



J-HAWK JOURNAL

JESUP COMMUNITY SCHOOLS NEWSLETTER

DECEMBER, 2024

Important Reminders for Winter Sports Season

As the winter sports season kicks off, we're excited to see students and families cheering on our teams. To ensure a safe and enjoyable experience for everyone, please remind students to stay in the gym during home games. In the past, we've had some students leaving the gym to go to the north gym, wrestling room, cafeteria, or hallways without supervision.

Thank you for your cooperation in keeping our events safe and fun.

PLEASE CHECK OUT OUR
[ACTIVITIES CALENDAR](#)
[ONLINE](#)

All event dates and times are subject to change due to weather, illness or other unforeseen circumstances.



Fire Lane Parking Rules

A friendly reminder: there is no parking in the red fire lane in front of the activity entrance at any time – before school, after school, or during activities. This area must remain clear for emergency vehicles. Thank you for helping us ensure quick access for first responders if needed.

Attendance Reminder

If a student is absent from school due to illness, they cannot attend any after-school activities that day. This helps ensure they have time to rest and recover while also keeping others healthy. We appreciate your cooperation.



Free and Reduced-Price Meals: **It's Not Too Late to Apply**

If your family hasn't yet qualified for Free or Reduced-Price school meals, now is a great time to apply. Completing the application is simple and can make a big difference. You can find the form here: [Jesup Food Services Application](#) (please save the form before filling it out). Once completed, return the application to the administration office.

Free and Reduced-Price status applies to both breakfast and lunch, and more applications mean more students can access the support they need to succeed in school. Starting the day with breakfast can significantly improve a child's focus, memory, and overall learning.

If your family already qualifies for Free or Reduced-Price meals, your status is valid through the end of the school year.



STRONGER WITH SCHOOL BREAKFAST



School breakfast is shown to provide about...



students need for the entire day.

Based on the School Nutrition and Meal Cost Study, 2019

School Breakfast Facts

A great breakfast program is offered at school every day!

Here are some fun facts about school breakfast:

- **It's easy!** Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash!
- **It's affordable!** If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.
- **It's tasty!** Schools now have more variety to choose from when deciding what to offer your children for breakfast. Request a menu so you can view what your child may be eating at school.
- **It's good for the brain!** Research suggests that not having breakfast can affect children's intellectual performance (CDC).



2024

This institution in an equal opportunity provider

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1% white milk, skim white milk, fat free chocolate milk offered for every meal.	2/ BREAKFAST: Muffin LUNCH: Macaroni & Cheese - Soft Pretzel Bites - Carrot Sticks - Grape Tomatoes - Apple Slices ALTERNATE: Combo Sub w/ WG Bun	3/ BREAKFAST: French Toast Sicks LUNCH: Walking Taco - Shredded Lettuce - Diced Tomatoes - Shredded Cheese - Banana ALTERNATE: Turkey Cheese Wrap	4/ BREAKFAST: Biscuits & Gravy LUNCH: Breaded Chicken Strips - Mashed Potatoes - Dragon Punch - Dinner Roll - Raisels ALTERNATE: Ham Sandwich w/ WG Bun	5/ BREAKFAST: Flatbread Pizza LUNCH: Breaded Fish Sticks - Baked Beans - Celery Sticks - Mixed Fruit ALTERNATE: Turkey & Cheese w/ WG Bun	6/ BREAKFAST: Cinnamon Roll LUNCH: Pizza Crunchers - Marinara Dipping Sauce - Romaine - Diced Peaches - WG Brownie ALTERNATE: Ham & Cheese w/ WG Bun	7/
8/	9/ BREAKFAST: Churros LUNCH: Pancakes - Sausage Patty - Hashbrown - Yogurt - Applesauce Cup ALTERNATE: Combo Sub w/ WG Bun	10/ BREAKFAST: Waffles LUNCH: Crisпитos - Salsa - Corn - Frozen Fruit Slushie ALTERNATE: Chicken Salad w/ WG Bun	11/ BREAKFAST: Cheddar Omelet LUNCH: Goulash - Garlic Toast - Green Beans - Carrot Sticks - Orange ALTERNATE: Ham Sandwich w/ WG Bun	12/ BREAKFAST: Mc J-Hawk Breakfast Sandwich LUNCH: Hot Dog w/ WG Bun - Baked Beans - Cucumber Slices - Diced Pears ALTERNATE: Turkey & Cheese Wrap	13/ BREAKFAST: Mini Cinni LUNCH: Stuffed Crust Pizza - Fresh Broccoli - Toss Salad - Raisels - Frozen Yogurt ALTERNATE: Ham & Cheese w/ WG Bun	14/
15/	16/ BREAKFAST: Pop Tart LUNCH: Sloppy Joe w/ WG Bun - Steak Fries - Celery Sticks - Apple Slices ALTERNATE: Turkey & Cheese w/ WG Bun	17/ BREAKFAST: Breakfast Bar LUNCH: Breaded Corn Dog - Steamed Carrots - Dragon Punch - Banana ALTERNATE: Combo Sub w/ WG Bun	18/ BREAKFAST: Snackbread LUNCH: Boneless Chicken Bites - WG Chips - Mixed Veggies - Grape Tomatoes - Mixed Fruit Cup ALTERNATE: Ham Sandwich w/ WG Bun	19/ BREAKFAST: Stuffed Hashbrown LUNCH: BBQ Rib w/ WG Bun - Baked Beans - Potato Salad - Raisels ALTERNATE: Turkey & Cheese Wrap	20/ BREAKFAST: Pancake Sausage Stick LUNCH: Breaded Cheese Sticks - Marinara Dipping Sauce - Romaine - Pineapple Tidbits - WG Cookie ALTERNATE: Ham & Cheese w/ WG Bun	21/





Upcoming Elementary Holiday Events

The TK-4 Holiday Music Program is on Monday, December 16, in the South Gym.



TK-2 will perform at 5:30 pm.
Grades 3-4 will perform at 6:30 pm.

If you have children in both groups, plan for your older child to sit with you during the TK-2 portion and your younger child to sit with you during the 3-4 portion. TK-2

students may go to their classrooms no earlier than 5:00 pm, and 3-4 students may go to theirs no earlier than 6:00 pm. If you have questions, please don't hesitate to ask.



Classroom Holiday Parties

All classrooms will host holiday parties on Wednesday, December 20. Your child's teacher will share the details soon. As a reminder, unfortunately homemade treats or food cannot be shared with other students. Thank you for helping us keep everyone safe and healthy.



Exciting News for First Graders

All first graders will soon receive packs of decodable books provided by the Iowa Department of Education. These books are designed to stay at home, giving families a great opportunity to practice reading together using research-based literacy tools. We're thrilled to support our students' reading journey with these valuable resources.



Bundle Up for Winter Recess

Winter weather is here. Please make sure your elementary student comes to school with warm clothing for outdoor recess, including a winter coat, hat, and gloves. We'll have recess outside as long as the temperature or wind chill is zero degrees or higher.

If your family needs help getting a winter coat, hat, or gloves, please reach out - we're happy to assist.



Mrs. Wall's students presenting a play.



Fourth Grade Highlights

Our fourth graders have been hard at work preparing for the upcoming winter concert. Their dedication and enthusiasm are shining through as they practice. It's going to be a great show!

Fourth graders at music practice.





Flag Essay Contest Winners

Fifth Grade Flag Essay Contest

Our fifth graders recently wrote essays about what the flag and freedom mean to them as part of an essay contest sponsored by the American Legion.

Congratulations to the following students for their outstanding work:

Jesup CSD Winner: Logan Lang

Honorable Mentions: Lily Grell, Beckham Walztoni, Maddex Beier

Logan's essay will now move on to compete at the regional level.

Great job to all our participants.



Seventh Grade Drama Performance

The Seventh Grade Drama class will showcase their hard work with a performance on **Thursday, December 19, at 10:45 am**. Families of the actors are invited to attend and enjoy the show. These students have spent the quarter learning scripts, practicing acting techniques, blocking scenes, and perfecting their performance skills. We're excited to see their efforts come to life on stage!

Band and Choir Winter Concert Highlights

This week, the 5th-12th grade Band and Choir students put on a fantastic winter concert. They did an amazing job sharing the holiday spirit through the songs they played and sang.

A special shout out to the fifth graders for their first-ever band performance – they were incredible! The gym was packed with a great crowd, making the evening even more special. Thank you to everyone who came out to support our talented students.



Choir



Band

Attendance Update

Here's the latest attendance report as of December 9, 2024:



Thank you for helping keep attendance strong – let's keep working together to make sure students are in school and ready to learn.

Middle School Field Trip Reminder

Our middle school students will be going on a field trip to Waterloo for a group bowling outing on **Friday, December 20**. If you know your student will not be attending that day, please let the office know as soon as possible.





Fall 2024 Career Fair Recap

The Career Fair on Wednesday, November 13, was a huge success! It was an exciting day for students and business professionals alike.

Highlights included:

- **Attendance:** All Jesup High School students, juniors from Wapsie Valley and Dunkerton, and Jesup 8th graders participated.
- **Career Presentations:** Students had the chance to explore **32 different career presentations**.
- **HR Panels:** Two separate Human Resources panels were held, with every student attending one.
- **Connections:** **44 colleges, universities, businesses, and organizations** set up in the North Gym, offering students a chance to explore future opportunities.

Thank you to everyone who made this event possible and to our students for their engagement.



Game of Life Event Recap

On Tuesday, December 3, we hosted the Game of Life in the North Gym, organized by Kim Hoffman and Zak Knutson from Innovative Wealth. They brought in professionals to guide students through this interactive, real-world financial simulation. We also invited other NICL schools to observe, and two schools joined us for the morning.

After completing the activity, students gathered to debrief while enjoying pizza generously provided by Farmers State Bank.

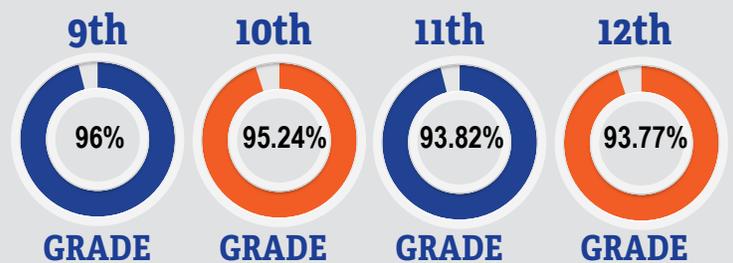
During the discussion, students shared key lessons they learned:

- You don't always need the biggest or best (like a house or car).
- Cutting costs is possible with help, as the SOS table showed.
- Your lifestyle needs to match your income.
- Earning more money makes life decisions easier.
- Communication, negotiation, and asking for help are essential skills.

Thank you to everyone who made this day such a valuable learning experience for our students.

High School Attendance Update

Here's the latest attendance report for our high school as of December 9, 2024:



Overall High School Attendance: 93.77%

Thank you for prioritizing attendance and helping our students stay on track for success.

First Semester Wrap-Up

The first semester is coming to an end, with the last day on Friday, January 10. High school students will take their semester **finals on Thursday, January 9, and Friday, January 10.**

Let's finish the semester strong!