



Wildcat News

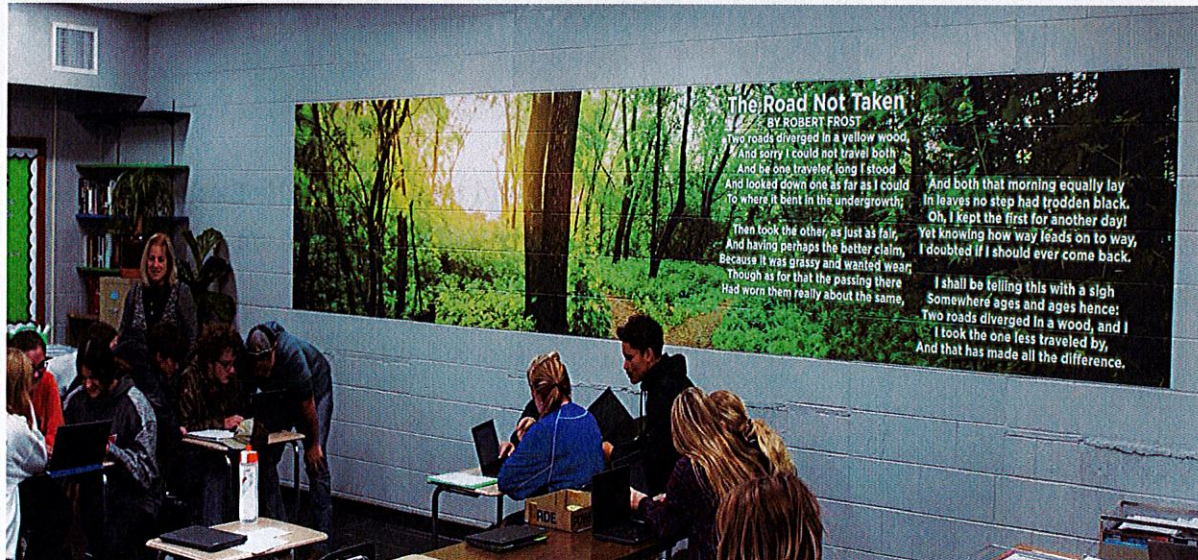
November 17, 2021

By Emily Stensland

Upon the recent building remodel, many of the HS classrooms lost their windows and became interior rooms. Giving room 104 a 'window' into the woods has brightened and reinvigorated this classroom.

New and exciting in HS English is a vinyl wall wrap with the Robert Frost poem, "The Road Not Taken." Mrs. Stensland has utilized this poem in her curriculum for many years, so it is a signature remodel for the classroom as she returns to teach for one more year.

Thanks to the Janesville PTA and Boosters for generous donations to this project. You are welcome to check it out when you are in the building!



The Wildcat Volleyball team made their 12th consecutive appearance at State in Cedar Rapids!



On October 26, Kamryn Umthum was selected to attend the Cedar Falls Exchange Club Luncheon and was presented the 'Student of the Month' award. She was accompanied by Shelly Sorensen.



| The JHS Cheerleaders present:

Little Wildcat Cheer Clinic 2021-2022



For: All Students grade K-5th

When: January 28th

Time: 3:30 PM-5:30 PM

Where: Lunch Room

Cost: \$30.00 this includes a Shirt, and a snack and drink during practice. This Clinic is also a fundraiser for the Wildcat Cheerleaders.

Come and join the Janesville cheerleading learning motions, and cheer to *Perform* with the Janesville Cheerleaders during halftime of the girl's game on January 28th!

CONGRATS TO OUR PLAYERS EARNING IOWA STAR CONFERENCE HONORS!

Volleyball

First Team

*Pyper McCarville
Kamryn Umthum*

Second Team

Hope Hovenga

Honorable Mention

Kendall Thompson

***2021 Iowa Star North
Conference Champions!***

**Iowa Star Conference
North Player of the Year**

Pyper McCarville

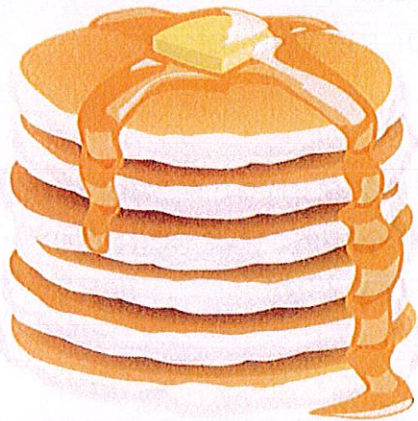


#TeamJanesville

PARENT'S AFTERNOON OUT

The Janesville PTA members will provide an afternoon/evening of fun for your children at the school. Take the afternoon off to finish holiday shopping or have a few hours off while we entertain your children. We will provide a pancake supper, snacks, activities and entertainment for Janesville students PK to 5th grade.

Saturday, Dec. 4 from 4 pm to 7 pm



Janesville School

(Activity Entrance by HS gym)
\$10 for 1st student per family
\$5 for all others

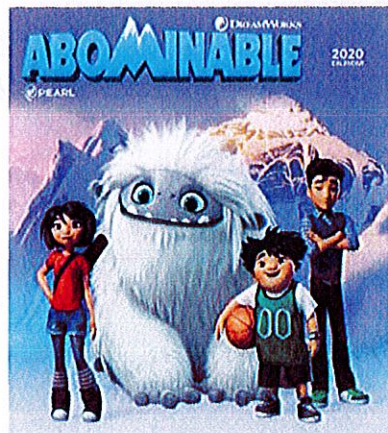
Other Activities to include:

Cookie decorating; Holiday crafts & games; Movie in the gym; and Pancake Supper!

Drop off the kids for

Pancakes & Pajamas

A viewing of



Bring pillows & blankets to get comfy.

Early Sign-up Online: www.sms.uni.edu/afternoonOUT

Questions? Contact Christy Ryken at christy.ryken@uni.edu | 319.504.5014 or Sarah Sanderson at sarah.sanderson@janesvilleschools.net | 319.290.1487



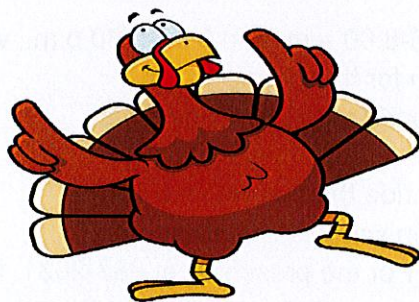
HATS HATS HATS

The PROM committee is putting on a hat day on Monday, November 22nd. Each student who donates \$1 will be allowed to wear a hat for the day. Middle school & high school students should bring their dollar to Jo or Jocelyn in the office in the morning and will receive a stamp on their hand after they've paid. Elementary students should give their dollar to their teacher in the morning.

Thank you for supporting the prom committee!

*****Congratulations to Lucy Walker, Emerson Sweeney, and Kensie Limyao! You are the fire safety poster winners! These pieces will be submitted on to the state level Congratulations on representing Janesville, IA. You are awesome!!!*****

**NO SCHOOL November 23-26. Have a wonderful
Thanksgiving!**





Welcome to the Janesville Preschool!

For children 3 years of age by Sept. 15, there are two options:

◇ M, T, Th full day (8:00-3:15). They have preschool in the a.m. and extended care in the p.m.

◇ M, T, Th preschool only in the p.m.
(12:00-3:20)

For children 4 years of age by Sept 15, there are two options:

◇ M-F full day (8:00-3:15). They have preschool in the a.m. and extended care in the p.m.

◇ M, T, TH preschool only (12:00-3:20)

The timeline for registration is:

Sept-Oct. 1: Open to children in the Janesville School District, children currently enrolled, and any children who are open enrolled to the district.

Oct. 1: Open to Everyone

◇ The registration fee is \$45.00.

◇ 3 Year Old Preschool (M, T, Th afternoons 12:00-3:15): \$155.00 a month

◇ 3 Year Old Preschool with extended care 8:00-3:15: \$255.00 a month

◇ 4 Year Old All Day Preschool 8:00-3:15: \$250.00 a month.

◇ 4 Year Old Preschool Only (12:00-3:20) Free

◇ The 4 year olds get a grant from the State for 10 free hours of preschool a week.

If childcare is needed between 6:45-8:00 a.m. and 3:15-5:30 p.m., we have a latch key program.

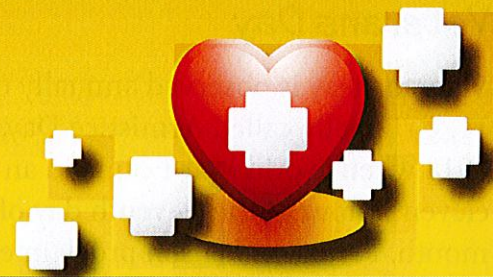
Ms. Horstman is the contact person for this program.

Please contact her at Kelly.horstman@janesvilleschools.net.

Your preschool child is welcome to ride the bus within the district in the morning or home when school is dismissed.

Please contact the school 987-2581 or the preschool at 987-2631, if you have any Questions. ***We look forward to meeting and working with your child!***

Nurse's Notes



Healthy Eating Through the Holidays

Though the pumpkin pie and cheesecake can be tempting, it's no fun to feel guilty after over-indulging. Here are some tips to stay guilt-free throughout the delicious holiday meals!



- Eat close to your usual meal times
- Cut back on carbs throughout your meal if you want a sweet treat
- Don't skip meals to save up for a feast - it will be more difficult to manage your blood sugar, causing you to feel more hungry than usual which can result in overeating
- Start with healthier foods like vegetables to take the edge off your appetite
- Eat slowly! On average, it takes about 20 minutes for your stomach to tell your brain that you're full
- Being active is the secret weapon! Find time to take a walk and generally keep moving throughout the day
- Fit in your favorites. You don't have to skip on dessert but instead slow down and savor a small serving

Learn more: <https://cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

"The thankful receiver bears a plentiful harvest."

~ William Blake

WAVERLY HEALTH

— C E N T E R —

(319) 352-4120

WaverlyHealthCenter.org

This institution is an equal opportunity provider and employer.

Great American Smokeout Thursday, November 18

As of 2021, over 34 million Americans smoke cigarettes and 16 million Americans live with a smoking-related disease.

The Great American Smokeout takes place each year in an effort to give tobacco users the support and resources they need to quit. Tobacco users can use the day to make a plan to quit smoking, or to quit smoking for good.

Research shows that smokers who have the support they need to quit smoking have great success in quitting for good. Examples of support include phone smoking-cessation hotlines, online quit groups, counseling, nicotine replacement therapy, prescription medications, and encouragement from family and friends.

If you or someone you know wants to quit smoking or using tobacco products, call 1-800-QUIT-NOW or visit www.cancer.org

Source: American Cancer Society



TOBACCO

QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

WWW.QUITLINEIOWA.ORG

Iowa Department of Public Health

Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the U.S. Each year, more people die of lung cancer than of colon, breast and prostate cancers combined. The three easiest and most effective ways to lower your risk of developing lung cancer are:

- Don't smoke
- Stay away from secondhand smoke
- Get your home tested for radon

Visit cdc.gov for more information

Veterans Day

Veterans Day is observed annually on November 11. Originally called Armistice Day, it began in 1918 when World War I came to an end on the eleventh hour of the eleventh day of the eleventh month. President Wilson proclaimed November 11, 1919 as the first commemoration of Armistice Day. It was declared a legal holiday in May of 1938 and the name was changed to Veterans Day in October of the same year. Be sure to thank a veteran this Veterans Day!

Source: www.va.gov/opa/vetsday/vetdayhistory.asp

Upcoming Events at Waverly Health Center

Tuesday, November 2 | 5:30 to 6:30 p.m.
Finding Support for Families of Children with Special Needs

This support group provides a place for families of children with varying levels of specialized health care needs to meet, learn, support, share and grow together. The goal is to provide a safe and open-minded environment where families feel comfortable sharing their successes and challenges. The event will be held in Tendrils Rooftop Garden at WHC and via Google Meet. Check our website events tab for details.

Tuesday, November 9 | 6:30 to 7:30 p.m.
“Navigating Grief and Loss During the Holidays”
Presenter Heather Peiffer, LMSW of Cedar Valley Hospice will discuss grief and provide tips to help navigate the holiday season. This event is free and open to all, and registration is requested at (319) 483-1360. It will be held in Tendrils Rooftop Garden at WHC and via Google Meet. Check our website events tab for details.

Tuesday, November 16 | 6 to 7 p.m.
“Diabetes Prevention”
November is Diabetes Awareness Month. Join us as presenter Mindy Ellsworth, Diabetes Prevention Coordinator, teaches how modest lifestyle changes related to nutrition and weight loss can help reduce the risk of diabetes. This event will be held at Tendrils Rooftop Garden and via Google Meet. See our website for details.

November is Healthy Skin Month

Your skin is your body’s largest organ, therefore it’s important to know how to properly care for it! Check out these common myths about caring for your skin:

Hot water is good for your skin. Myth! Your skin has natural oils and moisturizers that are stripped away when you shower in hot water, which can leave your skin dry and itchy. Your face is particularly sensitive to hot water, so make sure to use warm water when washing it.

It’s okay to pop pimples. False! While there are some fairly safe at-home techniques to get rid of whiteheads, it’s generally best to avoid popping your pimples. The skin can be damaged from popping pimples and allows debris to get deeper into your pores, which causes further problems.

It’s normal for moles to grow in size. Nope! If you notice a mole growing larger, or new moles popping up, it’s important to get them checked out by a doctor or dermatologist. For the most part, moles will not grow in size.

Only the sun causes skin cancer. Myth! Any source of UV exposure can cause skin cancer, as well as genetic factors and other medical causes.

You can’t sunburn when it’s cloudy. Wrong! As much as 80% of the sun’s UV rays are able to go through clouds, and you’re more likely to sunburn on these days because you aren’t expecting the sun. It’s important to wear sunscreen, no matter the forecast, if you plan to be outside for an extended period of time.



Source: www.norrisderm.com/50-skin-care-myths/



Contacts:

Tammy Jensenius
Janesville School Nurse, (319) 987-2581

Keegan Birkicht
Community Outreach Specialist
Waverly Health Center, (319) 483-1360

2021-2022 JANESVILLE WILDCAT BASKETBALL

Varsity (Girls=21, Boys=21)

<u>Date</u>	<u>Team</u>	<u>Opponent</u>	<u>Location</u>	<u>Game Time</u>	<u>Bus</u>
Nov. 18	Girls V	WC Jamboree	Maynard	7:30 pm	
Nov. 26	Boys JV/V	Jesup (Scrimmage)	Jesup	9:00 am	
Nov. 29*	Boys JV/V	Hudson	Janesville	6:30 pm	
Nov. 30	QUAD	Waterloo Christian	Waterloo	6:30 pm	
Dec. 3	QUAD	Tripoli	Janesville	6:30 pm	
Dec. 4*	QUAD	Sumner-Fred	Sumner	1:30 pm	
Dec. 6*	JV/V Girls	Wapsie Valley	Fairbank	7:15 pm	
Dec. 11*	V Boys	Clayton Ridge	Upper Iowa	12:30 pm	
Dec. 14	QUAD	Dunkerton	Janesville	6:30 pm	
Dec. 16*	QUAD	North Butler	Janesville	6:30 pm	
Dec. 17	QUAD	Don Bosco	Gilbertville	6:30 pm	
Dec. 20*	JV/V Girls	G-Reinbek	Janesville	6:00 pm	
Dec. 21	QUAD	Clarksville	Janesville	6:30 pm	
Jan. 4+	QUAD	Baxter	Janesville	6:30 pm	
Jan 6*	QUAD	AGWSR	Janesville	6:30 pm	
Jan. 7+	QUAD	North Tama	Janesville	6:30 pm	
Jan 10	QUAD	Riceville	Janesville	6:30 pm	
Jan. 11@	QUAD	Waterloo Christian	Janesville	6:30 pm	
Jan. 14	QUAD	Tripoli	Tripoli	6:30 pm	
Jan. 18	QUAD	Riceville	Riceville	6:30 pm	
Jan. 25	QUAD	Dunkerton	Dunkerton	5:30 pm	
Jan. 28#	QUAD	Don Bosco	Janesville	6:30 pm	
Feb. 1	QUAD	Clarksville	Clarksville	6:30 pm	
Feb. 3+	QUAD	Colo-Nesco	Colo	6:30 pm	
Feb. 7*	QUAD	Apl-Parkersburg	Parkersburg	6:30 pm	

Non-Conference - CURRENT

*Non-Conference Games

@ Coaches vs Cancer Night

Parents Night

+ Conference Cross-Over Game

IA GBB Regional Dates: 2/11, 2/16, 2/19, 2/24

IA BBB District Dates: 2/12, 2/15, 2/18, 2/23, 2/25

Girls State Basketball - March 1-6

Boys State Basketball - March 8-12

Junior Varsity (Girls= , Boys=)

<u>Date</u>	<u>Team</u>	<u>Opponent</u>	<u>Location</u>	<u>Game Time</u>	<u>Bus</u>
Nov. 26	Boys JV/V	Jesup (Scrimmage)	Jesup	9:00 am	
Nov. 29*	Boys JV	Hudson	Janesville	5:00 pm	
Nov. 30	G/B	Waterloo Christian	Waterloo	4:00 pm	
Dec. 3	G/B	Tripoli	Janesville	4:00 pm	
Dec. 4*	G/B	Sumner-Fred	Sumner	11:00 am	
Dec. 6*	Girls JV	Wapsie Valley	Fairbank	6:00 pm	
Dec. 14	G/B	Dunkerton	Janesville	4:00 pm	
Dec. 16*	G/B	North Butler	Janesville	4:00 pm	
Dec. 17	G/B	Don Bosco	Gilbertville	4:00 pm	
Dec. 20*	Girls JV	G-Reinbek	Janesville	6:00 pm	
Dec. 21	G/B	Clarksville	Janesville	4:00 pm	
Jan. 4+	G/B	Baxter	Janesville	4:00 pm	
Jan 6*	G/B	AGWSR	Janesville	4:00 pm	
Jan. 7+	G/B	North Tama	Janesville	4:00 pm	
Jan. 10	G/B	Riceville	Janesville	4:00 pm	
Jan. 11	G/B	Waterloo Christian	Janesville	4:00 pm	
Jan. 14	G/B	Tripoli	Tripoli	4:00 pm	
Jan. 18	G/B	Riceville	Riceville	4:00 pm	
Jan. 25	G/B	Dunkerton	Dunkerton	5:30 pm	
Jan. 28	G/B	Don Bosco	Janesville	4:00 pm	
Feb. 1	G/B	Clarksville	Clarksville	4:00 pm	
Feb. 3+	G/B	Colo-Nesco	Colo	4:00 pm	
Feb. 7*	G/B	Apl-Parkersburg	Parkersburg	4:30 pm	

* Non-Conference Games

@ Coaches vs. Cancer Night

Parents Night

Updated: 3/22/21

2021-2022 JANESVILLE WILDCAT JUNIOR HIGH BASKETBALL

BOYS (12)

Date	Opponent	Location	First Game Time	Bus
Nov. 29	Clarksville	Clarksville	4:15 pm	
Dec. 3	Dunkerton	Janesville	4:15 pm	
Dec. 7	Clarksville	Janesville	4:15 pm	
Dec. 14	Riceville	Janesville	4:15 pm	
Dec. 20	North Butler	Janesville	4:15 pm	
Jan. 10	Dike-New Hartford	New Hartford	4:15 pm	
Jan. 13	Wapsie Valley	Janesville	4:15 pm	
Jan. 14	Tripoli	Janesville	4:15 pm	
Jan. 18	St. Patrick's	St. Patrick's	4:15 pm	
Jan. 20	Dunkerton	Dunkerton	4:15 pm	
Jan. 25	Don Bosco	Gilbertville	4:15 pm	
Jan 31	North Tama	Traer	4:15 pm	

GIRLS (12)

Date	Opponent	Location	First Game Time	Bus
Nov 23	Waterloo Christian	Waterloo	4:15 pm	
Nov. 29	Wapsie Valley	Janesville	4:15 pm	
Nov. 30	Dunkerton	Dunkerton	4:15 pm	
Dec. 10	North Butler	Allison	4:15 pm	
Dec 13	North Tama	Janesville	4:15 pm	
Dec. 21	Dike-New Hartford	Janesville	4:15 pm	
Jan. 7	Dunkerton	Janesville	4:15 pm	
Jan. 11	Clarksville	Janesville	4:15 pm	
Jan. 13	Tripoli	Tripoli	4:15 pm	
Jan. 17	Clarksville	Clarksville	4:15 pm	
Jan. 20	Riceville	Janesville	4:15 pm	
Jan. 25	Don Bosco	Janesville	4:15 pm	

Updated: 6/1/21