

BECKMAN NEWS

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VOL. XLIV, Issue 7
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February 2018

“It is Jesus that you seek when you dream of happiness.”

St. John Paul II

UPCOMING EVENTS

January 28 – Feb. 3 – Catholic Schools Week
February 2 – Academic Awards 8:30 a.m.
February 5 – 7th Grade Field Trip – Fontana Park
February 26 – Blood Drive
February 22 – Vocal Choir Concert 7:00
February 19-23 – National FFA Week

FROM THE PRINCIPAL

Dear Parents

The theme for Catholic Schools Week 2018 is “Learn-Serve-Lead-Succeed.” I believe that sums up what we try to do with our students. We are including a tabloid on Catholic Schools with the electronic version of this newsletter. Mass and dress up day is Thursday, February 1 and our Academic Awards Assembly will be held Friday, February 2 at 8:30. Please enjoy the attached Tabloid on CSW with this Newsletter.

Religious Activities

This is a reminder that our weekly Masses are at 10:20 a.m. each Thursday, and students are not allowed to miss these Masses. Please remember this as you make appointments for your students so you avoid this time. If you have conflicts that cannot be resolved, please contact us at least a week ahead of time. We also have a 7:20 Mass in the Chapel each Tuesday morning and First Friday of each month so please encourage your children to attend. **We encourage you to make weekend mass a part of your family time.**

Weather

So far we have no snow days to make up. We’ll see how long that lasts!

Host Family Search

We have been fortunate enough to have twenty-five foreign exchange students at Beckman Catholic over the past several years. It adds much diversity and cultural experience for both the visiting students and our own students here at Beckman. These foreign exchange students would be able to speak English, have medical and liability insurance, and have pocket money. The host family would receive a \$500 tuition credit for their own family. The stay usually is from mid-August through May. Please contact me if you are interested in this opportunity.

ESA Information

Attached is some information on questions about Education Savings Accounts. Please be alert for any action we may be asking you to do as far as contacting your legislators about this topic. Here is a school choice legislative webinar link you may watch at your convenience. It is located on the Iowa ACE website at www.iowaace.org and scroll down to “January Kickoff Webinar”. While on the site I encourage parents to also click on “United for Students” for a brief video and the “Take Action” area so they can receive legislative alerts.

STO Update

I cannot begin to thank people enough in this area for their generosity to the School Tuition Organization. The amount of money that was contributed in 2017 to be restricted to Beckman continues to amaze.

“Our Faith, Our Children, Our Future” STO Application & Award Timeline for Parents 2018-19

***Parents are urged to complete the FACTS application and submit required tax documentation several weeks before deadlines to allow communication of missing/incomplete materials and processing time.

Jan 1st FACTS Online Application Opens at online.factsmgt.com/aid

March 31st Round #1 Deadline for FACTS Applications

- All required tax information must be submitted online, faxed, or postmarked by this date.

*STO Application Round Window Summary

Jan. 1st-March 31st: Round #1

The application needs to be completed on-line or via U.S. Mail, postmarked no later than **March 31, 2018**. We urge you to send the materials in early and there is a quicker turn around if done online. Rounds 2 and 3 do not pay out as well as the 1st Round so you are strongly encouraged to have things completed by March 31.

Please note the listed cost is \$30.

If you think that there’s even a remote chance that you will need tuition assistance for next year, please plan on filling out this form. **If you plan to apply for local assistance, you must apply first for the STO.** Please look at the attached flyer for more information on what you need to do to apply.

Link to application: <https://online.factsmgt.com/aid>

Your online application will be available on 01/01/18. All reports are available online in real time. Preliminary assessment results for online applications are available immediately upon submission by the parents. Final assessments results are updated once we have received the supporting tax documents for an applicant. Please allow our standard 2 week processing time once all applications and applicable tax documents have been submitted.

Submitted by Pat Meade, Principal



CURRICULUM NEWS

PE Changes

We are considering changing the scheduling of our PE classes for grades 9-12. Currently, students have the choice to take PE on alternating days or strength and conditioning 2-3 days per week. Students earn 2.5 credits in these courses per semester and take a full-year of PE programming. Unfortunately, this limits elective opportunities for our students as we do not have many electives offered on alternating days for an entire semester.

We have researched and found that offering daily PE and strength and conditioning for a semester would allow students the scheduling flexibility to take an additional class each year. Changing this requirement to a semester-length course requires board approval and a Department of Education waiver. These proposed changes will only affect the PE requirement for students in grades 9-12, we plan to continue offering PE on alternating days for junior high students. Additionally, we plan on allowing students in grades 11 and 12 the option to take early bird strength and conditioning for an entire year as a substitution for semester-length PE. If you have any questions or concerns about changing PE to a daily, semester-long class, please contact Ryan Devereux at (563) 875-7188.

Iowa Assessment Results

The following table illustrates the percentage of Beckman students testing as advanced, proficient, and not proficient on the fall Iowa Assessments.

Grade	Class	Math			Reading			Science			Soc. St.		
		Adv	Prof	Not prof	Adv	Prof	Not prof	Adv	Prof	Not prof	Adv	Prof	Not prof
7	2023	24	74	2	15	72	13	9	81	10	12	63	25
8	2022	35	52	13	15	66	19	10	83	7	13	55	32
9	2021	22	70	8	34	52	14	20	65	15	43	51	6
10	2020	25	68	7	27	68	2	20	75	5	42	51	7
11	2019	41	56	3	13	71	16	23	66	11	17	74	9

Professional Development

Teachers worked on the connections between *The Growth Mindset Coach* and Assessment for learning during our January professional development. The growth mindset is the belief that with practice, perseverance, and effort, people have limitless potential to learn and grow. Assessment for learning is a process used by teachers and students as a part of instruction that provides feedback to adjust ongoing teaching and learning to improve student achievement. These concepts mesh well because

feedback provided in a growth mindset language can improve students' academic skillset and motivation to learn. Both teachers and administrators are working on providing growth mindset feedback to improve learning.

Student Government News

Please see the attached flyer for Catholic Schools Week for this week's upcoming events.

Submitted by: Ryan Devereux, assistant principal

FROM THE NURSE

Beckman High School will sponsor their annual American Red Cross blood drive on Monday, February 26th, 2018. Please call the office to schedule a time to donate blood. A high school senior will receive a scholarship. The amount of the scholarship will be based on the number of units of blood collected at the drive. ****Iowa Law states that 16 year olds can donate with patient permission****. Permission forms are available in the office.

All Juniors will be participating in a unit on CPR later this month. A CPR class is required in order to graduate.

The Iowa Poison Control Center (IPCC) has long warned the public to keep laundry pods out of the reach of small children and elderly adults. Now that same warning is being extended to teens and adults who are reportedly eating the detergent packs as a part of what is being called the Laundry Pod Challenge. These people are popping the pods into their mouths, puncturing the pods with their teeth and posting videos of the results online.

Swallowing even a small amount of the highly-concentrated detergent found in pods can cause diarrhea and vomiting. Inhaling detergent into the lungs has cause breathing problems serious enough for the person to need a ventilator to help them breathe. The resulting health implications from misuse can be serious. Known potential effects include seizures, pulmonary edema, respiratory arrest, coma and even death.

Everyone needs to be aware of the dangers of swallowing the contents of a laundry pods. The pods should only be used for their intended use and be sure to store them up and away.

Submitted by: Jolene Bagge BSN, RN

ATHLETIC DEPARTMENT FRUIT SALES

The Athletic Department is conducting a fruit sale during the month of February. To order fruit, you can do one of the following.

1. Wait to be contacted by a Beckman student during February.
2. Fill out the attached order form yourself and mail it or return it to Beckman (Please put Attn. Todd Troutman on the mailing address)
3. Call Beckman at 875-7188 and your order will be processed.
4. **PICK UP DAYS ARE MARCH 12th & 13th FROM 3:00 p.m. – 6:00 p.m.**
*****Payment is not due until you pick up the fruit.**

Submitted by Todd Troutman, Athletic Director

JUNIOR HIGH NEWS

Friday, February 16th, the junior high student council will be hosting a Game Night from 6:00-9:00pm in the Beckman gym, commons, and library. There will be a volleyball, basketball, and ping-pong tournament and video games. Admission is \$3 with snacks and drinks provided. Doors will open at 5:30pm. Contact Mr. Naber to sign up a team or simply show up to jump in to a pick-up game of ping-pong or video games. Students must be picked up in the Beckman parking lot at the end of the event.

Friday, March 16th, the junior high student council will host a Junior High Dance from 7:00-9:00 pm in the Beckman commons. Admission is \$3 with drinks provided. Doors will open at 6:30pm. Students must be picked up in the Beckman parking lot at the end of the dance.

Friday, April 13th, will be the talent show hosted by the junior high student council. Anyone in the school is welcome to participate. Students will come together to perform acts such as singing, dancing, comedy, skits, poetry, musical performance, and more. Come support out students during this fundraising event. More information in upcoming newsletters

Submitted by Matt Naber, Beckman Math and Physics Teacher

MARCH FOR LIFE

The 45th annual March for Life is now history. On January 17th, hundreds of thousands of pro-life supporters gathered on a beautiful, sunny day in Washington DC for a peaceful protest in honor of the almost 60 million unborn lives lost to abortion. For the first time in history, the President of the United States addressed the crowd live, via satellite from the White House Rose Garden. This year's theme was "Love Saves Lives". That was evident when listening to the speakers, including Speaker of the House Paul Ryan, share stories of caring for others. The group also met with Iowa Senators Chuck Grassley and Joni Ernst who addressed the topic and the hope for impending change.

Twenty-nine 8th graders and two Beckman high school students, as well as twenty-four parent chaperones and two teachers participated in the pilgrimage. Thank you to our school and community for your prayers and support on our pilgrimage and for continued respect for life in all stages.

On Thursday, February 1st at 7:00 P.M, please plan to attend this month's Students for Life activity to reflect on our pilgrimage. This will be held at the Dubuque County Right to Life Office at [2205 Carter Road](#) in Dubuque. Members of Dubuque County Right to Life are anxious for us to share our thoughts on this year's March for Life. All those who made the pilgrimage are encouraged to attend and share their experiences.

Submitted by Mary Kluesner & Kim Koetz

FFA WEEK

National FFA week is being celebrated February 19-23. This year students will be embracing the theme "I can, we will" It will be a week full of many events and activities.

FFA Members Dress Up Days

Monday- Blue and Gold Dress Up Day (With Khakis)

Tuesday- OFFICIAL DRESS- Sub districts will also be held at Beckman that night welcoming students from across the NE District.

Wednesday- FFA Shirt (With Khakis)

Thursday- Blue/Ag Polo (With Khakis)

Friday- Flannel Friday- Jeans are allowed- Staff breakfast in the morning.

FFA week is a great week for members to show their skills and talents and hosting sub districts will be a great way to put on display all the great things happening at Beckman through the Maquoketa Valley FFA! Celebrate with us and show your support by posting your FFA jackets in your business windows and posting former photo of your FFA experiences. #BeckmanPride.

Submitted by FFA Officers: Justin Wessel, Seth Deutmeyer and Shelby Westhoff

GUIDANCE NEWS

Course Registration for the 2018-2019 School Year

Students in grades 8-11 are in the process of course registration for the 2018-2019 school year. This is an online process guided by Mrs. Noel, guidance counselor and Mr. Devereux, associate principal. Parents will receive a copy of their student's course request at parent teacher conferences. Conferences are a good opportunity to discuss your student's choices with us. The students also completing the Guideway for their grade level in the IHavePlanIowa. This is an online career guidance program.

Requirements for NICC Classes

Juniors have the opportunity to enroll in six courses that award dual credit at Beckman and at Northeast Iowa Community College for the 2018-2019 school year. These courses include: Macroeconomics, General Psychology, College Composition 1, College Composition 2, Music Appreciation and Introduction to Religion. Students who enroll in the NICC courses must complete an NICC registration form. NICC registration forms will be distributed to juniors later this month. **This form requires a parent signature.**

The composition courses require a qualifying score of 19 on the English section of the ACT. Students wishing to enroll in the composition classes are strongly encouraged to take the April 14th ACT test. If a junior does not take the ACT or does not earn a 19 on the English section; the student can take the writing section of the Accuplacer which is the NICC placement exam. Mrs. Noel will arrange a time in the spring for those juniors who need to take the Accuplacer writing test. She will be in contact with those students.

The ACT Test is an admissions requirement for a four year college or university. Typically students take the ACT for the first time in the spring of their junior year. The cost of the test is \$46.00. Students can register on-line at www.actstudent.org. The school code for Beckman needs to be recorded on the registration form. The Beckman code is 161-375. The remaining ACT Test dates for the 2018-2019 school year are:

<u>Test Dates:</u>	<u>Registration Deadline</u>
April 14	March 9
June 9	May 4

ACT Preparation Classes

ACT Practice Test on **Friday, February 9th from 8:00-11:30** (In-service Day)

No charge for taking this test. Juniors are encouraged to come to school and take a practice ACT Test under conditions that mimic the actual ACT. This is an actual retired test provided by ACT will serve as a pretest. Mrs. Noel will time the test and correct the test with the students at the end of the session. This can serve as a pretest for the students and let them know which skills they need to work on prior to the April Test.

Resources for Independent Review

The following two websites are excellent online tutorial that students can use to prepare for the ACT. www.ihaveaplaniowa.org/ or www.actstudent.org.

College Planning Night and Financial Aid Night for parents will be held on Tuesday, February 27th in conjunction with Parent-Teacher Conferences beginning at 6:00 pm in the library. The College Planning Session will introduce the basics about preparation and admission to college. Parents of all high school students are welcome to attend. The process and timeline (particularly for juniors and seniors) for planning postsecondary education will be presented by the Iowa College Access Network (ICAN).

The Financial Aid Meeting will follow at 7:00 pm. The FAFSA (Free Application for Federal Student Aid) will be the focus of the meeting presented by the Iowa College Access Network (ICAN). This is very helpful to parents of juniors who will be applying for financial aid in the 2018-2019 school year. You are welcome to attend one or both of the sessions.

National Honor Society guidelines are posted on the Beckman webpage under Clubs and Activities. This semester juniors and seniors have the opportunity to apply for National Honor Society (NHS) selection. Juniors and Seniors must have a 3.5 cumulative GPA and complete the five required essays. The application must be submitted to Mrs. Noel by March 12th.

SCHOLARSHIPS AVAILABLE

Coalition Against Dometic Violence	essay/domestic violence impact	2/1/2018
Iowa Federation of Women's Clubs	letters of recommendation/essay	2/1/2018
Kirkwood Community College Visual Arts Scholarship	Minimum 2.5 cumulative GPA	2/1/2018
GFWC/Iowa Federation of Women's Clubs	Several scholarships available	2/1/2018
Iowa Newspaper Foundation	www.INAnews.com	2/9/2018
Optimist International Essay Contest	Essay/See Mrs. Noel	2/13/2018
Iowa Financial Know-How Challenge	www.iowastudentloan.org/seniorscholarship	2/16/2018
Dubuque Soil & Water Conservation District	www.cdiowa.org/awards.html	2/16/2018
Dubuque Soil & Water Conservation District	www.cdiowa.org/awards.html	2/16/2018
Delaware County Cattlemen Scholarship	member of the Iowa Cattlemen Association for 2 yrs	3/1/2018
Elevate Scholarship	www.elevateiowa.com	3/2/2018
Community Foundation of Northern Iowa	www.cfneia.org/scholarships	3/7/2018
Dubuque County Right to Life, Inc	written speech	3/10/2018
Herbert Hoover Scholarship	Juniors Only - www.hooverpresidentialfoundation.org	3/15/2018
Delaware County Pork Producers Scholarship	career in ag or ag related field/live in Delaware county	3/15/2018
Mercy Medical Center Nursing Scholarship	http://www.mercydubuque.com/student-scholarships	3/23/2018
DuTrac Community Credit Union	https://www.dutracs.org/resources/scholarships	3/23/2018
Delaware County Republican Scholarships	see Mrs. Noel	3/30/2018
American Legion Scholarship	Resides in DBQ, Jackson, Clinton, Linn, Scott or Jones Co	3/31/2018
Fidelity Bank and Trust Scholarship	www.bankfidelity.com	3/31/2018
Molony Foundation Nursing Scholarship	nursing or health care field	4/6/2018
Josey Molony & Ray Feeney Memorial Scholarship	4-H member	4/6/2018
Catholic Daughters of America	essay/recommendations - form in Guidance Office	4/13/2018
Iowa Games/Brian Pearson Memorial Scholarship	Participated in Iowa Games	4/30/2018
American Visionary Scholarship	americancollegefoundation.org	5/1/2018
Dupaco R.W. Hoefler Foundation Scholarship	https://www.dupaco.com/dupaco-rw-hoefler-foundation.html	5/1/2018
College Funding Forecaster Giveaway	www.IowaStudentLoan.org/Giveaway	5/11/2018
Iowa PGA Section - Charles Burkart	golf interest/recommendations	6/15/2018
AES Scholarship	http://www.aesengineers.com/scholarships.htm	10/6/2018
Clarke Classic University	see Mrs. Noel	12/18/2018
2017 Technicians in Residential Plumbing HVAC or Electrical Scholarship	See Mrs. Noel	
2017 Troops to Trades Training Grants	See Mrs. Noel	
2017 Skilled Labor Shortage Scholarship	See Mrs. Noel	

Women in Skilled Trades Scholarship	See Mrs. Noel
National Housing Endowment Student	See Mrs. Noel
Caregiving Scholarship	www.seniorhomes.com/scholarship-agreement
Young Arts National Foundation Competition	www.youngarts.org/competition
Sallie Mae Scholarships	https://www.salliemae.com/college-planning/college-scholarships/
Mount Mercy Catherine McAuley Scholarship	mtmercy.edu/free-tuition

For more information have your students check in the Guidance Office.

Submitted by Marilyn Noel, Guidance Counselor

"Take delight in the Lord, and he will give you the desires of your heart." Psalms 37:4

BOOSTER CLUB

Once again the Little Blazer Wrestling Tournament concessions were a success!! Thank you to all the volunteers that helped with setup and working the concession stand.

Beckman Catholic High School has announced that the Athletic Department / School recently signed a contract with The Graphic Edge to have Adidas equip Beckman Blazer athletic and school programs.

The Beckman Catholic Athletic Department / School and individual teams will begin transitioning to Adidas uniforms, apparel and footwear this spring.

"We are excited to partner with The Graphic Edge to become an Adidas school," Todd Troutman, Activities Director said. "We value this partnership and look forward to great days ahead with Adidas. This will streamline the process and provide quality, affordable products for students, fans, athletes and staff"

As part of the contract, the agreement also provides facility branding. Online team shops will open soon, allowing fans to purchase official Beckman Catholic team gear and apparel. School uniform options like "fleece" and polos will be available for order this fall at registration as well.

"The partnership agreement between Beckman Catholic, The Graphic Edge and Adidas is a great example of the value of athletics & non athletic programs in the school system. This strategic partnership offers us the opportunity to outfit the athletic teams and school programs in the finest apparel and products and bring best-in-class service to all categories of play," said Dan O'Donnell with Adidas. "We are proud to be their partner and pleased that we can elevate the student-athlete experience, on the field, in the classroom and in the community."

What does this mean? If your group, club, OR team is in need of apparel of any kind for their season or a particular event, please contact Cindy Recker at reckergc@gmail.com (cell [563-590-8467](tel:563-590-8467)) or Tonya Burlage burlage96@gmail.com (cell [563-543-6766](tel:563-543-6766)) of the Beckman Catholic Booster Club Board to facilitate orders through The Graphic Edge. Since Beckman has now partnered with The Graphic Edge and Adidas, Beckman benefits from all orders placed! It is in the best interest of the school to place all orders through the Booster Club/The Graphic Edge instead of having groups ordering through other outside retailers. Beckman would like to get all teams, groups and clubs transitioned to this as soon as possible.

Submitted by Bobby Fangman

MUSICAL NEWS

Come See the Classic Broadway Production, *Joseph and the Amazing Technicolor Dreamcoat*, March 23th, 24th & 25th!

Over 100 Beckman and area elementary students are gathering every day after school to prepare for the timeless show *Joseph and the Amazing Technicolor Dreamcoat*. Whether the students are on the stage as actors and actresses, playing an instrument in the pit, or running things backstage and in the light booth as crew members, it is all hands on deck in the auditorium right now! Senior Ethan Westhoff returns to the stage in the title role as Joseph along with fellow leads Natasha Otto and Catherine Trenkamp as narrators.

Serica Rowley is again at the helm of the show as director and choreographer for the third year now at Beckman. The rest of the creative team includes choral director, Krystal Smith, band director, Staci Speer, accompanist, Becky Williams, and student directors senior Claire Grebner and sophomores Lauren Goldsmith, Kaitlyn Goedken, and Katherine Grebner.

About the Show.....

Joseph -- the favorite son of Jacob -- is blessed with vivid dreams that foretell the future. Sold into slavery by his jealous brothers, Joseph endures a series of adventures which challenge him to his core. He finds himself belonging to Potiphar, whose wife makes advances towards Joseph and ultimately lands him behind bars. However, news of Joseph's ability to interpret dreams sparks the interest of the hilariously Elvis-like Pharaoh. Soon, Joseph is out of jail and well on his way to being Pharaoh's second-in-command. Eventually, Joseph's brothers find themselves unknowingly groveling at the feet of the brother they betrayed. As they fail to even recognize him, Joseph tests their integrity. He ultimately reveals himself and the brothers are reconciled. A truly timeless Old Testament tale, *Joseph and the Amazing Technicolor Dreamcoat* is set to a multitude of musical genres, spanning from country-western and calypso to bubble-gum pop and rock and roll. Full of fun and excitement, this is a musical that is sure to bring a smile to any audience member's face.

Show dates are Friday, March 23th and Saturday, March 24th at 7:30 p.m. and Sunday, March 25th at 3:00 p.m. All seats are reserved; tickets will go on sale February 19th in Beckman's main office or at [\(563\)-875-7188](tel:563-875-7188). Ticket prices are \$10.00 per seat. There will be a free senior citizen dress rehearsal on March 21st at 2:00 p.m. followed by a senior citizen dinner.

Submitted by Claire Grebner, student director

BAND NEWS

Wartburg Meistersinger Honor Band

Seniors Laura Kruse and Catherine Trenkamp will be travelling to Wartburg February 3-4 for the Wartburg Meistersinger Honor Band. The concert for this honor band takes place at 3:00pm in Neumann Auditorium on Wartburg's campus. Prior to this concert, Wartburg's two concert bands will perform a short concert at 2:15pm.

Upcoming Clinicians

Two clinicians are coming to work with the Beckman bands in February. Dr. Glenn Pohland from Loras College will visit the junior high band and the high school band on Tuesday, February 6. Steve Stickney from Mount Mercy University will visit the high school band on Monday, February 12.

Pep Band

There is still one pep band opportunity left in February! Our last pep band of regular season is on Friday, February 2. Anybody and everybody are welcome to play with the band!!!

Upcoming Performances

February 2 - Final Pep Band of Regular Season

February 3-4 - Wartburg Meistersinger Honor Band

Thursday, February 15 - MPA Meeting @ 6:30pm

Thursday, March 8 @ TBA - NEIBA Junior High Large Group Festival at Dubuque Roosevelt Middle School

Thursday, March 8 @ 7:00pm - Music In Our Schools Month Band Concert in the Beckman Gym; 5-12 Band

Saturday, March 17 - St. Patrick's Day Parade

Saturday, April 7 - IHSMA Solo/Ensemble Festival @ North Cedar HS in Stanwood

Thursday, April 19 - MPA Meeting @ 6:30pm

Friday, May 4 @ 7:00pm - High School Awards Concert in the Beckman Auditorium

Tuesday, May 8 @ 7:00pm - Junior High Band Concert in the Beckman Auditorium

Submitted by Staci Speers, Band Director

VOCAL MUSIC NEWS

Our next choral performance will include all Beckman choirs: Jr. High Choir, Treble Choir, Troubadours, Chamber Choir, and the Concert Choir. This concert will include music centering on the theme of music from the past with performances of hits from the '60s and '70s. Selections will include "Respect," "Blue Moon," "Here Comes the Sun," "Imagine," "Walk Like a Man," and many more. You won't want to miss this concert! - February 22nd at 7:00pm.

Students are encouraged to participate in *State Solo & Ensemble Contest* on Saturday, April 7th at North Cedar, Stanwood. Students interested in participating will prepare a piece or two of standard choral literature in their individual voice lessons, perform that selection at the contest, and receive comments and a division rating for how well they sang. This experience helps strengthen their musicianship, performance confidence, and also helps further develop their musical training. (*Students are reminded that this event is the same time as the Kairos retreat and they cannot do both*)

Mark your calendars for the annual *Dessert Concert*, which will be held on Monday, April 30th at 7:00pm. Students will be performing Broadway Musical themed selections with the choir ensembles as well as in their individual/small group performances. Students are encouraged to sign up to sing a Broadway musical selection of their choice and perform solo, duet, or with a small group. The vocal department awards will also be distributed at this event. A dessert reception will be held in the commons after the concert.

This year, the *Concert Choir* will take part in State Large Group Contest on Saturday, May 5th at Cedar Falls High School. The choir will perform for a judge, receive a division rating, and also immediate feedback from the judge. We are excited to have our choir perform for contest this year! The time of their performance won't be known until closer to the date of the event. All are welcome to attend their performance!

Submitted by Krystal Smith, Choir Director

ART NEWS

Digital photography is diving into the technical process of taking an exposure, and is looking forward to a field trip to Clarke University to learn about film development. Graphic Design has been learning how to use the program Adobe Illustrator and is about to begin work on design principles. Clay and sculpture is starting their ceramic unit. 7th grade is learning about the elements of art and 8th grade is creating learning posters to show case the principles of art. Art 2 is exploring different drawing mediums.

Submitted by Michael Wade, Art Teacher

CAFETERIA NEWS

You've probably read about it in newspapers and seen it on the news: in the United States, the number of children with obesity has continued to rise over the past two decades. You may wonder: Why are doctors and scientists troubled by this trend? And as parents or other concerned adults, you may ask: What steps can we take to prevent obesity in our children? This page provides answers to some of the questions you may have, as well as resources to help you keep your family healthy.

Why is Childhood Obesity Considered a Health Problem?

Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem. The effects of this can last into adulthood.

- Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes.
- Type 2 diabetes is increasingly being reported among children who are overweight. Onset of diabetes in children can lead to heart disease and kidney failure.
- Children with obesity also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. In a population-based sample of 5- to 17-year-olds, almost 60% of children who were overweight had at least one risk factor for cardiovascular disease (CVD), and 25% had two or more CVD risk factors.

What Can I Do As a Parent or Guardian to Help Prevent Childhood Overweight and Obesity?

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth. Remember that the goal for children who are overweight is to reduce the rate of weight gain while allowing normal growth and development. Children should NOT be placed on a weight reduction diet without the consultation of a health care provider.

Balancing Calories: Help Kids Develop Healthy Eating Habits

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!

Reduce sedentary time.

In addition to encouraging physical activity, help children avoid too much sedentary time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day. Additionally, the American Academy of Pediatrics (AAP) does not recommend television viewing for children age 2 or younger. Instead,

encourage your children to find fun activities to do with family members or on their own that simply involve more activity.

Submitted by Scott Montgomery, Director Food Service

DEVELOPMENT NEWS

NCAA March Madness Raffle

March Madness tickets are now available for distribution. All parents will receive two (2) tickets to purchase or sell. Contact the Development Office if you need extra tickets. Remember that tuition credit and valuable prize money can be won through ticket sales. Please make a concerted effort to sell your allotted tickets. **Please do not discard any unsold tickets! Return all unsold tickets to Beckman for redistribution by February 21.**

Annual Appeal

The Beckman Annual Appeal mailing will be sent out in conjunction with Catholic Schools Week. This year the appeal takes on a new format with perspective letters from teacher Ron Broxson and student Abby Knepper. We are very grateful for their effort and look forward to the positive response from the Beckman community. This Appeal directly impacts the cost of tuition. Your continued generosity is appreciated.

Endowment

The annual meeting of the Beckman Endowment Corporation is scheduled for Wednesday February 7 at 6:00 PM. Three Board positions are up for election, St. Paul's Worthington (Brent Manternach running for a second term), St. Joseph's Earlville, (Lisa Maiers is running for a second term) and an at-large position. Election of officers will also be held. For further information please contact Pat Meade or Tim Pins.

Heritage Society

You are invited to join the 'Heritage Society' by setting up a Planned Gift to the Beckman Endowment. This can be done simply by remembering the Beckman Endowment in your will. You may also become a member by designating the Beckman Endowment as a beneficiary of a portion of your IRA or Life Insurance policy. *Tax time is a good time of year to review your estate plan.*

Alumni

The Development Office is compiling a list of alumni email addresses in an effort to disseminate information more efficiently. If you are not currently receiving information electronically, please send your email address to the Development office (tpins@beckman.pvt.k12.ia.us). If you know of a BCHS alum who has moved recently, please contact the Development Office with the new address. We especially appreciate getting current e-mail addresses. Thank you.

Submitted by Tim Pins, Development Director

POST PROM

Due to the great success of last year's Post-Prom Party, we made plans for **"Post-Prom Party 2018"** to be held on **April 28th** from **12:00 AM to 3:30 AM**. **We are planning to have this event at Beckman Catholic High School in the Jasper Center (new gym). Students will be allowed to change clothes after the dance and before returning by 12:00am.** The mission of the Post-Prom Party is to provide a safe and alcohol-free environment for our kids.

To help cover the cost of the Post-Prom Party, and to be eligible for prizes, we are asking parents of junior and senior students to contribute **\$25.00 for each child**. Please make **checks payable to Post Prom 2018**. Mail your check to Beckman High School Attention: Post Prom, **or drop it off at the Beckman Office**. Please submit your contribution by **February 28th**. *Please note this is a*

contribution and **does not** include the cost of the ticket for your son or daughter to attend the Prom Dinner and Post-Prom.

A hypnotist will be performing that evening, and we will also have a variety of games. Many prizes/gifts have been donated and/or purchased for the students attending the Post-Prom Party. Drawings will be held throughout the evening giving students the opportunity to win these prizes/gifts. Refreshments and snacks will also be provided.

Students will be expected to be present at the new Beckman gym by **12:00 AM. Post-Prom is not a lock-in.** We want all the students to come and have fun, but if a student chooses to leave, the student **will not be allowed to re-enter.**

Thank you in advance for your help and cooperation. If you have any questions or would like to help out on the committee, or the night of post prom please contact Lori Wessels at [563-590-0861](tel:563-590-0861), lgwessels@yousq.net or Lynn Bildstein at [563-590-5255](tel:563-590-5255). The next meeting will be held Wednesday, February 28th at **7:00 pm** in the Beckman commons. Junior and Senior parents are encouraged to come and help plan this great event.

Submitted by Lori Wessels

SCRIP NEWS

December 2017 Beckman family earnings for tuition credit = \$1,248

New to SCRIP or have questions?

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Submitted by Jenn Helle

Your talent is God's gift to you. What you do with it is your gift back to God

~Leo Buscaglia~

