



## **Red Oak Community School District**

**1901 N. Broadway Street, Suite A**

**Red Oak, Iowa 51566**

**712.623.6600**

**[www.redoakschooldistrict.com](http://www.redoakschooldistrict.com)**

### **Regular Board of Directors Meeting**

Meeting Location: Red Oak Inman Primary

Red Oak Inman Primary School Campus

Monday, March 11, 2019 – 7:00 pm

### **- Agenda -**

**Public Hearing regarding approval of the plans, specifications, form of contract, and the estimated total cost for the furnishing package for the Red Oak Community School District Construction Project. Written comments will also be considered if received prior to the closing of the public hearing.**

- 1.0 Call to Order – Board of Directors President Mark Johnson
- 2.0 Roll Call – Board of Directors Secretary Deb Drey
- 3.0 Approval of the Agenda – President Mark Johnson
- 4.0 Public Presenters/Guest and Visitors Addressing the Board
- 5.0 Communications
  - 5.1 Good News from Red Oak Schools
    - 5.1.1 Good News from Red Oak Individual District Speech Contest that was held on Wednesday February 27, 2019 *Pg 1*
    - 5.1.2 Good News from Red Oak Bowling Open House that was held on Thursday February 28, 2019 *Pg 2*
  - 5.2 Visitors and Presentations
  - 5.3 Affirmations and Commendations
  - 5.4 Correspondence
  - 5.5 Public Comments
- 6.0 Consent Agenda
  - 6.1 Review and Approval of Minutes from February 25, 2019 *Pg 3-15*
  - 6.2 Review and Approval of Monthly Business Reports *Pg 6-13*
  - 6.3 Open Enrollment Requests Consideration
    - 6.3.1 Open Enrollment for 7<sup>th</sup> grader Ella Johnson from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
    - 6.3.2 Open Enrollment for 5<sup>th</sup> grader Natalie Johnson from Essex Community School District to Red Oak Community School District for the 2019-2020 school year

- 6.3.3 Open Enrollment for 9<sup>th</sup> grader Brianne Johnson from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.4 Open Enrollment for 9<sup>th</sup> grader Preston Driskell from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.5 Open Enrollment for 2<sup>nd</sup> grader Caleb Rydberg from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.6 Open Enrollment for 5<sup>th</sup> grader Dillan Rydberg from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.7 Open Enrollment for 8<sup>th</sup> grader Hailey Rydberg from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.8 Open Enrollment for 7<sup>th</sup> grader Emma Jo Harris from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.9 Open Enrollment for 5<sup>th</sup> grader Garrett Harris from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.10 Open Enrollment for 8<sup>th</sup> grader Alexandria King from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.11 Open Enrollment for 6<sup>th</sup> grader Riley King from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.12 Open Enrollment for 4<sup>th</sup> grader Benjamin King from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.13 Open Enrollment for 2<sup>nd</sup> grader Landry King from Essex Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.14 Open Enrollment for Kindergartener Kase Bruning from Stanton Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.15 Open Enrollment for Kindergartener Callie Berglund from Stanton Community School District to Red Oak Community School District for the 2019-2020 school year
- 6.3.16 Open Enrollment for Kindergartener Kenzley Gothberg from Glenwood Community School District to Red Oak Community School District for the 2019-2020 school year.
- 6.3.17 Open Enrollment for 4<sup>th</sup> grader Thomas Knipe Jr. from Griswold Community School District to Red Oak Community School District for the 2019-2020 school year

- 6.3.18 Open Enrollment for Kindergartner Easton Smith from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.19 Open Enrollment for 5<sup>th</sup> grader Karsen Mabe from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.20 Open Enrollment for 2<sup>nd</sup> grader Ellie Harrold from Red Oak Community School District to East Mills Community School District for the 2019-2020 school year
- 6.3.21 Open Enrollment for 1<sup>st</sup> grader Landen Harrold from Red Oak Community School District to East Mills Community School District for the 2019-2020 school year
- 6.3.22 Open Enrollment for 8<sup>th</sup> grader Kyre Nielsen from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.23 Open Enrollment for 5<sup>th</sup> grader Jaspry Nielson from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.24 Open Enrollment for 2<sup>nd</sup> grader Rozlyn Nielsen from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.25 Open Enrollment for 4<sup>th</sup> grader Mazlyn Nielsen from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.26 Open Enrollment for 2<sup>nd</sup> grader Hunter Swartz from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.27 Open Enrollment for 9<sup>th</sup> grader Abigail Maynes from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year
- 6.3.28 Open Enrollment for Kindergartener Hunter Kinnison from Red Oak Community School District to Stanton Community School District for the 2019-2020 school year

7.0 General Business for the Board of Directors

7.1 Old Business

7.1.1-None

7.2 New Business

- 7.2.1 Discussion/Approval of resolution formally approving and adopting the plans, specifications, form of contract and the estimated total cost of the furnishing package for the Red Oak Community School District High School Construction Project
- 7.2.2 Discussion/Approval of resolution awarding the bid to the lowest responsive, responsible bidder on the furnishing package of the Red Oak Community School District High School Construction Project
- 7.2.3 Discussion/Approval of 2018 Audit Report that was received on February 25, 2019 Board Meeting

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7.2.4 Discussion/Approval to amend the 2018-2019 school calendar

7.2.5 Discussion/Approval of the 2<sup>nd</sup> reading of wellness policy 508.10 pg 20-31

Personnel Considerations

7.2.6 Discussion/Approval of the hiring of Weston Rolenc as Middle School Boys Track Coach for the 2018-2019 school year pg 31

7.2.7 Discussion/Approval of the resignation of Adam Smith as Middle School Wrestling Coach and Middle School Football Coach effective March 11, 2019 pg 32

8.0 Reports

8.1 Administrative

8.2 Future Conferences, Workshops, Seminars

8.3 Other Announcements

9.0 Next Board of Directors Meeting:

Monday, March 25, 2019 – 7:00 pm

Red Oak Inman Primary

Red Oak CSD Inman Primary Campus

10.0 Adjournment

Good News

Ami VanMeter

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**From:** Laura Horn  
**Sent:** Wednesday, February 27, 2019 9:41 PM  
**To:** AllStaff; KCSI FM; news@kmaland.com; Peggy Boeye  
**Subject:** Red Oak Individual District Speech results

We took 18 students in 24 events to the Individual District Speech contest at Shenandoah on Wednesday afternoon/evening. It was an amazing evening and Ms. Mangold and I are so very proud of all of the students. We will be sending 16 of the students, in 21 events, to the State contest in Nevada on Saturday March 9. There will be a public performance of the state qualifiers (including the Large Group qualifiers) on Tuesday, March 5 at 5:30 at Inman's Media Center. Please come out and support these kids! There will be a free will donation.

Those who received a 1 rating and are headed to State:

Alissa Rice - Solo Musical Theatre  
Aedynn Graham - Prose  
Ethan Horn - Solo Musical Theatre  
Brianna Clemons - Prose  
Jenna Klyn - Prose  
Aedynn Graham - After Dinner Speaking  
Abby Pendleton- Lit Program  
Araina Brummett - Public Address  
Brianna Clemons - Acting  
Mya Southwell - Prose  
Garrett Hurt - Radio News Announcing  
Erica Walker - Storytelling  
Lydia Graves - Acting  
Madi Hewett - Acting  
Kate Edie - Solo Musical Theatre  
Connor Koppa - Improv  
Erica Walker - Lit Program  
Madi Hewett - Poetry  
Brittney Clemons - Lit Program  
Garrett Hurt - Storytelling  
Avery Graham - Storytelling

Those who performed well, but did not qualify for State were:

Hannah Bass - Poetry  
Brittney Clemons - After Dinner Speaking  
Grayson Hewett - Radio News Announcing

We had 5 double qualifiers: Aedynn, Brianna, Garrett, Erica, and Madi!

Laura Horn

Good News

**Tammi VanMeter**

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**From:** Ken Blackman  
**Sent:** Thursday, February 28, 2019 7:51 PM  
**To:** Tammi VanMeter  
**Subject:** Re: hawkeye ten

We had a great turn out for the Bowling Open House to celebrate the girls sixth place and the boys championship. The community is very proud of our bowling teams! I don't know how many people, but I couldn't find a parking spot!

Sent from my iPhone

On Feb 28, 2019, at 3:59 PM, Tammi VanMeter <[vanmetert@roschools.org](mailto:vanmetert@roschools.org)> wrote:

<image001.gif>

Hello Everyone,

Tom will be working on his talking points for the radio tomorrow. Please check hawkeye ten to see if everything is ok. Also if you have anything going on in your buildings that you would like to mention please pass to Tom.

Thanks,  
Tammi

Tammi VanMeter  
Administrative Assistant Central Office  
Red Oak Community School District  
Phone number 712-623-6600  
Fax 712-623-6603  
Email: [vanmetert@roschools.org](mailto:vanmetert@roschools.org)

Red Oak Community School District  
Meeting of the Board of Directors  
Meeting Location: Red Oak Inman Primary Media Center  
Red Oak Inman Primary Campus  
February 25, 2019

The regular meeting of the Board of Directors of the Red Oak Community School District was called to order by President Mark Johnson at 7:00 p.m. at the Red Oak Inman Primary Media Center.

**Present**

Directors: Roger Carlson, Bryce Johnson, Mark Johnson, Kathy Walker, Bret Blackman arrived at 7:07 p.m. due to travel from work

Superintendent Tom Messinger, Business Manager Deb Drey

**Approval of Agenda**

Motion by Director Bryce Johnson, second by Director Walker to approve the agenda with the order of agenda items at the discretion of the meeting chair. Motion carried 4-0.

**Good News from Red Oak Schools**

High School Wrestlers, Thomas Bentley, Johnathon Erp, and Justin McCunn participated in the state wrestling meet. All three medaled.

Macy Bozwell and Sebastian Vasquez represented Red Oak at the state Business Professionals of America Contest.

The High School and Middle School Jazz Bands competed in the SWIBA Jazz Festival. The High School placed third and the Middle School placed fifth in their divisions. Madison Bruce, Alex Wingert, and Jonah Wemhoff received Outstanding Soloist awards.

The Boys High School Bowling Team won the State Bowling Meet and the Girls Team placed sixth.

The High School Vocal Students performed "Urinetown the Musical."

**Presentations**

Mindy Riibe from Taher presented the January Board Bites.

Jason Doonan from Nolte, Cornmann, & Johnson, P.C. gave the Fiscal Year 2018 Audit Report.

**Consent Agenda**

Motion by Director Bryce Johnson, second by Director Carlson to approve the Consent Agenda as presented including meeting minutes and monthly business reports. Motion carried unanimously.

**High School Construction Furnishings Package**

Motion by Director Blackman, second by Director Walker to adopt the resolution tentatively approving the plans, specifications, form of contract and estimate of total cost for the furnishing package for the high school construction project, and authorizing and fixing date of March 11, 2019, at 7:00 p.m. in the Inman Primary School Media Center for the public hearing. Motion carried unanimously.

**Grades 7-12 Bell Schedule for 2019-2020**

Motion by Director Carlson, second by Director Bryce Johnson to approve bell schedule for grades 7-12 for the 2019-2020 school year as presented. Motion carried unanimously.

**Continuation of February 25, 2019 Meeting Minutes-Page 2**

**Architectural Agreement for Washington Intermediate School**

Motion by Director Carlson, second by Director Blackman to approve an agreement with Alley, Poyner, Macchietto Architecture Inc. for services relating to Washington Intermediate School at a cost of \$10,000 for predesign work and 7.5% of construction costs. Motion carried unanimously.

**High School Weighted Grading**

Motion by Director Walker, second by Director Blackman to discontinue using weighted grading at the High School. Motion carried unanimously.

**First Reading Board Policy 508.10-Wellness**

Motion by Director Bryce Johnson, second by Director Walker to approve the first reading of Board Policy 508.10-Wellness. Motion carried unanimously.

**Second Reading Board Policy 800 and 900 Series**

Motion by Director Carlson, second by Director Walker to approve the second reading of Board Policy 800 and 900 Series with the removal of \$25.00 on form 901.E1. Motion carried unanimously.

**Bus Routes on Hard Surfaces**

Motion by Director Carlson, second by Director Walker to approve running bus routes on hard surfaces only due to poor road conditions at the discretion of the superintendent. Motion carried unanimously.

**Special Education Agreement with Council Bluffs**

Motion by Director Blackman, second by Director Bryce Johnson to approve the special education agreement with Council Bluffs School District for the 2018-2019 school year. Motion carried unanimously.

**Cooperative Teacher Agreement with UNI**

Motion by Director Blackman, second by Director Bryce Johnson to approve the cooperative teacher agreement with the University of Northern Iowa for the 2019-2020 school year. Motion carried unanimously.

**FY20 Budget Discussion**

Preliminary information was shared with regards to the FY20 Certified Budget. This item will be an action item on a future agenda.

**Frontline Education (Absence Management) Agreement**

Motion by Director Walker, second by Director Blackman to approve the agreement with Frontline Education (Absence Management) for the 2019-2020 school year in the amount of \$5,413.80. Motion carried unanimously.

**High School Course Book Amendment**

Motion by Director Walker, second by Director Carlson to approve an amendment to the 2019-2020 High School Course Book to include wording relating to the procedure used for dropping Southwestern Community College courses. Motion carried unanimously.



**Continuation of February 25, 2019 Meeting Minutes-Page 3**

**Personnel Considerations**

Motion by Director Blackman, second by Director Walker to approve the resignation of Nicholas Crouse as High School Physical Education Teacher, Weight Training Sponsor, High School Assistant Football Coach, and High School Assistant Baseball Coach effective at the end of the 2018-2019 school year. Motion carried unanimously.

Motion by Director Blackman, second by Director Walker to hire Mark Kells as High School Soccer Coach for the 2018-2019 school year at 11.5% of the base. Motion carried unanimously.

Motion by Director Bryce Johnson, second by Director Blackman to hire Andrea Spencer as a Home School Assistance Program Teacher for the 2018-2019 school year at \$25.00 per hour. Motion carried unanimously.

**Adjournment**

Motion by Director Walker, second by Director Blackman to adjourn the meeting at 9:33 p.m. Motion carried unanimously.

Next Board of Directors Meeting

Monday, March 11, 2019 – 7:00 p.m.  
Red Oak Inman Primary Media Center  
Red Oak CSD Inman Primary Campus

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Mark Johnson, President

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Deb Drey, Board Secretary

Vendor Name	Invoice Number	Amount
Account Number	Detail Description	Amount
Checking Account ID 1	Fund Number 10	OPERATING FUND
AGRIVISION	2780956	27.80
10 0010 2600 000 0000 618	New Blade for Gator (ATV)	27.80
Vendor Name AGRIVISION		<u>27.80</u>
AHLERS & COONEY	760220	590.00
10 0010 2310 000 0000 320	Professional Services - 2/2019	590.00
Vendor Name AHLERS & COONEY		<u>590.00</u>
BARR TIRE & SERVICE CENTER	252669	7.98
10 0020 2700 000 0000 618	Windshield Fluid	7.98
BARR TIRE & SERVICE CENTER	252797	3.96
10 0020 2700 000 0000 618	Washer Fluid	3.96
Vendor Name BARR TIRE & SERVICE CENTER		<u>11.94</u>
BATTEN SANITATION SERVICE	022819BSS	3,435.00
10 0010 2600 000 0000 421	Districtwide Sanitation Services	3,435.00
Vendor Name BATTEN SANITATION SERVICE		<u>3,435.00</u>
CENTURY LINK	022519CL	529.13
10 0010 2410 000 0000 532	Districtwide Long Distance Services	529.13
Vendor Name CENTURY LINK		<u>529.13</u>
CHAT MOBILITY	021519CM	475.93
10 0010 2510 000 0000 532	Bus Manager Phone (1)	34.00
10 0418 2410 000 0000 532	SAM Phone (1)	34.00
10 0418 2410 000 0000 532	IPS Principal Phone (1/2)	17.00
10 0445 2410 000 0000 532	WIS Principal Phone (1/2)	17.00
10 0209 2410 000 0000 532	MS Principal Phone (1/2)	17.00
10 0010 2490 410 1112 530	ESL Phones (2)	68.00
10 0020 2490 000 0000 530	Bus Barn Phones (2)	68.00
10 0020 2490 000 0000 530	Nurse Phone (1)	34.00
10 0010 2490 000 0000 532	Maintenance Phones (2)	68.00
10 0010 2490 000 0000 532	Technology Phones (2)	67.93
10 0109 2410 000 0000 532	HS Principal Phone (1/2)	17.00
10 0109 2410 000 0000 532	Music Phone (1)	34.00
Vendor Name CHAT MOBILITY		<u>475.93</u>
CHROMEBOOK PARTS.COM	23225	3,505.00
10 0010 2235 000 0000 618	Lenovo Yoga 11e Frame	3,505.00
CHROMEBOOK PARTS.COM	23437	28.04
10 0010 2235 000 0000 618	Lenovo Yoga 11e Frame	28.04
Vendor Name CHROMEBOOK PARTS.COM		<u>3,533.04</u>
CITY OF RED OAK	030119CORO	1,245.89
10 0010 2600 000 0000 411	Districtwide Water/Sewer Services	1,245.89
Vendor Name CITY OF RED OAK		<u>1,245.89</u>
COCA-COLA BTLG OF OMAHA	10062997	411.04
10 0418 3200 000 8901 618	COKE PRODUCTS	411.04

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Vendor Name	Invoice Number	Amount
Account Number	Detail Description	Amount
Vendor Name	COCA-COLA BTLG OF OMAHA	411.04
COUNCIL BLUFFS COMM SCHOOLS	2019210	16,262.99
10 0010 1200 217 3303 320	Sped Level 3 - 1/2019 x 3	16,262.99
Vendor Name	COUNCIL BLUFFS COMM SCHOOLS	16,262.99
DICKEL DUIT OUTDOOR POWER, INC.	34741	1,285.00
10 0010 2600 000 0000 731	BCS Snow Thrower	1,285.00
Vendor Name	DICKEL DUIT OUTDOOR POWER, INC.	1,285.00
FAREWAY FOOD STORES	68450	8.48
10 0209 1300 340 0000 612	ZIPLOC BAGS FOR MIDDLE SCHOOL FACS	3.49
10 0209 1300 340 0000 612	GW SUGAR 10 LB FOR MIDDLE SCHOOL FACS	4.99
Vendor Name	FAREWAY FOOD STORES	8.48
FARMERS MUTUAL TELEPHONE	030119FMTC	750.00
10 0010 2236 000 0000 536	Admin Office Internet - 3/2019	750.00
Vendor Name	FARMERS MUTUAL TELEPHONE	750.00
FBG SERVICE CORPORATION	843662	31,867.25
10 0010 2600 000 0000 340	February 2019 Janitorial Services	31,867.25
Vendor Name	FBG SERVICE CORPORATION	31,867.25
FOLLETT LIBRARY RESOURCES	396362F	89.09
10 0209 2222 000 0000 643	VARIOUS BOOKS FOR THE MS MEDIA CENTER	89.09
Vendor Name	FOLLETT LIBRARY RESOURCES	89.09
FOLLETT SCHOOL SOLUTIONS INC	1345797	3,540.00
10 0445 2222 000 0000 652	Destiny Library Manager Software (WIS)	885.00
10 0109 2222 000 0000 652	Destiny Library Manager Software (HS)	885.00
10 0418 2222 000 0000 652	Destiny Library Manager Software (IPS)	885.00
10 0209 2222 000 0000 652	Destiny Library Manager Software (MS)	885.00
Vendor Name	FOLLETT SCHOOL SOLUTIONS INC	3,540.00
GREEN HILLS AEA	21319GHAEA	40.00
10 0010 2510 000 0000 340	Superintendent's Legislative Meeting	40.00
Vendor Name	GREEN HILLS AEA	40.00
GREEN TREE COMPANY, THE	6341	450.00
10 0010 2600 000 0000 424	Snow Removal from MS	450.00
GREEN TREE COMPANY, THE	6351	2,000.00
10 0010 2600 000 0000 424	Snow Removal - 2/20/19	2,000.00
GREEN TREE COMPANY, THE	6366	225.00
10 0010 2600 000 0000 424	MS Snow Pile Removal	225.00
GREEN TREE COMPANY, THE	6376	2,200.00

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Vendor Name	Invoice Number	Amount
Account Number	Detail Description	Amount
10 0010 2600 000 0000 424	Snow Removal - 2/23 - 2/24/19	2,200.00
GREEN TREE COMPANY, THE	6390	925.00
10 0010 2600 000 0000 424	Snow Removal at MS and IPS	925.00
Vendor Name GREEN TREE COMPANY, THE		<u>5,800.00</u>
HALL, HEATHER	022819HH	20.71
10 0010 2134 000 0000 580	February 2019 Mileage Reimbursement	20.71
Vendor Name HALL, HEATHER		<u>20.71</u>
HOWARD'S SPORTING GOODS	7915	255.00
10 0010 1000 470 1118 612	Completed Metal Trophy with Engraving	76.00
10 0010 1000 470 1118 612	Completed Metal Cup with Engraving	61.00
10 0010 1000 470 1118 612	2" Medals. 6 Gold, 6 Silver, 6 Bronze	46.00
10 0010 1000 470 1118 612	Engraving on 18 Medals	48.60
10 0010 1000 470 1118 612	18 Neck Ribbons for Medals	23.40
Vendor Name HOWARD'S SPORTING GOODS		<u>255.00</u>
IOWA COMMUNICATIONS NETWORK	553041	6.00
10 0010 2236 000 0000 536	February 2019 ICN Charges	6.00
Vendor Name IOWA COMMUNICATIONS NETWORK		<u>6.00</u>
IOWA STATE UNIVERSITY	000073493	80.00
10 0010 1000 470 1118 612	Lego Team Registration Fee	80.00
Vendor Name IOWA STATE UNIVERSITY		<u>80.00</u>
ISFIS, INC.	12190	250.00
10 0010 2321 000 0000 320	Budget Workshop Meeting TM	250.00
Vendor Name ISFIS, INC.		<u>250.00</u>
ISTE	757895	115.00
10 0010 2231 000 0000 320	ISTE Membership Renewal	115.00
Vendor Name ISTE		<u>115.00</u>
JOSTENS	22580697	12.44
10 0109 2410 000 0000 618	Diploma with S&H	12.44
Vendor Name JOSTENS		<u>12.44</u>
MATUSZESKI, TAYLOR	022819TM	46.33
10 0109 1000 100 0000 580	Jan/Feb 2019 Mileage Reimbursement	46.33
Vendor Name MATUSZESKI, TAYLOR		<u>46.33</u>
MERCER HEALTH & BENEFITS ADMIN LLC	022719M	3,916.31
10 0010 1000 100 8018 270	Retiree Insurance Premium 4/2019	3,916.31
Vendor Name MERCER HEALTH & BENEFITS ADMIN LLC		<u>3,916.31</u>
MEYER LABORATORY, INC.	0672281-IN	173.00
10 0010 2600 000 0000 618	Districtwide Hand Towels	173.00

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Vendor Name	Invoice Number	Amount	
Account Number	Detail Description		Amount
Vendor Name	MEYER LABORATORY, INC.		<u>173.00</u>
MITTAG, TESSA	030419TM	63.77	
10 0445 1000 100 0000 580	February 2019 Mileage Reimbursement		63.77
Vendor Name	MITTAG, TESSA		<u>63.77</u>
NEOPOST	022419NEO	63.79	
10 0010 2410 000 0000 531	Postal Meter Lease		63.79
Vendor Name	NEOPOST		<u>63.79</u>
ONESOURCE THE BACKGROUND CHECK COMPANY	iasb3330-20190228	55.00	
10 0010 2310 000 0000 320	February 2019 Background Checks		55.00
Vendor Name	ONESOURCE THE BACKGROUND CHECK COMPANY		<u>55.00</u>
OREILLY AUTO PARTS	0298-477239	33.86	
10 0020 2700 000 0000 618	Wiper Blades		33.86
Vendor Name	OREILLY AUTO PARTS		<u>33.86</u>
PEPPER & SON, INC.	11E36580	90.99	
10 0109 1000 110 0000 612	Classroom Music		90.99
PEPPER & SON, INC.	11E42200	88.99	
10 0109 1000 110 0000 612	Music for Spring Program		88.99
PEPPER & SON, INC.	11E42254	187.99	
10 0209 1000 110 0000 612	SHEET MUSIC, "DANCE SLAV", FOR THE MIDDLE		40.00
10 0209 1000 110 0000 612	SHEET MUSIC, "SHINE", FOR THE MIDDLE SCH		40.00
10 0209 1000 110 0000 612	SHEET MUSIC, "ABANDONED TREASURE HUNT",		48.00
10 0209 1000 110 0000 612	SHEET MUSIC, "DARK RIDE", FOR THE MIDDLE		45.00
10 0209 1000 110 0000 612	SHIPPING		13.99
10 0209 1000 110 0000 612	HANDLING		1.00
PEPPER & SON, INC.	11E46166	25.99	
10 0109 1000 110 0000 612	Solo Music for Advanced Tuba		25.99
Vendor Name	PEPPER & SON, INC.		<u>393.96</u>
PERMA-BOUND	1810465-00	86.24	
10 0109 2222 000 0000 643	Set of 20 - Goldfinch Award Books		86.24
Vendor Name	PERMA-BOUND		<u>86.24</u>
PLUMB SUPPLY/RIBACK SUPPLY	5771972	172.58	
10 0010 2600 000 0000 618	Solenoid/Solenoid Valve		172.58
Vendor Name	PLUMB SUPPLY/RIBACK SUPPLY		<u>172.58</u>
PRECISION DIESEL INC.	63879	175.84	
10 0010 2700 217 3303 434	Bus #10 Lift Repair		175.84
Vendor Name	PRECISION DIESEL INC.		<u>175.84</u>
QUILL CORP.	5174079	41.05	
10 0445 1000 100 0000 611	WIS Office Supplies		41.05

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Vendor Name	Invoice Number	Amount
Account Number	Detail Description	Amount
QUILL CORP.	5207095	39.99
10 0445 1000 100 0000 611	Laminating Pouches	39.99
Vendor Name QUILL CORP.		<u>81.04</u>
RAY MARTIN COMPANY	7760	1,306.06
10 0010 2600 000 0000 432	MS Pump Seal Replacement	1,306.06
Vendor Name RAY MARTIN COMPANY		<u>1,306.06</u>
RED OAK CHRYSLER, INC.	177495	36.95
10 0010 2700 217 3303 434	Sped #19 Oil Change/Filter	36.95
Vendor Name RED OAK CHRYSLER, INC.		<u>36.95</u>
RED OAK GRAND THEATER	414	506.00
10 0418 1000 100 8001 612	Smallfoot Showing for IPS	506.00
RED OAK GRAND THEATER	427	58.50
10 0209 1000 421 3227 618	SCHOOL BEYOND SCHOOL RALPH BREAKS INTERN	58.50
Vendor Name RED OAK GRAND THEATER		<u>564.50</u>
RICK ENGEL, ATTY.	022019RE	350.00
10 0010 2310 000 0000 320	February 2019 Legal Services	350.00
Vendor Name RICK ENGEL, ATTY.		<u>350.00</u>
RIEMAN MUSIC, INC.	2893013	22.18
10 0109 1000 110 0000 612	Instrument Strings	22.18
Vendor Name RIEMAN MUSIC, INC.		<u>22.18</u>
RIVERSIDE COMMUNITY SCHOOLS	021519RCSD	3,493.63
10 0010 1000 100 0000 567	OE - 1st Semester 2018-2019	3,332.00
10 0010 1000 130 3116 567	TLC - 1st Semester 2019-2019	161.63
Vendor Name RIVERSIDE COMMUNITY SCHOOLS		<u>3,493.63</u>
RIVERSIDE TECHNOLOGIES, INC	0241541-IN	1,000.00
10 0010 2235 000 0000 350	Managed Service Provider - 3/2019	1,000.00
Vendor Name RIVERSIDE TECHNOLOGIES, INC		<u>1,000.00</u>
SCHOOL SPECIALTY LATTA DIV.	308103263920	199.32
10 0209 1000 100 0000 612	PACKING TAPE, PACK OF 6.	156.76
10 0209 1000 100 0000 612	PACKING TAPE DISPENSER, SCHOOL SMART.	31.16
10 0209 1000 100 0000 612	DESK STAPLER, FULL STRIP ECONOMICAL, BUS	11.40
Vendor Name SCHOOL SPECIALTY LATTA DIV.		<u>199.32</u>
SINDT, BRITTAN	022519BS	69.02
10 0418 1000 100 8001 612	REIMBURSEMENT FOR CLASSROOM SUPPLIES	69.02
Vendor Name SINDT, BRITTAN		<u>69.02</u>
SOCS/FES	INV010182	405.00
10 0010 2236 000 0000 536	March 2019 Web Hosting	405.00
Vendor Name SOCS/FES		<u>405.00</u>

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Vendor Name	Invoice Number	Amount
Account Number	Detail Description	Amount
SW IA TIRE & SERVICE	88560	42.00
10 0020 2700 000 0000 434	Bus #7 Tire Repair	42.00
Vendor Name SW IA TIRE & SERVICE		<u>42.00</u>
UPS FREIGHT	6233493114	21.15
10 0010 2235 000 0000 618	IT Shipment	21.15
Vendor Name UPS FREIGHT		<u>21.15</u>
VAN METER, TAMMI	030519TVM	13.63
10 0010 2310 000 0000 580	Mileage Reimbursement	13.63
Vendor Name VAN METER, TAMMI		<u>13.63</u>
WESTLAKE ACE HARDWARE	022219ACE	155.53
10 0010 2600 000 0000 618	Locks for Fire System	12.99
10 0010 2600 000 0000 618	Locks for Fire System	29.99
10 0010 2600 000 0000 618	Electrical Supplies	8.99
10 0010 2600 000 0000 618	Teach Building Batteries Soap Dispensers	5.99
10 0010 2600 000 0000 618	Supplies for MS Gym Repair	6.00
10 0010 2600 000 0000 618	Floor Cleaner	4.99
10 0010 2600 000 0000 618	Supplies for MS Gym Repair	50.33
10 0010 2600 000 0000 618	Supplies for IPS Heating Repair	6.58
10 0020 2700 000 0000 618	Supplies for Gator Repair	1.70
10 0020 2700 000 0000 618	Supplies for Gator Repair	2.87
10 0020 2700 000 0000 618	Supplies for Gator Repair	0.94
10 0020 2700 000 0000 618	Supplies for Gator Repair	13.17
10 0020 2700 000 0000 618	Supplies for School Bus Repair	5.00
10 0010 2235 000 0000 618	Glue for Computer Repair	5.99
Vendor Name WESTLAKE ACE HARDWARE		<u>155.53</u>
WILSON PERFORMING ARTS CENTER	164	37.59
10 0109 1000 100 0000 359	HS Printing Services	37.59
Vendor Name WILSON PERFORMING ARTS CENTER		<u>37.59</u>
Fund Number 10		<u>83,620.01</u>
Checking Account ID 1	Fund Number 22	MANAGEMENT FUND
SPECIALTY UNDERWRITERS LLC	SW3449-4	29,416.50
22 0010 2600 000 0000 520	3rd Premium Installment 18- 19	29,416.50
Vendor Name SPECIALTY UNDERWRITERS LLC		<u>29,416.50</u>
Fund Number 22		<u>29,416.50</u>
Checking Account ID 1	Fund Number 33	CAPITAL PROJECTS - LOST
ANDERSON, MICKEY	031119MA	1,200.00
33 0010 4700 000 8218 450	Admin Office Rent - 3/2019	1,200.00
Vendor Name ANDERSON, MICKEY		<u>1,200.00</u>
WILSON PERFORMING ARTS CENTER	030119WPFA	2,500.00
33 0010 4700 000 8218 450	March 2019 Rent	2,500.00
Vendor Name WILSON PERFORMING ARTS CENTER		<u>2,500.00</u>
YMCA-MONTGOMERY COUNTY	030119YMCA	1,500.00

Vendor Name	Invoice Number	Amount
Account Number	Detail Description	Amount
33 0010 4700 000 8218 450	March 2019 Rent	1,500.00
Vendor Name	YMCA-MONTGOMERY COUNTY	1,500.00
Fund Number	33	5,200.00
Checking Account ID	1	Fund Number 36
COUNCIL BLUFFS COMM SCHOOLS	2019210	PHYSICAL PLANT & EQUIPMENT
36 0010 2600 000 0000 441	January 2019 Rent	2,344.47
Vendor Name	COUNCIL BLUFFS COMM SCHOOLS	2,344.47
Fund Number	36	2,344.47
Checking Account ID	1	Fund Number 62
TAHER INC	0054326-IN	BEFORE/AFTER SCHOOL PROGRAM
62 0418 3300 840 0000 618	Before/After School Snacks 1/2019	175.98
Vendor Name	TAHER INC	175.98
Fund Number	62	175.98
Checking Account ID	1	120,756.96
Checking Account ID	2	Fund Number 61
TAHER INC	0054326-IN	SCHOOL NUTRITION FUND
61 0010 3110 000 4557 631	FFVP Program 1/2019	3,461.75
61 0010 3110 000 0000 570	Expenses for 1/2019	44,922.04
Vendor Name	TAHER INC	48,383.79
WESTLAKE ACE HARDWARE	022219ACE	149.96
61 0010 3110 000 0000 618	Food Service Garbage Cans	149.96
Vendor Name	WESTLAKE ACE HARDWARE	149.96
Fund Number	61	48,533.75
Checking Account ID	2	48,533.75
Checking Account ID	3	Fund Number 21
ATLANTIC NEWS TELEGRAPH	302965697	STUDENT ACTIVITY FUND
21 0109 1400 950 7407 618	Toy Show Ad - FFA	58.57
Vendor Name	ATLANTIC NEWS TELEGRAPH	58.57
BUNTROCK, MISSY	22619MB	90.00
21 0010 1400 920 6810 320	MS G/BB OFFICIAL	90.00
Vendor Name	BUNTROCK, MISSY	90.00
CRESTON PUBLISHING COMPANY	299401	89.40
21 0109 1400 950 7407 618	FFA Toy Show Ads	89.40
Vendor Name	CRESTON PUBLISHING COMPANY	89.40
ELITE AWARDS	4510	1,012.00
21 0010 1400 920 6790 618	STATE WRESTLING T-SHIRTS	1,012.00
Vendor Name	ELITE AWARDS	1,012.00
FAREWAY FOOD STORES	030619F	145.03
21 0209 1400 950 7421 618	POP AND SNACKS FOR MIDDLE SCHOOL DANCE	105.97
21 0209 1400 950 7421 618	TREATS AND WATER FOR MIDDLE SCHOOL DANCE	39.06
Vendor Name	FAREWAY FOOD STORES	145.03

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Vendor Name	Invoice Number	Amount
Account Number	Detail Description	Amount
HOLIDAY INN EXPRESS & SUITES	29848	275.52
21 0109 1400 950 7406 618	Hotel for BPA Conference	275.52
Vendor Name HOLIDAY INN EXPRESS & SUITES		<u>275.52</u>
IOWA HIGH SCHOOL MUSIC ASSOC	22819IHSMA	360.00
21 0109 1400 910 6220 618	Solo Ensemble Band Entry Fee	360.00
IOWA HIGH SCHOOL MUSIC ASSOC	30619IHMA	360.00
21 0109 1400 910 6220 320	Vocal Music District Entry fee	360.00
Vendor Name IOWA HIGH SCHOOL MUSIC ASSOC		<u>720.00</u>
MILLER, JUSTIN	022619JM	90.00
21 0010 1400 920 6810 320	MS G/BB OFFICIAL	90.00
Vendor Name MILLER, JUSTIN		<u>90.00</u>
MOLLY FAYE'S FLOWERS AND GIFTS	21819	254.00
21 0109 1400 950 7407 618	Flowers For FFA Week	254.00
Vendor Name MOLLY FAYE'S FLOWERS AND GIFTS		<u>254.00</u>
NATIONAL FFA ORGANIZATION	160165	55.00
21 0109 1400 950 7407 618	FFA Jacket	55.00
Vendor Name NATIONAL FFA ORGANIZATION		<u>55.00</u>
NATIONAL FFA ORGANIZATION	162131	358.00
21 0109 1400 950 7407 618	FFA Jackets	358.00
Vendor Name NATIONAL FFA ORGANIZATION		<u>358.00</u>
PERRIEN, NATE	030619NP	36.83
21 0010 1400 920 6600 618	Meeting Supplies	36.83
Vendor Name PERRIEN, NATE		<u>36.83</u>
RED OAK EXPRESS	201901	85.00
21 0109 1400 950 7407 618	Toy Show FFA Ads	85.00
Vendor Name RED OAK EXPRESS		<u>85.00</u>
UPS FREIGHT	6233493114	15.32
21 0109 1400 950 7408 618	FCCLA Shipment	15.32
Vendor Name UPS FREIGHT		<u>15.32</u>
Fund Number 21		<u>3,284.67</u>
Checking Account ID 3		<u>3,284.67</u>

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March 11, 2019

The Board of Directors of the Red Oak Community School District, in the County of Montgomery, State of Iowa, met in open session, in the Inman Primary School Media Center of the Red Oak Community School District, 900 Inman Dr, Red Oak, Iowa, at 7:00 o'clock P.M., on the above date. There were present President \_\_\_\_\_ in the chair, and the following Board Members:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Absent: \_\_\_\_\_

\* \* \* \* \*

This being the time and place fixed for a public hearing on the matter of the adoption of plans, specifications, form of contract and estimate of total costs for the furnishing package for the Red Oak Community School District High School Construction Project, the President called for any oral objections to the adoption of the plans, specifications, form of contract and estimate of total costs. No oral objections were offered [or the following oral objections were offered \_\_\_\_\_] and the Secretary reported that no written objections thereto had been filed [or that the following written objections had been filed].

The President declared the hearing closed.

Upon discussion and deliberation of the information received at the Public Hearing, Board Member \_\_\_\_\_ introduced the following Resolution and moved that the same be adopted. Board Member \_\_\_\_\_ seconded the motion to adopt. The roll was called and the vote was:

AYES: \_\_\_\_\_

\_\_\_\_\_

NAYS: \_\_\_\_\_

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Whereupon, the President declared the following Resolution duly adopted:

RESOLUTION ADOPTING THE PLANS, SPECIFICATIONS, FORM OF CONTRACT AND ESTIMATED TOTAL COST OF THE FURNISHINGS PACKAGE FOR THE RED OAK COMMUNITY SCHOOL DISTRICT HIGH SCHOOL CONSTRUCTION PROJECT.

WHEREAS, on the 25<sup>th</sup> of February 2019, the tentative plans, specifications, form of contract and the estimated total costs were filed with the Secretary for the construction of certain public improvements described in general as the furnishings package for Red Oak Community School District High School Construction Project; and

WHEREAS, a notice of hearing on the plans, specifications, form of contract and estimate of total cost for said public improvements was published as required by law:

NOW, THEREFORE, BE IT RESOLVED BY THE BOARD OF DIRECTORS OF THE RED OAK COMMUNITY SCHOOL DISTRICT, IN THE COUNTY OF MONTGOMERY, STATE OF IOWA:

Section 1. That the said plans, specifications, form of contract and the estimated total cost for the furnishings package for the Red Oak Community School District High School Construction Project are hereby approved and adopted as the plans, specifications, form of contract and estimated total cost for said public improvement, as described in the preamble of this Resolution.

PASSED AND APPROVED, this 11<sup>th</sup> day of March, 2019.

\_\_\_\_\_  
President

ATTEST:

\_\_\_\_\_  
Secretary

15

CERTIFICATE

STATE OF IOWA

)

) SS:

COUNTY OF MONTGOMERY

)

I, the Secretary of the Board of Directors of the Red Oak Community School District in the County of Montgomery, State of Iowa, do hereby certify that attached is a true and complete copy of the portion of the corporate records of this School District showing proceedings of the Board, and the same is a true and complete copy of the action taken by this Board with respect to the matter at the meeting held on the date indicated in the attachment, and remain in full force and effect, and have not been amended or rescinded in any way; that the meeting and all action were duly and publicly held in accordance with a notice of meeting and a tentative agenda, a copy of which was timely served on each member of the Board and posted on a bulletin board or other prominent place easily accessible to the public and clearly designated for that purpose at the principal office of the Board (a copy of the face sheet of the agenda is attached) pursuant to the local rules of the Board and the provisions of Iowa Code Chapter 21, upon reasonable advance notice to the public and media at least twenty-four hours prior to the commencement of the meeting as required by law and with members of the public in attendance; I further certify that the individuals named possess their respective offices as indicated, that no board vacancy existed except as is stated, and that no controversy or litigation is pending, prayed or threatened involving the incorporation, organization, existence or boundaries of the School District or the right of the individuals named as officers to their respective positions.

Dated \_\_\_\_\_, 2019.

\_\_\_\_\_  
 Secretary, Red Oak Community School District

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**Proceedings for Consideration and Action on Construction Bids  
and Awarding of Contract**

March 11, 2019

The Board of Directors of the Red Oak Community School District met in open session, in the Inman Primary School Media Center of the Red Oak Community School District, Red Oak, Iowa, at 7:00 P.M, on the above date. There were present President \_\_\_\_\_ in the chair, and the following named Board Members:

\_\_\_\_\_  
\_\_\_\_\_

Absent: \_\_\_\_\_

\* \* \* \* \*

There was received and filed with the Board Secretary or her designee, a report of the bids received on February 28, 2019 before 2:00 o'clock P.M., and publicly opened pursuant to the resolution of the Board and notice duly posted for construction of certain public improvements described in general as the furnishings package of the Red Oak Community School District High School Construction Project, in accordance with the plans and specifications now adopted, as follows:

(Attach copy of report of bids received)

Board Member \_\_\_\_\_ introduced the following Resolution entitled "RESOLUTION MAKING AWARD OF CONSTRUCTION CONTRACT" and moved its adoption. Board Member \_\_\_\_\_ seconded the motion to adopt. The roll was called and the vote was,

AYES: \_\_\_\_\_  
\_\_\_\_\_

NAYS: \_\_\_\_\_

17

Whereupon, the President declared the following Resolution duly adopted:

RESOLUTION MAKING AWARD OF CONSTRUCTION CONTRACT

BE IT RESOLVED BY THE BOARD OF DIRECTORS OF THE RED OAK COMMUNITY SCHOOL DISTRICT IN THE COUNTY OF MONTGOMERY:

Section 1. That the following bids for the construction of certain public improvements described in general as furnishings package for the Red Oak Community School District High School Construction Project, described in the plans and specifications heretofore adopted by this Board, be and is hereby accepted, the same being the lowest responsive, responsible bids received for such work, as follows:

Contractor: \_\_\_\_\_  
of \_\_\_\_\_

Amount of bid: \$ \_\_\_\_\_

Portion of Project: \_\_\_\_\_

Section 2. That the President and Secretary are hereby directed to execute contracts with the contractor for the construction of the public improvements, such contracts not to be binding on the District until fully executed.

PASSED AND APPROVED, this 11<sup>th</sup> day of March, 2019.

\_\_\_\_\_  
President

ATTEST:

\_\_\_\_\_  
Secretary

18

CERTIFICATE

STATE OF IOWA )  
 ) SS  
COUNTY OF MONTGOMERY )

I, the undersigned Secretary of the Red Oak Community School District, in the County of Montgomery, does hereby certify that attached is a true and complete copy of the portion of the corporate records of the District showing proceedings of the Board, and the same is a true and complete copy of the action taken by the Board with respect to the matter at the meeting held on the date indicated in the attachment, which proceedings remain in full force and effect, and have not been amended or rescinded in any way; that meeting and all action thereat was duly and publicly held in accordance with a notice of meeting and tentative agenda, a copy of which was timely served on each member of the Board and posted on a bulletin board or other prominent place easily accessible to the public and clearly designated for that purpose at the principal office of the Superintendent (a copy of the face sheet of the agenda being attached hereto) pursuant to the local rules of the Board and the provisions of Chapter 21, Code of Iowa, upon reasonable advance notice to the public and media at least twenty-four hours prior to the commencement of the meeting as required by law and with members of the public present in attendance; I further certify that the individuals named therein were on the date thereof duly and lawfully possessed of their respective offices as indicated therein, that no Board vacancy existed except as may be stated in the proceedings, and that no controversy or litigation is pending, prayed or threatened involving the incorporation, organization, existence or boundaries of the District or the right of the individuals named therein as officers to their respective positions.

WITNESS my hand this \_\_\_\_\_ day of \_\_\_\_\_, 2019.

\_\_\_\_\_  
Secretary of the Board of Directors of the Red  
Oak Community School District

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## WELLNESS POLICY

The Red Oak Community School District's Board of Education is committed to supporting wellness, good nutrition, and regular physical activity as a part of the total learning environment. The school district supports a healthy environment where students learn and participate in positive dietary and lifestyle practices. The board believes for students to have the opportunity to achieve personal, academic, developmental, and social success, there needs to be a positive, safe, and health-promoting learning environment at every level., in every setting.

The school district provides a comprehensive learning environment for developing and practicing lifelong wellness behaviors. The entire school environment, not just the classroom, shall be aligned with healthy school district goals to positively influence a student's understanding, beliefs and habits as they relate to good nutrition and regular physical activity. In accordance with the laws and this belief the board commits to the following:

The school district will identify at least one goal in each of the following areas:

- Nutrition Education and Promotion: schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors
- Physical Activity: Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.
- Other School Based Activities that Promote Wellness: As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.

The following nutritional guidelines for food available on school campuses will be adhered to:

- The meals served through the National School Lunch and School Breakfast Program will be appealing and meet, at a minimum, nutrition requirements established by state and federal law.
- Schools providing access to healthy foods outside the reimbursable meal programs before school, during school, and thirty minutes after school shall meet the United States Department of Agriculture ("USDA") Smart Snacks in Schools nutrition standards, at a minimum. This includes such items as those sold through a la carte lines, vending machines, student run stores, and fundraising activities.
- Snacks provided to students during the school day without charge (class parties) will meet standards set by the district in accordance with law. The district will provide parents a list of foods and beverages that meet nutrition standards for classroom snacks and celebrations.
- Treats will be limited in the classrooms and students will get to choose other physical activities or games to play instead of bringing treats for celebrations (get ideas from Get Movin' packet).



- Schools will only allow marketing and advertising of foods and beverages that meet the Smart Snacks in School nutritional standards on campus during the school day.

The superintendent or superintendent's designee shall implement and ensure compliance with the policy by:

- Reviewing the policy at least every three years and recommending updates as appropriate for board approval.
- Implementing a process for permitting parents, students, representatives of the school food authority, teachers of physical education, school health professionals, the school board, administrators, and the public to participate in the development, implementation, and periodic review and update of the policy.
- Designate two staff members from each building to be advocates for our Wellness Committee and to help implement our policies in the District.
- Making the policy and updates assessment of the implementation available to the public (e.g., posting on the website, newsletters, etc.) This information shall include the extent to which the schools are in compliance with the policy and a description of the progress being made in attaining goals of the policy.
- Developing administrative regulations, which shall include specific wellness goals and indicators for measurement of progress consistent with law and district policy.

**GOAL 1: Nutrition Education and Promotion: schools will provide nutrition education and engage in nutrition promotion that helps students develop lifelong healthy eating behaviors.**

A) Provide students with the knowledge and skills necessary to promote and protect their health;

B) Promote fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, and healthy foods;

**GOAL 2: Physical Activity: Schools will provide students with age and grade appropriate opportunities to engage in physical activity that meet the Iowa Healthy Kids Act.**

A) Promote the benefits of a physically active lifestyle and help students develop skills to engage in lifelong healthy habits;

B) Afford elementary students with recess according to the following: At least 20 minutes a day, outdoors as weather and time permits, and encourages moderate to vigorous physical activity;

C) Discourage all employees from using physical activity (e.g. running laps, pushups) or withholding opportunities for physical activity (e.g. recess, physical education) as punishment;

**GOAL 3: Other School Based Activities that Promote Wellness: As appropriate, schools will support students, staff, and parents' efforts to maintain a healthy lifestyle.**

A) Permit students to bring and carry water bottles filled with water throughout the day;

B) Promote wellness activities and opportunities during professional development;

C) Encourage opportunities for physical activities to be incorporated into lessons across all subject areas using the Get Movin' Activity Breaks packet from the Iowa Department of Public Health and the Iowa Nutrition Network.

NUTRITION EDUCATION AND PROMOTION

The school district will provide nutrition education and engage in nutrition promotion that:

- is offered at each grade level K-8, and is an optional course at the high school, as part of a sequential, comprehensive, standards-based program designed to provide students with the knowledge and skills necessary to promote and protect their health;
- is part of not only health education classes, but also classroom instruction in subjects such as math, science, language arts, social sciences and elective subjects;
- includes enjoyable, developmentally appropriate, culturally relevant participatory activities, such as contests, promotions, taste-testing, farm visits and school gardens;
- promotes fruits, vegetables, whole-grain products, low-fat and fat-free dairy products, healthy food preparation methods and health-enhancing nutrition practices;
- emphasizes caloric balance between food intake and physical activity;
- links with meal programs, other foods and nutrition-related community services; and,
- includes training for teachers and other staff.

PHYSICAL ACTIVITY

A. Daily Physical Education

The school district will provide physical education that:

- is for all students in grades K-12 for the entire school year;
- is taught by a certified physical education teacher;
- includes students with disabilities, students with special health-care needs may be provided in alternative educational settings; and,
- engages students in moderate to vigorous activity during at least 50 percent of physical education class time.

The total amount of physical education the school district provides is:

- Middle School provides 120 minutes per week
- High School provides 200 minutes per week

B. Daily Recess

Elementary schools should provide recess for students that:

- is at least 20 minutes a day;
- is preferably outdoors;
- encourages moderate to vigorous physical activity verbally and through the provision of space and equipment; and,
- discourages extended periods (i.e., periods of two or more hours) of inactivity.

Middle School students have the opportunity to participate in 5-10 minutes of recess at the conclusion of their lunch period.

When activities, such as mandatory school-wide testing, make it necessary for students to remain indoors for long periods of time, schools should give students periodic breaks during which they are encouraged to stand and be moderately active.

C. Physical Activity Opportunities after School

After-school child care and enrichment programs will provide and encourage—verbally, and through the provision of space, equipment and activities—daily periods of moderate to vigorous physical activity for all participants.

D. Physical Activity as Punishment Prohibited

Employees should not use physical activity (e.g., running laps, push-ups) or withhold opportunities for physical activity (e.g., recess, physical education) as punishment.

## OTHER SCHOOL-BASED ACTIVITIES THAT PROMOTE STUDENT WELLNESS

### A. Integrating Physical Activity into Classroom Settings

For students to receive the nationally recommended amount of daily physical activity and for students to fully embrace regular physical activity as a personal behavior, students need opportunities for physical activity beyond the physical education class. Toward that end, the school district will:

- offer classroom health education that complements physical education by reinforcing the knowledge and self-management skills needed to maintain a physically active lifestyle and to reduce time spent on sedentary activities;
- discourage sedentary activities, such as watching television, playing computer games, etc.;
- provide opportunities for physical activity to be incorporated into other subject lessons; and,
- encourage classroom teachers to provide short physical activity breaks between lessons or classes, as appropriate.

### B. Communication with Parents

The school district will support parents' efforts to provide a healthy diet and daily physical activity for their children. The school district will:

- offer healthy eating seminars for parents, send home nutrition information, post nutrition tips on school web sites and provide nutrient analyses of school menus;
- encourage parents to pack healthy lunches and snacks and to refrain from including beverages and foods that do not meet the established nutrition standards for individual foods and beverages;
- provide parents a list of foods that meet the school district's snack standards and ideas for healthy celebrations/parties, rewards and fundraising activities;
- provide opportunities for parents to share their healthy food practices with others in the school community;
- provide information about physical education and other school-based physical activity opportunities before, during and after the school day;
- support parents' efforts to provide their children with opportunities to be physically active outside of school; and,
- include sharing information about physical activity and physical education through a web site, newsletter, other take-home materials, special events or physical education homework.

C. Food Marketing in Schools

School-based marketing will be consistent with nutrition education and health promotion. The school district will:

- limit food and beverage marketing to the promotion of foods and beverages that meet the nutrition standards for meals or for foods and beverages sold individually;
- prohibit school-based marketing of brands promoting predominantly low-nutrition foods and beverages;
- promote healthy foods, including fruits, vegetables, whole grains, and low-fat dairy products; and
- market activities that promote healthful behaviors (and are therefore allowable) including: vending machine covers promoting water; pricing structures that promote healthy options in ala carte lines; sales of fruit for fundraisers.

Examples include marketing techniques include the following: logos and brand names on/in vending machines, books or curricula, textbook covers, school supplies, scoreboards, school structures, and sports equipment; educational incentive programs that provide food as a reward; programs that provide schools with supplies when families buy low-nutrition food products; in-school television, such as Channel One; free samples or coupons; and food sales through fundraising activities.

D. Staff Wellness

The school district values the health and well-being of every staff member and will plan and implement activities and policies that support personal efforts by staff to maintain a healthy lifestyle. Each school should:

- establish and maintain a staff wellness committee composed of at least one staff member, local hospital representative, dietitian or other health professional, recreation program representative, union representative and employee benefits specialist;
- develop, promote and oversee a multifaceted plan to promote staff health and wellness developed by the staff wellness committee;
- base the plan on input solicited from employees and outline ways to encourage healthy eating, physical activity and other elements of a healthy lifestyle among employees.

## NUTRITION GUIDELINES FOR ALL FOODS AVAILABLE

### A. School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- be appealing and attractive to children;
- be served in clean and pleasant settings;
- meet, at a minimum, nutrition requirements established by local, state and federal law;
- offer a variety of fruits and vegetables daily;
- serve only low-fat (1%) and fat-free milk and nutritionally equivalent non-dairy alternatives (as defined by the USDA);
- ensure that half of the served grains are whole grain; and
- ensure that water is available in cafeteria.

As part of the school meal program, schools should:

- engage students and parents, through taste-tests of new entrees and surveys, in selecting foods offered through the meal programs in order to identify new, healthful and appealing food choices;
- share information about the nutritional content of meals with parents and students. (The information could be made available on menus, a web site, on cafeteria menu boards, placards or other point-of-purchase materials.)
- accommodate alternatives for those students with allergies that meet the above guidelines as closely as possible.

### B. Breakfast

To ensure that all children have breakfast, either at home or at school, in order to meet their nutritional needs and enhance their ability to learn, schools will:

- operate the breakfast program, to the extent possible;
- arrange bus schedules and utilize methods to serve breakfasts that encourage participation, including serving breakfast in the classroom, "grab-and-go" breakfasts or breakfast during morning break or recess, to the extent possible;
- notify parents and students of the availability of the School Breakfast Program, where available

### C. Free and Reduced-Priced Meals

The school district will make every effort to eliminate any social stigma attached to, and prevent the overt identification of, students who are eligible for free and reduced-price meals.

Toward this end, the school district may:

- utilize electronic identification and payment systems;
- provide meals to all children, based on income; and,
- promote the availability of meals to all students.

D. Meal Times and Scheduling

The school district:

- will provide students with at least 10 minutes to eat after sitting down for breakfast and 20 minutes after sitting down for lunch;
- should schedule meal periods at appropriate times, e.g., lunch should be scheduled between 11 a.m. and 1 p.m.; should not schedule tutoring, club or organizational meetings or activities during mealtimes, unless students may eat during such activities;
- will provide students access to hand washing or hand sanitizing before they eat meals or snacks;
- should take reasonable steps to accommodate the tooth-brushing regimens of students with special oral health needs (e.g., orthodontia or high tooth decay risk).

E. Qualification of Food Service Staff

Qualified nutrition professionals will administer the meal programs. As part of the school district's responsibility to operate a food service program, the school district will:

- provide continuing professional development for all nutrition professionals; and,
- provide staff development programs that include appropriate certification and/or training programs for child nutrition directors, nutrition managers and cafeteria workers, according to their levels of responsibility.

F. Sharing of Foods

The school district discourages students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children's diets.

G. Foods Sold Outside the Meal (e.g. vending, a la carte, sales)

All foods and beverages sold individually outside the reimbursable meal programs (including those sold through ala carte [snack] lines, vending machines, student stores or fundraising activities) during the school day, or through programs for students after the school day will meet nutrition standards as required by state or federal law. For current state guidelines, click here <http://tinyurl.com/lowa-HKA>.

H. Fundraising Activities

There are two types of fundraising – regulated and other. Regulated fundraisers are those that offer the sale of foods or beverages on school property and that are targeted primarily to PK-12 students by or through other PK-12 students, student groups, school organizations, or through on-campus school stores. Regulated fundraising activities must comply with the state nutrition guidelines. All other fundraising activities are encouraged, but not required, to comply with the state nutrition guidelines if the activities involve foods and beverages.

The school district encourages fundraising activities that promote physical activity.

I. Snacks

Snacks served during the school day or in after-school care or enrichment programs will make a positive contribution to children's diets and health, with an emphasis on serving fruits and vegetables as the primary snacks and water as the primary beverage. Schools will assess if and when to offer snacks based on timing of meals, children's nutritional needs, children's ages and other considerations. The school district will disseminate a list of healthful snack items to teachers, after-school program personnel and parents.

J. Rewards

The school district will not use foods or beverages, especially those that do not meet the nutrition standards for foods and beverages sold individually, as rewards for academic performance or good behavior, and will not withhold food or beverages (including food served through meals) as a punishment.

K. Celebrations

Schools should evaluate their celebrations practices that involve food during the school day. The school district will disseminate a list of healthy party ideas to parents and teachers.

L. School-Sponsored Events

Foods and beverages offered or sold at school-sponsored events outside the school day are encouraged to meet the nutrition standards for meals or for foods and beverages sold individually.



M. Food Safety

All foods made available on campus adhere to food safety and security guidelines. All foods made available on campus comply with the state and local food safety and sanitation regulations. Hazard Analysis and Critical Control Points (HACCP) plans and guidelines are implemented to prevent food illness in schools.

[http://www.fns.usda.gov/tn/Resources/servingsafe\\_chapter6.pdf](http://www.fns.usda.gov/tn/Resources/servingsafe_chapter6.pdf)

For the safety and security of the food and facility, access to the food service operations are limited to child nutrition staff and authorized personnel.

N. Summer Meals

Schools in which more than 50 percent of students are eligible for free or reduced-price meals will sponsor the Summer Food Service Program starting the first Monday in June through the last Friday in July.

PLAN FOR MEASURING IMPLEMENTATION

A. Monitoring

The superintendent will ensure compliance with established school district-wide nutrition and physical activity wellness policies.

In each school:

- the principal will ensure compliance with those policies in the school and will report on the school's compliance to the superintendent; and,
- food service staff, at the school or school district level, will ensure compliance with nutrition policies within food service areas and will report on this matter to the superintendent or principal.

In the school district:

- the school district will report on the most recent USDA School Meals Initiative (SMI) review findings and any resulting changes. If the school district has not received a SMI review from the state agency within the past five years, the school district will request from the state agency that a SMI review be scheduled as soon as possible;
- the superintendent will develop a summary report every three years on school district-wide compliance with the school district's established nutrition and physical activity wellness policies, based on input from schools within the school district; and,
- the report will be provided to the school board and also distributed to all school wellness committees, parent/teacher organizations, principals and health services personnel in the school district.

B. Policy Review

To help with the initial development of the school district's wellness policies, each school in the school district will conduct a baseline assessment of the school's existing nutrition and physical activity environments and practices. The results of those school-by-school assessments will be compiled at the school district level to identify and prioritize needs.

Assessments will be repeated every five years to help review policy compliance, assess progress and determine areas in need of improvement. As part of that review, the school district will review the nutrition and physical activity policies and practices and the provision of an environment that supports healthy eating and physical activity. The school district, and individual schools within the school district will, revise the wellness policies and develop work plans to facilitate their implementation.

Approved August 27, 2018

Reviewed February 25, 2019

Revised February 25, 2019

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**Red Oak Community Schools  
Physical Activity Contract**

*Form is not a waiver, will be used to gage level of activity in our students.*

In 2008, the Iowa Legislature enacted "the Healthy Kids Act," requiring that all students engage in physical activity for a minimum of 120 minutes per week in which there are at least five days of school. The law also requires that we monitor how students fulfill this requirement.

Please fill out the items below, sign (both student and parent/guardian), and return to the school by the first day of the school year. If you have any questions, call the secondary principal at 712-623-6610.

Name of Student: \_\_\_\_\_ Grade: \_\_\_\_\_

School activities that student will be involved in during the school year (include estimate of minutes per week):

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>	<b>SUMMER</b>
Cross Country _____	Basketball _____	Track _____	Baseball _____
Football _____	Wrestling _____	Golf _____	Softball _____
Volleyball _____	Bowling _____	Tennis _____	Swimming _____
Marching Band _____	Swimming _____	Soccer _____	
Cheerleading _____	Minnisingers _____	Minnisingers _____	
Color Guard _____	Cheerleading _____		
Minnisingers _____			

Non-school physical activity:

\_\_\_\_\_  
\_\_\_\_\_

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_  
 Signature of Building Administrator: \_\_\_\_\_ Date: \_\_\_\_\_

Red Oak Community School District  
Staff Selection Recommendation

Date: 2/25/19

Building: Admin    HS **MS** WIS    IPS    ECC    Trans  
(Please Circle All That Apply)

Position: MS Boys Track Coach

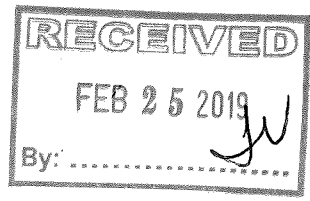
Name: Nestor Rolenc

**Certified:**

Lane:

Step:

Salary: 7.5% of Base

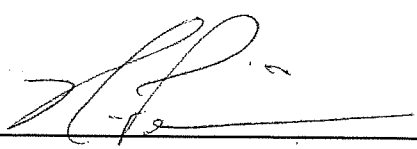


**Classified:**

Hourly Rate:

Hours Per Day: N/A

Comments:

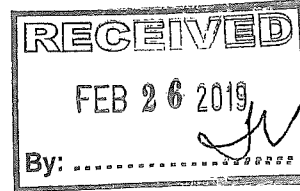
  
\_\_\_\_\_  
Principal/Director

Please send form to Superintendent for Board Approval

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February 26, 2019

Adam A. Smith  
1006 E Valley St  
Red Oak, IA 51566



Red Oak Community School Board  
Red Oak Community School District  
1901 N Broadway St Suite A  
Red Oak, IA 51566

Dear Red Oak Community School Board:

It is with regret that I tender my resignation from the Red Oak Community School District as a Middle School Wrestling Coach and a Middle School Football Coach, effective March 11, 2019.

I am thankful for the opportunity to coach these young Middle School Athletes for the last two years, and I offer my best wishes and continued success to these middle school programs.

Sincerely,

A handwritten signature in black ink, appearing to be "Adam A. Smith". The signature is stylized with a long horizontal stroke at the end.

Adam A. Smith

CC: Nate Perrien  
Ken Blackman  
Tiegen Podliska

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