



February

High School Newsletter



ADM Website



HS Twitter



HS Activities

ADM High School

Dates to Remember

February 3rd Early Dismissal 1:00 p.m.

February 10th No School – Teacher Professional Learning

February 17th Early Dismissal 1:00 p.m.

February 24th Early Dismissal 1:00 p.m.

Attendance Reminder

Reminder to parents - students should be called in before 9:00 a.m. so we have accurate information as to where students are. We have made this easier, by adding an email address that you can use to report an absence:

HS.Office@admschools.org

It is important that we know your student is absent. We want to first insure their safety and secondly we want to be sure they are engaging the the educational opportunities for their future. If we do not receive a call or email from the parent, the student is given an "unexcused absence". Unexcused absences result in detention or Saturday School depending on how long the student was out of school without a parent or guardian notifying us.

It is also very important for your student to sign in and out. This helps us keep your students' attendance accurate. If a student leaves for an appointment during the day he/she is recorded as "checking out of school" and until that student signs back in.

Thank you in advance for your help with this issue.

2023 ADM Prom



Electric Midnight Prom this year is May 6, 2023! After success last year at a venue other than the school, we're excited to have the dance at Decades Event Center again this year! The dance will be from 8:00-10:30 PM. Students must be to the event center and checked in by 8:45 in order to be admitted to the dance.

DANCE INFORMATION

Each ADM junior or senior student may bring one date (freshmen and sophomores are not allowed to attend

unless they are the date of a junior or senior). If a student is bringing a date from another high school or a student who has graduated from either ADM or another high school, a form must be filled out and signed by parents and administrators of the school if applicable. More information about this form will be sent to students early in April.

Tickets will go on sale in mid-April. They are \$25 each. Each attendee (student and date) needs their own ticket. Only juniors and seniors may purchase tickets.

OTHER INFORMATION

Due to the dance being at a different venue than the school, prom-goers' attendance at the grand march was very low last year. As a result of this and other factors related to cost, time, and allowing earlier gym access for the after prom group, the committee has decided not to do a grand march this year. However, we are excited to do a live streamed red carpet event as students arrive at the venue. More information will come out about how you can watch that as we get closer to the event.

STUDENTS OF THE MONTH

Student of The Month



Ella Grossman

Kiwanis Student's of The Month



Ela Bjork



Kelsey Dalen

TEACHERS OF THE MONTH



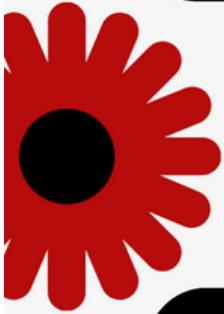
Ms. Alexandra Lifka-Reselman
Mathematics

Mr. Jordan Thompson
Agriculture/Industrial
Technology



High School Happenings

ADM SPEECH TEAM —————>



INDIVIDUALS

1 UPCOMING DATES:

Large Group:

- State: Feb. 4, 2023 @Waukee

Individuals:



- Districts: Feb. 25, 2023 @TBA
- State: March 11, 2023 @TBA



2 WHAT IS INDIVIDUAL SPEECH?

Individuals offers 14 categories for students to pick from. Each student performs a piece at competitions and receive feedback from judges. It is a great way to build their public speaking skills!

3 KEEP UP WITH ALL THE SPEECH NEWS! FOLLOW US ON SOCIAL MEDIA:

-  @ADMSpeech
-  @adm_speechteam

“DON'T UNDERESTIMATE OUR SPEAKING SKILLS.”





ADM STUDENT FINALISTS IN IOWA STATE BAR ASSOCIATION COMPETITION

Adam Bryte, Lillian Carey, Ellah Townsley, and Alayna Whitson of ADM High School's Advanced Place American History class were recognized as finalists in The Iowa State Bar Association's Young Lawyers Division "Know Your Constitution" Project. Eighty-six finalists were selected from the more than 500 students across the State of Iowa who participated in the "Know Your Constitution" Project. These finalists were honored at an Awards Luncheon in Des Moines on January 20, 2023.

The "Know Your Constitution" Project is designed to enrich students' understanding and appreciation of the Constitution. The students participating in the project were required to familiarize themselves with Constitution related issues. A quiz was completed by each participating student. An essay question accompanied the quiz. This year's essay topic involved Constitutional questions concerning student free speech off campus and subsequent school suspension. The question is modeled after recent cases before the United State Supreme Court.

The Know Your Constitution program is sponsored by The Iowa State Bar Association, with additional funding from the Iowa State Bar Foundation and IOLTA.

Counselor's Corner

What's the Four Year Plan and why is it important:

The four year plan is a roadmap to your students' post secondary goals. It lays out the courses your student will be taking in high school. By planning out all four years, it ensures that your student is meeting both graduation requirements and college entrance requirements.

Students will have an opportunity to review and edit their plan in advisory on February 6th and February 13th. We encourage you to ask your student to share their four year plan with you. The courses listed on their plan, become the classes on their schedule.

Please take 15 minutes to view the [presentation](#) that will be shared with your student. If you have any questions or concerns, please reach out to the school counselors.



Scholarships are FREE money for college:

Seniors have begun filling out scholarship applications. There is still time to apply for several scholarships. Please visit the [local scholarships](#) link and the [general scholarship](#) link and encourage your students to apply.

Academic Decathlon



The Academic Decathlon competed at the Des Moines Metro regionals this past Thursday and Friday. Team members include Lucas Neppl, Jadah Manning, Nicholas Carmichael, Kelby Dimler, Jeffrey Warner, Greyson Rebel, Sara Williams, Tanner Spoelstra, Hannah Harbison, Emmett Clarke, and Regina Bermudez. The following are awards won by individual members of the team. The team will compete at State March 3/4 at Urbandale High School.

Physics Is Fun!

Students in physics did a video analysis and calculated how much energy is lost when a basketball bounces. They also identified the types of energy involved and how energy may be lost.





ADM ACTIVITIES



Tiger Nation,

Our winter season has been an exciting one that has been full of history being made. Soon we will start talking about the change of seasons and preparing for the spring, but right now it's on to the final push of winter activities.

The first congratulation to pass is on to our students involved in the inaugural season of girls wrestling. Six ADM students participated in girls wrestling for Raccoon River Wrestling, which is a shared program between ADM, Van Meter, Waukee, and Waukee Northwest. This past Friday ADM had two students make history and qualify for the first ever girls state tournament held in Coralville on February 2nd and 3rd. Congratulations to Addi Herrick and Aleah Johnson and wonderful job at State.

The ADM speech team qualified 7 groups for the state large group speech contest on Saturday, February 3rd at Waukee High School. Over 30 students will be participating at the state competition. Congratulations the students and staff, and good luck at state.

The winter athletic teams are nearing postseason play and the conclusion of their seasons. ADM will host the class 2A district 1 wrestling meet on Saturday, February 11th. Wrestlers will be competing for chance to wrestle at the state wrestling tournament. This is a great opportunity to come on out and support your ADM wrestlers.

Boys' and girls' basketball teams are nearing the end of the regular season. Senior, Nicole Storck recently broke the career rebounding mark of 607 rebounds previously held by Delaney Bertmen. In the same game Nicole also passed the 1,000-point scoring mark. Congratulations to Nicole Storck on these outstanding accomplishments. We'd love to see you in the gym for the remaining home games to see the many great performances our students are displaying on the court.

In conclusion, we want to take this opportunity to thank our numerous volunteers that make our events happen. ADM has a first-class reputation for our events and the way we treat our visitors. This is due to the members of this outstanding community and the tremendous support the community provides. We are always in need of more people to help at our events, whether it is running the scoreboard, taking tickets, or providing hospitality for our guest and officials. If you are interested, let us know as we appreciate your support.

Rod Wiebers
Activities Director
ADM High School