



# J-HAWK JOURNAL

JESUP COMMUNITY SCHOOLS NEWSLETTER

MARCH 2025

## MARCH/APRIL ACTIVITIES:

**Thursday/Friday, Mar. 20-21**  
No School, Spring Break

**Monday, Mar. 24** - No School (Teacher PD)

**Thursday, Mar. 27** - 6:00-10:00 pm  
Academic Awards @ South Gym

**Friday, Mar. 28** -  
JCAPS Vendor Fair @ North & South Gyms

**Wednesday, Apr. 2** - Early Dismissal (PD)

**Friday, Apr. 4** - 4:00-10:00 pm -  
Elementary Movie Night @ South Gym

**Tuesday, Apr. 8** - 7:15-8:15 am -  
FFA Chapter Meeting @ Ag Room

**Saturday, Apr. 12** - Prom @ South & North Gyms

**Monday, Apr. 14**  
2:45-3:15 pm - 5th Grade Concert  
6:00-7:00 pm - School Board Meeting @ EL/MS  
Media Center

**Friday, Apr. 18** - No School

**Monday, Apr. 21** - No School (PD)

**Sunday, Apr. 27** - 1:00-2:00 pm - FFA Banquet  
@ North Gym

**Tuesday, Apr. 29** - 5:30-7:30 pm - Elementary  
Spring Concert @ South Gym

**FOR ALL ATHLETIC EVENTS  
PLEASE CHECK OUT OUR  
[APRIL CALENDAR](#)  
[ONLINE](#)**

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



**Thursday & Friday, Mar. 20-21**




## What's Cooking?

At school, there's always a meal ready to be served! Some mornings, it's tough to find the time to make sure your kids are eating a nutritious breakfast. On those days, why not send them to the School Breakfast Program? Each meal meets government nutritional guidelines and standards. Schools are required to provide a breakfast meal that includes fruit, whole-grain rich items, and low fat or fat free milk. Check your child's menu to see the variety of nutritious choices.

# March

# 2025

This institution in an equal opportunity provider

23/		25/ <b>BREAKFAST</b> Fruit Frudel <b>LUNCH</b> Boneless Chicken Wings - Steak Fries - Shredded Romaine w/ LC Ranch - Diced Strawberries <b>ALTERNATE</b> Combo Sub w/ WG Bun	26/ <b>BREAKFAST</b> Pancakes w/ SF Syrup <b>LUNCH</b> Spaghetti w/ Meat Sauce - Garlic Toast - Green Beans - Dragon Punch Veggie Juice - Applesauce Cup <b>ALTERNATE</b> Ham & Cheese w/ WG Bun	27/ <b>BREAKFAST</b> Yogurt Parfait <b>LUNCH</b> Breaded Corn Dog - Baked Beans - Carrot Sticks w/ LC Ranch - Diced Peaches <b>ALTERNATE</b> Turkey Cheese Wrap	28/ <b>BREAKFAST</b> Churros <b>LUNCH</b> Cheese Pizza Round - Marinara Dipping Sauce - Cucumber Slices w/ LC Ranch - Apple Slices - Sherbet <b>ALTERNATE</b> Ham Turkey Cheese w/ WG Bun	29
30/	31/ <b>BREAKFAST</b> Cinnamon Pretzel Stick <b>LUNCH</b> Breaded Tenderloin w/ WG Slice - Broccoli Littles - Frozen Fruit Slushie <b>ALTERNATE</b> Ham w/ WG Bun					

# April

# 2025

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.		1/ <b>BREAKFAST:</b> Sausage Egg & Cheese Link <b>LUNCH:</b> Chicken Quesadilla - Salsa - Celery Sticks w/ LC Ranch - Diced Pears <b>ALTERNATE:</b> Combo Sub w/ WG Bun	2/ <b>BREAKFAST:</b> Egg Bites <b>LUNCH:</b> Boneless Chicken Bites - Dinner Roll - Mashed Potatoes - Dragon Punch Veggie Juice - Raisels <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	3/ <b>BREAKFAST:</b> Mini Donuts <b>LUNCH:</b> BBQ Rib w/ WG Bun - Baked Beans - Carrot Sticks w/ LC Ranch - Mixed Fruit <b>ALTERNATE:</b> Turkey Cheese Wrap	4/ <b>BREAKFAST:</b> Mc J-Hawk Sandwich <b>LUNCH:</b> Garlic Cheese Bread - Marinara - Fresh Broccoli w/ LC Ranch - Diced Strawberries - WG Brownie <b>ALTERNATE:</b> Turkey Ham Cheese w/ WG Bun	5/
6/	7/ <b>BREAKFAST:</b> Pop Tart <b>LUNCH:</b> Grilled Chicken w/ WG Bun - Steamed Carrots - Dragon Punch Veggie Punch - Apple Slices <b>ALTERNATE:</b> Ham w/ WG Bun	8/ <b>BREAKFAST:</b> Mini French Toast <b>LUNCH:</b> Crisпитos - Toss Salad w/ LC Ranch - Grape Tomatoes - Diced Peaches <b>ALTERNATE:</b> Combo Sub w/ WG Bun	9/ <b>BREAKFAST:</b> Breakfast Pizza <b>LUNCH:</b> Chicken Alfredo - Peas - Carrot Sticks w/ LC Ranch - Applesauce Cup <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	10/ <b>BREAKFAST:</b> Biscuits & Gravy <b>LUNCH:</b> Beef Pretzel Dog - Baked Beans - Cucumber Slices w/ LC Ranch - Frozen Fruit Slushie <b>ALTERNATE:</b> Turkey Cheese Wrap	11/ <b>BREAKFAST:</b> Scrambled Eggs & Toast <b>LUNCH:</b> Pizza Crunchers - Marinara - Shredded Romaine w/ LC Ranch - Pineapple Tidbits - Ice Cream Sandwich <b>ALTERNATE:</b> Turkey Ham Cheese w/ WG Bun	12/
13/	14/ <b>BREAKFAST:</b> Snackbread <b>LUNCH:</b> Hamburger w/ WG Bun - Sliced Tomato - Smiley Fries - Apple Slices <b>ALTERNATE:</b> Ham w/ WG Bun	15/ <b>BREAKFAST:</b> Mini Waffles <b>LUNCH:</b> Beef Lil Smokies - Pretzel Bites - Baked Beans - Dragon Punch Veggie Juice - Diced Strawberries <b>ALTERNATE:</b> Combo Sub w/ WG Bun	16/ <b>BREAKFAST:</b> Skillet Omelet w/ Cheese <b>LUNCH:</b> Chicken & Waffles - Yogurt - Hashbrown Patty - Carrot Sticks - Orange Juice Cup <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	17/ <b>BREAKFAST:</b> Mini Cinni <b>LUNCH:</b> Cheese Filled Breadstick - Marinara - Fresh Broccoli w/ LC Ranch - Diced Pears <b>ALTERNATE:</b> Turkey Cheese Wrap		19/
20/		22/ <b>BREAKFAST:</b> Muffin <b>LUNCH:</b> Breaded Chicken Patty w/ WG Bun - Corn - Toss Salad w/ LC Ranch - Frozen Fruit Slushie <b>ALTERNATE:</b> Combo Sub w/ WG Bun	23/ <b>BREAKFAST:</b> Breakfast Bar <b>LUNCH:</b> Turkey & Noodles - Dragon Punch Veggie Juice - Carrot Sticks w/ LC Ranch - Raisels <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun	24/ <b>BREAKFAST:</b> Pancake Sausage Stick <b>LUNCH:</b> Stuffed Crust Pizza - Shredded Romaine w/ LC Ranch - Cucumber Slices - Mixed Fruit Cup <b>ALTERNATE:</b> Turkey Cheese Wrap	25/ <b>BREAKFAST:</b> Long John <b>LUNCH:</b> Mac & Cheese Bites - WG Chips - Baked Beans - Grape Tomatoes - Apple Slices <b>ALTERNATE:</b> Ham Turkey Cheese w/ WG Bun	26/
27/	28/ <b>BREAKFAST:</b> Fruit Frudel <b>LUNCH:</b> Sloppy Joe w/ WG Bun - Crinkle Cut Fries - Carrot Sticks w/ LC Ranch - Diced Strawberries <b>ALTERNATE:</b> Ham w/ WG Bun	29/ <b>BREAKFAST:</b> Mini Pancakes <b>LUNCH:</b> Breaded Corn Dog - Mixed Veggies - Cauliflower w/ LC Ranch - Pineapple Cup <b>ALTERNATE:</b> Combo Sub w/ WG Bun	30/ <b>BREAKFAST:</b> Sausage Egg & Cheese Empanada <b>LUNCH:</b> Chicken Strips - Dinner Roll - Mashed Potatoes - Dragon Punch Veggie Juice - Applesauce Cup <b>ALTERNATE:</b> Ham & Cheese w/ WG Bun			



### Jesup Elementary to Host Preschool, Pre-K & Kindergarten Round Up

Jesup Elementary will hold its Preschool, Pre-K, TK and Kindergarten Round-Up on April 3. This open house is a chance for families to tour the school, meet the staff and learn about the school's highly rated early childhood programs. Pre-registration is now open – sign up today!

If you have any questions or would like more information please call 319-827-1700 (ext:1101) or email [hhansen@jesup.k12.ia.us](mailto:hhansen@jesup.k12.ia.us).

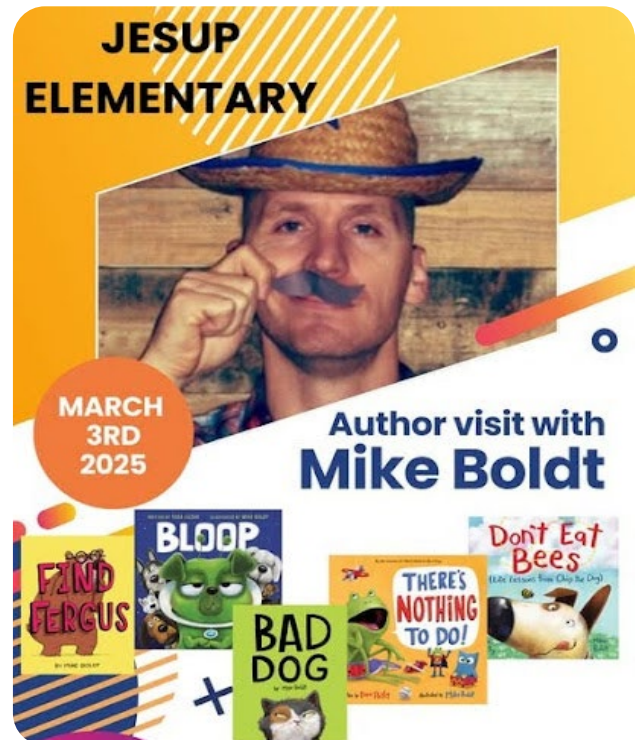


### Jesup Elementary Focuses on Writing Skills

Jesup Elementary is also helping students build lifelong writing skills. In second grade, students learn to organize their ideas into rough drafts and refine them into clear, polished pieces. Writing is a valuable skill that supports success in almost every subject and career.

### Jesup Elementary Hosts Author Mike Boldt

Jesup Elementary students recently welcomed world-famous author and illustrator Mike Boldt for a special visit. Mr. Boldt shared insights about his books and illustrations and even gave students a hands-on lesson in creating their own artwork. His visit inspired many students to explore their creativity and consider becoming authors or illustrators themselves!





THANK YOU TO OUR SPONSORS



INDEPENDENCE PLUMBING HEATING & COOLING

D&D TIRE

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MARK COLLETT

**JESUP ELC PLAYGROUND PROJECT** \$125,000

WE ARE CURRENTLY SEEKING SPONSORS TO PARTNER WITH US IN FUNDING THE DEVELOPMENT OF A NEW PLAYGROUND



\$200,000
\$180,000
\$160,000
\$140,000
\$120,000
\$100,000
\$80,000
\$60,000
\$40,000
\$20,000

### Help Us Reach Our Playground Goal!

Jesup Elementary is close to reaching its fundraising goal for a new Early Childhood playground. Thank you to the generous sponsors who have supported the project so far. The school is still seeking additional sponsors to help make this much-needed playground a reality. For more information on how to contribute, contact the Jesup Elementary PTO.

### Jesup Elementary Participates in Ag Day

Jesup Elementary students took part in Ag Day on Friday, March 14. The event, organized and sponsored by Jesup High School Ag classes, gave students the chance to learn about animal care, soil, agriculture jobs and other ag-related topics. It was a fun and educational day for everyone involved!



### Upcoming Jesup Elementary Events & Donation News

Jesup Elementary has several exciting events coming up in April:

- **April 3:** Preschool, Pre-K and Kindergarten Round-Up from 4:00 - 6:00 pm.
- **April 4:** Elementary Family Movie Night at 7:00 pm.
- **April 29:** TK-4 Spring Concert starting at 5:30 pm.

Jesup Elementary also received a generous donation from the Jesup Rural Woman's Study Club to support an upcoming TK and Kindergarten field trip to the Phelps Youth Pavilion this spring. Thank you for helping make this experience possible!



### Middle School Student Council Attends Iowa Wolves Game

The middle school student council recently attended Education Day at the Iowa Wolves basketball game in Des Moines. This trip was a way to thank the student council for their leadership and the activities they organize throughout the school year. Their work plays a key role in building a strong and positive culture in middle school.



### Friday Fun Nights a Success

Jesup Middle School hosted its spring Friday Fun Nights in March, giving students a chance to play games in the gym, dance with friends and enjoy candy and pop. Thank you to the parents for allowing their students to join the fun! The event serves as a fundraiser, helping to support student activities and field trips throughout the year.

### 5th Grade Explores "The Goldfish Boy"

Written by Henley Andreassan, 5th grader

The Goldfish Boy is about a boy named Matthew who has Obsessive-Compulsive Disorder (OCD), which causes him to clean a lot and avoid school. In his free time, he observes his neighborhood and takes notes. One day, a child next door goes missing, and Matthew may be able to help solve the mystery. This book has helped us understand more about OCD and how it can affect daily life, encouraging us to be more mindful of others who may have OCD.



Students have learned to empathize with those who have disabilities while realizing they can still live a normal life like any other kid. The book has also sparked great discussions with Ms. Johnson as students try to solve the mystery together.



### Middle School Music Concert Highlights

Jesup middle school students recently put on a wonderful concert, showcasing their singing and instrumental talents. The 5th grade band continues to make impressive progress in their first year. The 6th grade choir grew in size since the last concert, with more students eager to join the fun. The 7th and 8th grade band and choir showed their growth and maturity, performing beautifully prepared pieces.

The 5th grade vocal concert will be held on **Monday, April 14 at 2:50 pm** in the south gym. Parents and community members are welcome to attend, and the concert will be streamed live on Facebook for those who can't make it in person.





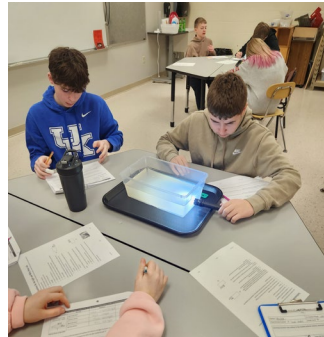
### Latitude & Longitude Battleship

At the end of the day, many of our J-Hawk time activities focus on interventions and reteaching. However, some students also have the chance to explore new skills not typically covered in the standard curriculum. One such activity that has been a hit is Latitude and Longitude Battleship. In this fun and competitive game, students are not only learning about latitude and longitude but also gaining knowledge of different locations and geography. It's a great way to make learning both educational and enjoyable.



### 8th Grade Science Investigation

Written by Kohl Nuehring



In 8th grade Science last week, students were exploring why a lunar eclipse turns red. They connected this phenomenon to the red or orange hues seen during sunrises and sunsets. To learn more, the class conducted an investigation using a tub of water and a flashlight. They shone the flashlight through the side of the tub to observe the color and brightness from different angles.

Initially, the water was clear, and the light appeared white. When they added 1/4 teaspoon of milk powder, the light from eye level turned orange and dim, while the top view showed a white, cone-shaped light that was brighter than the orange. After adding another 1/4 teaspoon of milk powder, the light became foggy and less bright from eye level, with a bluish-white appearance from above.

This experiment helped the students understand that light gets absorbed when it passes through different materials. They observed that as more milk powder was added, the light changed from white to yellow and eventually to orange. The longer the light traveled, the more it shifted toward red. The class is now studying how light refracts, reflects, and is absorbed in our atmosphere, and they're learning about rainbows and how we see different colors.



### 7th Grade Drama Class Performance

The 7th grade Drama class recently performed "The Not-So Mysterious Disappearance of Cinderella" for 4th graders, parents and staff, marking the end of the third quarter. The play, written by Chuck Novatka and published by Drama Notebook, was a big hit with the audience.

The students did an amazing job learning their lines, staging their movements, and picking up some acting tricks along the way. At the start of the class, many students had little experience with acting, but they quickly grew in their skills and enthusiasm. Their hard work truly paid off as they delivered a fantastic performance. The class is excited to take on even bigger productions on the big stage next year!



### Second Trimester Honor Roll

Congratulations to the students who made the Second Trimester Honor Roll! Their hard work and dedication have truly paid off.



#### Gold Honor Roll

8th Grade: Aylin Baldwin, Madison Nesbit, Harper Peterson, Brooklyn Pint, Faith Weber

6th Grade: Ryder Costello, Kash Nichel

#### Silver Honor Roll

8th Grade: Hartley Abrams, Justin Berg, Owen Borneman, Ava Brady, Oakley Brown, Brynn Bucknell, Taelyn Clayton, Oscar Cole, Bode Collins, Cecilia Copp, Brielle Foxen, Mason Gonzalez, Logan Grau, Lily Grover, Micah Hagarty, Michael Hall-Ramsey, Chloe Hamilton, James Hosford, William Hosford, Syriana Jelinek, Hayley Kane, Audrey Mahr, Abigail Martin, Jackson Miller, Dominic Mount, Kohl Nuehring, Krew Ries, Nolan Saber, Justin Schwennen, Kennedy Sharp, Lily Vogt, Jenna Watson, Jada Weber, Tate Youngblut

6th Grade: Jared Berg, Kelsey Blankenship, Mila Carmona, Maxims Dahl, Stella Distler, Natalie Drees, Gavin Even, Cord Gearhart, Savannah Graveman, Preston Grover, Corbyn Hanson, Jake Harden, Nora Jung, Emma Knebel, Stella Leibold, Emme Maynard, Matias

Mensingh, Jenson Powers, Harper Schissel, Kenley Schmudlach, Ava Seevell, Alyvia Soukup, Bennett Turnis, Landry Vogel, Emma Weber, Lydia Weber, Penelope Wenzel, Payton Westpfahl, Aria Zuck

**5th Grade:** Henley Andreassen, Maddex Beier, Addison Bovy, Leah Brady, Oliver Cole, Leland Devlin, Jaylea Even, Koy Ewoldt, Alivia Grau, Aubrey Hamilton, Elynn Hanson, Kale Harrold, Alaina Heinze, Claire Junge, Payton Knight, Bryson Lichty, Greyson Lorenz, Avery Mahr, Margaret Michels, Declan Moothart, Paisley Niewoehner, Kace Roedema, Logan Sabers, Charlotte Zitelman.

## Thank you to PTO & Sponsors

A special thank you to the middle school PTO and parents for providing snacks and supper for the teachers during conferences. The food helped keep everyone energized throughout the evening, and we greatly appreciate the support. We'd also like to thank our Teachers' Lounge sponsor for the month of March, Elite Travel Concierge, LLC, for helping us make it through to spring break!

*Your generosity is truly appreciated!*



News From Our

# HIGH SCHOOL

## Let's Talk About Healthy Relationships

Many teens experience unhealthy relationships, so it's important to know what a healthy relationship looks like. A healthy relationship is built on trust, respect, honesty, and good communication. Everyone should feel safe to say "no" and have their own space.

If you notice signs like isolation, jealousy, controlling behavior or any form of abuse, it's important to talk to a trusted adult. Remember, it's okay to not be okay, and help is available.

**For support or questions, reach out to:**  
Heather Peiffer, the Jesup School Social Worker, at [hpeiffer@jesup.k12.ia.us](mailto:hpeiffer@jesup.k12.ia.us).



Let's talk about

## healthy relationships

**1 in 3 teens will experience some form of dating abuse by adulthood.**



### STARTING THE CONVERSATION

#### Build Trust

Do this by:  
-Supporting without judgement  
-Listen to their concerns  
-Guide them to find solutions for their challenges

#### Talk about healthy relationships

- Respect
- Trust
- Honesty
- Communication
- Consent
- Independence
- Teamwork



#### Talk about consent

Everyone has the right to establish physical, emotional, and sexual boundaries. You are able to say no and feel free from pressure.

#### Keep in mind technology risks

Make sure your teen understands that put-downs, excessive texting, calling, or messaging, and threats by a partner to share private or sensitive images, are all forms of relationship abuse.

### SPOTTING WARNING SIGNS

Isolation from friends and family

Partner is jealous of friendships and other relationships

Pressure to engage in sex by making partner feel guilty

Changes in behavior such as withdrawn, lying, hiding

#### Signs of an unhealthy relationship



Controlling what their partner wears or who they talk to

Physical violence and verbal abuse

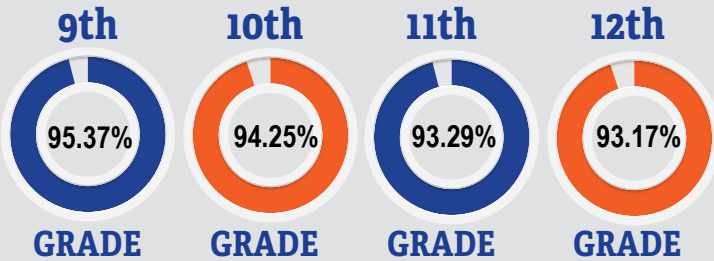
Fear or anxiety when talking about the relationship



For questions or additional resources contact Heather Peiffer, Jesup School Social Worker  
[hpeiffer@jesup.k12.ia.us](mailto:hpeiffer@jesup.k12.ia.us)



As of March 15, 2025, here's the latest attendance update for our high school students.



Overall High School Attendance: 94.21%

We've noticed a drop in attendance over the past couple of weeks. Please make sure your child(ren) comes to school if they are feeling well enough.

### Rec Department News

A huge congratulations to our Elementary Archery Team for qualifying for nationals. What an amazing achievement! We are excited to have 53 1st-2nd graders signed up for kickball this season.

Registration is also open for 3rd-6th grade baseball and softball, with teams filling up fast. This season, all our kids will play in the Cedar Valley League, and some teams will also compete in the USSSA Wednesday Night League, as well as USSSA and local tournaments. So far, we have 51 boys and 44 girls signed up.

Registration is still open for 1st-2nd grade boys and girls coach pitch. These young players will enjoy games in Jesup, along with tournaments and scrimmages against teams from neighboring towns. We're also offering Spring Training for these ages in April – registration will be sent out soon.

T-ball registration for Age 4-PK and TK-KG ball will open on March 31.

Lastly, 5th graders [can now register](#) for 6th grade tackle football for the fall of 2025. A parent/player meeting will be held on April 3 from 6:00-6:30 pm. in the cafeteria.

Thank you to our 33 local businesses who supported us as business sponsors this year. Your support is greatly appreciated!

### J-Hawk Athletic News

A big thank you to all the J-Hawk Basketball fans who attended the state quarterfinal game or watched online! It was an exciting run, and overall, another fantastic season. It was also wonderful to see our future J-Hawk Basketball players cheering in the crowd.

Here are some amazing accomplishments from our team's state tournament journey:

- The team has now made three state tournament appearances in the last ten years, ranking second in the league, just behind Gladbrook-Reinbeck during that time.
- Ryan Treptow and Landon Vogel made history as the first boys basketball players in school history to be part of two state tournament teams.
- The combined record for our boys basketball program this winter, spanning grades 7th through 12th, was an impressive 69-22, giving us a winning percentage of over .758!



What an outstanding winter season – let's keep the momentum going!

