



Equal Opportunity Employer

Iroquois Middle School

February 2021
150 Colebrook Dr.
Rochester, N.Y. 14617
342-3450



FROM THE PRINCIPAL

Dear Iroquois Families:

We have warmly welcomed students back from the Holiday Break and are moving ahead into 2021. Our students have come back to us rested, refreshed, and ready to continue the rigorous learning that goes on every day here at Iroquois School and in our remote classrooms. Please be reminded that the upcoming February Break will take place from February 15th through the 19th this year.

This second semester is a critical time during which students build on the learning that has already taken place and extend their knowledge and skills by stretching themselves and working hard to set and achieve their goals. Our teachers and students have been busy engaging with and mastering new skills and conceptual understandings while also measuring progress towards new achievements in our academic, social, and emotional growth as a community of learners.

In addition, there are, of course, many ways that families can support their children's learning during the second semester:

Ensure that your child maintains a good attendance record. Students who arrive on time to school and attend every day will have a greater chance of achieving than students who are consistently

late or absent. Children who are frequently absent or late miss out on many learning opportunities and have significant difficulty catching up with their classmates once they return to school.

Continue to monitor your child's homework and provide a quiet, comfortable place for your child to study.

Frequently check your child's assignments and talk with them about what they are learning in school. Make a homework schedule and check to be sure that your child is reading. It is also helpful to recognize and praise your children for their hard work and display your child's work at home.

We thank you for partnering with us in this work and we look forward to continuing to work together to ensure the best outcomes for your children.

Regards,

Christian Zwahlen
Principal, Iroquois Middle School

School Directory

Principal

Mr. Christian Zwahlen

Christian_Zwahlen@westiron.monroe.edu

Secretary

Mrs. Gail Clune

Health Office

Nurse: Mimi Buerkle

Iroquois office: 342-3450

UPCOMING EVENTS

February 15—19

Presidents Day and February Recess

February 26th

Virtual Coffee and Conversation with
Principal Christian Zwahlen

details will be sent out mid Feb.)

www.westirondequoit.org/Iroquois Middle School

NEW ENTRY PROTOCOL EFFECTIVE 2/1/2021

Please Note: we are introducing the following changes to our student pickup protocols in a continued effort to ensure the safety, security, and privacy of students and families...

- Before entering the building, visitors will be asked to identify themselves and their relationship to the child whom they are picking up. Office staff is required to verify release authorization through Infinite Campus (IC).
- Once verified in IC, visitors will be admitted and directed to the Main Office.
- A form of picture identification will be required.
- Student will be escorted to the Main Office for pickup rather than the Health Office.

WELCOME TO WEST IRONDEQUOIT!



Courtney Hopkins

Teaching
Assistants,
Iroquois
Middle School



Crystal Criticos

School Lunch Menus

Please visit the link below to access our monthly lunch menus:

<http://www.schoolnutritionandfitness.com/menus>

Just a reminder in case you did not see it on the Facebook page, USDA has said that all meals, breakfast and lunch, will be free to ALL students **through the end of the 20-21 school year**. Milk comes with all meals, but is still \$.50 if students purchase it without a meal.

Winter has arrived

Parents, please make sure your children are dressed appropriately for outdoor Physical Education classes and recess. Also, please remember that **our building will not be open to students before 8:00 a.m. Please do not plan to drop off students before that time. Thank you!**

Helmer Nature Center
Family* Winter Programs 2020-2021

*For more information or to register for one of our programs, contact Andrea Monahan (HelmerNatureCenter@gmail.com) or call Helmer Nature Center at 585-336-3035 for more information or to register.) *For more information on Adult and Teen programs, check out our Facebook page!*

Winter Obstacle Course RERUN

This very popular event is back!! School-aged kids and their families can come to the nature center to tackle our winter obstacle course. Head out on the trail to see if you can complete the course! **Pre-Registration REQUIRED.**

DATE: Saturday, January 30th

TIME: 10:00 AM

PROGRAM FEE: \$5

Winter Wilderness Survival: Focus on Fire

Helmer Nature Center, partnered with EarthWorks, will host a fun, hands-on winter wilderness program for kids grades 4 to 6. Students will learn safe and practical fire skills, hands-on techniques for creating shelter and work collaboratively to set up a wilderness base camp. This full-afternoon, drop off program will focus on how to create safe and purposeful fire for short-term survival. Students will work individually and in small pairs to gather resources, split wood and be challenged to practice methods of fire starting. Our guides will provide hands-on skill and safety instructions that build confidence and promote awareness. This class will take place entirely in the outdoors. **Pre-Registration REQUIRED. Age requirements will be strictly enforced.**



DATE: Saturday, February 13th

TIME: 11:00 AM – 2:00 PM

AGES: Grades 4 to 6 (strictly enforced)

PROGRAM FEE: \$25

Snowshoe Rentals

When the snow starts falling, Helmer Nature Center is a great place for winter sports. Our trails are free to access and open daily for individuals and families from sunrise to sunset for winter hiking, snowshoeing and cross-country skiing. For those in need of snowshoes, HNC offers snowshoe rentals on Saturday afternoons when trail conditions are favorable (6 - 8 inch snow base required). Bring your family on Saturdays in February from 1 PM to 3 PM for snowshoe rental (all sizes – pre-school to adult) and take a self-guided tour of the Nature Center in winter. Snowshoe rental will also be available on Saturdays and Sundays in January ONLY.



Please consult our Facebook page to confirm trail conditions. **Pre-registration NOT required.**

DATES: Saturdays in February when there is an adequate snow base of 6-8 inches. Check our Facebook page for updates.

TIME: 1:00 PM - 3:00 PM

RENTAL FEE: \$5 for Non-Members (Max of \$15 per family)

Members: 1st rental free, \$3 for subsequent rentals

Is your group interested in coming to snowshoe? Call the nature center for information.

Break-Week Fun at Helmer

All events REQUIRE Pre-Registration.

Contact Andrea Monahan (HelmerNatureCenter@gmail.com) or call Helmer Nature Center at 336-3035.

Take and Make Break Week Activity Bundle

Stay busy over February Break with 5 activities for 5 days. We provide the materials and detailed instructions and the kids do the rest at home when the vacation wiggles set in! **Pre-order your kit by February 10th.**

Material pick up will be Saturday, February 13th. Activities included:

- Pringles Can Kaleidoscope
- Science Experiments
- No sew fleece pillow
- And more!

MATERIAL PICK UP DATE/TIME: Saturday, February 13th/1:00 to 3:00 PM

MATERIAL FEE: \$10

Shelter Building for Grades 4 to 6

Leave your student at Helmer Nature Center for an hour where they will learn how to build shelters using just what they can find in the outdoors. Then they can build their own! This class will take place entirely in the outdoors. It is a drop off event, but parents are welcome to stay. Age requirements will be enforced.

DATE: Thursday, February 18th

TIME: 10:30 – 11:30 AM

PROGRAM FEE: \$5



Shelter Building for Kindergarten to 3rd Grade and their Families

Families come to Helmer Nature Center to learn how to build shelters using just what they can find in the outdoors. Then you'll have a chance to try your hand at building your own! This class will take place entirely in the outdoors. Age requirements will be enforced.

DATE: Thursday, February 18th

TIME: 1:30 – 2:30 PM

PROGRAM FEE: \$5

Orienteering for Grades 4 to 6

Drop your student off at Helmer Nature Center to learn Orienteering basics. After some training, they will have the opportunity to navigate on their own! This class will take place outdoors. It is a drop off event, but parents are welcome to stay. Age requirements will be enforced.

DATE: Friday, February 19th

TIME: 10:30 – 11:30 AM

PROGRAM FEE: \$5



Orienteering for Kindergarten to 3rd Grade and their Families

Families come to Helmer Nature Center to learn Orienteering basics. Then you will complete activities using your new skills. Don't get lost! This class will take place outdoors. Age requirements will be enforced.

DATE: Friday, February 19th

TIME: 1:30 – 2:30 PM

PROGRAM FEE: \$5