



# Gilbert Community School District

103 Mathews Drive, Gilbert, Iowa 50105  
[www.gilbert.k12.ia.us](http://www.gilbert.k12.ia.us)










February 2016



## SUPERINTENDENT'S MESSAGE

Looking for a gift idea for the Gilbert Schools? Please visit the District Wish List – There is a “wish list” of items that each school would love to acquire. If interested in donating one of these items to the schools, please visit [www.gilbertiowafoundation.org](http://www.gilbertiowafoundation.org) to view the Wish List. Go to the tab “Support the Foundation”, [Make a Gift](#), Wish List Gift Opportunities.

### In this issue:

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We were also very excited to be featured in an article on the Iowa Department of Education website. Our work with MTSS, which is a program designed to fill in gaps for struggling students, in the elementary building was highlighted as a very effective tool to helping students become proficient in their schoolwork. If you would like to read this outstanding article, here is the link:

<http://tinyurl.com/zj3sras>

I have been asked to be a member of the Ames Chamber of Commerce Board of Directors and was glad to accept. I believe this is a great opportunity for me to be a voice with the Chamber for the people in the Gilbert district. We have been hard at work to build strong ties with the Ames community as this can directly benefit our student population in a number of ways. Our collaboration with community leaders will help enhance several of our programs in the district, including Business Horizons and several project based learning programs in the middle school. Our strong ties to Iowa State University and the Ames business community will help open doors for our students and I am excited to be able to serve the district in this way. If you ever have some thoughts/concerns for the Chamber, please feel free to contact me so I can advocate on your behalf.

I have had the opportunity to attend a variety of extra- curricular activities this winter and would encourage you to come out and enjoy the different levels and variety of activities. We are currently working on overhauling our school's website to make it more user friendly, but the activities calendar is a great place to start if you'd like to support our students in their activities.

We have been very lucky so far this winter with our weather. I hope it continues but be sure to get signed up for our alerts in case of inclement weather.

—Lindsey Beecher

[Click here for App!](#)



GILBERT COMMUNITY SCHOOL DISTRICT

## -SCHOOL INFORMATION-



### Preschool 2016-2017 Sign Up

For any child that will be 4 years old by September 15, 2016, we will have our preschool sign-up on **February 1 at 9:00 am**. All sign-up will be done **online**. A link will be found on the district website.

There are four sections of preschool at Gilbert, 2 morning and 2 afternoon sections. Preference is given to district residents first, followed by students who have siblings who are already open enrolled into the district and then all other children.

### Calling all 2016-2017

#### Kindergarteners!

In an effort to make plans for next school year, we are beginning sign-up for the Kindergarten class of 2016-2017. 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 and parent meeting in the spring.



### Health Reminders to Parents:

- 1) 6th grade parents check on immunizations. They will need Tdap vaccine before the start of 7<sup>th</sup> grade next fall.
- 2) 8th grade parents. Your student will need a dental screening form completed before starting 9<sup>th</sup> grade next fall.
- 3) Medications should be brought to the school by the PARENT especially ADHD controlled medication where the tablets will be counted by the Nurse or secretaries when it arrives. Each medication needs to be in its labeled prescription bottle or original box container.

Please have your student should stay home if:

- 1) Has a fever of 100 degrees or greater and not return until fever free for 24 hours not on Tylenol or Ibuprofen.
- 2) Has Diarrhea and only return when it has stopped for 24 hours
- 3) Is vomiting or has vomited and should remain home for 24 hours after vomiting has stopped.
- 4) Has an unexplained rash or skin lesions should be seen by doctor.
- 5) If has weeping skin lesions needs to have them covered and have seen by a doctor.
- 6) If they have colored drainage from eyes, or pink eye is suspected.

Feel free to call me and keep us updated on your child's health needs.

Sincerely,

Laura Metzger RN, BSN



### FCCLA Spaghetti Supper

Tuesday, February 9th  
from 6:40 to 8:40

Gilbert High School Commons  
312 Gretten Street, Gilbert IA



This supper will provide our chapter with the opportunity to build our leadership skills and show appreciation to the community. We will raising money for Children and Families of Iowa in need.



## -SCHOOL INFORMATION-

### Attention Gilbert Alumni!!

On **Friday, Feb. 12<sup>th</sup>**, we are planning an alumni pep band event! If you are a Gilbert Alumni, play an instrument, and are interested in playing with the High School Pep Band on Feb. 12<sup>th</sup>, please let us know. Byron Tinder is our band director and is ready to welcome alumni! The evening will start with a tour of the new high school at 5:00. Then at 5:30 the pep band will get together for set up. The National Anthem will be played at 6:00 and there will be songs played at halftime and between games. All alumni playing in the band will get free admission to the games (along with their immediate family members). Please RSVP to Deedee Clark Haselhoff, class of 2007, at [cycloneteacher@gmail.com](mailto:cycloneteacher@gmail.com). We will accept all players, but would love an idea of who is coming and what instrument they play, for Mr. Tinder to prepare music ahead of time. Don't forget to bring your instrument! Invite your friends and help us get the word out!!



### Public Screening

**Where: Gilbert High School Auditorium  
312 Gretten St.  
Gilbert, IA 50105**

**When: Wednesday February 3<sup>rd</sup> 7:00 p.m.**

#### The Film.

For most of the last century, entry-level jobs were plentiful, and college was an affordable path to a fulfilling career. That world no longer exists. The feature-length documentary *Most Likely to Succeed* examines the history of education, revealing the growing shortcomings of our school model in today's innovative world. Directed by acclaimed documentarian Greg Whiteley, the film has been named "among the best edu-documentaries ever produced" by *Education Week*, and called a "smart and engaging look at education in the 21st century" by *The Hollywood Reporter*. *Film Threat* stated that "this film should be a required course for all parents and educators." *Most Likely to Succeed* is an official selection of many of the nation's top film festivals, including the prestigious 2015 Sundance Film Festival and Tribeca Film Festival.

#### The Movement.

While change in schools seems hard, it's possible. We know. Our team of experts has worked with hundreds of schools - public, private, lower grades, higher grades, urban, suburban, and rural. Our goal is to help thousands of schools across America move to the next level. We will be offering a state-of-the-art online platform that allows educators, administrators, parents, and students to organize screenings of our film, and embark on an effective process to improve learning outcomes. And we're working closely with thought leaders and nonprofit partners to help our schools move forward in creative and innovative ways. Work with us to bring your school community together to make the changes that will help students and teachers thrive.



## -SCHOOL INFORMATION-

High School Information

—Layne Billings, Principal

### Business Horizons Feb. 9-12, 2016

#### GILBERT NEEDS YOUR HELP (CORPORATE OR INDIVIDUAL)

- **CASH DONATIONS** To help offset the cost of the program [Signup Genius Link](#)
- **DONATIONS TO SUPPORT INDUSTRY ADVISORS** see [Signup Genius Link](#)
- **INDUSTRY ADVISORS** Partner with a teacher to facilitate a group for February 9-12, we need 1 more

**PLEASE CONTACT: CARRIE CLARK, GILBERT CSD**  
**515-232-3740; [clarkc@gilbert.k12.ia.us](mailto:clarkc@gilbert.k12.ia.us)**

**About Business Horizons:** Gilbert Business Horizons is a one-of-a-kind, hands-on, action-oriented, in-school program for juniors and seniors to teach them about the world of business and what the future holds for them. Our mission is to promote the value of the free enterprise system through leadership, teamwork, entrepreneurial activities, and personal development opportunities.

**About "BH" Week:** During Gilbert Business Horizons, approximately 200 juniors and seniors will be actively engaged in several activities:

- developing a product
- making financial decisions (via a business simulation) about their operations
- developing a marketing plan & a television infomercial
- preparing and delivering a 10-minute formal presentation to investors, similar to Shark Tank

Students will also hear business leaders share their own personal stories about success in marketing, customer service, corporate giving, international business, why Iowa is a good place to live, work and raise a family, character and ethics, etc.

The students are divided into teams or industries (15 per team). Each industry is lead by a volunteer from the business world and a teacher (industry advisors) who spend four days facilitating team building activities, discussing the speakers and how their information helps the industry succeed, and guiding them through each of the four components described above.

**The Business Simulation:** A highlight of the BH experience is participation in a business simulation from Junior Achievement, called MESE. The simulation provides the students an opportunity to run a manufacturing business over a 2 - year business cycle, complete with an expansion period and a recession thrown in to make it interesting! The students make quarterly decisions on price, production, marketing, research and development, and capital investment.

Each industry is divided into three companies, all competing for market share. The simulation is divided into ten rounds, each simulating a business quarter. Preceding each round, the students have a newspaper headline posted in their industry headquarters. The headline gives hints as to the economic twists and turns that may or may not cause the students significant grief! Of course, during the first few rounds, the students pay no attention to the headlines...but they soon learn that outside economic forces do impact their business!

**IT'S CHALLENGING ... IT GETS CRAZY ... IT'S FUN!!!**



**Mark your calendar:**  
Iowa Assessments will be taken for **ALL** grades  
**March 29 through April 8th!**

## -SCHOOL INFORMATION-

High School Information

—Layne Billings, Principal

### NHS Blood Drive



The Gilbert High School chapter of National Honor Society will be hosting its annual blood drive on **Friday, February 26**. The event will run from 11-4 at the High School gym.

If you would like to donate blood please call Jen Schnormeier at (515)232-2728 or sign up online at <http://tinyurl.com/GHSdrive>

### Attention all Junior and Senior Parents:

It is time to start planning the "After-Prom" party for 2016.

**If you would like to be a part of the planning committee, please join us for the next meeting:**  
**Thursday, February 11, 2016 at 6:30pm in the high school commons.**

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.

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:



## -FOUNDATION NEWS-



### GILBERT EDUCATION FOUNDATION NEWS:

Find us at [www.gilbertiowafoundation.org](http://www.gilbertiowafoundation.org) or  
Email: [gilbertfoundation.ia@gmail.com](mailto:gilbertfoundation.ia@gmail.com)

We would like to start out by sending out a BIG thank you to all who support the Gilbert Foundation and the school district through your donations of time, talents, and treasures.

- **Schools Wish List**  
On the Foundation website you will find a school wish list of items that the administration and teachers would love to have funded. If you are looking for a way to give and want to sponsor an item, please visit the Foundation website and look under the tab "Support the Foundation ~ Make a Gift". On the left hand column you will see, "Wish List Gift Opportunities".
- **Holiday Shopping Boutique & November Neighborhood Drive**  
Thank you to all who supported the November Neighborhood Drive. We are putting all those donations to good use while securing our wonderful auction items. Thank you also to all the vendors and shoppers at the Holiday Shopping Boutique. This event benefits our Foundation and provides many silent auction baskets for the Rock Hop.
- **ROCK HOP 2016 – SAVE THE DATE - Saturday, April 2<sup>nd</sup>**  
The theme is "Celebrating Our Super Heroes". Please look for your Rock Hop invitation in the mail the end of February / early March. Buy your raffle tickets to win CASH!! Help us to make Gilbert Schools the BEST they can be by attending Rock Hop 2016!



- **AREA FARMERS : Grain Donation Opportunity to Support the "Gilbert Community Garden"**  
Still interested in donating bushels of grain to the Gilbert VoAg/FFA Community Garden? The Gilbert Key Co-Op is still accepting bushels of grain to support the infrastructure for the Community Garden. The community garden, with the help of Gilbert Students, has produced pounds & pounds of produce which is donated to the local food pantry each year. Here are the details for donating grain.....Deliver grain to your local Key Cooperative and designate # of bushels to be donated to the Gilbert FFA/Foundation account. The grain will be stored through March of 2016 at the Key Cooperative in order for the Vo-Ag/FFA students to market the bushels. Cash donations are also accepted to support the Community Garden ☺!



## -FOUNDATION NEWS-



Gilbert Rock Hop 2016  
Save the Date: April 2nd - Gateway Hotel

**Save the Date!** The theme for the 2016 Rock Hop is "Celebrating our Super Hero".

Grab a mask, cape or go all out! Captain America, Superman, Wonder Woman...who will you be? We can't wait to see all of our Super Heroes at the Rock Hop!

**Sneak Peeks:** Be sure to check your inbox for our weekly sneak peeks of our live auction items! We have some fabulous packages that we are excited to share with you. If you see any package that a group can go in on, please contact your friends.

**Raffle Ticket Sales:** Get your raffle tickets now, sales started January 3rd! 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!



**Auction Items:** Our silent auction committee is working on some fantastic auction items. If you have an item you'd like to donate, please contact Shelby Larson at [slarson04@gmail.com](mailto:slarson04@gmail.com) or at 515-450-3388.

**Classroom Baskets:** Thank you for donating to your classroom basket! We use these themed donations to put together a grade level basket on our silent auction. If you are out shopping and find a gift that would fit the classroom theme, great! If you don't have time to shop for an item to donate you can send in a check or cash and we will do the shopping for you. This year's themes are:

Preschool- Melissa and Doug.  
Kindergarten- Movie Night  
1st grade- Hot Wheels & Lego  
2<sup>nd</sup> grade- Crayola & Nerf  
3<sup>rd</sup> grade- Star Wars  
4<sup>th</sup> grade- Gift Cards  
5<sup>th</sup> grade- Iowa State & Gilbert

**Mobile Bidding:** Back by popular demand! We are excited to share with you that we will be using Mobile Bidding for our silent and super silent auction! 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. No more crowding around bid sheets! When you send in your RSVP we will need you to include your cell phone number for you and your guest along with your emails so we can register you for mobile bidding.

**Foundation Neighborhood Drive:** Thank you so much for your donations! This year our Neighborhood Drive raised \$6,280! This money will be used to purchase auction packages. We couldn't purchase these packages without your support

# -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](http://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](http://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





## -GILBERT ATHLETIC BOOSTER CLUB-

# Gilbert Athletic Booster Club

P.O. Box 41  
Gilbert, Iowa 50105  
gilbertboosters@gmail.com

### Booster Club Board Members Officers

<i>President</i>	Kendall Graber
<i>Vice President</i>	Jay Rosburg
<i>Treasurer</i>	Kurt Jensen & Andy Harris
<i>Secretary</i>	Stacy Dreyer
<i>Past President</i>	Wade Hinners

### Executive Committee & Advisory Board

Jeff Bulman  
Chris Currans  
Mitch Drzycimski  
Beth Faith  
Tami Goodhue  
Mike Jenkins  
Dan Greder  
Cally Jennett  
Jay Walton  
Roger Willroth

Ex-officio Members:  
Tim Pezzetti –Athletic Director

The end of January brings the successful completion of two Gilbert Athletic Booster Basketball tournaments and our first Volley Tournament of the season. Special thanks to Coach Graham Lundt for organizing them and thanks also to the parents and student volunteers who made it happen. We couldn't do it without you.

For those of you who haven't had a chance to sign-up or students who may be looking for Silver Cord hours, we have two additional volleyball tournaments coming up. They will be held on February 13-14 and 20-21. Sign-ups are on the Winter Sports 2015/2016 or can be found on [signupgenius.com](http://signupgenius.com)

We will be holding our second annual Business Appreciation Night at the high school basketball game on February 9<sup>th</sup> and will be recognizing members of the businesses who have so generously contributed to our student athletes this year between the boys and girls games. Please come out and show your support.

Again, thanks to all our members for their continued support. If you have any questions or comments on how we can continue to improve our group and serve our student athletes, we'd love to hear from you.

Kendall Graber  
President



## -PTO NEWS-

# Gilbert PTO News

**Library Volunteers Needed:** The librarians at the Elementary and Intermediate schools appreciate all the volunteer help they have received! But, the school year is only half over! If you have time to volunteer (mornings at the Elementary school and afternoons at the Intermediate school), please visit our website [GilbertPTO.org](http://GilbertPTO.org) for the link to sign up.



**Volunteer Opportunities:** We need volunteers for the following activities:

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

Email [PTO@Gilbert.K12.IA.US](mailto:PTO@Gilbert.K12.IA.US) to learn more about these opportunities. If it's the time commitment you're worried about, find a friend (or 2 or 3!) to work with!



**Yearbooks:** Gilbert Elementary and Intermediate school yearbooks are on sale until Friday, March 25th. To buy one, visit [Gilbert.K12.IA.US](http://Gilbert.K12.IA.US). Choose "RevTrak Payments" > "RevTrak Online Payments Click Here" > "Yearbooks". Or you can send a check to school with your student made out to "Gilbert PTO". Please write "Yearbook" in the memo line and, if you are buying more than one yearbook, include whether you want the Elementary school yearbook or the Intermediate school yearbook and how many. They are \$13 each.



**Meeting:** Our next meeting is scheduled for Monday, February 22nd at 7:00 pm at Gilbert Elementary School. Free childcare is provided. Upcoming events include Become a Dollar Scholar, Bingo for Books and Mileage Club. This is a great opportunity to meet other Gilbert parents and learn how you can support our schools!



**Follow Us:** Know what we're up to on Facebook at "Gilbert Iowa Community Schools PTO" and online at [GilbertPTO.org](http://GilbertPTO.org). Email us at [PTO@Gilbert.K12.IA.US](mailto:PTO@Gilbert.K12.IA.US) with any questions or comments or for information on how to get involved!



-PTO NEWS-

# Become a Dollar \$cholar!

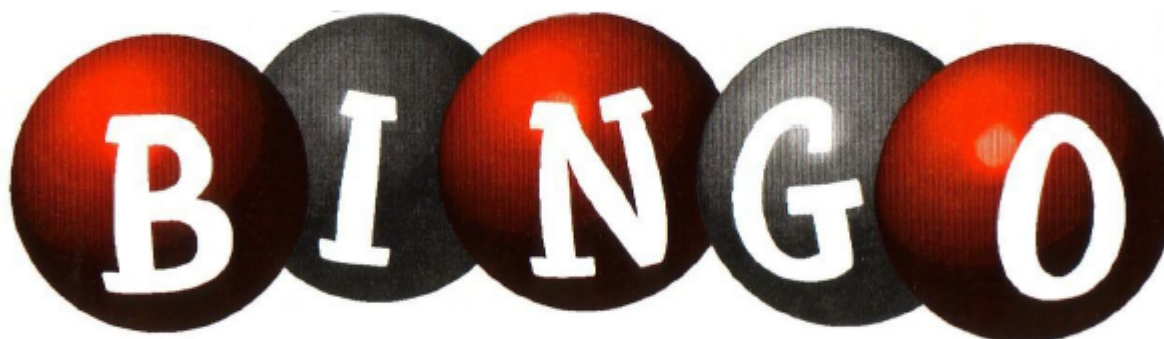
**Tuesday, February 23<sup>rd</sup> 5:30-7:30 pm Gilbert Intermediate School**



Booths will be set up in the gymnasium near the office for students and parents to visit and learn about money. David Sparrey from Thrivent Financial will also give a talk about saving for college at 5:45 pm, 6:15 pm, and 6:45 pm while students are supervised. Prizes will be given to those who visit all booths! We hope you can join us!



\* It takes about 20 minutes to visit all of the booths and we will begin clean up at 7:30 pm



**This year proceeds from Bingo will support the purchase of curriculum material for our district!**

**Mark your calendar:**

**Day: Sunday, March 6th  
1:00-4:00 pm  
Gilbert High School**

***Keep an eye out for more information!***





## -SCHOOL NEWS-

Elementary News

—Staci Edwards, Principal

### 1st Grade Music Concert!

Mark your calendars! The 1st grade music program is coming up on **Monday, February 8 at 6:30** p.m. in the Gilbert High School Auditorium. The High School Auditorium is located at 312 Gretten Street in Gilbert, IA. There will be more information coming home soon. Please contact Mrs. Brown ([browna@gilbert.k12.ia.us](mailto:browna@gilbert.k12.ia.us)) if you have any questions. We look forward to seeing you there!

### Preschool 2016-2017 Sign Up!

For any child that will be 4 years old by September 15, 2016, we will have our preschool sign-up on **February 1 at 9:00 am**. All sign-up will be done **online**. A link will be found on the district website.

There are four sections of preschool at Gilbert, 2 morning and 2 afternoon sections. Preference is given to district residents first, followed by students who have siblings who are already open enrolled into the district and then all other children.

Please call the elementary office at 232-3744 if you have any questions.



### Calling all 2016-2017 Kindergarteners!



In an effort to make plans for next school year, we are beginning sign-up for the Kindergarten class of 2016-2017. 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 and parent meeting in the spring.



## –SCHOOL NEWS–

High School News

—Layne Billings, Principal

### FFA News Release:



#### Van Wall Partners With Gilbert Ag Ed Program

Van Wall of Story City has partnered with the Gilbert Ag Ed program and given the agriculture program a John Deere tractor to use on a long term donation agreement. The tractor will be used for different purposes, including their community garden. Their advisor, Jon Davis, said, "We appreciate the support the support our local program receives from our Ag partners. It is great to get all of the support that we get. It teaches our students to create good connections with others, and it helps expand their education through true authentic learning experiences." The Gilbert Ag Ed program extends learning through many STEM related areas. Monitoring growth of plants under different environmental conditions, marketing commodities through the KEY Cooperative and Gilbert Education Foundation grain donation programs, and designing infrastructure to support mechanics and agronomic endeavors.

A program is being created that will allow Gilbert Ag students to complete a Tractor Safety program, building on training and skills acquired through 8th grade Exploratory and high school courses. The Van Wall group has and will





## –SCHOOL NEWS–

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

### FCCLA NEWS

The Gilbert FCCLA Chapter is a group of students that work to benefit our community for the better and create leaders within our school. The FCCLA mission is to promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner, and community leader, members develop skills for life through: character development, creative and critical thinking, interpersonal communications, practical knowledge, and career preparation.

On January 16<sup>th</sup> our chapter hosted our annual Winter Formal. Fun was had by all. Cale Jensen and Julianna Battles were crowned our King and Queen. Our Prince and Princesses were: 11<sup>th</sup> Grade- Noel Steckelberg and Katherine Becker, 10<sup>th</sup> grade- Eric Davis and Inga Rotto, and 9<sup>th</sup> grade- Tristan Popillion and Yetta Duster.



On February 9<sup>th</sup> we will be hosting a Spaghetti Supper to raise money for Children and Families of Iowa. Please mark your calendars and plan to attend. A free will offering will be taken and the proceeds used to purchase equipment and supplies for Children and Families in need. The supper will be held in the High School Commons from 6:30- half time of the boys basketball game.

**FCCLA Spaghetti Supper**

Tuesday, February 9th  
from 6:40 to 8:40  
Gilbert High School Commons  
312 Gretten Street, Gilbert IA



This supper will provide our chapter with the opportunity to build our leadership skills and show appreciation to the community. We will raising money for Children and Families of Iowa in need.





## -SCHOOL NEWS-

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

### FCCLA NEWS



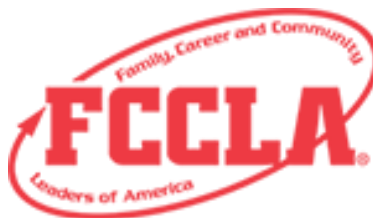
STAR Events (Students Taking Action with Recognition) are competitive events in which members are recognized for proficiency and achievement in chapter and individual projects, leadership skills, and career preparation. STAR Events offer individual skill development and application of learning through the following activities:

Cooperative - teams work to accomplish specific goals

Individualized - an individual member works alone to accomplish specific goals

Competitive - individual or team performance measured by an established set of criteria.

The Gilbert Chapter competed in District 5 competition on Monday, Jan 18<sup>th</sup> in Waukee. Justine Rosburg was awarded a Silver in Sports Nutrition; Sam Royer, a gold, in Career Investigation; and our Parliamentary Procedure team- Austin Graber, Nick Greiner, Ibbey Culek, Noah Brinkmeyer, Josh Timms, Andy Metzger and TJ Swanson- received a silver. We are now off to State April 3-5 to compete for a chance to represent Iowa at the National Competition in July in San Diego, CA.



# Elementary/Intermediate Breakfast Menu

# February

			Thursday	Friday
1 NO BREAKFAST	2 WG Pancakes Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	3 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	4 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	5 Egg and Cheese on WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
8 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	9 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	10 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	11 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	12 Egg and Cheese WG Burrito Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
15 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	16 WG Pancakes Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	17 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	18 WG French Toast Sticks Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	19 Egg and Cheese on WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
22 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	23 Cheese Omelet WG Toast Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	24 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	25 WG Waffles Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	26 Egg and Cheese WG Burrito Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
29 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk				Breakfast \$1.35



# Middle School Breakfast Menu

# February

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Corn Dog <i>Beef and Bean Enchilada</i> Sweet Potato Puffs Broccoli Florets Mandarin Oranges Kiwi Milk	<b>2</b> Tacos <i>Cheese Quesadilla</i> Lettuce and Cheese Refried Beans Carrot Sticks Pineapple Tidbits Sliced Apples Milk	<b>3</b> Popcorn Chicken <i>Goulash</i> California Vegetables Green Pepper Strips Sliced Peaches Melon Apple Crisp Milk	<b>4</b> Hot Ham & Cheese / WG Bun <i>Turkey Club Sandwich</i> Green Beans Carrot Sticks Applesauce Orange Wedges Slushy Sidekick Milk	<b>5</b> Cheese Omelet <i>Hot Ham &amp; Cheese Bagel</i> Tri - Tater Red Pepper Strips Apple Juice Banana French Toast Sticks Milk
<b>8</b> Mandarin Orange Chicken <i>Beef &amp; Noodles</i> Brown Rice Stir Fry Veggies Broccoli Salad Mandarin Oranges Sliced Apples Fortune Cookie Milk	<b>9</b> Spaghetti and Meat Sauce <i>Chicken Parmesan</i> Mixed Greens Salad Sliced Cucumbers Fruit Cocktail Orange Wedges WG Italian Bread Milk	<b>10</b> Cheese Pizza <i>Sloppy Joe / WG Bun</i> Seasoned Corn Carrot Sticks Hummus Pear Halves Sliced Apples Milk	<b>11</b> BBQ Pork / WG Bun <i>Fish Patty / WG Bun</i> French Fries Creamy Cole Slaw Pineapple Tidbits Melon Milk	<b>12</b> Cheese Quesadilla <i>Lasagna</i> Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Valentine Cookie Milk
<b>15</b> Chicken Strips <i>Cheesy Tiger Bread</i> Seasoned Green Beans Pasta Salad Fruit Cocktail Orange Wedges Milk	<b>16</b> Chili w/crackers <i>Yogurt Parfait</i> Carrot Sticks Pear Halves Sliced Apples Cinnamon Roll Milk	<b>17</b> Crispito <i>Hot Dog / WG Bun</i> Savory Black Beans Celery Sticks Applesauce Banana WG Chips & Cheese Milk	<b>18</b> Baked Chicken <i>Breaded Pork Patty</i> Mashed Potatoes w/gravy Broccoli Florets Mandarin Oranges Red Grapes WG Dinner Roll Milk	<b>19</b> Mozzarella Cheese Sticks <i>Meatball Sub</i> Marinara Sauce Seasoned Peas Sliced Peaches Melon Chocolate Pudding Milk
<b>22</b> Walking Taco <i>Cheese Quesadilla</i> Lettuce and Cheese Diced Tomatoes Carrot Sticks Pear Halves Sliced Apples Milk	<b>23</b> Chicken Patty / WG Bun <i>Mr Rib / WG Bun</i> Glazed Carrots Lettuce & Tomato Fruit Cocktail Orange Wedges Milk	<b>24</b> Mini Corn Dogs <i>Hawaiian Chicken Wrap</i> Baked Beans Green Pepper Strips Mandarin Oranges Banana Milk	<b>25</b> Rotini and Meat Sauce <i>Fish Shapes</i> Mixed Greens Salad Broccoli Florets Pineapple Tidbits Melon Milk	<b>26</b> Shrimp Poppers <i>Chicken Egg Roll</i> Stir-Fried Rice Peas & Carrots Sliced Cucumbers Applesauce Red Grapes Milk
<b>29</b> Chicken Fajitas <i>Ground Beef Stroganoff</i> Mixed Vegetables Peppers and Onions Sliced Peaches Orange Wedges Graham Crackers Milk		Chef Salads are also available.		Lunch Prices: MS 6-8 \$2.40 Adult \$3.45 Extra Milk \$0.30



# High School Breakfast Menu

# February

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO BREAKFAST	2 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	3 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	4 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	5 Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
8 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	9 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	10 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	11 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	12 Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
15 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	16 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	17 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	18 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	19 Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
22 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	23 WG Pancake-Sausage Stick Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	24 WG Cinnamon Roll Juice and Fruit Milk or WG Cereal and Yogurt Juice and Fruit Milk	25 WG Bagel Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk	26 Sausage and Egg /WG Bun Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk
29 WG Breakfast Pizza Juice and Fruit Milk or WG Cereal and Muffin Juice and Fruit Milk				Breakfast \$1.35

# Elementary/Intermediate Lunch Menu

# February

Wednesday		Thursday		Friday
1 Corn Dog Sweet Potato Puffs Broccoli Salad Celery Sticks Mandarin Oranges Kiwi Milk	2 Taco Bowl Lettuce and Cheese Refried Beans Carrot Sticks Pineapple Tidbits Sliced Apples Milk	3 Popcorn Chicken California Vegetables Green Pepper Strips Radishes Sliced Peaches Fresh Melon Apple Crisp Milk	4 Hot Ham & Cheese / WG Bun Green Beans Carrot Sticks Grape Tomatoes Applesauce Orange Wedges Slushy Sidekick Milk	5 Cheese Omelet Tri-Tater Red Pepper Strips Sliced Cucumbers Apple Juice Banana French Toast Sticks Milk
8 Mandarin Orange Chicken Brown Rice Stir Fry Veggies Red Pepper Strips Broccoli Florets Mandarin Oranges Sliced Apples Fortune Cookie Milk	9 Spaghetti and Meat Sauce Mixed Greens Salad Sliced Cucumbers Radishes Fruit Cocktail Orange Wedges WG Italian Bread Milk	10 Cheese Pizza Seasoned Corn Carrot & Celery Sticks Hummus Pear Halves Red Grapes Milk	11 Mr Rib / WG Bun French Fries Creamy Coleslaw Carrot Sticks Pineapple Tidbits Melon Milk	12 Cheese Quesadilla Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Valentine Cookie Milk
15 Chicken Strips Seasoned Green Beans Pasta Salad Red Pepper Strips Fruit Cocktail Orange Wedges Milk	16 Chili w/crackers Carrot Sticks Cauliflower Florets Pear Halves Sliced Apples Cinnamon Roll Milk	17 Crispito Savory Blackbeans Celery Sticks Applesauce Banana WG Chips & Cheese Milk	18 Baked Chicken Mashed Potatoes w/gravy Broccoli Florets Carrot Sticks Mandarin Oranges Red Grapes WG Dinner Roll Milk	19 Mozzarella Cheese Sticks Marinara Sauce Seasoned Peas Sliced Cucumbers Peaches Fresh Melon Chocolate Pudding Milk
22 Walking Taco Lettuce and Cheese Carrot Sticks Diced Tomatoes Pear Halves Sliced Apples Milk	23 Chicken Patty / WG Bun Glazed Carrots Lettuce and Tomato Fruit Cocktail Orange Wedges Milk	24 Mini Corn Dogs Baked Beans Green Pepper Strips Mandarin Oranges Banana Milk	25 Rotini and Meat Sauce Mixed Greens Salad Broccoli Florets Grape Tomatoes Pineapple Tidbits Melon Milk	26 Shrimp Poppers Stir-Fried Rice Peas & Carrots Sliced Cucumbers Applesauce Red Grapes Milk
29 Chicken Fajitas Mixed Vegetables Peppers and Onions Sliced Peaches Orange Wedges Graham Cracker Milk				Lunch Prices: Elem K-5 \$2.35 Adult \$3.45 Extra Milk \$0.30

# Middle School Lunch Menu

# February

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Corn Dog <i>Beef and Bean Enchilada</i> Sweet Potato Puffs Broccoli Florets Mandarin Oranges Kiwi Milk	<b>2</b> Tacos <i>Cheese Quesadilla</i> Lettuce and Cheese Refried Beans Carrot Sticks Pineapple Tidbits Sliced Apples Milk	<b>3</b> Popcorn Chicken <i>Goulash</i> California Vegetables Green Pepper Strips Sliced Peaches Melon Apple Crisp Milk	<b>4</b> Hot Ham & Cheese / WG Bun <i>Turkey Club Sandwich</i> Green Beans Carrot Sticks Applesauce Orange Wedges Slushy Sidekick Milk	<b>5</b> Cheese Omelet <i>Hot Ham &amp; Cheese Bagel</i> Tri - Tater Red Pepper Strips Apple Juice Banana French Toast Sticks Milk
<b>8</b> Mandarin Orange Chicken <i>Beef &amp; Noodles</i> Brown Rice Stir Fry Veggies Broccoli Salad Mandarin Oranges Sliced Apples Fortune Cookie Milk	<b>9</b> Spaghetti and Meat Sauce <i>Chicken Parmesan</i> Mixed Greens Salad Sliced Cucumbers Fruit Cocktail Orange Wedges WG Italian Bread Milk	<b>10</b> Cheese Pizza <i>Sloppy Joe / WG Bun</i> Seasoned Corn Carrot Sticks Hummus Pear Halves Sliced Apples Milk	<b>11</b> BBQ Pork / WG Bun <i>Fish Patty / WG Bun</i> French Fries Creamy Cole Slaw Pineapple Tidbits Melon Milk	<b>12</b> Cheese Quesadilla <i>Lasagna</i> Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Valentine Cookie Milk
<b>15</b> Chicken Strips <i>Cheesy Tiger Bread</i> Seasoned Green Beans Pasta Salad Fruit Cocktail Orange Wedges Milk	<b>16</b> Chili w/crackers <i>Yogurt Parfait</i> Carrot Sticks Pear Halves Sliced Apples Cinnamon Roll Milk	<b>17</b> Crispito <i>Hot Dog / WG Bun</i> Savory Black Beans Celery Sticks Applesauce Banana WG Chips & Cheese Milk	<b>18</b> Baked Chicken <i>Breaded Pork Patty</i> Mashed Potatoes w/gravy Broccoli Florets Mandarin Oranges Red Grapes WG Dinner Roll Milk	<b>19</b> Mozzarella Cheese Sticks <i>Meatball Sub</i> Marinara Sauce Seasoned Peas Sliced Peaches Melon Chocolate Pudding Milk
<b>22</b> Walking Taco <i>Cheese Quesadilla</i> Lettuce and Cheese Diced Tomatoes Carrot Sticks Pear Halves Sliced Apples Milk	<b>23</b> Chicken Patty / WG Bun <i>Mr Rib / WG Bun</i> Glazed Carrots Lettuce & Tomato Fruit Cocktail Orange Wedges Milk	<b>24</b> Mini Corn Dogs <i>Hawaiian Chicken Wrap</i> Baked Beans Green Pepper Strips Mandarin Oranges Banana Milk	<b>25</b> Rotini and Meat Sauce <i>Fish Shapes</i> Mixed Greens Salad Broccoli Florets Pineapple Tidbits Melon Milk	<b>26</b> Shrimp Poppers <i>Chicken Egg Roll</i> Stir-Fried Rice Peas & Carrots Sliced Cucumbers Applesauce Red Grapes Milk
<b>29</b> Chicken Fajitas <i>Ground Beef Stroganoff</i> Mixed Vegetables Peppers and Onions Sliced Peaches Orange Wedges Graham Crackers Milk		Chef Salads are also available.		Lunch Prices: MS 6-8 \$2.40 Adult \$3.45 Extra Milk \$0.30



# High School Lunch Menu

# February

			Thursday	Friday
1	2	3	4	5
Corn Dog <i>Beef and Bean Enchilada</i> Sweet Potato Puffs Broccoli Florets Mandarin Oranges Kiwi Milk	Tacos <i>Cheese Quesadilla</i> Lettuce and Cheese Refried Beans Carrot Sticks Pineapple Tidbits Sliced Apples Milk	Popcorn Chicken <i>Goulash</i> <i>Pizza</i> California Vegetables Green Pepper Strips Sliced Peaches Melon Apple Crisp Milk	Hot Ham and Cheese <i>WG Bun</i> <i>Turkey Club Sandwich</i> Seasoned Green Beans Carrot Sticks Applesauce Orange Wedges Slushy Side Kicks Milk	Cheese Omelet <i>Hot Ham and Cheese</i> <i>Bagel</i> <i>Pizza</i> Tri-Tater Red Pepper Strips Sliced Cucumbers Apple Juice Banana
8	9	10	11	12
Mandarin Orange Chicken <i>Beef and Noodles</i> Brown Rice Stir Fry Veggies Red Pepper Strips Broccoli Salad Mandarin Oranges Sliced Apples Fortune Cookie	Spaghetti and Meat Sauce <i>Chicken Parmesan</i> Mixed Greens Salad Sliced Cucumbers Fruit Cocktail Orange Wedges WG Italian Bread Milk	Cheese Pizza <i>Sloppy Joe / WG Bun</i> Seasoned Corn Carrot & Celery Hummus Pear Halves Red Grapes Milk	BBQ Pork /WG Bun <i>Fish Patty / WG Bun</i> French Fries Creamy Cole Slaw Pineapple Tidbits Melon Milk	Cheese Quesadilla <i>Lasagna</i> <i>Pizza</i> Shredded Lettuce Blackbean Salsa Sliced Peaches Kiwi Milk
15	16	17	18	19
Chicken Strips <i>Cheesy Tiger Bread</i> Seasoned Green Beans Pasta Salad Fruit Cocktail Orange Wedges WG Bread Slice Milk	Chili w/crackers <i>Yogurt Parfait</i> Carrot Sticks Pear Halves Sliced Apples Cinnamon Roll Milk	Crispito <i>Hot Dog / WG Bun</i> <i>Pizza</i> Savory Blackbeans Celery Sticks Applesauce Banana WG Chips and Cheese Milk	Baked Chicken <i>Breaded Pork Patty</i> Mashed Potatoes /gravy Broccoli Florets Mandarin Oranges Red Grapes WG Dinner Roll Milk	Mozzarella Cheese Sticks <i>Meatball Sub</i> <i>Pizza</i> Marinara Sauce Peas Sliced Cucumbers Sliced Peaches Melon Chocolate Pudding
22	23	24	25	26
Walking Taco <i>Cheese Quesadilla</i> Lettuce and Cheese Refried Beans Carrot Sticks Pear Halves Sliced Apples Milk	Chicken Patty /WG Bun <i>Mr Rib /WG bun</i> Glazed Carrots Lettuce and Tomato Fruit Cocktail Orange Wedges Doritos Milk	Mini Corn Dogs <i>Hawaiian Chicken Wrap</i> <i>Pizza</i> Baked Beans Green Pepper Strips Mandarin Oranges Banana Milk	Rotini and Meat Sauce <i>Fish Shapes</i> Mixed Greens Salad Sliced Cucumbers Pineapple Tidbits Melon Milk	Shrimp Poppers <i>Chicken Egg Roll</i> <i>Pizza</i> Stir-Fried Rice Peas and Carrots Sliced Cucumbers Applesauce Red Grapes Milk
29				
Chicken Fajita <i>Ground Beef Stroganoff</i> Mixed Vegetables Peppers and Onions Sliced Peaches Orange Wedges Graham Crackers Milk		Chef Salads and Deli Sandwiches are also available as Entree Choices.		Lunch Prices: HS 9-12 \$2.45 Adults \$3.45 Extra Milk \$0.30

## ~WELLNESS TIPS~



**Pick a better snack™**

February 2016

### Pineapple

Longing for a hot, sunny beach this time of year? You can get a taste of the tropics right here in Iowa. How, you ask? Pineapple, of course!

If you love the taste of fresh pineapple, but are not sure how to prepare it, follow these steps:

1. Cut off the top and bottom so you have a flat, stable surface
2. With a knife, shave off the rough skin, following the rounded shape of the fruit as you cut.
3. Cut the pineapple in half the long way, slicing through the core. Then, cut each half again so you are left with four long pieces.
4. Cut the core from each long piece.
5. Chop up the pineapple and serve. Refrigerate uneaten pineapple.

### Pineapple Tips

**Selecting:** When choosing fresh pineapple, select the heaviest one for its size. Look for a firm shell and dark green leaves. Generally, the shell should be more yellow than green (some ripe pineapples are all green). Pineapples are picked ripe so it should be perfect for eating when purchased.

**Storing:** Fresh pineapple that has been cut up can be stored in the refrigerator for 3 days or so or put it in the freezer for longer storage.

**Buying:** Pineapple is available fresh, frozen or canned. A good price on a fresh pineapple is \$2.50 - \$3.50 each. This is not a bad deal considering you'll get 3-4 cups of fruit. Frozen pineapple can be purchased for about \$3.00 or more for a one pound bag (about 3 cups). An advantage to using frozen fruit is that you can take out only the amount you need and not waste the rest. Canned pineapple is usually cheaper than frozen pineapple. Choose canned pineapple packed in 100% juice to avoid added sugar.

### Ideas for Eating Pineapple\*

- Fresh or canned pineapple makes a great snack or a side-dish.
- Mix pineapple with other fruit for a fruit salad.
- Add frozen pineapple to a smoothie.
- Make a salsa with chopped pineapple, bell peppers, onion, jalapeno peppers, lemon juice and cilantro.
- Mix pineapple and cottage cheese.
- Add pineapple to your favorite stir fry.
- Grill sliced pineapple.
- Top a Canadian bacon pizza with pineapple tidbits.

\*Adapted from [fruitsandveggiesmorematters.com](http://fruitsandveggiesmorematters.com)



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](http://dhs.iowa.gov/food-assistance) for more information.



## -COMMUNITY ANNOUNCEMENTS-

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

This is not an Ames Community School District publication, nor is it in any way endorsed or sponsored by the District. This publication is being provided only to inform you of other community activities and opportunities.



### Science Explorations Camp

- ❖ Science Explorations Camp is a great opportunity for young girls in 3rd-6th grade to learn about science and engineering by participating in exciting and engaging activities led by Iowa State University students currently studying in STEM fields
- ❖ Camp will be held for four Fridays from 4:00pm to 6:00pm starting February 12<sup>th</sup> and ending March 4<sup>th</sup>, with pick up and drop off at Enrollment Services Center (old Alumni Hall)
- ❖ \$25 per student covers snacks, materials, and a Science Explorer T-shirt
- ❖ There will be a parent meeting held from 7:10-8:00pm on February 9<sup>th</sup>, location to be announced. In order for your daughter to participate, registration forms are to be turned in the day of the parent meeting to ensure your daughter's place, and liability forms will need to be completed as well. Registration for camp will close at the end of the meeting. If you are unable to attend the parent meeting, forms can be completed and turned in the day of the first camp, though your daughter's place may not be guaranteed.
- ❖ To participate, please fill out the bottom portion completely (email is required) and bring to the parent's meeting along with checks payable to Science Explorations
- ❖ You may contact the camp coordinators at [cyexplorations@iastate.edu](mailto:cyexplorations@iastate.edu) if you have any questions

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Contact #: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Student T-Shirt Size: (youth) S   M   L   XL   (adult) S   M   L   XL

Parent/Guardian Signature: \_\_\_\_\_

Any Food Allergies (for snacks): \_\_\_\_\_



Gilbert Community School District  
103 Mathews Drive  
Gilbert, Iowa 50105  
[www.gilbert.k12.ia.us](http://www.gilbert.k12.ia.us)

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**THANK YOU!**

**WE'RE  
HIRING!**

## **POSITIONS AVAILABLE AT GILBERT SCHOOLS!!!!**

Are you interested in helping drive students to various activities throughout the school year? Bruce Betts, Director of Transportation, would be willing to help you get your CDL so that you could be an activity or substitute bus driver. You may contact Bruce at 515-232-3740 or at [bettsb@gilbert.k12.ia.us](mailto:bettsb@gilbert.k12.ia.us)

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**Are you or someone you know looking for a part-time position?  
We have openings for a part time custodian and custodial subs**

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**Substitute teachers and substitute associates are also needed!!**

If you are interested in any of these positions, please apply online at [www.gilbert.k12.ia.us/employment](http://www.gilbert.k12.ia.us/employment)

*The Gilbert Community School District is an EEO/AA employer*