard peaches will typically ripen.

Storing: Place unripe fresh peaches in a paper bag at room temperature for faster ripening. Peaches are ripe when they give to gentle pressure. Refrigerate ripe peaches in a plastic bag for up to 5 days. Store unopened cans of peaches at room temperature. Once the can is opened, the remaining peaches should be stored in a tightly covered container (not in the can) and refrigerated.

Buying: A great price for fresh peaches is \$.99 per pound (about 3 medium peaches). When buying canned peaches, select peaches packed in 100% juice. If buying frozen, look for "unsweetened". Single-serve containers are convenient, but are usually more expensive. Compare brands of fruit cups for the best price.

Ideas for Eating Peaches

- Wash a fresh peach under cold running water and eat it for a yummy snack.
- Chill canned peaches for a refreshing snack or dessert.
- Sprinkle cinnamon on canned peach slices.
- Top warm oatmeal or cold cereal with diced peaches.
- Sprinkle granola on top of diced peaches.
- Add frozen peaches to smoothies.
- Cut up fresh peaches and add to a fruit salad.
- Add diced peaches to cottage cheese for a healthy snack.
- Top pancakes with diced peaches for a healthy alternative to syrup.



Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information.



Wash. Bite. How easy is that?



-COMMUNITY ANNOUNCEMENTS-

COMMUNITY ANNOUNCEMENTS ARE PROVIDED AS A SERVICE BY THE GILBERT COMMUNITY SCHOOL DISTRICT, WHICH DOES NOT SPONSOR NOR ENDORSE THESE activities

WISH LIST

(Please check expiration dates!)

FOOD ITEMS

- Canned pineapple
- Canned mandarin oranges
- Canned chicken
- Cereal
- Soup (not tomato or chicken)
- Canned meals (ravioli, beef stew, etc.)

NON-FOOD ITEMS

- Diapers (size 4-6 & pull-ups)
- Laundry detergent
- Shampoo & conditioner
- Toilet paper & paper towels
- Toothpaste & toothbrushes

LIVE UNITED



United Way of Story County

THANK YOU!

www.uwstory.org

LIVE UNITED FOOD DRIVE APRIL 25–MAY 5

HUNGER IS REAL

For the first time in five years,
the need is growing: More than
1 in 4 children in Story County are
eligible to receive free/reduced lunch



YOU CAN HELP!

Donations will benefit the food pantries
of Story County and ensure children
have food during the summer.

*Cash donations are also welcomed.
Please make checks payable to
United Way of Story County.*

Questions?

Contact Shannon at
(515) 268-5142 or
sbardole@uwstory.org

Gilbert Community School District
103 Mathews Drive
Gilbert, Iowa 50105
www.gilbert.k12.ia.us

Return Service Requested



Are you tossing this in the
trash? Request your address
be removed from our
mailing list by calling
515-232-3740 or emailing
newsletter@gilbert.k12.ia.us

THANK YOU!