

Dear Parents/Guardians

Merry Christmas and Happy New Year! I can't believe that we are almost halfway through the school year. I hope that the holiday season allows you the opportunity to spend time with your family and friends.

The winter sports season has officially started, please make sure you support our athletes, girls and boys basketball, our wrestlers that compete with CRB, as well as our swimmers who compete with Carroll. Also, please check out our web store and show your support for the Wildcats, and get your Wildcat gear.

Our dance team will compete at state on Dec 4th, Good Luck Girls! Also our all school music concert will be held on Dec 15th. Hope you can come out and support our talented musicians.

Finally, please check out our school website. On the site you will find information about the 4 day school week. I ask that you learn as much as possible about the proposal to switch to a 4 day school week. We have provided the information from our administration and information that other schools have provided about the switch to the 4 day week. As you learn more about the issue, if you have any questions please feel free to reach out to myself or any other administrator. This is a great opportunity for us to talk about all the great things that are happening here at Glidden-Ralston.

Happy Holiday, stay safe, and Go Cats!

Mr. Napierala

G-R Families,

It's hard to believe we are already wrapping up another calendar year. Many of you may have seen the Iowa School Report Cards online, and we are proud to share that both G-R Elementary and G-R Jr./Sr. High have received commendable ratings.

In previous newsletters, I reached out for volunteers interested in supporting community–school events. If you would like to be part of this group, please send me an email, and I will add you to the group calendar. I am excited to announce that our first event will take place on January 9. This event is geared toward elementary-age students and their families and will feature a variety of activities for kids along with an ice cream social. Please watch for additional information about this event, which will be called "Snow Much Fun Family Night."

December is a wonderful time to celebrate the spirit of giving and reflect on the importance of community. Please keep others in mind during this season. If your family could use assistance during the holidays, please reach out to either me or our school counselor, Mr. Borchers, at tborchers@glidden-ralston.k12.ia.us.

Go Cats! Mr. Hjelle



Dec 8 - No School Teacher Inservice

Dec 15 - K-12 Music Concerts

~ 5:30 K-3rd

~ 6:30 4th-6th

~ 7:30 7th-12th

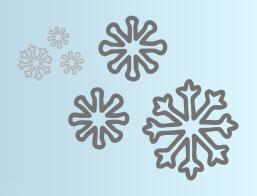
Dec 22 - 12:45 Dismissal

PK Program 12:15

Dec 23-Jan 2 - No School Winter Break

May 17th, 2026 @ 1:00pm

Graduation Ceremony



DEAR PARENTS/GUARDIANS,

With the cold and flu season starting, a few reminders regarding keeping your child, his/her classmates, and our staff healthy this season:

If your child has a fever of 100.4 or higher, he/she is NOT to be in school and should NOT return to school until he/she is fever free for 24 hours (without the use of fever reducing medications such as acetaminophen/Tylenol or ibuprofen/Motrin).

If your child has vomited or has diarrhea, he/she is NOT to be in school and should NOT return to school for at least 24 hours from the last occurrence AND have kept down a regular meal.

Do not send your child to school if they are sick or not feeling well. Any child determined to be ill while at school will be sent home. If your child is needing medication to help them feel better, they should continue to stay home. Rest is best during illness.

If your child has been prescribed an antibiotic for strep, pink-eye, or other bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school.

Here at Glidden-Ralston we would like you to know we also offer a service through Classroom Clinic where students can have therapy and medication management via zoom. Here is a flier with some information, if you are interested please reach out.

HOPING EVERYONE HAS A GREAT HOLIDAY SEASON!

SCHOOL BASED SERVICES ARE NOW AVAILABLE



ClassroomClinic provides behavioral supports and mental health services to students at school via telehealth.

At the request of a parent, a student can receive an evaluation by a Classroom Clinic provider. Examples might include: behavioral evaluation, medication management (if needed), implementing therapy, and/or collaborating with the school regarding classroom strategies to ensure student success.



Signs that a child may need help through therapy or a behavior evaluation varies from child to child. Some examples may include:

- Difficultiespayingattention,can't sitstill,fidgets
- Argumentative, defensive, defies authority
- Hyper verbal, interrupts, difficulty knowing boundaries
- Getting "in trouble" often
- Excessive worry or sadness
- Separation anxiety and clinginess
- Does not want to go to school
- Frequent temper tantrums, meltdowns
- Visits school nurse often or complains often of stomach aches, headaches, or other aches and pains with no cause

DO SERVICES COST ANYTHING?

Services function just like a visit toanyother medical provider. Insurance information is collected during the the intake process. Any copays or co-insurance not covered by health insurance are the family's responsibility and will be billed accordingly.



HOW TO ACCESS SERVICES



Contact your child's teacher, school nurse, counselor, or principal.

WHO PROVIDES SERVICES?

Licensedmental healthspecialists including Nurse Practitioners and Therapists.

WHERE ARE APPOINTMENTS HELD?

Appointments are held at the school in a private and secure room. No school staff will be present during the visit unless requested by the parent.

DO PARENTS ATTEND THE APPOINTMENTS?

Parents are required to attend all initial appointments and all appointments with the nurse practitioner. Parents do not need to attend the majority of therapy appointments.



The Glidden-Ralston FCCLA chapter is proudly supporting the Ronald McDonald House Charities by collecting **aluminum pop tabs** throughout the school year. These small tabs may seem insignificant, but when gathered in large amounts, they help raise funds that support families with seriously ill or injured children. The Ronald McDonald House recycles the tabs, and the money earned helps provide housing, meals, and support services for families who need to stay close to their children during hospital stays.

We invite all students, staff, and community members to collect and donate pop tabs! You can drop them off at home basketball games, deliver them to Mrs. Leonard's room, or send them to school with a student. Every tab counts and supports Glidden-Ralston FCCLA in giving back to our community.

The Glidden-Ralston FCCLA chapter thanks you for helping us support families in need, one pop tab at a time!



Follow the Glidden-Ralston Activities Facebook Page!

Keep up to date with the latest games

See photos of your students participating in their activities

Get linked with bound to register your student for sports & purchase event tickets



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Wildcat Calendar December 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
- CONDAN						,		
	JH GB vs. SCC -JV/V BB @ Newell-Fonda -JV/V GB @ Newell-Fonda	-JH BB @ Woodbine -JV/V BB vs. Woodbine -JV/V GB vs. Woodbine -V Swim @ Carroll -V Wrestling @ Panorama	-6:00pm Booster Club Meeting	-JH GB vs. CR-B -V Wrestling @ Panorama -lowa State Dance @ Des Moines	JH/V BB @ Ar-We-Va -JH/V GB @ Ar-We-Va	-V Swim @ Boone -V Wrestling @ Woodward- Granger		
7	8	9	10	11	12	13		
	-NO SCHOOL (Teacher In-Service)	-JV/V BB vs. Boyer Valley -JV/V GB vs. Boyer Valley -V Swim @ Spencer	-4:30pm Board Meeting	-JV/V BB @ Greene County -V GB @ Greene County -V Wrestling @ AC/GC	-JH/JV/V BB @ CR-B -JH/JV/V GB @ CR-B	-V Swim @ Hoover -V Wrestling @ Lenox		
14	15	16	17	18	19	20		
	Music Concerts: 5:30pm K-3 6:30pm 4-6 7:30pm 7-12	-JH BB @ East Sac -JH GB vs. East Sac -V Swim @ Sioux City West		-JH/7th BB @ Ogden -JH/7th GB vs. Ogden -V Swim @ Carroll	-PK-3 Movie Field Trip -JV/V BB @ PC -JV/V GB @ PC	-V Swim @ Ames		
21	22	23	24	25	26	27		
	-12:15pm Pre-K Music Program in Gym -12:45pm DISMISSAL -2 nd Quarter Ends -1 st Semester Ends -JH BB vs. Exira-EHK	-NO SCHOOL (Teacher In-Service)	NO SCHOOL - Winter Break					
28	29	30	31					
		The Glidden-Ralston CSD offers career and technical programs in the following service areas: Agricultural Education, Business Education, Health Occupations Education, Family and Consumer Sciences Education, and Industrial Education. It is the policy of the Glidden-Ralston CSD not to illegally discriminate on the basis of race, color, national origin, gender, disability, religion, creed, age, marital status, sexual orientation, gender identity and socioeconomic status 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, Tom Borchers, School Counselor, 602 Idaho St, Glidden, IA 51443, 712-659-3411, thorchers@glidden-ralston.k12.ia.us						

December 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 WG Poptart or Cereal	2 Eggs and Bacon or Cereal	3 WG Breakfast Pizza or Cereal	4 Nutrigrain Bar & Yogurt or Cereal	5 WG Toast or Cereal
Lasagna	Chicken Quesadilla	Sub Sandwich on WG Bun	Orange Chicken	Pepperoni Pizza
WG Garlic Bread	Fiesta Beans	Sun Chips	Wild Grain Rice	Romaine Salad
Romaine Salad w/ Cherry Tomatoes	Corn	Green Beans	Carrot Sticks	Cucumber Slices
Mixed Fruit	Peaches	Grapes	Tropical Fruit	Pears
Milk	Milk	Milk	Milk	Milk
8 NO SCHOOL	9 WG Muffin or Cereal	10 WG Biscuits & Gravy or Cereal	11 WG Breakfast Burrito or Cereal	12 WG French Toast Sticks or Cereal
	Breaded Chicken Sandwich on WG Bun	Soft Tacos w/ Lettuce & Tomato	Chicken Alfredo	Mini Corn Dogs
	Green Beans	Refried Beans	WG Cheesy Bread	Baked Chips
	Mandarin Oranges	Apple Slices	Cucumber Slices	Peas
	Milk	Milk	Celery Sticks	Carrots
			Grapes	Apple Slices
			Milk	Milk
15 WG Pizza Bagel or Cereal	16 WG Poptart or Cereal	17 WG Long Johns or Cereal	18 Eggs and Sausage or Cereal	19 Nutrigrain Bar & Yogurt or Cereal
Cheese Pizza	Beef & Bean Burrito	Cheeseburger on WG Bun	Walking Tacos w/ Lettuce & Tomato	Cheese Italian Dunker w/ Meat Sauce
Romaine Salad w/ Cherry Tomatoes	Flesta Beans	Baked Chips	Black Beans	Broccoli w/ Cheese
Apricots	Romaine Salad	Peas	Tropical Fruit Salad	Carrot Sticks
Milk	Applesauce	Mandarin Oranges	Milk	Applesauce
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22 WG Waffles or Cereal	23	24	25	26
Popcorn Chicken		+ 1 1 1 4 1 4 1	HADDA	
Mashed Potatoes	* * * * * * * * * * * * * * * * * * * *	* * * * * * * *	HAYYA	* * * * * * * * * * * * * * * * * * * *
Corn			LICHIDAVC	
Peaches		, 4	HOLIDHIO	
Milk			. (
29	30	31		
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This Institution is an equal opportunity provider.

Menu's Subject to Change.