

Ballard *Dimensions*

A PUBLICATION OF THE BALLARD COMMUNITY SCHOOL DISTRICT SERVING THE COMMUNITIES OF CAMBRIDGE, HUXLEY, KELLEY AND SLATER, IOWA

Ballard Education Foundation

Annual Breakfast

October 10

Wake up with us!
The Breakfast will feature updates from Ballard Superintendent, Ottie Maxey & Foundation President, Suzanne Askelsen. Hear from teachers about the impact your support is making on our students!

Monday, October 10th
7-8AM (Doors open @ 6:45AM)
High School Commons Area

Follow us!
Check our Facebook page & website for updates and sponsorship information.

ANNUAL BREAKFAST
10/10/16

Tickets sold individually & are available now!
Purchase your tickets for \$30 online at BallardEdFoundation.org

Or contact Suzanne Askelsen at 515-689-6370 or email: info@BallardEdFoundation.org with any questions.

PO Box 272, Huxley, IA 50124
www.BallardEdFoundation.org

▶ BALLARD EDUCATION FOUNDATION BREAKFAST, FOOD ALLERGY REMINDER

▶ WEST ELEMENTARY MAKE YOUR MARK, EXPLORING INSECTS, STEM PROJECT LEAD THE WAY

▶ EAST ELEMENTARY 3RD GRADE MATH, 4TH GRADE MATH, 5TH GRADE MATH

▶ HIGH SCHOOL EAGLE SCOUT PROJECT, HS SPANISH, GUIDANCE OFFICE/FAFSA, HS STUDENT COUNCIL

▶ BALLARD OCTOBER LUNCH MENUES

▶ BALLARD COMMUNITY DOLLARS FOR SCHOLARS, POST PROM CAN DRIVE, BOMBER SHOP, PRE-GAME MEALS, BOOSTER CLUB COMEDY NIGHT, DENTAL CLINIC, HUXLEY LIBRARY, SLATER LIBRARY, DISTRICT PHONE NUMBERS



Ballard District Procedures for Food Allergies

Severe allergies are serious and can be fatal. Anaphylaxis, a potentially life-threatening allergic reaction, can be triggered by exposure to one or more allergens, including foods, insect stings, drugs, and latex products. Anaphylaxis can affect multiple areas of the body, such as skin, respiratory tract, gastrointestinal tract, and the cardiovascular system. Symptoms can include severe headache, nausea and vomiting, sneezing and coughing, hives, swelling of the lips, tongue and throat, itching all over the body, and anxiety. The most dangerous symptoms include difficulty breathing, a drop in blood pressure, and shock—each of which can be fatal.

The risk of accidental exposure to allergens can be reduced in the school setting if schools partner with students, parents, and health-care professionals to minimize risks and to provide a safe educational environment for severely allergic or food-intolerant students. The Ballard School District cannot guarantee that a student will never experience an allergy-related event while at school. However, the District has created these procedures to reduce the risk so that those students with life-threatening allergies will not experience an allergy-related event at school.

The most common life-threatening allergies are to peanuts, tree nuts, and shellfish. For this reason, these procedures outline steps regarding nut allergies. These procedures will be followed for any other life-threatening allergy, where appropriate. For those students who are highly allergic to nuts, contact with nut products can cause a life-threatening anaphylaxis reaction. The only way to protect students who are highly allergic to nuts or nut products is to minimize the nut product exposure in their environment.

Classroom

- ⇒ All teachers will be encouraged to eliminate peanut or tree nut food items of any kind from instruction or any school project related to the curriculum.
- ⇒ Peanut butter jars or any nut product jar may not be used for storage of classroom materials.
- ⇒ No homemade treats or food items are permitted in K-12 classrooms. All treats must be commercially prepared and packaged for distribution with intact ingredient labels.
- ⇒ Food preparation will only be allowed with commercially prepared or packaged food in the academic curriculum at the elementary level.
- ⇒ All students and staff will be discouraged from eating any peanut and tree nut food products in the classroom.

Cafeteria

- ⇒ All students that eat a cold lunch will be encouraged to wash their hands after eating.
- ◆ **NOTE: Antibacterial gels and liquids kill germs, but they do not remove protein from the skin and should not be used in place of soap and water and/or wipes.**
- ⇒ To prevent cross-contamination, cafeteria tables will be washed after each meal rotation.

A yearly update/training on allergy procedures will take place for staff.

Peanut and Tree Nut Free Snack Suggestion List

When choosing a peanut free snack for your child's class, it is important to **ALWAYS** check the label on the package to make sure it is **free of peanuts and nuts** of all kinds. This list is only to serve as a resource. It is in no way complete and is subject to manufacturer recalls and mislabeling. Manufacturers may have changed their equipment or product line and method since you last purchased an item from this sheet. **READING LABELS:** Some manufacturers clearly state if a product has peanut or nuts in it while others, it is almost hidden. **PLEASE READ THE LABELS** each time you purchase. Do not purchase items with the allergy and ingredient alert such as:

“May Contain Peanut or Tree Nuts”

“Processed on shared equipment with Peanuts or Tree Nuts”

“Manufactured in a plant with Peanut or Tree Nuts”

“Contains Peanut or Tree Nut Ingredients”



Be a PAL[®] to Friends with Food Allergies

Did you know that 1 in 13 kids in the United States has a food allergy? That's about two kids in every classroom. For kids with food allergies, even a tiny amount of the food they are allergic to can make them very sick.

The most common food allergies are to milk, egg, peanuts, tree nuts (like walnuts and almonds), soy, wheat, fish, and shellfish (like shrimp and crab). But a person can be allergic to any food!

Since food allergies affect so many kids, it is good to learn how you can Be a PAL[®] to a friend with food allergies! Here's how:



Know that food allergies are very serious.

It's hard to believe that foods you eat every day can hurt others, but it's true!

If someone with a food allergy eats something they are allergic to, they can get very sick and sometimes have to go to the hospital.

If a friend or classmate has a food allergy, don't tease, bully or make fun of them. Tell an adult right away if you see other kids picking on someone with a food allergy,



Don't share your food with friends who have food allergies.

You can share jokes and laughs with your friends with food allergies, but don't share food. For kids with food allergies, sharing food can be very dangerous. So don't offer kids with food allergies anything from your lunch or snack. Why? Because it may have something in it that could make them very sick or hurt them.



Wash hands after eating.

Washing your hands with soap and water after you eat is very important. It's a good way to clean off any food that is on your hands.



Help all of your friends and classmates have fun together!

There are lots of ways to have fun without food! Listening to music, playing board or video games, making crafts, going for a bike ride, and playing sports are just some of the cool things you can do together. This way, everyone stays safe and has fun!



If a friend with food allergies feels sick, get help right away!

If your friend feels sick or thinks they may have eaten something they are allergic to, tell an adult right away or dial 911! They will make sure your friend gets help and gets the medicine they need to feel better.

**Save this handout so you won't forget how to Be A PAL[®],
and Protect A Life From Food Allergies!**

www.foodallergy.org

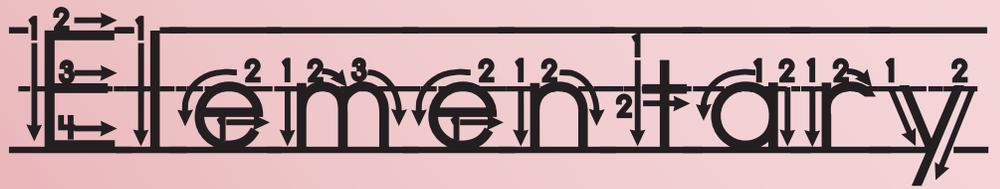
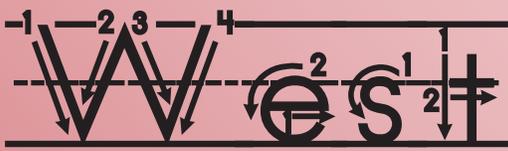
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FARE

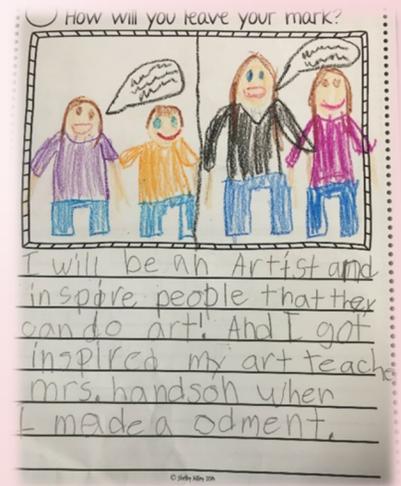
Food Allergy Research & Education

Funding for this resource was made possible through a generous gift from Lofthouse Cookies[®].



Make Your Mark!

The 2nd graders at Ballard West celebrated International Dot Day on September 15 by reading the story The Dot by author Pete Reynolds. In the story, a teacher helps her student develop confidence and to believe in herself reminding all students to "Make a mark and see where it takes you." The 2nd grade teachers and students dressed in dots and designed and colored their own personal dot. All dots were proudly displayed in a gold glittery frame on a wall for all to see. Students were asked to write about how they plan to leave their mark in the world. We hope you enjoy these pictures as much as we enjoyed celebrating Dot Day together! In celebrating Dot Day, we learned that we "DOTS" some big dreams in second grade!



- Nancy Elleby and Ashley Hokel—2nd Grade

Exploring Insects

The 1st graders from Ballard West had a wonderful time exploring insects at McFarland Park. This field trip was an extension of our current science unit on insects. The children became entomologists for the day. They learned about the insect's body and some kids even got to dress up like an insect! They also got to play a camouflage game and searched through the prairie grass to discover to different types of insects.



Mrs. Richardson's Class



Mrs. Ford's Class



Mrs. Raineri's Class

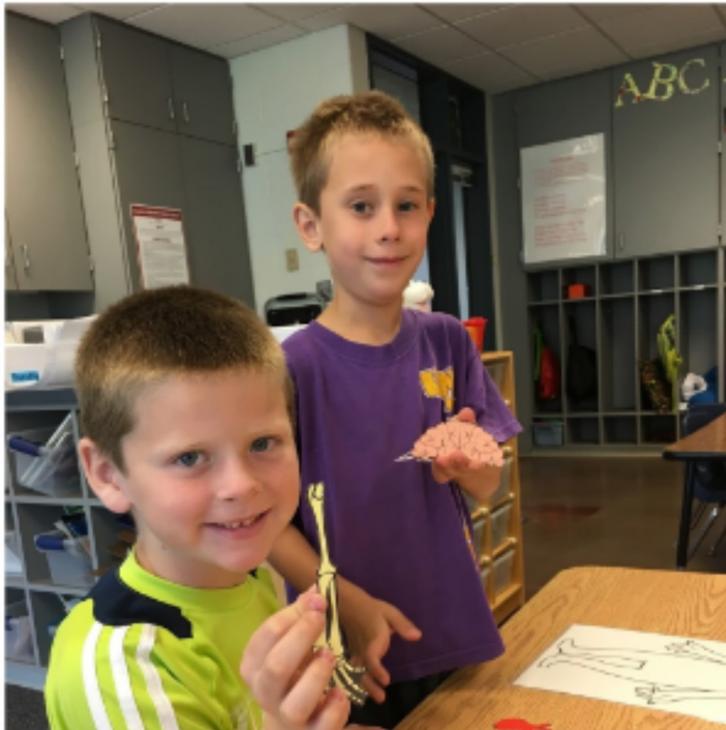


Mrs. Schroeder's Class



- Amy Richardson, West Elementary 1st Grade

The Kindergarten students got to experience their first STEM (Science, Technology, Engineering & Math) lesson through Project Lead the Way. The first unit they are working on is Structure and Function: Human Body where we are learning about Biomedical Engineering. The kids talked about the structure and function of different parts of the body. Then, they got to manipulate the different body parts to show where they are located in the body!



- Emily Gibson, West Elementary Kindergarten

Thank you

to the following sponsors for supporting
Project Lead the Way
at Ballard West Elementary:



JCORP, INC.

DANFOSS

Project Lead the Way is the program that Ballard West is using to implement STEM (Science, Technology, Engineering, Math) initiatives. Every Kindergarten student at Ballard will receive STEM education each week for the entire school year.

If you are interested in becoming involved in STEM education at Ballard West Elementary, please see Jennifer Johnson.

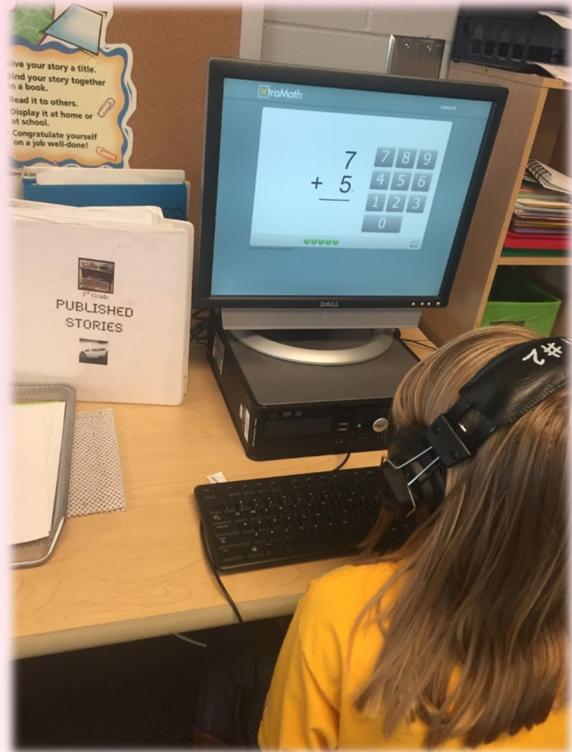
East Elementary

Great things are happening this year in math at Ballard East....

3rd Grade Math News

This year in 3rd Grade at Ballard East we are starting off the year in math class with chapters from our Math in Focus series. We are covering addition and subtraction up to ten thousand, with and without regrouping. We are also using a program called XtraMath in the computer lab and classroom to support our math curriculum.

XtraMath is a free web-based program that helps kids master the basic addition, subtraction, multiplication, and division facts. Student practice sessions are short -- less than ten minutes! We encourage all students to use XtraMath at home as well as at school. For best results students should do XtraMath once a day.



XtraMath

Home About Us Help

USING XTRAMATH ALREADY? Sign In

English

Help kids master basic math facts

XtraMath is a free web program for students, parents, and teachers

Ready to try XtraMath? Signing up for a free account is easy! Sign Up

Have a school flyer? Enroll

Get the XtraMath mobile app!

Visit XtraMath on Facebook to read our latest news!

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We look forward to seeing great growth in math in 3rd Grade!



4th Grade Math

We have started the year strong in 4th grade. We are working hard to make sure students know their basic operations before we move on to more challenging concepts. Students have been working in specific intervention groups to strengthen their particular skill set.

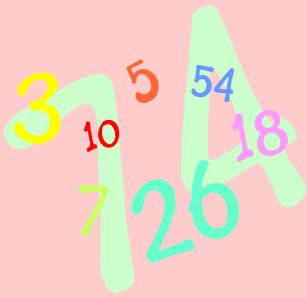
Take this short quiz with your child to practice these essential skills at home.

$\begin{array}{r} 18 \\ +12 \\ \hline \end{array}$	$\begin{array}{r} 739 \\ + 65 \\ \hline \end{array}$	$\begin{array}{r} 1,495 \\ + 820 \\ \hline \end{array}$	$\begin{array}{r} 54 \\ - 9 \\ \hline \end{array}$	$\begin{array}{r} 434 \\ - 47 \\ \hline \end{array}$	$\begin{array}{r} 5,071 \\ - 793 \\ \hline \end{array}$
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$\begin{array}{r} 65 \\ 32 \\ +4 \\ \hline \end{array}$	$\begin{array}{r} 18 \\ 7 \\ + 3 \\ \hline \end{array}$	$\begin{array}{r} 522 \\ 425 \\ + 99 \\ \hline \end{array}$	$\begin{array}{r} 843 \\ 698 \\ + 376 \\ \hline \end{array}$	$\begin{array}{r} 1,361 \\ 4,489 \\ + 2,126 \\ \hline \end{array}$
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$\begin{array}{r} 8 \\ \times 7 \\ \hline \end{array}$	$\begin{array}{r} 9 \\ \times 6 \\ \hline \end{array}$	$\begin{array}{r} 4 \\ \times 4 \\ \hline \end{array}$	$81 \div 9 \underline{\hspace{1cm}}$	$36 \div 6 \underline{\hspace{1cm}}$
			$15 \div 3 \underline{\hspace{1cm}}$	$42 \div 7 \underline{\hspace{1cm}}$





Are you smarter than a 5th grader? Math Edition



Fifth grade students have learned about place value, rounding and estimating, comparing and ordering whole numbers, identifying patterns, and multiplying by 10, 100, 1000 and their multiples. Try to answer these questions! Are you smarter than a fifth grader?

What is the value of the 7 in 1,756,382

- a. 700
- b. 7,000
- c. 700,000
- d. Hundred thousands

Round 45,652 to the nearest thousand

- a. 46,000
- b. 50,000
- c. 4,000
- d. 45,000

Estimate by rounding to the nearest thousand: $5,322 + 3,945 =$

- a. 8,000
- b. 9,000
- c. 10,000
- d. 12,000

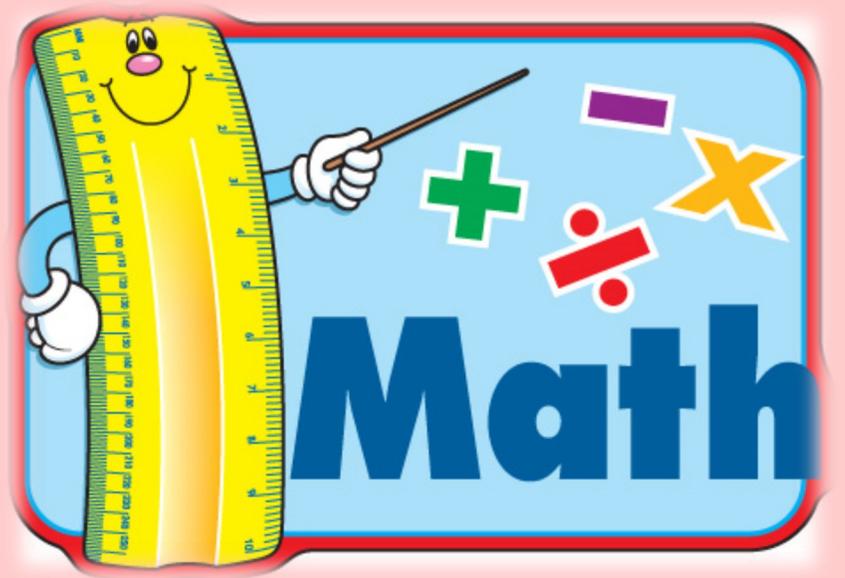
Estimate by rounding to the nearest thousand: $9,245 \times 5 =$

- a. 45,000
- b. 40,000
- c. 50,000
- d. 54,000

8,584,671 8,084,671 7,584,671 _____ :

- a. 7,000,671
- b. 6,084,671
- c. 6,684,671
- d. 7,084,671

5th Grade Math Edition—Continued



47×10

- a. 470
- b. 4700
- c. 47000
- d. 470000

_____ $\times 100 = 57,600$

- a. 567
- b. 576
- c. 5760
- d. 57600

$82 \times 20 =$

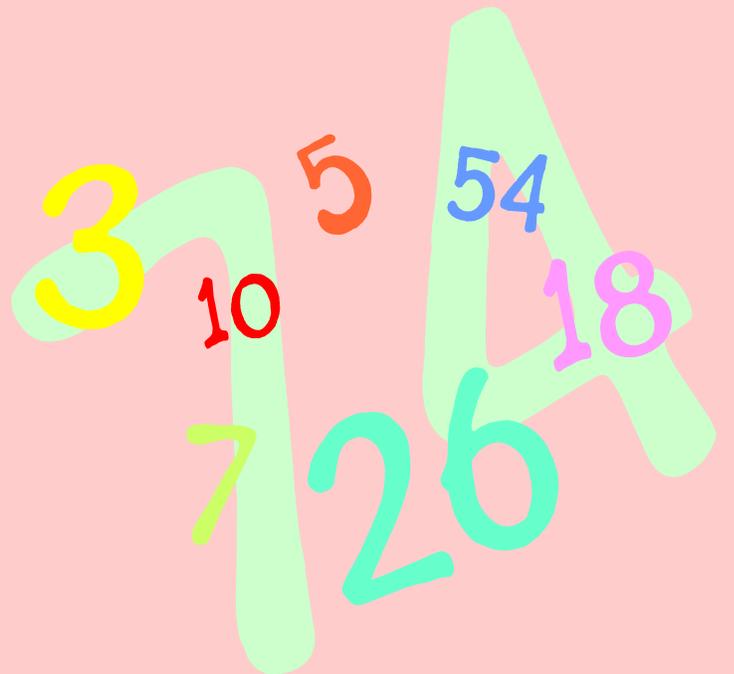
- a. 164
- b. 1,600
- c. 1,640
- d. 1,6400

$203 \times 400 =$

- a. 8,120
- b. 8,122
- c. 81,200
- d. 812,000

$44 \times 7000 =$

- a. 308,000
- b. 30,800
- c. 3,080
- d. 308



Eagle Scout Project



Senior Adam Orgler with the guidance of his father, Michael Orgler, recently completed his Eagle Scout Project by building two very nice tiered plant/flower planters to be used at the school garden in Huxley and at the local Ballard Community Clothes Pantry. Adam spent several hours planning and designing the project and collaborating with Jeriann McLaughlin about the project. The planters will be used next spring for either herbs or flowers or both!!! His hard work and dedication are very much appreciated!

- Jeriann McLaughlin



High School Spanish

This year is off to a fast start in the Spanish department. The students have actively been participating in Spanish conversation and cultural activities. The department is continuing to implement new cultural units in which the students will be highly engaged. Some of these units include a school themed unit, recipe demonstrations, and international perceptions. As the year continues, students will focus on communication in the target language with authentic resources.

- Emily Cunarro, HS Spanish



Attention Sophomores and Juniors



Ballard High School will be administering the PSAT test on Wednesday, October 19. The test will start at 8:00 am at Fjeldberg Lutheran Church in Huxley.

This test is important for **Juniors** because it is the first step in qualifying to be a **National Merit Scholar**.

The PSAT is the Preliminary SAT/National Merit Scholarship Qualifying Test. The test measures the verbal, math and writing skills that students have developed over the course of their education.

The Study of Iowa High Schools is Coming to Our School

The Study of Iowa High Schools researchers will be working in our school this year (one of 45 schools around the state) to learn about the impact of school improvement efforts on instruction and student outcomes. They will be inviting selected 9th and 10th grade core subject classes soon. Please ask your student if he/she has a packet for you with more information about the study. We are hoping to get a high participation rate! If you have any questions about this study, please contact us using the information in the packet your son/daughter will bring home if his/her class is selected!

College Rep Visits:

- Oct 3— Luther College—9:30
- Oct 3 — Hawkeye Comm College—12:30
- Oct. 6 — UNI—9:00
- Oct 7 — LaJames (Johnston) - 9:30
- Oct 13 — Simpson College—2:15
- Oct 18 — DMACC—9:45
- Oct 20 — LaJames (Mason City) - 10:00
- Oct 21 — NIACC (Mason City) - 11:30
- Oct 25 — Drake—1:00

All rep visits are held in the guidance office.



ACT TEST DATES

Test Date	Registration Deadline	(Late Fee Required)
December 10, 2016	November 4, 2016	November 5-18, 2016
February 11, 2017*	January 13, 2017	January 14-20, 2017
April 8, 2017	March 3, 2017	March 4-17, 2017
June 10, 2017	May 5, 2017	May 6-19, 2017

Registration information and practice tests are available in the high school guidance office or register online for the ACT at www.actstudent.org the SAT at www.collegeboard.org
 The ACT basic fee is \$39.50 (No Writing) and the SAT fee is \$52.50



Need help understanding financial aid?

A college education is a worthwhile investment in the future. Unfortunately, it can also be a costly one. In today's world, financial aid is often necessary to pay for postsecondary education, but the process can be confusing and overwhelming.

To help you understand the financial aid process, the high school guidance office has invited the Iowa College Access Network® (ICAN) to make a **free presentation on financial aid** for seniors and their parents. This is the ideal opportunity to get answers to your questions about financial aid.

ICAN Financial Aid Presentation

Location: Ballard High School Auditorium

Day of Week: Monday

Date: October 3, 2016

Time: 7:00 pm

Topics include:

- Financial Aid Process
- FAFSA Application Review
- Understanding FAFSA Results
- FSA Id
- Understanding Costs – College Comparisons
- Financial Aid Options
- Scholarships Process

Where to Go for Help

For more information, contact me at phone number or e-mail.

To learn more about ICAN, visit www.ICANsucceed.org.

Note: The [FAFSA](http://www.fafsa.ed.gov) is a free form that may be completed without professional assistance via paper or electronic forms provided by the U.S. Department of Education at www.fafsa.ed.gov. ICAN's free services help reduce confusion and can ensure accuracy.





Locations

Events run Oct. 1, 2016 - Mar. 1, 2017

Ames

DMACC Hunziker Center

Ankeny

ICAN Student Success Center

Calmar

Northeast Iowa Community College

Cedar Falls

Cedar Falls High School

Cedar Rapids/Hiawatha

ICAN Student Success Center

Centerville

Indian Hills Community College

Clarinda

Iowa Western Community College

Clinton

Clinton Community College

Coralville

ICAN Student Success Center

Council Bluffs

ICAN Student Success Center
Iowa Western Community College

Creston

Southwestern Community College

Davenport

ICAN Student Success Center
Scott Community College
St. Ambrose University

Denison

Western Iowa Tech

Des Moines

Central Library (downtown)
DMACC Southridge Campus
East High School
Forest Avenue Library
Grand View University

Dubuque

University of Dubuque

Emmetsburg

Iowa Lakes Community College

Fort Dodge

Iowa Central Community College

Grinnell

Iowa Valley Community College

Iowa Falls

Ellsworth Community College

Keokuk

Southeastern Community College

Lamoni

Graceland University

Marshalltown

Marshalltown Community College

Mason City

Mason City High School

Muscatine

Muscatine Community College

Orange City

ICAN Student Success Center

Ottumwa

Indian Hills Community College

Peosta

Northeast Iowa Community College

Perry

DMACC Perry VanKirk Career Academy

Sheldon

Northwest Iowa Community College

Sioux City

ICAN Student Success Center
Morningside College
Western Iowa Tech

Spirit Lake

Spirit Lake High School

Waterloo

ICAN Student Success Center
Hawkeye Community College

West Burlington

Southeastern Community College

Presented by:

ICAN
Iowa College Access Network

With support from:



ICANSucceed.org/FAFSAReadyIA

- Receive professional help filing your Free Application for Federal Student Aid (FAFSA)
- Ask questions and get advice on paying for college
- Learn about scholarships
- Understand your next steps
- ICANSucceed.org/whattobring

follow us:



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High School Student Council



Day of CARINGSM

**Thanks to the Ballard community,
we collected 1740 items this year!**

These items were successfully donated to the Cambridge, Huxley, and Slater food pantries. The Student Council would like to thank the Ballard Education Foundation for donating the pizzas for lunch and Fareway for all their help and donations. This was our most successful Day of Caring in our four years of participation.

Thank you to everyone who donated!



Senior Gabbie Ford and sophomore Emma Clinton help sort and count the donations as they come in.



Seniors Gabbie Ford and Kaitlyn Vasey planned and organized the Day of Caring for their third and final time.

Order Your Halloween Scare

The High School Student Council will be selling Halloween Scares. If you would like to send one to a student at the High School, West Elementary, or East Elementary, orders are due October 21st. Please return these orders to the High School main office.

The Middle School Student Council will be taking orders for the Middle School. Turn your orders into the Middle School front office.

Halloween Scares will be delivered on October 28th during advisor time or at the end of the school day. Please use the order form below and complete an order form for each student.

ALL ORDERS DUE OCTOBER 21st



HALLOWEEN SCARE



*Popcorn and M&M's

\$1

*Circle One

*Clementine

\$1

*Candy Corn

\$1

*Combo bag:

(Popcorn, M&M's, Candy Corn, Pumpkins)

\$2

Recipient: _____

Advisor of Recipient: _____

Sender: _____

Put your message on the back.

2016-2017 Ballard High School Class Officers

On September 2, 2016, BHS students voted for their class officers. The Student Council sponsored the election and staffed the voting station. The Story County Auditor's office loaned the voting booths.

This year class officers will be responsible for holding regular class meetings so students can



share their concerns ideas. Class officers will also plan a class service project and provide class updates in the Dimensions. Below are the Class Officers for each class.

Juniors Addison Brekke and Ben Lee will serve as liaisons between the Student Council and Class Officers, so that the two groups can coordinate their activities and the Student Council can provide help as needed.





Regular physical activity helps the body to function better.

Ballard Elementary School Lunch Menu

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

OCTOBER 2016

MONDAY

HOM Feature - Tomato 3

Roasted Hot Dog

OR
Turkey BLT Salad

TUESDAY

HOM Feature - Tomato 4

Walking Taco with Lettuce and Cheese
OR
Turkey Sub

Pinto Beans

WEDNESDAY

HOM Feature - Tomato 5

Popcorn Chicken with Orange Sauce and Rice

OR
Ham and Cheese Sub

THURSDAY

HOM Feature - Tomato 6

BBQ Rib Sandwich

OR
7 Layer Salad

Garden Green Beans

FRIDAY

HOM Feature - Tomato 7

Pizza Parlor Pizza

OR
Taco Salad

Broccoli

HOM Feature - Tomato 10

No School

HOM Feature - Tomato 11

Cinnamon French Toast Sticks & Ham Slice

OR
Crispy Chicken Salad

HOM Feature - Tomato 12

Spaghetti With Italian Meat Sauce & Garlic Toast

OR
Chef Salad

Garden Green Beans

HOM Feature - Tomato 13

Chili Crispito with Homemade Cheese Sauce

OR
Garden Vegetable Salad

Baked Beans

HOM Feature - Tomato 14

Cheese Bread with Marinara Sauce

OR
Yogurt Pak

Glazed Carrots

HOM Feature - Tomato 17

Corn Dog

OR
Turkey BLT Salad

Corn

HOM Feature - Tomato 18

Chicken Tenders
OR
Honey Mustard Ham Wrap

Mashed Potatoes with Gravy
Fresh Bread

HOM Feature - Tomato 19

Hamburger on a WG Bun

OR
Cravin Chicken Salad

Tator Tots

HOM Feature - Tomato 20

Toasted Cheese Sandwich with Tomato Soup

OR
Turkey Sub

Brownie

HOM Feature - Tomato 21

Pizza Parlor Pizza

OR
7 Layer Salad

Cauliflower

HOM Feature - Tomato 24

Sloppy Joe

OR
Chicken Salad Sand

Sweet Potato Fries

HOM Feature - Tomato 25

Beef Soft Shell Taco w/ Lettuce and Cheese

OR
Chef Salad

Spiced Pinto Beans

HOM Feature - Tomato 26

Homestyle Meatballs in Gravy

OR
Taco Salad

Mashed Potatoes
Fresh Bread

HOM Feature - Tomato 27

Chicken Nuggets

OR
Pretzels and Cheese Cubes

Garden Green Beans

HOM Feature - Tomato 28

Cheeseburger on a WG Bun

OR
Yogurt Pak

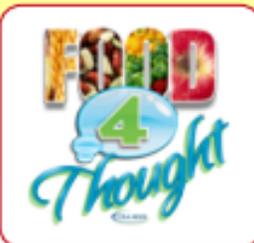
Sweet Green Peas

HOM Feature - Tomato 31

BBQ Riblet Sand

OR
Cravin Chicken Salad

Savory Baked Beans



Apples contain no fat, sodium or cholesterol and are a good source of fiber.

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the Food Service Office.

PRICES

Regular	\$2.50
Reduced	\$0.40
Adult	\$3.60
Extra Milk	\$0.45

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact the Food Service Director at gchapin@ballard.k12.ia.us or 515.597.2978



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

www.taher.com



Regular physical activity helps the body to function better.

Ballard Middle School Lunch Menu

Entree Salad or Fresh Made Sandwich Offered Daily

OCTOBER 2016

MONDAY

HOM Feature - Tomato 3

Hot Dog on a WG Bun
Kettle Chips

Diner Station- Pork
Tenderloin sandwich

TUESDAY

HOM Feature - Tomato 4

Salsa Chicken Bowl
Made with Rice, Cheese,
and
Tortilla Chips

Pizza Parlor*

WEDNESDAY

HOM Feature - Tomato 5

Italian Meatball Sub
Garden Green Beans

Make Your Own Sub
Sand*

THURSDAY

HOM Feature - Tomato 6

Philly Cheese Burger
Seasoned Potato Wedges

Pizza Parlor*

FRIDAY

HOM Feature - Tomato 7

Turkey BLT on Flatbread
Garlic Herb Broccoli

Diner Station- Chicken
Sandwich

HOM Feature - Tomato 10

No School

*= Premium Meal

HOM Feature - Tomato 11

Popcorn Chicken Bites
Mashed Potatoes & Gravy
Soft Pan Roll

Pizza Parlor*

HOM Feature - Tomato 12

Carnita Nachos
Mexican Corn

Panini Grilled Sandwich*

HOM Feature - Tomato 13

Chicken Philly Sandwich
Calico Beans
Great Apple Crunch

Pizza Parlor*

HOM Feature - Tomato 14

Cheese Bread with
Marinara Sauce

Diner Station- Chicken
Sandwich

HOM Feature - Tomato 17

Chicken Parmesan, Garlic
Breadstick, Peas

Diner Station- Pork
Tenderloin sandwich

HOM Feature - Tomato 18

Homemade Meatloaf
Mashed Potatoes
with Gravy, Fresh Bread

Pizza Parlor*

HOM Feature - Tomato 19

Chicken Fajitas
Refried Beans

Make Your Own Sub
Sand*

HOM Feature - Tomato 20

Toasted Cheese Sand
with Tomato Soup

Pizza Parlor*

HOM Feature - Tomato 21

Fish Sandwich
Roasted Cauliflower

Diner Station- Chicken
Sandwich

HOM Feature - Tomato 24

Chili Crispito with Cheese
Sauce
Mexican Rice

Diner Station- Pork
Tenderloin sandwich

HOM Feature - Tomato 25

Italian Pizza Bake
Leafy Green Salad
Garlic Breadstick

Pizza Parlor*

HOM Feature - Tomato 26

Tasty Chicken Tenders
Mashed Potatoes & Gravy
Soft Pan Roll

Diner Station-BBQ Riblet
Sandwich

HOM Feature - Tomato 27

Sloppy Joe
Tator Tots

Pizza Parlor*

HOM Feature - Tomato 28

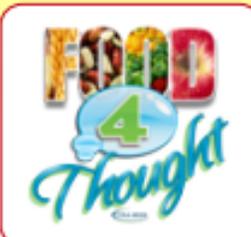
Hawaiian Ham Sliders
Turmeric Coconut Rice
Sweet Green Peas

Diner Station- Chicken
Sandwich

HOM Feature - Tomato 31

Orange Chicken
Lo Mein Noodles

Diner Station- Pork
Tenderloin sandwich



Apples contain no fat, sodium or cholesterol and are a good source of fiber.

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the Food Service Office.

PRICES

Regular	\$2.65
Reduced	\$0.40
Adult	\$3.60
Extra Milk	\$0.45
Premium	

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments,
contact the Food Service Director at
gchapin@ballard.k12.ia.us or 515.597.2978



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

www.taher.com



Regular physical activity helps the body to function better.

Ballard High School Lunch Menu

Entree Salad or Fresh Made Sandwich Offered Daily

OCTOBER 2016

MONDAY

HOM Feature - Tomato (3)
New Orleans Fish Hoagie with Toppings
Kettle Chips

Diner Station-Chicken Tenders
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (10)

No School

HOM Feature - Tomato (17)
Cheesy Ranch Chicken
Fluffy Rice, Garlic Breadstick, Peas

Diner Station- Chicken Tenders
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (24)
Baja Fish Tacos
Lime Cilantro Rice

Diner Station- Chicken Tenders
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (31)
Orange Chicken
Lo Mein Noodles

Diner Station- Chicken Tenders
Fresh Choice Salad Bar
Pizza Parlor

TUESDAY

HOM Feature - Tomato (4)
Salsa Chicken Bowl
Made with Rice, Cheese, and
Tortilla Chips

Diner Station- Piz Dippers
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (11)
Popcorn Chicken Bites
Mashed Potatoes & Gravy
Soft Pan Roll

Diner Station- Pizza Dippers
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (18)
Homemade Meatloaf
Mashed Potatoes with Gravy, Fresh Bread

Diner Station- Pizza Dippers
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (25)
Italian Pizza Bake
Leafy Green Salad
Garlic Breadstick

Diner Station-Pizza Dippers
Fresh Choice Salad Bar
Pizza Parlor



WEDNESDAY

HOM Feature - Tomato (5)
Turkey BLT on Flatbread

Bomber Grill- Pork Tenderloin

Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (12)
Homemade French Toast
Ham Slice

Bomber Grill- Chicken Sand

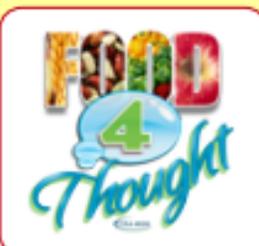
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (19)
Chicken Divan
Roasted Cauliflower
French Bread

Bomber Grill- Southwest Burger
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (26)
Hawaiian Ham Sliders
Turmeric Coconut Rice
Sweet Green Peas

Bomber Grill- BBQ Rib Sand
Fresh Choice Salad Bar
Pizza Parlor



THURSDAY

HOM Feature - Tomato (6)
Italian Meatball Sand
Garden Green Beans

Chef's Display

Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (13)
Chicken Philly Sandwich
Calico Beans
Great Apple Crunch

Chef's Display

Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (20)
Toasted Cheese Sand with Tomato Soup & Brownie

Chef's Display

Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (27)
Sloppy Joe
Tator Tots

Chef's Display

Fresh Choice Salad Bar
Pizza Parlor

FRIDAY

HOM Feature - Tomato (7)
Philly Cheese Burger
Seasoned Potato Wedges

Diner Station-Beefy Nachos
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (14)
Carnita Nachos
Mexican Corn

Diner Station- Beefy Nachos
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (21)
Chicken Fajitas
Refried Beans

Diner Station- Beefy Nachos
Fresh Choice Salad Bar
Pizza Parlor

HOM Feature - Tomato (28)
Chicken Nuggets
Mashed Potatoes & Gravy
Soft Pan Roll

Diner Station- Beefy Nachos
Fresh Choice Salad Bar
Pizza Parlor

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the Food Service Office.

PRICES

Regular	\$2.65
Reduced	\$0.40
Adult	\$3.60
Extra Milk	\$0.45

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions or comments, contact the Food Service Director at gchapin@ballard.k12.ia.us or 515.597.2978



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The Ballard Dollars for Scholars Meet September 15, 2016

The Ballard Dollars for Scholars met at 7:00 pm on September 15, 2016 in the Ballard High School Media Center. Present were: Doreen Blackmer, Brenda Brink, Jenni Burnes, Eric Klimpel, Julie Long, Sheila Norris, Kristine Purcell, Anne Quick, Cindi Thomas and Marcie Torkelson. Stephanie Salasek attended as a guest and was welcomed and encouraged to join the board.

Doreen Blackmer made a motion to approve the previous minutes, seconded by Jenni Burnes and approved by members.

The committee discussed the details of Academic Awards Night. The board was pleased that the North Ankeny Hy-Vee again donated almost all the food served to the 60 people at the pre-event meal. The cookie dough was donated by Do-Biz and the cookies were baked

by the Ballard High School food service.

Marcie Torkelson gave an update on disbursement of DFS awards, there are 16 scholarships left for disbursement for the 2016 class.

Brenda Brink and Cindi Thomas are working on the arrangements for the upcoming Homecoming meal. The Homecoming meal will be on September 23rd at the Middle School cafeteria. Bfab will be preparing the pulled pork for sandwiches. The mac and corn casserole will be prepared by Cindi and Marcy. The Cornerstone Church will provide the desserts. Other committee members, along with some student helpers will help serve the meal.

Cindi Thomas will be transferring the donation letter information for the T43 fundraiser to Doreen Blackmer and Julie Long. Stephanie Salasek will be assisting with the T-shirts. A 3- point contest

will be held at 3 games during the basketball season. The first contestant to make a 3- point shot will be awarded a \$15.00 gift certificate to the Bomber Shop.

All members were asked to brainstorm for new people or businesses to sponsor scholarships as the class size at Ballard is growing.

The next meeting will take place in October or November depending on the availability of DeAnn Thompson who will present our annual report of investments.

Cindi Thomas made a motion to adjourn, seconded by Julie Long. Meeting adjourned.

Respectfully submitted,
Sheila Norris

Ballard Community
Dollars for
SCHOLARS[®]
A Program of Scholarship America[®]

Enrichment Fund Donations:

In memory of Roger & Jan Wilson
In memory of Marvin Ross
In memory of Stella Glew

Steve & Louella Larson
Steve & Louella Larson
Steve & Louella Larson

***BALLARD POST PROM
FALL CAN DRIVE***

DATE: Saturday, October 15

TIME: 8:00am to 11:00am

Drop off locations:

***Cambridge: North Maintenance Building -
Race Street***

Huxley: Fire Station

Slater: Fire Station—East Side

Kelley: Pick up only

***You may leave your cans outside
and we will have groups
collecting door to door
beginning at 8am!***

***Ballard students & parents will be
collecting cans to help raise money for
the 2017 Post Prom!***

***Please help support this event by
donating your cans!***



Visit
THE BOMBER SHOP
for all your Ballard gear!

The Bomber Shop will be open:

October 4 – 9th/JV/Varsity Volleyball
October 7 – 9th/Varsity Football (at the field)
October 18 – High School Vocal Concert
October 21 – 9th/Varsity Football (at the field)
Or stop by the High School during school hours.

All purchases support Ballard Athletics.
GO BOMBERS!



- T-Shirts, sweatshirts & jackets
- Stadium seats & bleacher cushions
- Baseball caps & stocking hats
- Stadium blankets
- Camelbak water bottles
- Backpacks, duffel bags & cinch bags
- Much more!

**October
Special!**

50% OFF

**All In-Stock
Polo Shirts**

PRE-GAME MEALS:



Music Boosters' Pizza Supper

Friday, October 7, 5-7 p.m.

Middle School Cafeteria

\$6 includes 2 slices of pizza, a salad, a drink and a cookie



Ballard Youth Football Chili Supper

Friday night, October 21

5 pm to 7 pm at Ballard MS Commons

Bowl of chili, sticky bun and drink for only \$5

Please stick around for the Jets 6th grade scrimmage at halftime of the varsity game vs Greene County along with Jets team introductions for Juniors and 5th grade participants.



**BALLARD ATHLETIC
BOOSTER CLUB**

Presents

Night of Comedy

The Chateau at White Oak Vineyard

FEATURING
Comedian

CHAD THORNSBERRY

Saturday

November 12, 2016

5:30 - Doors open	Tickets
7:00 - Dinner	\$40/\$75 couple
8:15 - Live Auction	Table Sponsorship (10)
9:45 - Comedian	\$500

For reservation/sponsorship

Contact

Greg Ploeger (712)263-0801

Ken May (515)729-3544



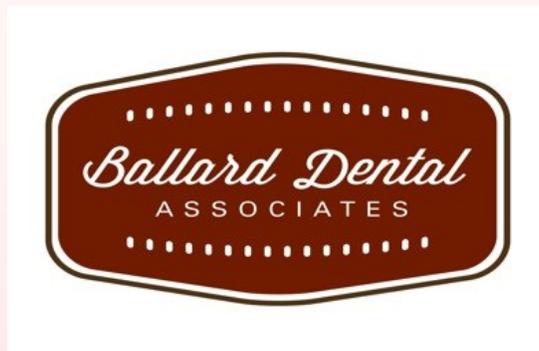
JEREMY HIATT

Thanks to Our Sponsors



Kenneth Mikes
COMEDY PRODUCTIONS





FREE DENTAL CLINIC

For kids ages 3 yrs-18yrs only!

November 5, 2016

8:00am-2:00pm

Ballard Dental Associates staff are volunteering their time and material to provide **FREE** dental exams and limited services to children ages 3-18 who are underinsured (Medicaid/Title 19) or **non-insured and have an economic need**. Parent/Guardian attendance is strongly encouraged, but if one cannot attend the clinic with the child, a consent form must be completed PRIOR to the child being seen. Contact our office at the number below with any questions or to receive the paperwork if you are unable to accompany your child.

408 Campus Dr., Ste A, Huxley, IA 50124

515-597-5300

ballarddental@huxcomm.net



Huxley Public Library



We're having a scarecrow contest!!

Google 'mini scarecrow' images, or look on Pinterest for ideas, and bring your mini scarecrow to the library!

Scarecrows will be displayed throughout October in our display case. Kids & adults are encouraged to enter. Winners receive a basket of fall goodies!

(judged by library employees)

It's the perfect time of year to try a new recipe and get ready for the winter holidays. Come check out *Taste of Home* magazine or a *cookbook* for inspiration.



Our regular programs continue:

Mahjong - Monday & Wednesday, 10:00am

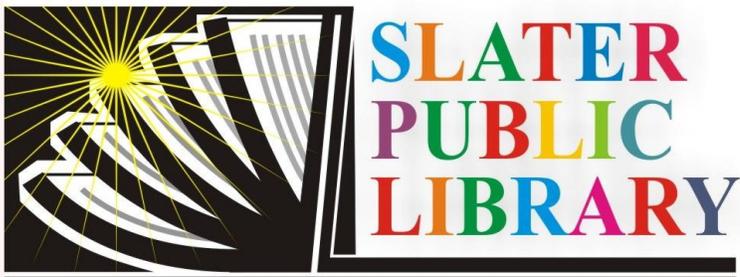
Adult book clubs - October 3, 10:00 am, October 10, 6:30pm.

Story time for kids - every Tuesday & Friday, 9:30am



Sign up soon for  . Read books, earn prizes, and get ready for school!

Any questions? Contact Cathy at the library, 597-2552.

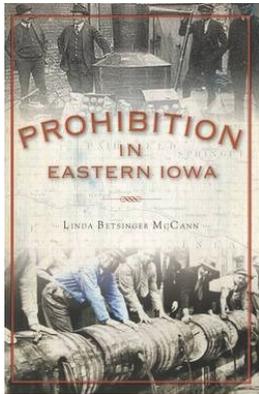


105 N Tama 515-228-3558 www.slaterlibrary.org

Soup and Sound Lunch



Join us for lunch on **Friday, October 7 at 11:30 a.m.** and then stay to hear a presentation from guest author and historian, Linda Betsinger McCann. The "Lost Towns" series looks at the 13 year span of time known as "Prohibition" through the lens of Eastern Iowa townspeople and others.



From farmers who grew corn used in making illegal liquor, to the bootleggers who trafficked it and the gangsters who sold it, Eastern Iowa saw its fair share!

Hear of interviews with regular people who were swept up in the craziness, and about gun battles on two land highways. You will be surprised how this period in our national history transpired in, and impacted, Iowa.



-The Iowan

Free Programs

Early-Out Program - Every early-out Wednesday from 1:30-3 p.m.

Storytime - Wednesdays at 10:30 a.m.

Coffee - Fridays, 10 a.m.

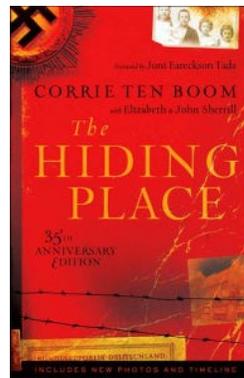
Book Club

For October the Book Club will be reading "The Hiding Place" by Corrie Ten Boom. We will be taking a day trip to Pella on Thursday, October 13 and discussing the book over lunch at the Monarchs Restaurant. We will be taking a tour of the Scholte House and taking in other local sights. Space is limited so if you are interested in joining us, please let us know as soon as possible.



Overview: Corrie ten Boom was a Dutch watchmaker who became a heroine of the Resistance, a survivor of Hitler's concentration camps, and one of the most remarkable evangelists of the twentieth century. In World War II she and her family risked their lives to help Jews and underground workers escape from the Nazis, and for their work they were tested in the infamous Nazi death camps. Only Corrie among her family survived to tell the story of how faith ultimately triumphs over evil.

Here is the riveting account of how Corrie and her family were able to save many of God's chosen people. -*Barnesandnoble.com*



Ballard School District Phone Numbers

Ballard West Elementary (Grades EK-2)

105 E. Main, Slater, Iowa

Attendance Reporting	228-3890
Attendance Email	attend-bus@ballard.k12.ia.us
Office	228-3890
Fax	228-3892
Bus Riding Changes	597-2979
West Kitchen	228-3893

Administration Office

509 N. Main Ave, Huxley, Iowa

Superintendent	597-2811
Business Manager	597-2811
Fax	597-2965
Taher Food Service Office	597-2750 (ext. 1010 or 1013)

Ballard East Elementary (Grades 3-5)

505 W. 4th, Cambridge, Iowa

Attendance Reporting	220-4306
Attendance Email	attend-bus@ballard.k12.ia.us
Office	220-4306
Fax	220-4310
Bus Riding Changes	597-2979
East Kitchen	220-4893

Ballard High School

701 Ballard Drive, Huxley IA 50124

Attendance Reporting	597-2971 (follow prompt)
Attendance Email	attend-bus@ballard.k12.ia.us
Office	597-2971
Fax	597-2964
Principal's Secretary	597-2971 (ext. 2170)
Activities Secretary	597-2971 (ext. 2138)
High School Kitchen	597-2971 (ext. 2102)

Ballard Middle School (Grades 6-8)

509 N. Main, Huxley, Iowa

Attendance Reporting	597-2815 (follow prompt)
Attendance Email	attend-bus@ballard.k12.ia.us
Office	597-2815
Fax	597-2818
Principal's Secretary	597-2815 (ext. 200)
Activities Secretary	597-2971 (ext. 2138)
Middle School Kitchen	597-2815 (ext. 214)

Ballard Bus Barn — 515-597-2979
Ballard Website — www.ballard.k12.ia.us
District Attendance/Transportation e-mail —
attend-bus@ballard.k12.ia.us

Follow the Ballard Twitter Feed

Keep up-to-date with Ballard activities by following
Ballard Activities on Twitter.

@BHSbombers

follow us on
twitter



It is the policy of Ballard Community School District not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age (Employment only), marital status, sexual orientation, gender identity and socioeconomic status (Students/program only) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you have questions or a grievance related to this policy please contact the district's Equity Coordinator, Ottie Maxey, Superintendent, 509 N. Main, Huxley, IA, 50124, 515-597-2811, omaxe@ballard.k12.ia.us