



January



High School Newsletter



ADM Website



HS Twitter



HS Activities

ADM High School

Dates to Remember

1/11-1/13 Finals

1/13 Early dismissal 1:00 p.m.

1/16 Teacher work day - No School

1/20 Early dismissal 1:00 p.m.

1/27 Early dismissal 1:00 p.m.

STUDENTS OF THE MONTH

Student of The Month



Ceilia Kreifels

Kiwanis Student's of The Month

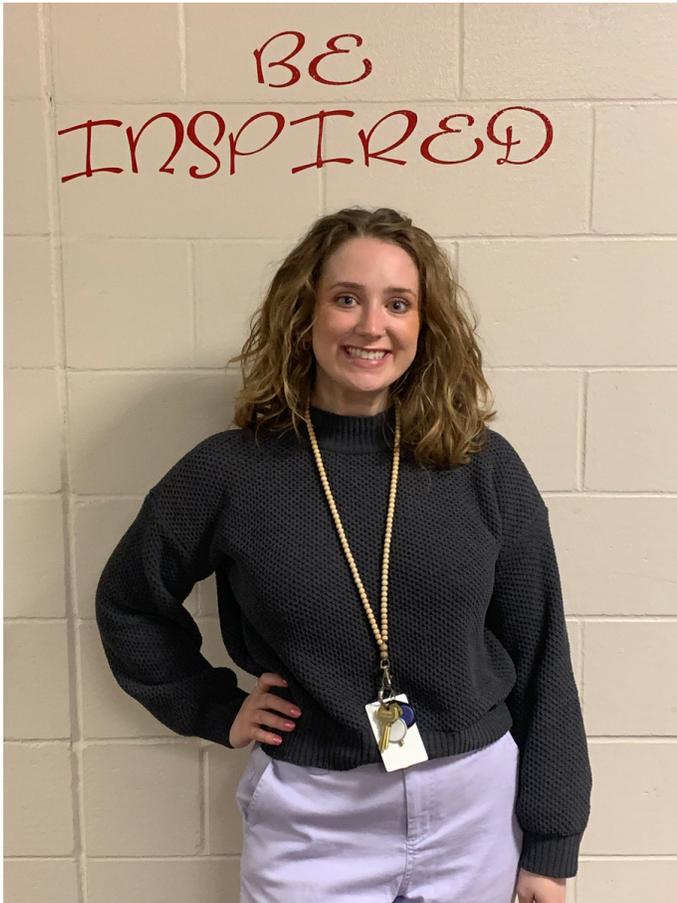


Tess Boorn



Piper Giles

TEACHERS OF THE MONTH



Ms. Natalie Dirkx, Science

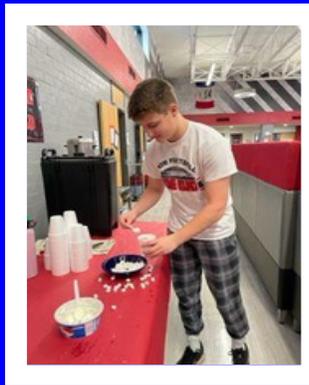
**Ms. Emily Burk,
Business Education**





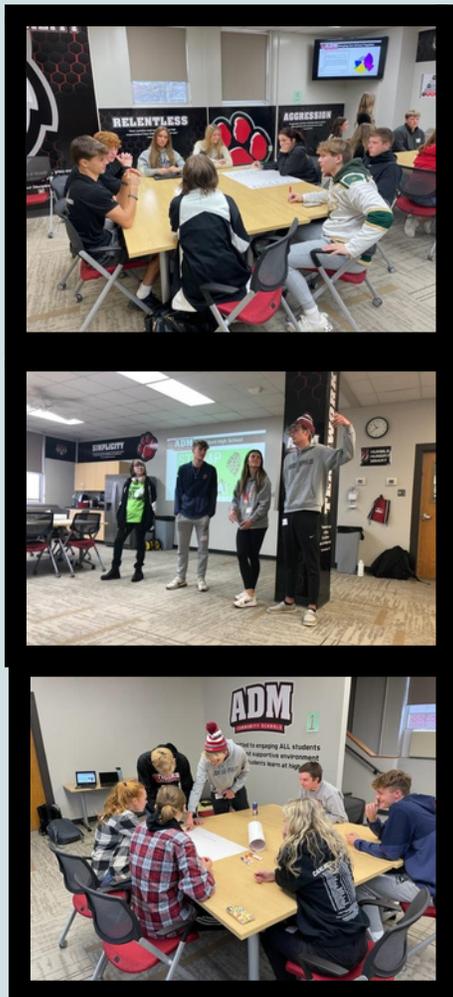
ADM High School Students Gear Up for the Holidays!

The ADM High School Student Council hosted the 3rd Annual December Celebration Day right before break. As part of the celebration, students played dodgeball, made crafts, enjoyed hot chocolate, and had the opportunity to win fabulous prizes during bingo. Fun and engaging activities like our celebration day is a great opportunity for students to build relationships with the advisors and work on their creative and team building skills. The December committee worked hard to make sure the day was a ton of fun and we appreciate everything they did to make the day a success!

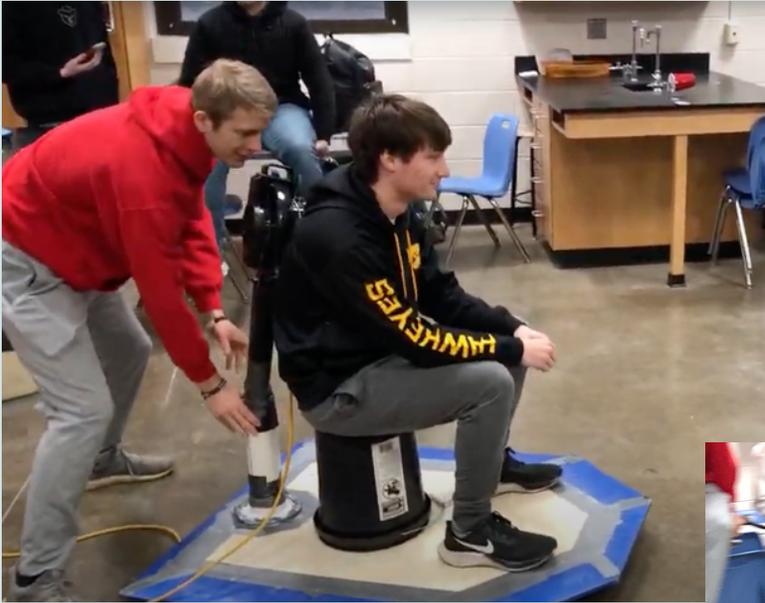


ADM Student Council Hosts RRC Student Leaders

Although we frequently meet each other at various competitions, we rarely get to sit down and talk about what makes our schools amazing! Friday December 9th ADM High School Student Council hosted the first of hopefully several RRC School Culture and Climate Conferences at the DAC. ADM student leaders worked with student leaders from Carlisle, Winterset, Ballard, and Bondurant-Farrar discussing topics such as building a positive culture, student mental health, and how we can support each other. Ballard presented about their organization, Stomp the Stigma, promoting student mental health. It was a great day of learning and growing!



Students in physics have been studying forces and motion. They studied how friction lowers motion. Students had fun decreasing friction using the air pressure of a leaf blower and riding on hoverboards.



Counselor's Corner

The ADM Scholarships are now available. This includes the Nile Kinnick, Eric Cutler and Stan Norenberg Scholarships.

Find that and other scholarships [here](#)

Why Attendance is Important in Helping Every Student Succeed

One of the most important things your child can do to reach the goal of success is also one of the most basic: attend school every day on time!

By attending class regularly, your child is more likely to keep up with daily lessons and assignments and take assessments on time. Much that happens during a school day in class cannot be replicated when a student returns from an absence: debates, labs, rich instruction, work with peers, and more.

Research has shown that your child's regular attendance may be the greatest factor influencing his/her academic success.

Some of the greatest benefits for attending school regularly are:

- **Achievement:** Students who attend school regularly are more likely to pass reading and math assessments than students who do not.
- **Opportunity:** For older students, being in school every day gives them a chance to learn more about college and scholarship opportunities and to learn the important information to build a successful academic record.
- **Being part of the school community:** Just by being present at school, your child is learning how to be a good citizen by participating in the school community, learning valuable social skills, and developing a broader worldview.

What parents can do:

- **Follow the school's guidelines and attendance policy and report excused absences immediately.** At the beginning of the school year, review the school's rules and make sure you understand who you need to contact if your child is going to be absent.
- **Check homework.** Check each night to see that your child understands and completes the day's homework assignments.
- **Take an active role.** Stay involved with your child's daily experiences at school by asking how the school day went, and then listening carefully to what your child shares with you — both the successes and struggles. Make it a point to meet your child's teacher(s) and friends.
- **Locate potential sources of anxiety.** If your child frequently appears upset or reluctant to go to school and cannot tell you why, schedule an appointment with his or her teacher or school counselor to talk about possible sources of the anxiety.
- **Keep updated on school events and announcements.** Read the school emails take note of important announcements and dates, such as back-to-school night and parent-teacher conferences.
- **Try to limit the amount of time that your child misses school due to medical appointments or illness.** If possible, avoid scheduling doctor's appointments during the school day (Friday afternoons are a great time for appointments). Allow your child to stay home only in the case of contagious or severe illnesses.

- **Schedule family events with your child's school schedule in mind. Plan holiday celebrations or family trips during weekends or school vacations. In the case of family emergencies or unexpected trips, talk to your child's teacher(s) as far in advance as possible and set up a way that your child can work ahead or bring important homework on the trip.**
- **Plan ahead. Encourage your child to prepare for the next school day by laying out clothes the night before and helping to fix lunches.**
- **Promote good health. Make sure that your child eats a balanced diet with plenty of fruits and vegetables, and has opportunities to exercise every day through a sports team or playtime outside. Make sure that your child can relax before bedtime by doing something quiet like reading rather than doing something stimulating, like watching television or playing video games. Ensure that your child gets enough quality sleep. Getting enough sleep will help him/her get up on time, be refreshed in the morning, and feel ready for a full day of learning ahead!**
- **Help your child get to school on time every day. Teach your child how to use an alarm clock, and keep the television turned off in the morning.**
- **Promote the importance of education: Teach your child how important education is to their future success by stressing the importance of regular school attendance. Let your child know that attending school regularly will assist him/her in developing good habits they need for college and/or the workforce.**
- **Reinforce other important behavior patterns: Establishing a regular attendance pattern encourages the development of other important patterns of behavior like reliability, being on time and good time management skills.**



ADM ACTIVITIES



Tiger Nation,

The Holiday season has come and gone, and we hope everyone was able to spend time with family and get ready for an outstanding 2023. After a break, our students and coaches are back and getting ready for a fun finish to the winter season.

The ADM Boys and Girls Basketball teams are at the middle point of their seasons. The Tigers will host Bondurant-Farrar on Friday, January 20th, and will celebrate their annual senior night. The Tigers are preparing for a strong run to finish the season and prepare for postseason play.

The ADM Boys wrestling team is also nearing postseason action. The Tiger Invitational will serve as the last regular date at ADM. The tournament is on Saturday, January 14th at ADM High School. ADM will also host class 2A district wrestling on Saturday, February 11th before finishing up the season at Wells Fargo Arena, the site of the state wrestling tournament.

In the inaugural season of girls wrestling, ADM girls compete as part of Raccoon River Wrestling. The team is composed of students from ADM, Van Meter, Waukee, and Waukee Northwest. ADM hosted its first ever girls wrestling meet on Saturday, December 17th and it was a great day for girls wrestling. The team prepares for regional action, which will be held at the Iowa Events Center on Friday, January 27th. Come out and support our girl wrestlers as they make history.

The ADM Speech team is also in high gear as they prepare for the district large group contest on Saturday, January 21st. Over 60 students are active in the speech program at ADM, and they always provide great performances. Thanks to Coach Seidl, Coach Bedard, and Coach Feltes and all of the students for their work to get ready for a great competition season.

Make plans to also come out and watch the ADM High Choirs in the upcoming months. On Monday, January 16th the ADM Jazz Band and Choir will perform in the high school auditorium at 7:00 pm. You will also want to mark your calendar for Friday, February 24th for the High School Choir Pops Concert.

It's been a great winter at ADM and we are looking forward to a strong finish. Our talented students and staff have been working hard to showcase their talents. We can't thank Tiger Nation enough for all of their support of our programs! Go Tigers!