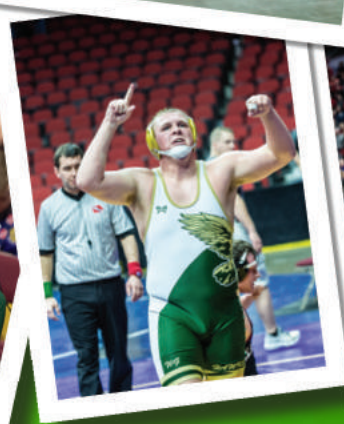


Hawk Happenings

A monthly publication of the Woodward-Granger Community School District

March 2019







By W-G Superintendent
Brad Anderson

ELC/Elementary Playground

On behalf of the District I would like to take the opportunity to Thank the Elementary PTO, parents and community members in helping to financially support the Early Learning Center (ELC) and Elementary playgrounds. Your contribution to this project will go far in making this project a more functional and safer environment for students.

Below is an outline of some of the more common questions we have received about the plans and progress of the ELC/Elementary playground areas.

Why isn't the school paying for this?

The Woodward-Granger School Board committed \$35K towards the project in the summer of 2018. With this initial investment old equipment was taken out and new concrete poured for students to play on during winter months. This investment expensed \$28K of this investment. The Board will continue to look at potential additional contributions towards this project as plans continue to take shape.

Why have the PTO fundraising dollars not been spent?

The PTO has been meeting with both the Elementary Principal Mr. Brummond and myself to inquire about plans to utilize the fundraising dollars. The lack of progress is no fault of the PTO's but one that is undergoing investigation by the District from a capacity and demographics vantage point. This study is important to the master planning of the playground as a whole because of the long-term investment in placement of equipment and overall playground structures.

Is there a master plan? What's included?

There is a concept of a master plan that includes added green space, alternative locations for equipment and an all-inclusive fence. However, this plan will not be finalized until the District has thoroughly reviewed data from a recent demographics study. Once the data is available the Board can make a decision on the long-term direction of the facility and a master playground plan will be completed.

Why is this process taking so long?

Because we want to get this right the first time around the process (which is based on demographic growth data) is being taken into consideration. This is causing a slight delay in the process but in the end we are confident the correct decision will be made.

Are we getting a fence on the ELC portion of the playground?

Yes, the conceptual plan calls for a fully fenced in playground. Dimensions will be determined as the amount of green space becomes more clearly defined.

What new equipment has been talked about?

Most recently basketball hoops and painting for the cement pad have been discussed. However, there are plans in the making for additional equipment, green spaces and additional play areas for students.

When can we expect to see progress?

Data from the District demographics study is scheduled to be in the hands of the District sometime in later March. Once an overall plan can be determined the PTO in combination with the District will move swiftly to try and secure needed bids for the summer of 2019. The goal is to have phase I of the project (however that is defined) finished for the start of school in August of 2019.

What can we do to help?

Keep supporting the PTO and know that the processes will be moving rather quickly this summer. If needed please volunteer your time to assist with any further PTO projects or fundraising efforts towards this monumental task.

If you have any further questions about this article please contact Brad Anderson, Superintendent at 515-999-8022 Ext. 1101 or at bradanderson@wghawks.school Thank you for your continued support.

YOU are invited to SPRING SIAC

On Tuesday April 16th from 6-8 p.m. in the Middle School/High School media center (Woodward) the Woodward-Granger CSD will host its Spring School Improvement Advisory meeting. All community members are invited and encouraged to attend. During the meeting the community will be informed of the results of the Iowa Youth Survey, Anti Bullying and Harassment Task Force updates, be informed of the District's Curriculum plans for the fall of 2019 and will delve into student achievement growth data for the 2018-2019 school year.

We encourage you to come out and provide your input on the direction you would like to see our district go as this information will be directly shared with the WG Board of Education.

Thank you for your consideration and we hope to see you there!

Preschool Class



Miss Van Houten's preschool class visited the nursing home in February. The students and residents worked together to make a torn paper craft. The kids and adults spent the entire time talking and sharing stories and even helped each other with their work! The preschoolers enjoyed sharing the stories they heard with their classmates and teachers when they returned to school!



Library News

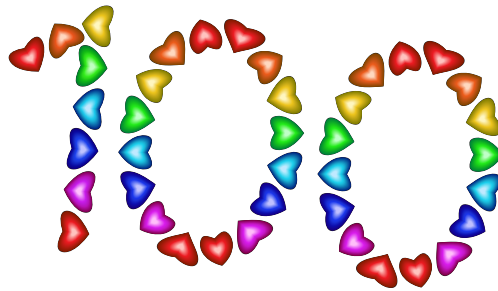
Don't forget that the 2019 Spring Scholastic Book Fair will again be held in the Elementary Library during conferences! Help support literacy at the ELC and Elementary by purchasing books for your students. You will also be able to help out your child's teacher by purchasing books for their classroom libraries.



Celebrating our 100th Day!



Second graders celebrated their 100th day by bringing in 100 items for the Granger Food Pantry. It made us feel good knowing we are helping other families. Thank you to all the kids who brought items in.



This semester, the Advanced Culinary classes have been hard at work creating take and bake meals and marketing these meals around the school. This is a new direction for this class. Our goals for this class are to get students to start thinking about preparing food for other people rather than for just themselves. By adjusting our way of thinking about food production, I'm hoping students will begin connecting what we are learning in the classroom to the food industry. Although some students may not have their sights set on working in a restaurant, it is reported that almost 70% of "first-time jobs" are in the food industry. Hopefully, these students will walk away with some real-world knowledge of how the food industry operates!

How do we operate our "business"? It's a bit complex but designed to get students experience in every aspect of the process. Our semester will be broken into 4 units, each unit will represent a separate take and bake meal. Students were placed in 2 different groups - a kitchen group that they cook with and a committee group that they execute part of the process with. The committees are made up of one person from each kitchen. The purpose of this was two-fold, one so that students can experience working with different teams and two so that our business is cohesive across all 4 kitchen groups. The 4 committees are: Marketing and Evaluation, Selling Process, Planning Process, and Recipe Development.



To say we are all learning is quite the understatement, I am learning right along with the students in this course! Luckily, our high school instructional coach, Mindy Buck, has been there anytime I need a sounding board to bounce ideas off of. She has even observed in our classroom to help me figure out how to get this complex system off the ground. My intentions are for this to be a student-run business, I'm hoping that as we work through the process, the students will need less and less direction from me. We are in the last week of our first unit, we just collected orders for our first take and bake meal. For the first round, the students selected Manicotti, Lasagna, Chicken Taquitos, Chicken Pot Pie, Loaded Baked Potato Soup, Three Cheese Potatoes and Chicken, Baked Mac n Cheese, and Creamy Whole Wheat Pasta. The meals are made to feed 6 people and were \$15 each. We collected 35 orders for the first round! We are excited to begin our second round and perfect our process. If you have any questions or would like additional information, please contact me at melissamccord@wghawks.school

FIRST LEGO League

There were two teams of WG Middle School students that participated in FIRST LEGO League competitions. One team went to the Waukee competition and another chose to compete at the Science Center. Competitions took place in early December. Neither team advanced to State competition, but both did a great job!

Each team built robots, programmed them to complete different tasks to earn them points in competition, and had to complete a project. The theme this year was Into Orbit. There were space themed challenges on a mat for their robots to complete. They built their own robot designs and they did their own programming. Through lots of trial and error they determined which of the challenges they thought they could make their robot complete in competition.

Each team also had to complete a project. They were challenged with coming up with a problem in space and find a possible solution to their problem with research. The teams are encouraged to reach out to an expert. One team was able to have a conference call with an astronaut Loren Shriver. It was a great experience for them to hear from someone that has been in space.

The FIRST LEGO League promotes many great team skills that they call their Core Values. Some of the Core Values are discovery and innovation as they design their robot and are creative with their programming. Impact is another core value that they work on as they come up with a real-world problem to solve. Through the whole experience, they learn how to work as a team, include and respect others, and have fun.



GRANDWOOD NEWSLETTER

Grandwood will provide functional and transitional learning experiences in a positive and structured environment while advancing student independence.



WISH LIST

- Kleenex
- Hand Sanitizer
- Dry Erase Markers
- Notecards
- Plastic Silverware
- Binder clips
- Glue sticks

MARCH REMINDERS

Please contact your student's teacher for specific details.

Conferences:

March 12th- 4:00pm-8:00pm

2:15 Early Out:

March 12th & 14th

No School:

March 15th

Spring Break:

March 18th-March 22nd

Please contact your students teacher or call Grandwood to schedule a conference time.

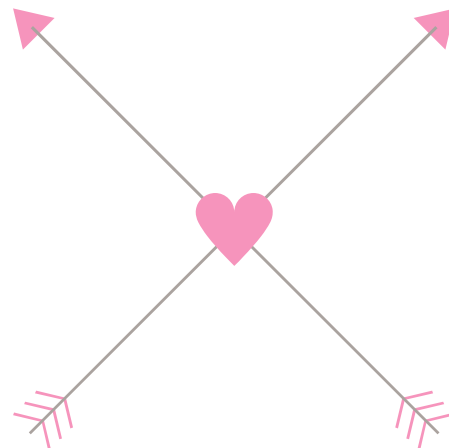


Valentine's Day



"I really like that each of the kids picked a class and everyone got a valentine!"- Mrs. T

The Grandwood Gold Team got together this year to celebrate Valentine's Day. At the Valentine's party the students made Valentine boxes and bags. They were able to prepare the Valentines and hand them out to their classmates. Students were able to make a heart craft that they could turn into a cat or dog. They also were able to do activity sheets. The students had a great time and definitely enjoyed all of the candy! It was a great way to celebrate the day and to spread kindness and joy!





Woodward-Granger 2019 Multiple Activities Schedule
(as of 02-21-2019)

Activity	Time	Versus	Location	Location Detail	Comments
SATURDAY, MAR 02, 2019					
HS Instrumental Music					JAZZ BAND at the Hoover Jazz Festival at Hoover HS in Des Moines
MS Instrumental Music					MS Jazz Band to Hoover Jazz Festival at Hoover HS in Des Moines.
MONDAY, MAR 04, 2019					
MS Instrumental Music	7:00pm				JR HIGH BAND - WCAC Conference Band Festival at Des Moines Christian. Concert open to the public starts at 7:00 PM
TUESDAY, MAR 05, 2019					
High School	5:45pm				College Planning night. This presentation is geared toward Sophomores and Juniors. Parents and students should attend.
High School	7:00pm				Financial Aid night. This presentation is geared toward Juniors. Parents and students should attend.
WEDNESDAY, MAR 06, 2019					
Early Dismissal	2:15pm				
THURSDAY, MAR 07, 2019					
HS Instrumental Music	7:00pm				BAND - 5th-12th Grade Band Concert at HS Gym
MS Instrumental Music	7:00pm				BAND - 5th-12th Grade Band Concert at HS Gym
Elementary	7:00pm				BAND - 5th-12th Grade Band Concert at HS Gym

continued on next page

SATURDAY, MAR 09, 2019

HS Speech

State Individual
Speech
Competition at
Nevada

TUESDAY, MAR 12, 2019

WGCS D

2:15pm

2:15 Early
Dismissal.
Parent/Teacher
Conferences
4:00-8:00 PM

WEDNESDAY, MAR 13, 2019

Early Dismissal

2:15pm

THURSDAY, MAR 14, 2019

WGCS D

2:15pm

2:15 Early
Dismissal.
Parent/Teacher
Conferences
4:00-8:00 PM

FRIDAY, MAR 15, 2019

WGCS D

2:15pm

No School

MONDAY, MAR 18, 2019

WGCS D

SPRING
BREAK - No
School

TUESDAY, MAR 19, 2019

WGCS D

SPRING
BREAK - No
School

WEDNESDAY, MAR 20, 2019

WGCS D

SPRING
BREAK - No
School

THURSDAY, MAR 21, 2019

WGCS D

SPRING
BREAK - No
School

FRIDAY, MAR 22, 2019

WGCS D

SPRING
BREAK - No
School

continued on next page

MONDAY, MAR 25, 2019

HS Speech

All-State
Individual
Speech
Festival at UNI

TUESDAY, MAR 26, 2019

High School

7:00pm

National Honor
Society
Induction
Ceremony in
the Auditorium.

WEDNESDAY, MAR 27, 2019

Early Dismissal

2:15pm

FRIDAY, MAR 29, 2019

Track: Boys JV/Varsity Meet

4:30pm Winterset

Van Meter High School

Due to
construction,
this meet will
be held at Van
Meter High
School

SATURDAY, MAR 30, 2019

HS Instrumental Music

BAND - State
Solo and
Ensemble
Contest at
Guthrie Center

HS Vocal Music

HS CHOIR -
State Solo and
Ensemble
Contest at
Guthrie Center.



Don't Forget
to Eat Your
Vegetables

Woodward-Granger Breakfast

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily
on the Fruit and Vegetable Bar

March
2019

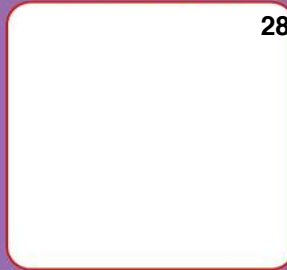
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

4

School Breakfast Week

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

5

Great Northern Banana
Chocolate Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

6

Pancake on a Stick

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

7

Bagel and Cream Cheese

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

8

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

11

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

12

Waffle Sausage Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

13

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

14

Mini French Toast

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

15

No School

18

Spring Break

19

Spring Break

20

Spring Break

21

Spring Break

22

Spring Break

25

Breakfast Pizza

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned Fruit
1% Milk

26

Waffle Sandwich

Choice of Cereal
Graham Crackers

Vegetable Selection
Apple Juice
1% Milk

27

Mini Pancakes

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
1% Milk

28

French Toast Sticks

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice
1% Milk

29

Long John

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Milk

Prices

Regular	\$1.80
Reduced	\$.30
Adult	\$2.50
Extra Milk	\$.50



EXTRA INFO

Milk Choice of 1%, Skim or Chocolate
Skim is included with Lunch.
Entree Salads are served with a Dinner Roll.
For Questions or Comments, contact Meladee
Steele at 515-438-2115 ext 5129
or email meladeesteele@wghawks.school





Don't Forget
to Eat Your
Vegetables

Woodward-Granger ELC and Elementary

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily
on the Fruit and Vegetable Bar

March
2019

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

School Breakfast Week 4

Corn Dog
Macaroni & Cheese

Chef Salad
Green Beans

Cheese Sandwich Sack Lunch

National Nutrition Month 5

Chicken Tenders
Waffles

Deli Sandwich

Cheese Sandwich Sack Lunch

27

Fish Sandwich with Cheese

Chef Salad
Golden French Fries

Cheese Sandwich Sack Lunch

28

Beefy Nachos & Homemade
Cheese Sauce

Deli Sandwich
Black Beans
Lettuce and Tomato

Cheese Sandwich Sack Lunch

Dr. Seuss' Birthday 1

Stuffed Crust Pizza

Chef Salad
Lettuce Salad
Monster Cookie

Cheese Sandwich Sack Lunch

11

Walking Taco

Chef Salad
Lettuce, Tomato, Salsa
Black Beans

Cheese Sandwich Sack Lunch

12

Lasagna Rollup with Sauce
Bread Stick

Deli Sandwich
Caesar Salad

Cheese Sandwich Sack Lunch

13

Roasted Hot Dog on a Bun

Chef Salad
Potato Wedges

Cheese Sandwich Sack Lunch

Pi Day 14

3.14 Personal Pizza

Deli Sandwich
Broccoli Florets

Cheese Sandwich Sack Lunch

No School 15

18

Spring Break

19

Spring Break

20

Spring Break

21

Spring Break

22

Spring Break

25

Fried Chicken

Chef Salad
Mashed Potatoes
Muffin

Cheese Sandwich Sack Lunch

26

French Toast Sticks
Cherry Vanilla Yogurt

Deli Sandwich
Warm Cinnamon Apples

Cheese Sandwich Sack Lunch

27

Chili
Cinnamon Roll

Chef Salad
Steamed Carrots

Cheese Sandwich Sack Lunch

28

Crispito with Chili and Cheese

Turkey Deli Sandwich
Mexican Corn
Homemade Brownie

Cheese Sandwich Sack Lunch

29

Taco Pizza

Chef Salad
Lettuce, Tomato, Salsa

Cheese Sandwich Sack Lunch

Prices

Regular	\$2.85
Reduced	\$.40
Adult	\$3.70
Extra Milk	\$.50

HARVEST OF THE MONTH



EXTRA INFO

Milk Choice of 1%, Skim or Chocolate
Skim is included with Lunch.
Entree Salads are served with a Dinner Roll.
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Steele at 515-438-2115 ext 5129
or email meladeesteele@wghawks.school





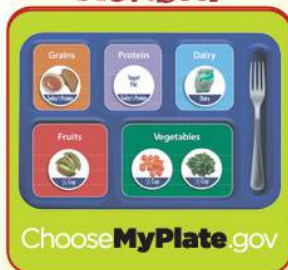
Don't Forget
to Eat Your
Vegetables

Grandwood Lunch Menu

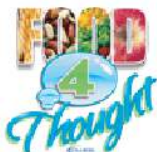
Fresh Vegetable Choices and Seasonal Fruit are Offered Daily
on the Fruit and Vegetable Bar

March
2019

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

School Breakfast Week 4

Italian Stromboli
Glazed Carrots

Chef Salad

National Nutrition Month 5

Beefy Nachos & Homemade
Cheese Sauce
Refried Beans

Deli Sandwich

27

Fish Sandwich with Cheese
Coleslaw

Chef Salad

28

Popcorn Chicken
Cheesy Mashed Potatoes
Whole Grain Dinner Roll

Deli Sandwich

1

Crispy Chicken Sandwich
Golden French Fries

Chef Salad

11

Sweet n Sour Chicken Bites
Brown Rice

Chef Salad

12

Tex Mex Bowl
Churro

Deli Sandwich

13

Egg & Cheese Breakfast
Sandwich
Apple Crisp

Chef Salad

14

Corn Dog
Baked Beans

Deli Sandwich
Homemade Brownie

15

No School

18

Spring Break

19

Spring Break

20

Spring Break

21

Spring Break

22

Spring Break

25

Crispito with Chili and Cheese
Potato Oles

Chef Salad

26

Cheese Bosco Stick
Refried Beans

Deli Sandwich

27

Cheese Calzone
Corn

Chef Salad

28

Pulled Pork on Pretzel Bun
Coleslaw

Deli Sandwich

29

Fish Nuggets
Golden French Fries

Chef Salad

Prices

Regular	\$3.00
Reduced	\$.40
Adult	\$3.70
Extra Entree	\$2.65
Extra Milk	\$.50

HARVEST OF THE MONTH



EXTRA INFO

Milk Choice of 1%, Skim or Chocolate
Skim is included with lunch.
Entree Salads are served with a Dinner Roll.
For questions or comments, contact Meladee
Steele at 515-438-2115 ext 5129
or email meladeesteele@wghawks.school





Remember to eat
Your Fruits
& Vegetables

Woodward-Granger Middle School / High School Lunch Menu

March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

- Classic Cafe** Chicken Alfredo w/Pasta, Bread Stick
- Diner Station** Fry Friday- Fries with your Chicken Patty Sandwich
- Grab and Go** Deli Sandwich, Chef Salad

Harvest of the Month



Milk choice of 1%, Skim or Chocolate Skim is included with lunch.

For questions or comments, contact the Food Service Director at meladeesteele@wghawks.school, or call 515-438-2115 ext 5129

Menus are subject to change without notice. This institution is an equal opportunity provider.





Remember to eat
Your Fruits
& Vegetables

Woodward-Granger Middle School / High School Lunch Menu

March 2019

4 MONDAY

- Classic Cafe** Italian Stromboli, Glazed Carrots
- Diner Station** Breaded Pork Sandwich
- Grab and Go** Deli Sandwich, Chef Salad

7 THURSDAY

- Classic Cafe** Popcorn Chicken, Cheesy Mashed Potatoes, Whole Grain Dinner Roll
- Pizza** Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza
- Grab and Go** Deli Sandwich, Chef Salad

5 TUESDAY

- Classic Cafe** Beefy Nachos & Homemade Cheese Sauce, Refried Beans
- Pizza** Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Breakfast Pizza
- Grab and Go** Deli Sandwich, Chef Salad

8 FRIDAY

- Classic Cafe** Chicken Wings with Choice of Sauces, Peas and Carrots, Slice of Bread
- Diner Station** Pizza Roll
- Grab and Go** Deli Sandwich, Chef Salad

6 WEDNESDAY

- Classic Cafe** Sloppy Joe on a Bun, Coleslaw
- Diner Station** Fish Sandwich with Cheese
- Grab and Go** Deli Sandwich, Chef Salad

EXTRA INFO



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Remember to eat
Your Fruits
& Vegetables

Woodward-Granger Middle School / High School Lunch Menu

March 2019

11

MONDAY

Classic Cafe Sweet n Sour Chicken Bites, Brown Rice, Fortune Cookie

Diner Station BBQ Rib Sandwich

Grab and Go Deli Sandwich, Chef Salad

14

THURSDAY

Classic Cafe Corn Dog, Baked Beans, Homemade Brownie

Pizza Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

Grab and Go Deli Sandwich, Chef Salad

12

TUESDAY

Classic Cafe Tex Mex Bowl, Churro

Pizza Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Breakfast Pizza

Grab and Go Deli Sandwich, Chef Salad

15

FRIDAY

No School

13

WEDNESDAY

Classic Cafe Breakfast Sandwich, Hashbrown Potatoes, Apple Crisp

Diner Station Mini Corn Dogs

Grab and Go Deli Sandwich, Chef Salad

EXTRA INFO



Milk choice of 1%, Skim or Chocolate Skim is included with lunch.
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Remember to eat
Your Fruits
& Vegetables

Woodward-Granger Middle School / High School Lunch Menu

March 2019

18

No School

MONDAY

21

No School

THURSDAY

19

No School

TUESDAY

22

no School

FRIDAY

20

No School

WEDNESDAY

EXTRA INFO

Harvest of the Month



Milk choice of 1%, Skim or Chocolate Skim is included with lunch.

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Remember to eat
Your Fruits
& Vegetables

Woodward-Granger Middle School / High School Lunch Menu

March 2019

25

MONDAY

Classic Cafe Crispito with Chili and Cheese, Potato Oles, Whole Grain Dinner Roll

Diner Station Crispy Chicken Sandwich

Grab and Go Deli Sandwich, Chef Salad

28

THURSDAY

Classic Cafe Pulled Pork on a Pretzel Bun, Coleslaw

Pizza Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Chicken Bacon Ranch Pizza

Grab and Go Deli Sandwich, Chef Salad

26

TUESDAY

Classic Cafe Walking Taco, Refried Beans

Pizza Cheese Pizza, Sausage Pizza, Pepperoni Pizza, Breakfast Pizza

Grab and Go Deli Sandwich, Chef Salad

29

FRIDAY

Classic Cafe Paella, Churro

Diner Station Fish Nuggets

Grab and Go Deli Sandwich, Chef Salad

27

WEDNESDAY

Classic Cafe Cheese Calzone, Corn

Diner Station Mini Corn Dogs

Grab and Go Deli Sandwich, Chef Salad

EXTRA INFO



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HEALTHY to a "T"

March 2019

Harvest of the Month

Strawberries



FUN FACTS:

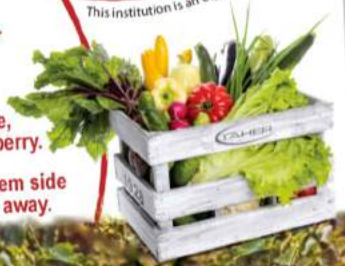
Strawberries come in all sizes. The smallest varieties are usually the sweetest.

California, the major producer, grows over 2 billion pounds of strawberries a year.

Strawberries are the only fruit that wear their seeds on the outside. On the average, there are 200 edible seeds on each strawberry.

Rinse strawberries with the stem on or stem side down to keep the nutrients from washing away.

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Small Changes Matter

When it comes to being physically active and eating right, small changes matter. Don't feel like you need to go all out to see results; taking positive gradual steps goes a long way in becoming healthy.

Keep it simple. Eating right doesn't have to be complicated:

- Eat, don't drink your calories
- Make the first meal of your day the biggest
- Choose whole foods rather than processed
- Don't bother with the "diet" or "low fat" version of the foods you love
- Eat in moderation

Find activities that you enjoy and be physically active most days of the week. Any activity is better than none; daily activities count such as shoveling snow, gardening, and climbing stairs.

Benefits of being physically active include:

- Feeling more energized
- Better sleep
- Increases concentration and focus
- Mood booster
- Decreases blood pressure and improves blood sugar

**Go ahead and leap toward health...
one small step at a time.**

Melanie Wirth, RDN, LD, MBA, Corporate Dietitian, Taher, Inc.

HARVEST OF THE MONTH RECIPE—MARCH

Strawberry Spinach Mint Feta Salad

Yield: 3 servings

DRESSING

- 1 orange, juiced
- 3 Tbs olive oil
- 2 Tbs apple cider vinegar
- ½ Tbs honey
- salt
- pepper

SALAD

- 6 oz bag baby spinach
- ¼ cup chopped mint
- ½ cup strawberries, quartered
- ¼ cup feta cheese crumbles

For Dressing: Juice the orange. Whisk together the ingredients and set aside.

For Salad: In a bowl, combine spinach, mint and strawberries.

Whisk the dressing just prior to serving and toss with the spinach, mint and strawberries.

Sprinkle the feta cheese crumbles on top.

NUTRITION SNAPSHOT ~ 1 serving

215 calories, 17g total fat, 4g sat. fat, 305mg sodium, 12g carbohydrate, 3g fiber, 17mg cholesterol, 5g protein, 8g sugar



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Woodward-Granger CSD

306 W. Third Street
Woodward, Iowa 50276

PRE-SORT STD.
NON-PROFIT
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2nd Graders conquering the snow at recess.



Woodward-Granger Board of Education

These are the Board members who represent the stakeholders in our district:

Ashley Brandt - President
Jennifer Benbow - Vice President
Tim Bogardus - Director

David Elliott - Director
Troy Janssen - Director

***Thank You**
to these individuals who serve our district.*

Woodward-Granger Community School District not to discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact: **Rebekka Maass**, 1251 334th Street Woodward, Iowa 50276, (515) 438-3240 or rebekkamaass@wghawks.school or to the Chicago Office, Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 West Madison Street, Suite 1475, Chicago, IL, 60661, and (312) 730-1560.