

# THE CENTRAL TIMES

Last week we kicked off the 2017/2018 school year with teacher trainings on Monday and Tuesday and students joining us on Wednesday. At registration, and throughout the summer, I asked students if they were ready to come back to school. The answer almost always was a resounding "NO!" Yet on our first day of school there was no denying the positive buzz of our students and staff. That positivity was enhanced last week with an excellent start to our fall sports season, seeing our #1 State ranked girls cross country team take 1st place at their first meet in Ed-Co, our girls volleyball win their conference opener against a much larger North Fayette Valley team, and ending with a Friday Night Lights boys football home opener win over Easton Valley.

Famous basketball coach John Wooden stated, "winning breeds winning," and that is clearly evident here at Central. All Central community members are invited to get out and support our teams this school year. I'd also like to encourage parents to talk to their children and encourage them to participate and get involved. Research strongly shows that if a student is active in extra-curricular programs, it will have a positive effect on their academics. We are starting to see fewer students participate in extra-curricular programs, which becomes quite challenging to maintain success in a school district our size. One of the great benefits of a rural school education is that students can participate in anything they want. We don't have "tryouts" like the larger urban schools. Students willing to put in the effort to try something are welcomed here at Central. If there are other factors involved with why your child isn't participating, please contact Mr. Yanda or I, and we will see how we can help.

Academically, Central's professional development focus is going to be on Growth Mindset and customer service. We kicked the school year off with an Ethics training for all staff, followed by Youth Mental Health 1<sup>st</sup> Aid for all teachers and associates. Central is also bringing in nationally recognized Growth Mindset expert, Trevor Ragan, to work with our students, staff, and community. Mr. Ragan will work with Central staff numerous times throughout the 2017-2018 school year.

In order for us to be successful, we need to hear from you. What can we improve on? How can we grow and attract new families to our school district? Mr. Yanda and I welcome your feedback, and we ask that you get involved. Central has many great things to offer our students and community. We look forward to a stronger partnership with our stakeholders in the 2017/2018 school year.

Sincerely,

Mr. Trenkamp  
Superintendent/Elementary Principle

## Upcoming Events

### September 1st

Early Dismissal 2:00 PM  
HS FB @ Midland 7:00 PM

### September 4th

NO SCHOOL

### September 5th

JH/JV V XC @ Clayton Ridge 4:30 PM

### September 7th

HS VB @ Home vs. MFL-Mar Mac 6:30 PM

### September 8th

HS FB @ Tripoli 7:00 PM

### September 11th

JH FB @ Kee 4:00 PM  
JH VB @ Home vs. MFL-Mar Mac 4:00 PM

### September 12th

School Pictures Grades 6-12  
JH VB @ South Winn 4:00 PM

### September 13th

School Pictures Grades PS-5

### September 14th

JH/JV/V XC @ Central 4:30 PM

### September 15th

**Early Dismissal 1:00 PM**  
HS FB @ Home vs. Dunkerton 7:00 PM  
(Parents Night)



FIRST  
DAY  
OF  
PRESCHOOL  
2017-2018

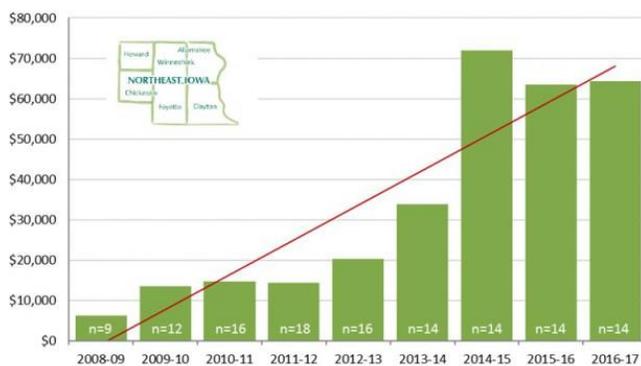


Mrs. Baumler's and Mrs. Erickson's classes had a great first day on Wednesday! The students learned their new routines and had plenty of time to meet new friends and play.



## Local Food Procurement Goals Met

Locally-Grown Food Purchases by K-12 Schools in Northeast Iowa



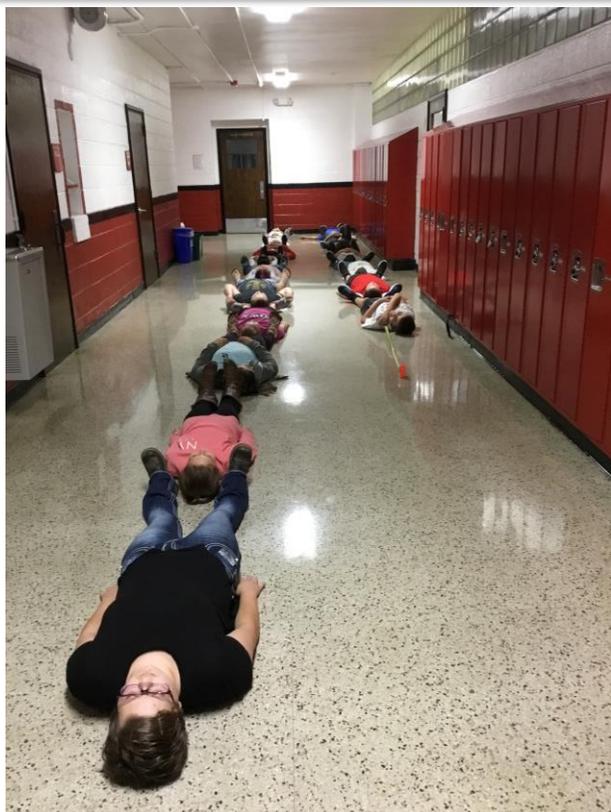
Northeast Iowa Food & Fitness Initiative  
www.iowafoodandfitness.org

Prepared by Iowa State University Extension and Outreach Local Foods Team

This past school year, Central was among the top districts in the region to procure a significant amount of local food into the school cafeteria. With efforts from the school food service directors in the past year, Jessie Kuehl and Carolyn Campbell were able to purchase over \$3,500 of local food for kids in schools. Along with this huge achievement, Central also received the 'Most Improved Award' because they were able to procure 3 times the amount of local food from the previous year. Some examples of local food that was served in the Central cafeteria included sweet potatoes, apples, watermelon, cauliflower, beef, yogurt and more! Getting this food into the school had many benefits to local farmers and allowed support for the local economy overall. Local food is good for you, your family, local farmers, the community, and the environment too! Thanks to Central for supporting local food in schools!

Here is the link to a blog about this on the Northeast Iowa Food & Fitness Initiative page.

<http://iowafoodandfitness.org/wegrow/2017/08/23/area-schools-purchase-64000-in-local-food/>



7<sup>th</sup> grade math students did an experiment to see who was taller, girls or boys.

**\*Reminder\***

Central will dismiss at 1:00 PM  
on September 15<sup>th</sup>.



Central's dance team performed at the home football game on September 25<sup>th</sup>. The girls learned their routine at a camp they hosted in June.



Mrs. Walz's 6<sup>th</sup> grade students learned how to thread a needle and tie a knot. Next, they will learn how to sew on a button.



Central's new Physical Education teacher, Mr. Hunt, had his class playing a game of one base kick ball on Friday morning.

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