

# FALCONER NEWS

[www.allendale.k12.mi.us](http://www.allendale.k12.mi.us)

## MAY CALENDAR OF EVENTS

**\*\*Please continue to check our website for the most up-to-date information on events taking place\*\***

- May 4 Allendale High School Art Show, 5:30 PM, Cegarek Fine Arts Center
- May 4 Allendale High School Collage 2023, 7:00 PM, Ceglarek Fine Arts Center
- May 5 Allendale High School Collage 2023, 7:00 PM, Ceglarek Fine Arts Center
- May 15 Special Meeting Board of Education, 5:45 PM, Oakwood Board Room
- May 15 Regular/Work Session Board of Education, 6:00 PM, Oakwood Board Room
- May 16 Middle School Choir Concert, 6:30 PM, Ceglarek Fine Arts Center
- May 16 & 18 Middle School Art Show, 6:30 PM – 8:30 PM, Ceglarek Fine Arts Center
- May 18 Early Childhood Center(AECC), Fine Arts Fair, 5:30 PM – 7:00 PM, AECC
- May 18 Middle School Band Concert, 6:30 PM, Ceglarek Fine Arts Center
- May 19 Middle School 8th Grade Awards, 6:00 PM, Ceglarek Fine Arts Center
- May 19 Middle School Art Show, 6:00 PM – 8:00 PM, Ceglarek Fine Arts Center
- May 22 Senior Honor Convocation, 7:00 PM, Ceglarek Fine Arts Center
- May 25 High School Graduation, 7:00 PM, Allendale High School Gym
- May 29 Memorial Day – No School Young Five – 12th Grade

### Spring Blood Drive at Allendale High School

AMAZING results:

Total Number of Donors: 40

Our milestone achievers!

- Barbara Glass, 1 gallon!
- Andrew Webber, 1 gallon!
- Judith Looman, 7 gallons!

From the Spring Blood Drive, 105 lives saved and families positively impacted by the INCREDIBLY selfless efforts of students, staff and community!

Allendale earned the \$500 Leaders for Life scholarship by collecting 103 total units this school year!! That is 309 lives saved! Thank you SO much for the incredible dedication!

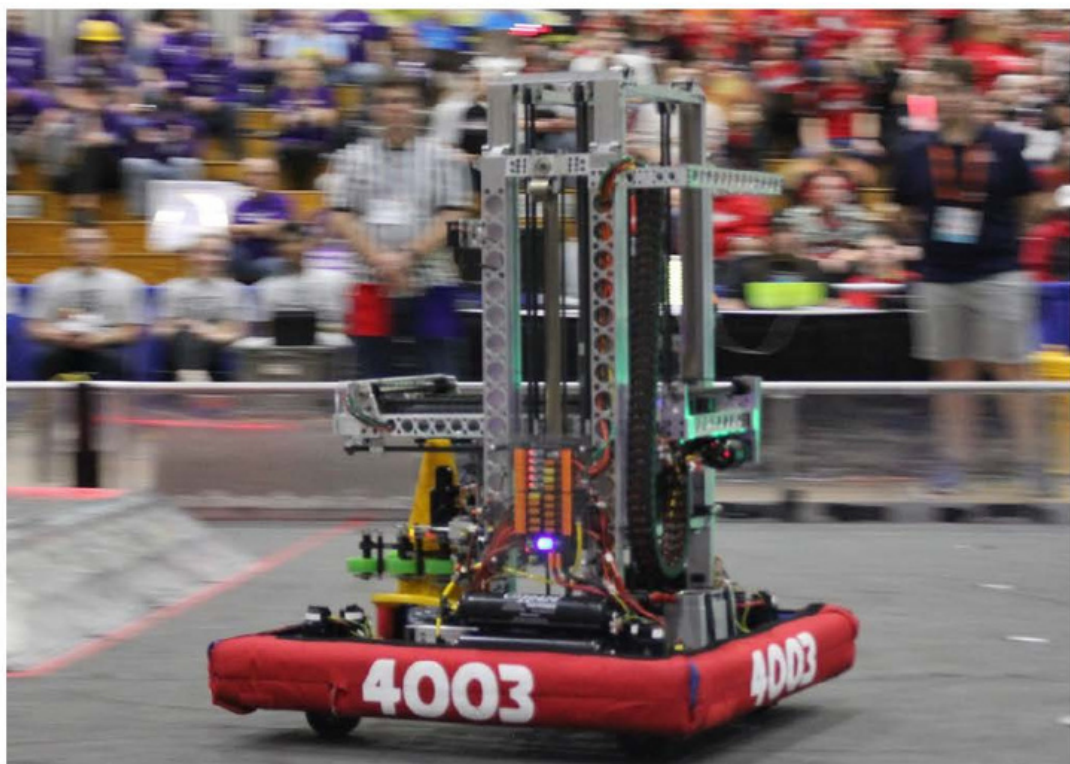
## Allendale High School Robotics



After six weeks of designing, building and programming our robot, three competitions, and plenty of TriSonics spirit, we are excited to announce that after participating in the state finals, we qualified for the world championships which will be held in Houston, TX, April 19th—22nd.

We had a lot of successes and our share of failures this season, but it was all in how we, as a team, learned and grew from all of our experiences with building our robot this year.

We appreciate all the support we've received from our numerous sponsors and Allendale schools.





**Winter All Conference/Honorable Mention Athletes**

**OK Blue Winter 2022-23 All Conference  
Allendale High School**



**Back Row L to R**

Peyton Selk, Nathan Diephouse, Alex Genuise, Kam Postmus, Josh VanderMolen, Aaron Holstege, Jeremy VanderMolen, Chandler Selk, Jack Guerrero

**Front Row L to R**

Mae Wittlieff, Angela Simmons, Halle Steele, Avery Brose, Destiny Wiggins

**Not Pictured**

Sean Jenkins, Leyton Detter, Jaxon Ramos



## High School Spanish Class

The high school Spanish classes have been busy!

Spanish 3 classes are reading a book that takes place in Spain and are learning about some of the popular foods in the region. Students spent a day in the kitchen cooking and eating Tortilla Española (a special type of Spanish omelet with potato and onions) and churros!



Spanish 4 students have been working hard on creating and performing bilingual puppet shows and recently took them on the road to Evergreen Elementary where they performed for the 1st grade classes and also to the Early Childhood Center where they performed for the Kindergarteners. A fun time was had by all!





## High School Spanish Class - continued

Spanish 5, students created and illustrated original storybooks in Spanish. They then traveled to Evergreen at the end of March where they read their books to the 2nd graders as part of Reading Month!



## Allendale High School Art

Falyn Voogd (10th grade) and Paige Kirby (11th grade) received awards at the Holland Area Arts Council Debut show's opening reception and awards ceremony on Thursday, April 20.

Falyn received Honorable Mention for her piece titled 2D Trek and Paige Kirby received 3rd place for her piece titled Why?.





## Allendale Middle School Band

The Middle School had fourteen 7th and 8th grade band students perform at Solo and Ensemble Festival on April 15. It was a huge success and everyone took home a medal. Most received first division ratings with a few second divisions. We are very proud of the way these students represented themselves, their families, and AMS!



### Performers:

Bo Meyer  
Jacob Soltysiak  
Ben Schreur  
Addison Rusticus  
Mya Dean  
Aspen Nagtzaam  
Alex Salas  
Ryan Ferguson  
Ben Potgeter  
Ari McDonald  
Harry Talbert  
Braylon Bowser  
Kennedy Heible  
Aiden Gross

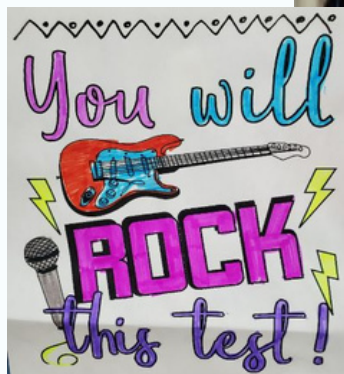


## Oakwood Intermediate Fun

In April, the NED Mindset Mission Show came to Oakwood. The students were able to learn about NED: Never Give Up, Encourage Others and Do Your Best! The mini lessons within the presentation shared about positive mindset, how our kind words and actions can spark courage in others, making sure our brain is in 'Go Brain' mode so we can face our challenges, and the power of YET! A fun and entertaining learning experience was had by all!



Oakwood is ROCKIN' the M-STEP! Our Oakwood students have jumped into taking the M-STEP (Michigan Student Test of Educational Progress) these past few weeks. APS encourages our students to do their best and show themselves, their parents, and our community what great students they are! Each class took time to encourage another with locker decorations, personal notes, and small tokens of encouragement. Oakwood students are the BEST!





## Evergreen Music

Third graders were able to work with a senior GVSU music student. Nat Feldpausch, the GVSU student, was inspired by artwork to play her music. So, we listened to her play her oboe music, while we were inspired to make art! Afterwards, Nat showed us the artwork that she used as her inspiration and we had to match the music to the right artwork. The third graders were very good at that! It was a fun day!



Support the AMAZING READING BUS with a MOVIE NIGHT at Celebration Cinema in Grandville to see THE SUPER MARIO BROS. MOVIE at 6 PM on Tuesday, May 9. \$18.00 per person includes refillable pop and popcorn. Get tickets at this [link](#). Contact Mr. DeZwaan, Amazing Reading Bus Coordinator at [dezwaandan@apsfalcons.net](mailto:dezwaandan@apsfalcons.net)





— spring 2023 —

# MENTAL HEALTH HIGHLIGHTS

QUARTERLY NEWSLETTER OF THE APS MENTAL HEALTH COMMITTEE



**APS will be honoring May as Mental Health Awareness and focusing some activities around the following days. →**

**WEAR GREEN OR YOUR APS MENTAL HEALTH T-SHIRTS EVERY WEDNESDAY IN MAY!**

FOR A LIST OF ALLENDALE MENTAL HEALTH COMMITTEE MEMBERS AND CONTACTS, GO TO:

[ALLENDAL  
MENTAL HEALTH  
COMMITTEE](#)



## *MOVEMENT MONDAYS*

Exercising and movement releases feel good hormones called ENDORPHINS, which helps improve your mood and helps you release stress. It also allows us to take a break from our daily challenges to allow our minds to rest from those responsibilities.



## *TAKE A BREATH TUESDAYS*

Deep breathing is one of the best ways to lower stress in our bodies. Taking a deep breath sends a signal telling our brains to calm down and our bodies to relax.



## *WELLNESS WEDNESDAYS*

Improving your daily well-being is an important factor in helping your overall mental health. Examples of how we can improve our wellbeing is by connecting with others, spending time playing outdoors or in nature, getting good sleep, and EATING a healthy, balanced diet.



## *THANKFUL THURSDAYS*

Research has shown that CONSCIOUSLY practicing GRATITUDE can reduce feelings of stress and anxiety. In fact, studies have found that a single act of thoughtful GRATITUDE produces an immediate 10% increase in happiness, and a 35 % reduction in depression.



## *FUNNY FRIDAYS*

Laughter releases endorphins and is proven to reduce stress, improve mood, soothe tension, improve self-esteem, and strengthen relationships.



# Tips to practice at home to help your student improve their mental health

- **Create structure through schedules.** Many people, especially children, thrive on routine. Find something that keeps you and your family in routine to help promote less stress or anxiety. This can look like scheduled times for bed and wake up, daily chores, and scheduled playdates.
- **Change of scenery.** Changing up the environment can help your child take in new things and feel refreshed and recharged. This can be as easy as taking a walk or driving somewhere new.
- **Mindfulness.** Stress and anxiety can take your student out of the daily swing of things, and leave them feeling worried, nervous, and on edge. Practicing mindfulness can get us back in the present moment to feel more relaxed and at ease. A few good ways to have your student practice mindfulness is by having them listen to their favorite music, reading or journaling, or something as simple as coloring.
- **Spend time outside.** It is scientifically proven that being outside, getting fresh air, and taking in sunlight is good for you mentally and PHYSICALLY. This can increase hormone levels leaving your child feeling more happy, relaxed, and overall increases their mood and attitude.
- **Physical Wellness.** Helping your child get proper and healthy nutrition, exercise, and rest can help your child create a balance that will ensure a fit mind and body. By sticking to these healthy habits, your child will sharpen THEIR mind AND stabilize their moods as well as prevent or reduce mental health conditions such as anxiety and depression.

## MENTAL HEALTH RESOURCES



In the event of a mental health crisis, call 988 or go to the nearest Emergency Department:

Holland Hospital  
602 Michigan Ave, Holland  
• 616-392-5141

Spectrum Health - Zeeland  
8333 Felch St, Zeeland  
• 616-772-4644

North Ottawa Community  
1309 Sheldon Rd., Grand Haven  
• 616-847-5310

Spectrum Health- GR  
100 Michigan St. NE, GR  
• 616-391-1774

Visit the

[Mental Health page](#)  
on our APS website.

- Mental Health Committee Members
- Mental Health Resources & Information
- Crisis Help Lines



11th Annual

# FALCON OPEN

AT

## TERRA VERDE GOLF COURSE

MONDAY, JUNE 12, 2023

9 AM - SHOTGUN START  
LUNCH TO FOLLOW

COST IS \$125 /GOLFER, \$500/4-PERSON TEAM AND INCLUDES  
GREENS FEES, CART, DRIVING RANGE, LUNCH & PRIZES

Sponsorship & Registration Forms Available at:  
<https://www.allendale.k12.mi.us/district/aps-foundation/thefalconopen/>



The golf outing raises funds for the APS Foundation which  
has supported school programs & scholarships since 2005



# APS STAFF HIGHLIGHTS

## Transportation



LORI DYKE- Bus Driver

Lori has been an employee of APS for the past 25 years and a bus driver for 23 of those years. She has such a big heart and love for the students on her bus! Lori drives Bus 23 and has both a high school and elementary route. Lori has also been a great help in other areas including the transportation office throughout the years. She is an incredible asset to our Team. Thanks for serving Lori!



# APS STAFF HIGHLIGHTS

## Support Staff



### ELIZABETH SKIPP – Lunch Monitor

For the month of April, the Allendale Public School's Support Team would like to recognize Elizabeth Skipp as our support staff member of the month. Mrs. Skipp is in her first full year working in the cafeterias during student lunchtime. Mrs. Skipp has demonstrated great flexibility by being able to work in the cafeterias across the school district. She has four children, three of which attend Allendale Public Schools (3rd, 4th, and 11th grade). Mrs. Skipp demonstrates positivity and compassion working with students in the cafeterias and is able to fulfil her job duties while interacting with groups of students and monitoring the cafeteria. She also has filled in frequently when the cafeterias are short on staff or when other lunchroom aides need a substitute. Thank you, Mrs. Skipp, for going above and beyond to support students and other lunchroom aides in our cafeterias.



# APS STAFF HIGHLIGHTS

## **Food Service**



**HEIDI BOSCH – Evergreen Food Service**

Heidi Bosch has worked in Allendale Food Service for 26 years. She is proud to be able to use some of the same equipment that her grandma used when she was one of the original lunch ladies at Allendale Public Schools. Mrs. Bosch attended Allendale Public Schools and graduated in 1982. She is married to Steve Bosch and both their children and 2 of their 7 grandchildren have attended Allendale Public Schools or are still attending. She loves working with children, and Elementary age is her favorite. During her career here she has worked in a few different buildings which has allowed her to work with the different age groups of students. She feels Allendale Public Schools is a wonderful place to be.

# APS STAFF HIGHLIGHTS

## Technology



JORDAN KASPAREK - Technology

This month we highlight Jordan Kasperek from the Technology Department. Jordan has become a familiar face throughout the elementary buildings as he provides much of the Kindergarten through 5th grade support. While Jordan has been with us for a short time, he previously worked in a school district in Illinois for five years. Besides enjoying technology, Jordan also likes to chase storms. In fact, he is a storm spotter for the National Weather Service. Thank you Jordan for all you do for Allendale Public Schools.



# APS STAFF HIGHLIGHTS

## **Allendale Early Childhood Center**



### **MEGAN COUTURIER - Young 5's Teachers**

Ms. Couturier has been teaching in APS for over 13 years. She began her career here in APS teaching GSRP preschool, before transitioning to a Kindergarten teacher, and now in the position where she thrives, as a Young 5's teacher here at the AECC. Ms. Couturier is a consistent ball of energy, and her passion for helping her students grow and be successful at the early stages of their educational journey is always her number one priority. This has been a different year for Ms. Couturier, as she was away for a couple of months due to a battle with cancer, she never lost contact with her students and families, and she did not let it bring down her enthusiasm and love of life. We are blessed that Ms. Couturier kicked cancer's butt and that she is back to full-time teaching. We are blessed to have such a dedicated and hard-working teacher at the AECC!

# APS STAFF HIGHLIGHTS

## **Evergreen Elementary**



**SHAWN LYMAN - 1st Grade Teacher**

Evergreen Elementary School would like to recognize Shawn Lyman as our staff member of the month. Mrs. Lyman has taught for Allendale Public Schools since 1990 and is currently serving as one of our first-grade classroom teachers. Throughout her career as an elementary classroom teacher, Mrs. Lyman has had a wide-reaching and tremendous, impact on Allendale's students and families. She approaches her work with passion, a sense of humor, and a deep desire to build confidence in her students that, with hard work and determination, they can achieve big things in their lives. Mrs. Lyman has been a strong leader of teachers throughout her career and has been a great mentor for new teachers. We are so grateful for the gifts that Mrs. Lyman has shared with the Allendale community over her career. As she wraps up her final year before retirement, we want to say "Thank You, and Well Done!" Mrs. Lyman.



# APS STAFF HIGHLIGHTS

## **Oakwood Intermediate**



**BETHANY KUYPER – SXI Teacher**

Oakwood Intermediate would like to recognize Ms. Bethany Kuyper, teacher in our SXI program, as our staff member of the month for April.

Ms. Kuyper has been teaching for a total of 11 years, five of those years have been in the SXI classroom at Oakwood. The other six years she was in Coopersville in numerous roles: a 3rd grade teacher, a 4th/5th grade teacher and in an intensive resource room. Ms. Kuyper's favorite part about her job is making connections and empowering students. She loves figuring out what ways and what supports are needed to help students engage in activities in and out of the classroom. She loves helping connect their class to the school and local community and seeing how inclusive and supportive people can be. She also loves geography.

Outside of school, Ms. Kuyper loves spending time with her two children, Neriah and Braylon, and their dog, Theo. They enjoy being outdoors hiking, biking, swimming, and camping together. Ms. Kuyper also enjoys running.

Thank you, Ms. Kuyper, for all you do to help your students be the best they can be!

# APS STAFF HIGHLIGHTS

## Allendale Middle School



DEB OROS – Middle School Librarian

The middle school would like to recognize Mrs. Deb Oros as our outstanding employee of the month! Mrs. Oros has been running the Media Center (library) in the middle school for many years. But, she has been with the district in various roles for the last 32 years. Unfortunately, this is her last year with us. Mrs. Oros will be retiring at the end of this school year to spend more time with her family. Mrs. Oros has taken her love for kids and books and turned it into a career she can be very proud of. She has been an absolute blessing to staff and students at APS. Her delightful personality and willingness to do whatever it takes to help kids is something we will miss greatly. As we count down our days to summer, it is bittersweet knowing that is also the countdown to our last day with Mrs. Oros. We wish her the best in retirement. You will be missed, Deb!



# APS STAFF HIGHLIGHTS

## Allendale High School



### STEPHANIE TORP – High School Special Education Teacher

Stefanie Torp is our AHS Staff Member of the Month! Mrs. Torp supports and serves our students with special services. She is beaming with smiles and positivity. Mrs. Torp cares for her students unconditionally, and she works hard alongside them to help them achieve success with their academic, behavior, and social skills goals. She teaches supported Algebra classes, social thinking and executive functioning skills, consumer math, and leads our CBVI program. Mrs. Torp runs our High School's Red Zone store with our LINKS program, and she is also a class advisor at AHS. Mrs. Torp has taught for 10 years at APS. Throughout those 10 years, she has taught at Allendale Middle School and Allendale High School. Quoting from one of her fellow colleagues, "Stefanie does a great job in the Red Zone with her students. She is always caring, patient and compassionate when it comes to her students and other staff members." We all definitely appreciate you, Mrs. Torp! Congratulations, and thank you for your dedication to the students at AHS!