

# CENTER POINT-URBANA SCHOOL DISTRICT

*PRIDE Newsletter*

October & November 2021

CPU Website: [cpuschools.org](http://cpuschools.org)

## IMPORTANT DATES



### OCTOBER

4th	12:45 pm	Dismissal; Parent/Teacher Conferences
6th		30-Minute Late Start
11th		No School - Professional Learning
13th		30-Minute Late Start
20th		30-Minute Late Start
27th		30-Minute Late Start

### NOVEMBER

3rd	30-Minute Late Start
10th	30-Minute Late Start
17th	30-Minute Late Start
24th, 25th, 26th	No School - Thanksgiving Break

[CLICK HERE](#)

**PARENT PAY  
ONLINE FEES**



## KEEP N TRACK

To ensure the safety of our students and staff, all CPU buildings require a driver's license for any visitor, vendor, or volunteer to enter a building beyond the office. We encourage volunteers to click on the link below to complete the Parent Volunteer Registration form. Completing this form registers you as a volunteer for the entire school year. If you were registered last year, you will need to complete a new form this year.



[PARENT VOLUNTEER  
REGISTRATION FORM](#)

## E FRIDAY FOLDERS

In an effort to reduce paper usage, the CPU district uses an eFriday folder. This contains information for all grade levels (PK-12). The link will be e-mailed each Friday to all patrons on the district email list. The link is located on the middle right side of the school webpage under Latest News. The information stays on there for many weeks and you can access the eFriday Folder at any time.

## SUBSTITUTES NEEDED

Would you like to be a substitute teacher? There is always a need for additional substitute teachers in the school system. If you have a bachelor's degree, associate's degree, or hold a paraeducator certificate, you too can be a sub. Please [click here](#) to sign up for a substitute authorization class through Grant Wood AEA. Substitute teachers currently earn \$15.75/hour. We are also in need of substitute associates, nurses, and cooks. If you are interested, please fill out the application at

[CLICK HERE](#)

**SUBSTITUTES  
NEEDED**



# DISTRICT OFFICE UPDATES



## WHAT IS PPEL?

The Physical Plant and Equipment Levy (PPEL) is a source of funding used to support items such as technology, repairs, buses, and equipment. It is funded through property tax and is composed of two pieces; a \$.33/\$1000 levy that is approved by the Board of Education, and a \$1.34/\$1000 levy that is approved by the voters within the district for a period of up to 10 years.

These funds can be used for the purchase of equipment, transportation equipment and repairs, repair or remodel of existing facilities, purchase or lease of equipment, construction, and purchase of property. It can NOT be used for items such as salaries, heating and cooling, or other general education expenses.

At CPU, we have used our PPEL to fund items such as:

- Buses, vans, and other transportation equipment
- Yearly technology rotation, including Chromebooks, laptops, Ipads, carts, projectors, wireless network infrastructure, and servers
- Equipment
  - Tuba
  - Defibrillators
  - Microscopes
  - Commercial Freezers for Food Service
- Classroom furniture
- Software such as Powerschools, Simbli School Board Software, and Keep N Track
- Construction of the high school
- Construction of the bus barn
- Lawnmower, forklift, and other buildings and grounds equipment

The current voted-PPEL levy is scheduled to expire at the end of the 2022-2023 school year. Watch for more information regarding the renewal of the levy.

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## SCHOOL BOARD ELECTION

November 2, 2021, is the date for the next school board election. Center Point-Urbana will have two seats up for election: Director District 1 and an At-Large seat. Individuals who have filed papers to run for election are:

### At-Large:

Kim Shonka

Kim Simon

### Director District 1:

Kristeen Opfer

Gwendolyn Cumberland Schaeffer

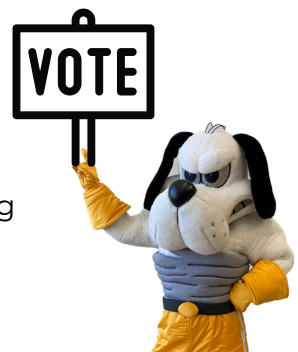
Thank you to all of the candidates for their dedication to our community.

## POLLING HOURS

7:00 am - 8:00 pm on November 2nd  
Center Point Public Library  
Urbana City Hall/Community Center

We encourage everyone to take this opportunity to learn more about what's happening in Iowa Schools and get out and vote.

For more information about voting or about absentee voting, please call Linn or Benton County Auditor's office.



# SCHOOL NURSE NEWS



## LINNEA OFFERMAN, RN BSN

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## KAREN LINT, RN

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Halloween marks the start of the SUGAR TRIAD! Halloween, Thanksgiving, and Christmas! During these holidays sweets abound! How much do you know about sugars and “added sugars?” Here are some great sugar points from the Mayo Clinic:

[CLICK TO VIEW ARTICLE](#) 

### *A few facts about sugar*



All sugar, whether natural or processed, is a type of simple carbohydrate your body uses for energy. Fruits, vegetables and dairy foods naturally contain sugar.

"Added sugars" are the sugars and syrups added to foods during processing. Desserts, sodas, and energy and sports drinks are the top sources of added sugars for most Americans, but many other foods contain added sugars.

Why are added sugars a problem?

Foods with a lot of added sugars contribute extra calories to your diet but provide little nutritional value. In addition, added sugars are often found in foods that also contain solid fats, such as butter or margarine, or shortening in baked goods.

Eating too many foods with added sugars sets the stage for potential health problems, such as:

- Poor nutrition. If you choose sugar-laden foods instead of other, more nutritious foods, you miss out on important nutrients, vitamins, and minerals. Regular soda plays an especially big role. Sweetened soft drinks add lots of extra sugar and calories and no other nutritional value.
- Weight gain. There's usually no single cause for being overweight or obese. But added sugar might contribute to the problem. Adding sugar to foods and beverages makes them more calorie dense. It's easy to consume extra calories when eating foods that are sugar sweetened.
- Increased triglycerides. Triglycerides are a type of fat in the bloodstream and fat tissue. Eating an excessive amount of added sugar can increase triglyceride levels, which may increase your risk of heart disease.
- Tooth decay. All forms of sugar promote tooth decay by allowing bacteria to multiply and grow. The more often and longer you snack on foods and beverages with either natural sugar or added sugar, the more likely you are to develop cavities, especially if you don't practice good oral hygiene.

# SCHOOL NURSE NEWS



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## Different names for added sugars



Sugar goes by many different names, depending on its source and how it was made. This can also make it hard to identify added sugars, even when you read ingredient lists and food labels.

Check for ingredients ending in "ose" — that's the chemical name for many types of sugar, such as fructose, glucose, maltose and dextrose. Here's a list of other common types of added sugars:

- Cane juice and cane syrup
- Corn sweeteners and high-fructose corn syrup
- Fruit juice concentrate and nectars
- Honey
- Malt or maple syrup
- Molasses



Despite what you may have heard, there's no nutritional advantage to honey, brown sugar or other types of sugar over white sugar.

## How to reduce added sugars in your diet



To reduce the added sugars in your diet, try these tips:

- Drink water, other calorie-free drinks, or low-fat milk instead of sugary sodas or sports drinks. That goes for coffee drinks, too.
- When you drink fruit juice, make sure it's 100 percent fruit juice — not juice drinks that have added sugars. Better yet, eat the fruit rather than drink the juice to get the fiber as well.
- Choose breakfast cereals with less sugar. Skip sugary and frosted cereals.
- Opt for reduced-sugar varieties of syrups, jams, jellies and preserves.
- Choose fresh fruit for dessert instead of cakes, cookies, pies, ice cream and other sweets.
- Buy canned fruit packed in water or juice, not syrup. If you do purchase fruit packed in syrup, drain and rinse it with water to remove excess syrup.
- Choose nutrient-rich snacks such as vegetables, fruits, low-fat cheese, whole-grain crackers and low-fat, low-calorie yogurt instead of candy, pastries and cookies.



# FOOD SERVICE/NUTRITION UPDATE



**CLICK TO VIEW MENUS** 

Dear Center Point-Urbana Families,

Center Point-Urbana Community School is participating in the United States Department of Agriculture (USDA) Seamless Summer Option (SSO) for the entirety of the 2021-22 school year. This means that our school provides no-cost meals to all students. This program provides additional support and flexibility for our district to continue serving meals to children while maintaining safety measures and managing the impacts of the COVID-19 pandemic.

Included in the impacts of the COVID-19 pandemic are nationwide supply chain and product availability shortages. Disruptions are due to a lack of availability of raw ingredients and labor to produce, unload, and transfer food products. Some food and/or beverage products normally provided to students may not be available or arrive as scheduled. Due to unforeseen circumstances, last-minute menu changes and product substitutions may occur. Be assured meals will remain balanced, healthy, and plentiful. We ask for patience and understanding as we do our best to meet the needs of your children.

Please contact me with any questions at 849-1102 X91044 or email me at [bwyse@cpuschools.org](mailto:bwyse@cpuschools.org)

Sincerely,  
Brenda Wyse  
Food Service Director  
Center Point-Urbana Community School

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In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
2. Office of the Assistant Secretary for Civil Rights
3. 1400 Independence Avenue, SW
4. Washington, D.C. 20250-9410;

1. fax: (202) 690-7442; or
2. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# PRIMARY & INTERMEDIATE



## ANN WOOLDRIDGE, PRINCIPAL

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## JON HASLEIET, PRINCIPAL

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### ARRIVAL/DISMISSAL TIMES - INTERMEDIATE

Intermediate students go to their classrooms at 8:15 in the morning. Classes officially begin at 8:20. The end of the school day is at 3:20. Center Point bus riders are dismissed at 3:20. Students who walk home or get picked up by a parent are dismissed at 3:25. Any students who are waiting for siblings on the Urbana buses or ride the Urbana buses are dismissed around 3:40.

### FAST ASSESSMENTS COMPLETED

Both the Primary and Intermediate buildings have finished the fall FAST Reading and Math assessments. Since the assessments, teachers have been analyzing the data and deciding on an instructional course of action. It will take students, staff, and parents to help students continue to grow in both the reading and math core content areas.

As the assessments get finished, the next steps will be to start interventions for students who are below the benchmark. The intervention groups will be starting as soon as possible.

The information below are percentages of students in that grade level who have met the state fall benchmark. Note: the winter and spring benchmarks are higher so the benchmarks change each testing period.

Grade Level	Reading Composite	Math Composite
AK/Kindergarten	<b>77%</b>	<b>82%</b>
First Grade	<b>69%</b>	<b>67%</b>
Second Grade	<b>73%</b>	<b>88%</b>
Third Grade	<b>83%</b>	<b>94%</b>
Fourth Grade	<b>80%</b>	<b>83%</b>
Fifth Grade	<b>74%</b>	<b>69%</b>

# PRIMARY & INTERMEDIATE



## ANN WOOLDRIDGE, PRINCIPAL

CENTER POINT-URBANA PRIMARY  
awooldridge@cpuschools.org

## JON HASLEIET, PRINCIPAL

CENTER POINT-URBANA INTERMEDIATE  
jhasleiet@cpuschools.org

## Ways to earn money for the school

### SCRIP

Parents and community patrons purchase gift cards at face value and the scrip company reimburses a percentage back to the school. Gift cards can be purchased 2 times a month and 1 time a week during November and December.

### BOX TOPS

Proceeds from Box Tops allow both the primary and intermediate buildings to have the Old Creamery Theatre perform at the primary and intermediate building. The fifth-grade classes also attend a performance at the Old Creamery Theatre every year. We are hopeful both will be able to happen this spring. If not, the money will be used for other student/teacher needs in the elementary buildings. Box Tops are moving to electronic. Please sign up for an account and continue to turn Box Tops into Center Point-Urbana. Also, please keep sending in the hard Box Tops if they have not expired yet.

### HYVEE RECEIPTS

The school receives \$1 for every \$100 spent at HyVee. Simply turn in the receipts to the school and school personnel will take care of the rest.

## Special Thank You!

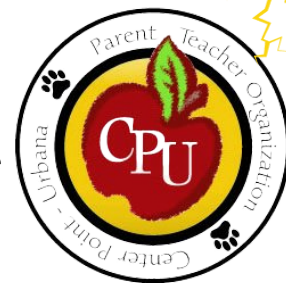
Thank you to the Center Point and Urbana Fire Fighters! They will be coming to the primary and intermediate buildings on Friday, October 8th. While they are with the students, they will be doing a short fire safety program and showing students their equipment. In addition, the firefighters will observe a building fire drill and give the administrators feedback. The school district appreciates the fact that many of the firefighters will take time from their 'day jobs' on October 8th to spend the day with our students. We appreciate your fire prevention efforts for our students and communities.

# PTO NEWS 2021-22



## PTO COMMITTEE

In order to accommodate the many busy schedules, most of the PTO meetings will be held via Zoom so that as many parents who want to participate, may! A zoom link will be sent to parents on the day of the PTO meeting via the primary and intermediate buildings' parent distribution lists.



## PTO Activities

OCTOBER	PRIMARY Trick or Treat Oct. 30th
NOVEMBER	McTeacher Night
DECEMBER	Movie Night Dec. 4th Pack the Gym Dec. 11th
JANUARY	Painting (online/cafeteria)
FEBRUARY	Game Night Rollerskating
MARCH	Sock Hop Parent Teacher Conference Meals
APRIL	Muffins with Mom
MAY	Teacher Appreciation Kernels Game Day

## PTO Meeting Dates

October 11th,	6:30 pm Primary Red Pod
January 10th,	6:30 pm via zoom
March 7th,	6:30 pm via zoom
April 4th,	6:30 pm via zoom

## PTO GOALS AND LONG-RANGE PLANNING

The October 11th meeting will be an in-person meeting so that attendees can participate in some PTO goal setting for the next 1-3 years. The meeting will also be used to generate ideas as to how to use the fundraising dollars. The meeting will be at 6:30 at the primary building in the red pod. All are welcome!

## PTO WALK-A-THON

The PTO Walk-a-Thon was held on September 23rd and 24th. The amount collected and plans for the dollars will be shared in the next Pride issue. Thank you in advance for supporting the PTO Walkathon. Because of your participation we are able to hold many great family activities. Watch for the upcoming events in Friday Folders and in future PRIDE Articles.

## ART TO REMEMBER

Even though this is in the fundraising section, the PTO Committee does not intend on this project being a fundraiser. The committee wants to give parents/guardians of preschool through fifth-grade students the opportunity to purchase items with their child's artwork for themselves or for gifts. The children are given the freedom to create anything they want to be included on the items for sale. Please do not feel obligated to purchase anything from Art to Remember.



**Primary PTO Trick or Treat Event-October 30th 3:00-5:00** This event will be held at the primary building. A flier will be available on e-Friday folders in mid-October.





## KC TUPA, PRINCIPAL

CENTER POINT-URBANA MIDDLE SCHOOL  
ktupa@cpuschools.org

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### FROM THE PRINCIPAL'S DESK

We have had a great start to the year. Our students and staff have been unbelievable as we set expectations, goals, and continue to help each other FIND OUR VOICE.

News of note: (no particular order of importance)

- Breakfast and lunches are free for all students. A la carte items and seconds are NOT. Please keep checking those lunch account balances.
- Football Expectations- We provide a safe place for CPU MS students to enjoy watching the game with classmates. Please know this is a privilege. Please follow our expectations.
- If you allow your daughter/son to be on social media, please be aware of what they post and who they follow. Social Media can be a great place to celebrate and bring positivity to the world but it also can be ugly and cruel.
- We are currently finishing our Fall Assessments for Reading, Math, and Social-Emotional Health. Our staff will look at the data and put students in groups where they can have success.
- 6th Grade Campout was another huge success. Thank you Mrs. Leedom, Mr. Brustkern, Mr. Helmke, Mrs. Zimmerly, Miss Salow, Mr. Griswold, Mr. Graven, Mrs. Dolan, and all of our staff and parents that help provide these opportunities for our students.



# MIDDLE SCHOOL



## KC TUPA, PRINCIPAL

CENTER POINT-URBANA MIDDLE SCHOOL  
ktupa@cpuschools.org

*Are you smarter than a Middle Schooler?*

1. What is the preposition in the sentence: The cat was sitting under the table.  
a. Under
2. How many AR books does a 7th grader need to read each quarter? a. 4
3. Who is 3rd in line to the presidency? a. Speaker of the House
4. How many Supreme Court Justices are there? a. 9
5. How many beats does a quarter note get? a. 1
6. Who is the most famous composer from the Baroque Era? a. J.S. Bach
7.  $|-7|+|7|$ = a. 14
8. The quarterback for the football team ran for a loss of 9 yards. He then had a run of 3 yards. How many yards did the quarterback run? a. 2 yards

## MS PROGRAMS & ACTIVITIES

We are off to a great year thus far. Our 7th & 8th-grade athletes are getting into the full swing of fall sports. XC has seen a lot of success against larger schools and is placing at every meet. Keep it up, kids.

Football boys are working hard and spirits are high. The team is working on improving plays and skills each and every day and putting what they have learned to the test during each game. Nice Job!

8th grade volleyball girls have been getting up early in the mornings to put in the hard work to develop their skills. With only a few weeks of practice, they have improved their skills and learned new positions on the court before their first competition. This group had their first sweep, winning at all levels against Marion on the 13th. Coaches, Halac and Jaquette are proud of the effort these girls are putting in every day.

Choirs and bands are hard at work preparing for their first concerts. It is great to be making music together again! Students are still welcome to join both ensembles.





# HIGH SCHOOL



## ROB LIBOLT, PRINCIPAL

CENTER POINT-URBANA HIGH SCHOOL  
rlibolt@cpuschools.org

## Homecoming 2021-2022

### STUDENT COUNCIL UPDATE *by McKenna Rawson*

The 2021-22 CPU Student Council has been quite busy these first few weeks of school! We started with a lock-in on August 20th to kick off the school year. During the lock-in, we participated in numerous games and team bonding activities, shared lots of snacks, and had our very first meeting to start planning for our year. At the top of our agenda was Homecoming. Although it took much planning, it was so worth it in the end, as we just concluded an amazing Homecoming week celebration!



**Above Left:** Our high school student council at the lock-in on Aug. 20. **Above Right:** Senior members of the Dad Squad show their spirit on Twin/Squad Day.

Homecoming was held the week of September 20th. Our theme was Disney+, and each grade battled it out to see who would earn the coveted class banner to hang in their hallway. Competition points were awarded based on creative locker posters and banners, parade floats, and participation in dress-up days.

Other events during the week included the Coronation of our Homecoming King and Queen and the powderpuff game between the junior and senior girls on Wednesday night, and an amazing pep rally on Friday showcasing some of the best school spirit around.

On Friday night, our Stormin' Pointers battled it out with the West Delaware Hawks and enjoyed a fun after-game party at the Larson home in Walker.

To conclude the week, over 300 students graced the dance floor at the Homecoming dance at the high school! It really was the cherry on top of an amazing week at CPU. Thanks to all who supported these festivities!

# HIGH SCHOOL



## *Homecoming 2021-2022*



Left: Congratulations to our 2021 Homecoming Court: Brycen Cunningham, Madison Block, Eli Larson, Ryley Goebel, Joseph Dufoe, Julie Eikenberry, Nick Post, Keely Franck, King Collin Hoskins, & Queen Kara Perry!

These candidates represent CPU well and were honored in various ways throughout the week. They got to ride in some classy convertibles in the parade, attend coronation with their families and CPU community, and be introduced at our Friday pep rally and Friday night football game. Congratulations to all!



# HIGH SCHOOL



## COUNSELOR UPDATES

**CAREER INTEREST INVENTORIES:** Interest inventories are a great way for students to begin career exploration and planning their post-secondary career goals. Interest inventories consist of a series of questions regarding one's likes and dislikes. The intent is to answer the questions with your gut reaction, whether you like it or not, not to sit and ponder if you like the task in certain situations. Upon completion of the inventory, you are given a list of careers that best match your interests based on the inventory results. With this list of careers, individuals can further explore what the career entails.

Throughout the school year, students will be taking one of two interest inventories (ASVAB Career Exploration or MyACT) and will be able to further the careers that their interest inventory results yielded. The ASVAB Career Exploration Inventory is a part of the ASVAB Career Exploration Program. The MyAct interest inventory profile is created by ACT and access to the profile and account are free.

With this intentional exploration and planning, our goal is that all students will have a clear picture of their future career goals and will be prepared to leave high school with a plan of how to achieve their career goals, whether through additional education, training, or apprenticeships. Students can also take interest in inventories at home. MyACT can be taken at [my.act.org](http://my.act.org). We also have a variety of interest inventories for students to explore on our Counseling website at: [http://www.cpuschools.org/en/high\\_school/counselor/](http://www.cpuschools.org/en/high_school/counselor/)

## COLLEGE VISITS

Fall is a busy time of year for college visits when representatives from schools visit CPU to give information about their institutions. This year, our visits will take place during STORM Time in the Student Services Center. Schools are regularly added to the calendar, so visit our website frequently

## ACT

CPU High School is a host site for the ACT test on October 23. The building will be closed to all other activities during testing. **Students must be in the building by 8 am on testing day.** Things to bring: acceptable photo id, No. 2 pencils, printed copy of your ticket, and a permitted calculator. Visit [actstudent.org](http://actstudent.org) for additional information.



# HIGH SCHOOL



## COLLEGE SEARCH PROCESS

Looking for the perfect college can be a daunting task. Here are some tips to help with the process.

1. Make a list. Make a list of everything you want in a college. This includes the majors that interest you, the extracurriculars (sports, clubs, organizations) you would want to participate in, location of the college (city vs rural, weather, etc), and the size of college. This list will help you narrow down college options later in the college search process.
2. Attend college fairs. College fairs are a great way to get a quick glimpse of what a college has to offer. College fairs are a one stop shop way to get a lot of information from a lot of colleges at one time. When you are at a booth for a college you can sign up to receive mailings from the college to get more information about the college as well.
3. Use College Raptor. College Raptor is a college search website. You can create a free account and get a list of colleges based on your individual fit. College Raptor provides a variety of information about colleges from the majors they have, the cost of attendance, and location. Visit [www.collegeraptor.com](http://www.collegeraptor.com) to create an account or search for colleges.
4. Go to the college website. By visiting the website of the colleges that interest you, you will be able to find detailed information about the majors and requirements the college has, the financial aid they offer, the student life, and maybe even see a virtual tour of the college. You will also find contact information to speak with a college admissions representative.
5. Visit the campus. Getting on the campus of the colleges that interest you is the best way to get a feel of the student life on campus. You will be able to get a tour of the campus, talk with current students or even talk with a professor in your interested major area. Reading and finding information about the college is great, but actually being on campus will tell you what you like and don't like about that particular college. Visit the college website and contact an admissions representative to schedule your campus visit.
6. Pick your colleges. Once you have gathered all your information from the lists you made, the college fairs you attended, the website searches, and the campus visits, you will be able to make a list of all the colleges that interest you. At this time you don't have to pick one. From here, you can begin your college application process and apply to all the colleges that interest you.

## SENIORS - FAFSA (FREE APPLICATION FOR FEDERAL STUDENT AID) INFORMATION



The high school will be hosting a FAFSA Completion Event on Monday, October 4 from 2 pm-7 pm. Iowa College Access Network representatives will be on-site and taking appointments to help any CPU family fill out and complete the FAFSA. Families wanting assistance filling out the FAFSA or wanting it completed for them can make an appointment.

Students and families hoping to receive aid (federal, state, or college) to help pay for college need to complete the Free Application for Federal Student Aid (FAFSA). The FAFSA determines a student's Expected Family Contribution (EFC) and then from there the eligibility for aid is determined. Many colleges/universities have priority dates for when the FAFSA needs to be completed for the student and family to be eligible for any aid to that institution. In Iowa, the University of Iowa and Iowa State University have the earliest priority dates of December 1st. For a full list of Iowa college and university FAFSA priority dates visit .

If you are interested in making an appointment for an ICAN representative to assist you with the FAFSA, schedule online at [www.icansucceed.org/apt-fafsaevent](http://www.icansucceed.org/apt-fafsaevent). Contact Carrie Talbott Kohl at [ctalbott@cpuschools.org](mailto:ctalbott@cpuschools.org) or 319-849-1102 ext 1214 with questions. This is a great opportunity to complete the application before all the priority dates!





# STORMIN' POINTER PRIDE

## WHOLE KIDS FOUNDATION AND IOWA AGRICULTURE LITERACY FOUNDATION GRANTS

It was announced on August 3, 2021, that Center Point - Urbana high school and the Pointer Planters garden club had been selected to receive a \$3,000 grant from Whole Kids Foundation to expand their edible gardens on its campus and at Fross Park. CPU was fortunate to be chosen from over 1,400 organizations in the U.S and Canada who applied for the grant. Whole Kids Foundation's Garden Grant Program helps schools and organizations in the U.S., Canada, and the UK connect students to real food through edible learning gardens aimed at improving children's nutrition and wellness.

Earlier, Melissa James, high school science educator and Pointer Planters advisor, also received a \$250 Iowa Agriculture Literacy Foundation Grant, in February 2021. The grant was to fund four raised beds on school grounds to grow edible gardens within the botany class curriculum. The CPU district also provided funds so that a total of eight raised hoop house beds could be built. These beds will be maintained during the summer by the Pointer Planters.

The Pointer Planters have grown and maintained several raised beds at the Fross Park community gardens for the past three years under the guidance of adviser Melissa James and assisted by Beth Larson. The funds received from Whole Kids Foundation will allow the club and botany classes to obtain the appropriate equipment, tools, and storage needed to maintain both sets of gardens. It will also allow for the purchase of seeds and seedlings for spring, summer and fall plantings at both locations. The crops grown will be given to the students, school kitchen for student lunch and to the community for those who are food insecure. The students will learn about the various plants, conditions for growth, how to maintain the plants, harvest and prepare their harvest into meals. Providing these hands-on opportunities for students will foster an appreciation and understanding of where our food comes from as well as to empower our students to feed themselves and their communities in the future.



# HIGH SCHOOL



## **CPU HS MARCHING BAND BEGINS COMPETITION SEASON**

The CPU HS Marching Band performed in the Mt Pleasant Invitational on September 18th and came home with 1st place in Class 3A and the 3A Best Hornline Caption Award. The band also placed 3rd overall among 18 bands, behind Davenport Central and Quincy IL. The remaining competitions are as follows: October 2nd-Band Across the Prairie (CR Prairie); October 9th-IHSMA State Festival (CR Kingston); October 9th-Muskie Invitational (Muscatine); October 16th-Music on the Mississippi (Clinton).

## **CPU MS BAND CONCERT - OCTOBER 14TH**

The CPU MS Bands will present their first concert of the year on October 14th at 7:00pm in the middle school gym. Performing ensembles will include the 6th grade concert band, 7/8 grade concert band, and the 7/8 grade jazz band.

## **ALL-STATE MUSIC AUDITIONS - OCTOBER 23RD**

CPU HS musicians are practicing and rehearsing for the upcoming All-State Music Auditions held October 23rd at Independence HS. Musicians are selected through a "blind" audition process specific to their instrument or voice. School size is not taken into account for these auditions, making the journey all that more challenging and rewarding in the end.



# INSTRUCTIONAL COACHES

## CPU INSTRUCTIONAL COACHES



*What is an instructional coach?*

The role of instructional coach originated through the Teacher Leadership and Compensation (TLC) System put in place in 2013-2014. One of the main goals of the TLC system was to put effective educators in leadership positions within their own building/district. CPU has an instructional coach at each of their four buildings: Ellen Popenhagen (High School), Sharon Vaupel (Middle School), Dani Kremer (Intermediate), and Sarah Rieck (Primary). Three years ago, CPU picked up a fifth instructional coach, Ann Rozek, who travels between buildings to work with new teachers and with teachers implementing Specialized Designed Instruction.

On any given day you will find these educators leading book studies, gathering/organizing research-based instructional materials, leading teachers through a coaching cycle, co-teaching, and overall, providing support to all teaching staff. As leaders, these instructional coaches are responsible for helping to analyze student data, collaborating in the lesson planning process, and providing opportunities for professional growth and development, thus improving teachers' instructional practices, which in turn, will have a direct impact on student learning.

To be in this Teacher Leadership position, instructional coaches must practice relationship-building skills and develop a data-driven perspective of working with teachers to recognize where the strengths and areas for improvement lie. Although instructional coaches and the principals of each building and across the district work closely together, it is important to note an instructional coach is not another administrator or an evaluator; their sole purpose is to provide support for teachers.

# INSTRUCTIONAL COACHES



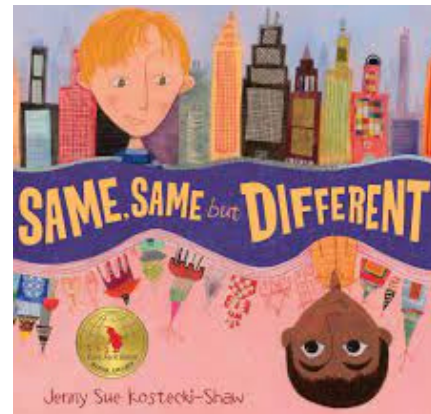
## CPU INSTRUCTIONAL COACHES

### FALL BOOK PICKS FOR PK-2 *by Sarah Rieck*

#### Same, Same But Different

by Jenny Sue Kostecki-Shaw (PK-2nd)

This is the story of two boys who live across the globe from one another, one in America and one in India. Pen pals, Elliot and Kailash, exchange letters and pictures, learning that although their homes look very different, they are actually very similar.



#### The Someone New

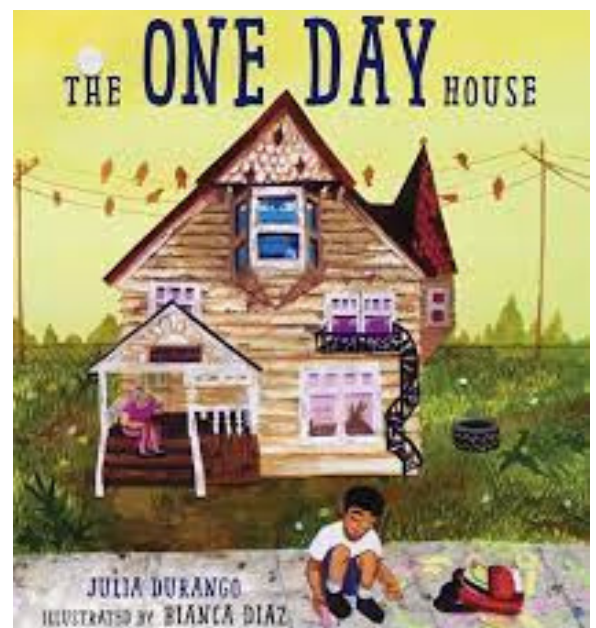
by Jill Twiss (K-3rd Grade)

Jitterbug wakes up one morning and has a feeling that something new is happening, but doesn't know what that something new could be. After checking in with her friends, she discovers it's not something new it's someone new. Pudding, the snail, is looking for a safer home after he was washed away in a storm. At first, Jitterbug refuses to welcome Pudding to make his home with her and all of her friends--it makes her tummy quiver just thinking about how things might be different. Then Jitterbug realizes that at one time, all of her friends were new and that in the end, something new is just what she needs!

#### The One Day House (K-2nd Grade)

By Julia Durango

Wilson and Gigi are neighbors. Wilson tells Gigi that 'one day' he will paint her house the color of the sun, build her a fence so she can get a dog, plant a garden so she is surrounded by flowers, and fix her piano so she can play it again. Though Gigi assures Wilson that she doesn't need new paint, a fence, or even a garden because she has Wilson's friendship, Wilson doesn't give up. Finally, 'one day' arrives. Friends and neighbors from near and far work together to make Gigi's house everything Wilson wanted it to be!



# CPU ATHLETIC DEPARTMENT

## SPONSORSHIPS



The Center Point-Urbana athletic seasons are here. The online broadcast of the Stormcast will be working with the CPU Athletic Department. Your sponsorship fee will go towards the annual video costs and broadcast equipment. The broadcasts will be on the @CPUActivities YouTube Channel.

*The fee for being a Sponsor for all three of the following seasons is \$600. If you would like to do single seasons fall and winter will be \$250 each and the summer season will be \$200.*

If you are interested in sponsoring, email Scott Kriegel [skriegel@cpuschools.org](mailto:skriegel@cpuschools.org). You can make checks payable to CPU schools.

You can mail the payment to CPU Schools, Athletic Department, PO Box 296, Center Point, IA, 52213 OR you can drop off the payment at the Athletic Office located in the High School at 145 Iowa Street, Center Point, IA 52213.

In addition to your sponsorship payment, please email a picture of your logo, so that it can be used to announce broadcasts on Twitter and Facebook, and during the broadcasts.

## GO STORMIN' POINTERS!



### ACTIVITY PASSES

STUDENT \$50  
ADULT \$125  
SENIOR 65+ In-District FREE  
GRANDPARENT Out of District \$50  
Contact Shiela Cooksley  
[scooksley@cpuschools.org](mailto:scooksley@cpuschools.org)

### WAMAC CONFERENCE + DISTRICT FOOTBALL ADMISSIONS



**High School**  
Adults \$6  
Students \$5

**Middle School**  
Adults \$5  
Students \$2

EMAIL: [skriegel@cpuschools.org](mailto:skriegel@cpuschools.org)  
PHONE: 319-849-1102 x 1022

[@CPUActivities YouTube](https://www.youtube.com/@CPUActivities)

# STORMCAST SCHEDULE



## STORMCAST SCHEDULE

If you can't make it to a game, plan to listen to the Stormcast on the CPU Activities YouTube Channel. The football games will be audio-only and most of the volleyball matches will be video.

CLICK HERE  
**CPU**  
**ACTIVITIES**  
YOUTUBE CHANNEL

Friday, October 1st Football @ Charles City 7:30

Tuesday, October 5th Volleyball Benton 7:30

Friday, October 8th Football South Tama 7:30

Saturday, October 9th Volleyball CPU Tournament 9:00 (Video Only)

Monday, October 11th Volleyball WaMaC Tournament Pool Play 4:00  
(Video Only)

Friday, October 14th Football @ Hampton-Dumont-CAL 7:30

Friday, October 21st Football Independence 7:30

Stormin' Pointer Regional Volleyball And Playoff Football Games

Will Also Be Broadcast. [Visit the Stormcast.](#)

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## STATE TOURNAMENT DATES

CROSS COUNTRY - October 29th

VOLLEYBALL - November 1st-4th

FOOTBALL FINALS - November 19th

WRESTLING - February 17th - 19th

GIRLS BASKETBALL - February 28th - March 5th

BOYS BASKETBALL - March 8th, 10th, & 11th

COED TRACK & FIELD MEET - May 19th-21st

BOYS & GIRLS STATE SOCCER - May 31st - June 4th

BOYS GOLF - May 23rd - 24th

GIRLS GOLF - May 26th - 27th

SOFTBALL - July 18th - 22nd

BASEBALL - July 18th - 22nd





# CPU NATION TOUCHSCREEN



*CPU Interactive Hall of Fame!*



Spend some time looking at the history of the Center Point- Urbana, Center Point and Urbana schools. The CPU All-Sports Booster Club along with the Jim and Sally Wooldridge Memorial have purchased a website ( [cpunation.touchpros.com](http://cpunation.touchpros.com) ) and a Touchscreen TV for the high school commons. You can go to the bottom of the screen on that TV or your computer, click on CPU NATION at the bottom and spend time reminiscing.

Go to your graduating class, the classes around you, or visit your children's classes. This is a living site and will continually have information, videos, and pictures added to it.



Some of the new items that have been added:

- All of the All-Conference and All-County teams for Urbana High School basketball from 1950-1989 have been added. We are still missing some yearbooks from the 1950s. You can check these out by going to the bottom of the school to CPUNATION and click on that, then go to athletics, and then Athletic Honors. You can then choose the year(s) you want to see.
- We have added more information from the 1940 yearbook. This was donated to the Center Point Historical Society.
- Added some information about some graduates that have excelled in athletics beyond high school. Information has been added to the senior years for Susie Kudrna, Cal Eldred, Kim Kester, You can go to their profile in Athletic Honors in the year they graduated from high school and read about their accomplishments.

We are also looking for the following information:

- Varsity Football picture from the 2001- 2002 school year.
- Baseball and Softball team picture from the summer of 2000.
- Pictures of the Golf teams that made it to state in 97, 98, and 99

If you have any of the above, email [touchpros@cpuschool.org](mailto:touchpros@cpuschool.org) and we will make arrangements to get the information from you!

# BOOSTER CLUB

EMAIL: [cpubooster@cpuschools.org](mailto:cpubooster@cpuschools.org)

@cpuboosters



The Center Point Urbana Athletic Boosters had a beautiful evening for the homecoming cookout. They had an amazing turnout with serving over 300 people. Thanks to the community for making this event a great one. Also huge thanks to those that made it possible Center Point Bank & Trust, Mike Stanton at Corner Store, Allison Folkers at Apple Creek, and the Wade Family.

Athletic Calendars are still available for purchase. Can be purchased online through Power Schools, or at any of the home events. Also please feel free to email the Center Point Boosters and they would be happy to get you one. The cost is \$30 and has coupons for local businesses at the bottom.

Starting in October the student-athletes will be going out and doing fruit sales. This is a huge fundraiser at other schools and we are hoping to make it a big one here. More information to come.

## **CPU ATHLETIC BOOSTER**

follow us on social media

CLICK icons



## **CPU ATHLETIC BOOSTER**

### **CAN DRIVE**

**Saturday, November 6th**

**8:00 am-10:00 am**