

WolfView

September
2018

WWW.IDALIACO.US

Volume 22, 1st Edition



IDALIA SCHOOL DISTRICT RJ3
26845 COUNTY ROAD 9.2
IDALIA, CO 80735

Idalia Parents and Community Members,

As it seemingly always does, summer has flown by and we once again find the school year right in front of us. Greek philosopher Heraclitus once said, *“The only constant in life is change”*. As I look forward to the 2018-19 School Year, it becomes increasingly obvious that *“change”* is a central theme.

Personally, the greatest change I have experienced so far in my life arrived on May 23, 2018. That’s right, back on the 23rd of May, my wife’s 1,000th Amazon Prime package arrived on our front porch and life (along with our bank account) has never been the same since. To be fair, some of those packages (1, maybe 2.....5 max) may have actually been necessary for our family’s new addition. Our daughter has been the change in my life that has provided me with new perspective; on education, and in life. Although not even close to school age (**she doesn’t even know how to sleep yet*), *having my own child has dramatically changed how I view education. If I were to completely remove myself as an educator and only consider school from a parent’s perspective, of course I would want my child to grow and be challenged academically. But I would also want to drop my child off at school knowing they genuinely enjoy it with healthy friendships with peers while interacting with adults who care for them as both students and people. I am hopeful the students who enter our school each morning feel this way.*

Along with changes in my personal life, I look forward to my new professional duties. Being Superintendent of Idalia School District RJ-3 is a position that I not only look forward to with great anticipation, but also one in which I do not take for granted. I can think of nothing more enjoyable or rewarding than working with the youth of Idalia. I pledge, to the best of my abilities, to fully commit in doing my part to help ensure the success and happiness of the amazing youth of our community.

Speaking of additional changes, we welcome new staff members Colby Newton (PE/AD) and Daniel Weirich (Social Studies). We are excited to welcome back many familiar faces as some assume new roles: Amber Soehner (ELL), Kelli Kite (6th Grade), Tara Garton (Spanish), Rhonda Soehner (Counselor), Su Wright (English), David Wilson (Full-time Art), Maddison Fenner (Para-Professional), Chelsey Brittain (Secretary), and Kristi Minor (Science/Assistant Principal).

Amidst all the change, the one unwavering constant is our entire staff’s tireless dedication to providing a quality educational experience for your children. Please know my office door is always open as I look forward to a safe, enjoyable, and productive 2018-2019 Academic Year. *Submitted by Myles Johnson, Superintendent*

ATTENTION ALL ALUMNI AND COMMUNITY MEMBERS:

*Please plan on joining us for this year’s Homecoming Festivities/ ‘98 State Champs 20th
Reunion*

Thursday 9/27: Lip Sync 6:30 p.m.

Friday 9/28: Alumni/Community gathering and dance 7 p.m. @ The Grainery

Saturday 9/29:

JH FBALL: 11 a.m.

HS FBALL: 1 p.m.

**1998 State Champions will be honored @ half-time*

VBALL (JH, JV, V): 4 p.m.

**OCTOBER WOLFVIEW
DEADLINE IS TUESDAY,
SEPTEMBER 25. EMAIL
IDALIANEWSLET-
TER@IDALIACO.US**

YUMA COUNTY FAIR



Idalia FFA had two members show livestock at the Yuma County Fair. Kavan Smith showed a homegrown market steer and Macy Richards exhibited a market hog. Congratulations to both on a successful fair! Idalia FFA members also helped out at the auction. They did a fantastic job and received many compliments. Thank you to all these members represented Idalia FFA very well! *Submitted by Morgan Reese, FFA Adviser*



Gillian Fell, Tyson Richards, and Dax Towns



Macy Richards



Kavan Smith

HOMEcoming 2018

Monday-Jersey, Hat, Sucker, Class Outdoor Chalk Drawing Day

Tuesday-Favorite Throwback Generation Day

Wednesday-Famous Dead Person Day

Thursday-Favorite Reality TV Star

Friday-Throwback WolfWear/Wolf Wear



FBLA LEADERSHIP KICKOFF

On Wednesday August 29, 2018, the FBLA officer team attended the CTSO Leadership Kick Off at the Community College System on the Lowry Campus in Denver. The officer team consists of nine people: Megan Waitman-Executive Vice President (Colorado State President), Breann Shaffer-Chapter President, Aubrey Richards-Vice President, Brian Jimenez-Secretary, Hannah Carpenter-Reporter, Brisa Perez-Treasurer, Brandy Henrickson-Fundraising Chairman, Tyson Richards-Community Service Chairman, and Talon Glanz-Student Council Representative. The event was all about leadership and how to work together.

In the morning, the officers attended an officer training session where they participated at different stations learning about ways to work together as an officer team to make a chapter run smoothly. At the stations they talked about communication with each other and members.

In the afternoon, they moved outside where they attended different stations about communication skills, the environment, recruitment of members, and other ways to be effective leaders in their chapters as well as everyday life. Tyson Richards, the Chapter's Community Service Chairman, attended the career cluster station, where he had to take a test on what attributes best fit his personality and tally his points. The proctor then read off what each row meant, telling them about what careers they would be best in. After hearing this, nearly everyone said the test was fairly accurate, and really helped them take a glance into their future career paths.



Tyson, Aubrey, Brandy, Breann, Talon, Brisa, Brian, and Hannah

At the end of the day, the camp was well worth the traveling, and the team brought home many new ideas for the chapter. They look forward to applying them this year, and the years to come. *Submitted by Hannah Carpenter, FBLA Reporter*



Artists in Residence September 2018



Juniors and seniors will travel with Mrs. Wright and Mr. Weirich to the Denver Center for Performing Arts to experience the comedy/drama "Vietgone" in the Ricketson Theatre Wednesday, September 19. In this story, two refugees are forced to leave their country during the height of the Vietnam War and relocate to a refugee camp in Arkansas—the land of Harleys, hot dogs, and "Howdy!" This emotional adventure hums with excitement as it hops across time and around the globe to tell the story of real people in a different time.



Thank you Chamberlain Concrete for donating and delivering new sand for the preschool sandbox!



Idalia students Carter Schafer, Cade Richards, Trista Richards and Kayla Northrup participated in the Platte Valley Rodeo Bible Camp Gymkhana in Burlington!

Make-N-Take

Plans are being made for our trial run of a parent/student Make-N-Take night. This will be a more modern version of a traditional family literacy night. More information will be provided at a later date. In the meantime, committee members are seeking the following items to help stock supplies at the Make-N-Take tables:



- Buttons
- Lonely, unmatched socks, any size or color
- Yarn

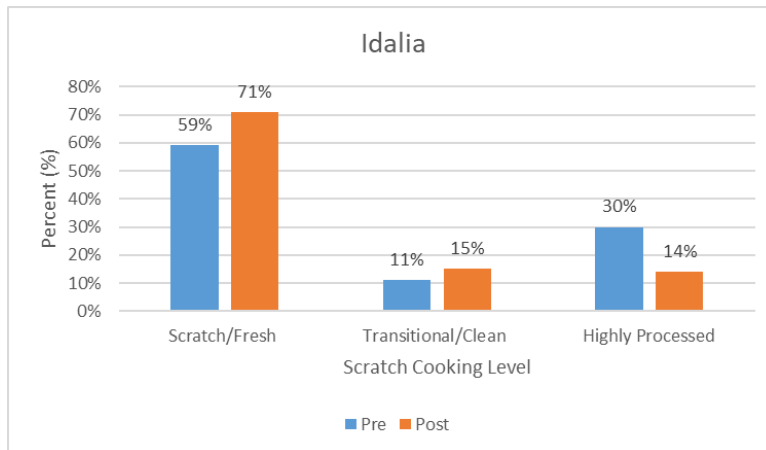
If you have any of these items hanging out at your house just begging to be part of a project, we would love to put them to good use! Items can be delivered to Kelli Kite, Kristi Minor, or Lenae Lengel.

District-Level Evaluation Results

Idalia (E)

Menu Analysis Results

Figure 1. Percentage of scratch/fresh ingredients used in district menu cycle, pre to post



The ingredients that make up the 'highly processed' category at post-assessment include:

Animal-based Protein	<i>Pepperoni (pizza)</i>
	<i>Meatball (meatball sub)</i>
	<i>Breaded beef patty (Chicken fried steak)</i>
	<i>Chicken Patty (Chicken Sandwich)</i>
	<i>Chicken nuggets</i>
Dairy-based Protein	<i>American cheese (hamburger)</i>
Fruit	<i>Lemon/lime juice (homemade salad dressings, salsa, bean salads)</i>
	<i>Orange juice concentrate (orange chicken)</i>
Vegetables	<i>Canned marinara sauce (pizza, meatball sub)</i>
	<i>Instant potatoes</i>
Grains	<i>Packaged snacks: sun chips, tortilla chips</i>
Misc.	<i>Bottled Italian dressing</i>
	<i>Gravy mix</i>
	<i>Hot sauce (bean salad)</i>
	<i>Ketchup (Chipotle BBQ Pulled Pork)</i>
	<i>Worcestershire Sauce (Macaroni & Cheese, Shepherd's Pie, Chipotle BBQ Pulled Pork)</i>
	<i>Jelly (PB&J sandwich)</i>
Herbs & spices	<i>Lemon pepper</i>

MANNA PANTRY

New Hours of Operation for school year: 3:30-5 p.m. on the 3rd Wednesday of each month OR by appointment by calling Kelli Kite at (970) 396-9441.

For donations, please contact Kelli Kite.

Thank you

Cookie Dough Sales for Artists in Residence 2018



**Begin Friday, August 31
Sale Ends Friday, September 14**

**Contact a student in K-5.
Thank you for your Support!**





The School Food Initiative:

Bringing scratch cooking to Colorado schools through onsite culinary training and workshops, operational assessments, and marketing technical assistance.

Evaluation results represent 8 districts enrolled in the 2016 and 2017 school years, with menu improvements **benefitting 24,342 students.**



Vegetables	Fruits	Protein	Grains
8% increase	5% increase	3% increase	12% increase



9,798 total ingredients
1,251 fresh/whole ingredients added
207 highly processed ingredients eliminated

National School Lunch Participation



Participation rates increased in SFI districts post-intervention; additionally, the districts have higher rates than the CO average.



Culinary Outcomes

- Increased salad bar usage
- Incorporated herbs/spices to enhance flavor
- Fostered local food procurement
- Conducted taste testings and introduced new recipes
- Acquired strategies to prep food in advance



Operational Outcomes

- Centralized production of produce
- Changed staffing models
- Identified cost-saving strategies
- Reduced food waste
- Redesigned cafeteria setup to reduce stigma
- Implemented menu cycles



Marketing Outcomes

- Published 14 news features
- Developed mission, vision, logo, and brochures
- Enhanced website and menu
- Advanced social media presence
- Created parent partnerships
- Received community support and grant/donor funding



LiveWell Colorado's School Food Initiative (SFI) is a 2 year program providing culinary, operations, and marketing technical assistance to Food & Nutrition Service Departments in school districts across Colorado, one cohort at a time. Since its inception in 2010, the SFI has partnered with 100 districts, improving meals in 1,570 individual schools for 767,419 students. The SFI kicks off with a group workshop, and then delves into on-site, hands-on training with SFI Chefs on the proper application and introduction of fresh/whole ingredients into district menu cycles. Coupled with operations and marketing assistance, districts are supported in the creation of lasting change in their respective kitchens.

This infographic represents evaluation results for the 8 districts that participated in the SFI during the 2016/2017 and 2017/2018 school years. All evaluation activities were conducted at pre- and post-intervention. Activities included measuring the use of fresh/whole, transitional/clean label, and highly processed ingredients across a 4-6 week menu cycle using the Quantitative Menu Analysis (QMA) technique, as well as conducting interviews with key Nutrition Services staff to gather information about district successes and challenges.

A total of 9,798 total ingredients were scored during the QMA process. Results show that the use of fresh/whole ingredients across districts at pre-assessment averaged 58% of total ingredients used, while at post, the use of fresh/whole ingredients across districts averaged 66% of total ingredients used. This indicates an **8% increase in the use of fresh/whole ingredients** during the intervention period. This increase occurred as a result of **1,251 more fresh/whole ingredients** being incorporated in menu cycles at post-assessment. Additionally, the use of **highly processed ingredients decreased by 10%** during the intervention period, averaging 26% at pre and 16% at post. Overall, **207 highly processed ingredients were eliminated** across the districts. The use of fresh/whole ingredients was also examined at the component (food group) level; results show an **increase in the percentage of fresh/whole ingredients by component** at post. For example, across all vegetables used in the menu cycles at pre, 76% were fresh/whole, while at post, 84% of all vegetables used were fresh/whole for a total increase of 8%. Proteins (animal-, plant-, and dairy-based) increased by 3%, fruits by 5%, and grains by 12%.

Culinary, operational, and marketing successes were observed and collected across all districts. These included:

- Increasing salad bar usage to provide greater access to a larger variety of fresh fruits and vegetables.
- Incorporating more fresh and dried herbs & spices into scratch cooking practices to increase flavor and reduce sodium.
- Utilizing time management strategies to prepare large batches of ingredients in advance to facilitate scratch cooking.
- Examining meals per labor hour in order to make data-driven decisions on new staffing models.
- Determining ways to use leftover ingredients in future menu items, overall eliminating waste and saving money.
- Building 4-6 week menu cycles contributing to more efficient ordering, staff that are more confident in their ability to prepare menu items, and overall improved meal consistency across all district sites.
- Promoting successes in 14 media stories featured in district, statewide and national news outlets.
- Developing new outreach strategies through updated websites, hard copy materials, and social media.
- Gaining community support through meal program promotion & awareness, leading to new funding opportunities.

These eight participating districts made great improvements to student meals served under the *National School Lunch Program*. Enrollment for these 8 districts estimates that approximately **24,342 students benefit from the improvements in the nutritional quality of school lunch** during the last school year.

The evaluation also assessed changes in average lunch participation in each district. Although a school district's overarching goal is to increase lunch participation and department revenue in order to produce high quality meals with skilled staff, when significant culinary changes are being made, goals are typically more conservative. As menu quality is improving and potentially popular highly processed items are being eliminated, maintaining steady lunch participation without any significant decline is the desired outcome. However, analyses of lunch participation over time in these 8 districts indicated that **healthy changes to the menu cycle did not negatively impact lunch participation**; in fact, these districts experienced an increase over time (53.8% to 57.1%). The evaluation then compared lunch participation for the 8 districts to lunch participation in all Colorado public school districts during the same time frame. This comparison shows that the **SFI intervention districts have a higher participation rate than the Colorado average**.

LiveWell Colorado would like to acknowledge the hard work of the outstanding Food & Nutrition Service staff in this cohort!



Idalia Health & Wellness Duffel Bag Fundraiser



#1 Port Authority large duffel
12.75 x 27.25 x 13.5 in.
\$32.50 with personalization
\$27.50 without

#2 Port Authority small duffel
10.75 x 20.75 x 9.5 in.
\$30.50 with personalization
\$25.50 without

**PERSONALIZATION \$5
FIRST OR LAST NAME**
(10 character maximum)



#3 Holloway large duffel
28 x 13 x 14 in.
\$43.50 with personalization
\$38.50 without



#4 Holloway small duffel
21 x 11 x 12 in.
\$41.50 with personalization
\$36.50 without

Name & Phone Number: _____

Bag Style # x Quantity (ex: #3x2) _____ Total (ex: \$87.00) _____

Personalization (ex: Bag 1: Mark, Bag 2: Lisa) _____

Make Checks Payable To: IDALIA SCHOOL, leave order form & money at office
Orders Due NO LATER Than Sept 5th. Orders delivered to school by Sept 14th.

Idalia Breakfast Menu September 2018

A selection of milk offered daily----Fruit and juice offered daily----A variety of cereal offered daily

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	No school	4	Oatmeal bar Build your own	5	Biscuits & gravy Scrambled eggs	6	Banana bread yogurt	7	Toast Hash brown casserole
10	Muffins Scrambled eggs	11	Build your own fruit and yogurt parfait	12	Bagels Boiled eggs	13	Breakfast burrito Build your own yogurt	14	Breakfast round Frittata of the day
17	Breakfast pizza yogurt	18	Oatmeal bar Build your own	19	Biscuits & gravy Scrambled eggs	20	Banana bread Yogurt	21	Toast Hash brown casserole
24	Muffins yogurt	25	Fruit and yogurt parfait build your own	26	Bagel Boiled egg	27	Breakfast burrito Build your own yogurt	28	Breakfast round Frittata of the day

This institution is an equal opportunity provider.

Idalia Lunch Menu September 2018

Fruits and vegetables offered daily----A selection of milk is offered daily----Menu is subject to change

MONDAY		TUESDAY		Wednesday		THURSDAY		FRIDAY	
3	No school	4	Shepherd pie* Dinner roll*	5	Chicken sandwich Coleslaw*	6	Fajitas* Refried beans*	7	Spaghetti w/meat sauce option*
10	Philly Cheesesteak sandwich* Baked sun chips	11	Chicken fried steak Mash potatoes /gravy*	12	Chipotle BBQ pulled pork* Baked beans	13	Beef burrito w/ green chili* refried beans*	14	Pizza cheese or pepperoni green beans*
17	Lasagna* Garlic bread	18	Orange Chicken* Veggie fried rice*	19	Parmesan chicken sandwich or plain option* Pasta salad*	20	Shredded pork tacos* Chips and salsa *	21	Cheesy nachos w/ ground beef option* spicy bean salad*
24	Salisbury steak* Mash potatoes/ Gravy/dinner roll	25	Spiced rub chicken Garlic bread	26	Chicken nuggets Broccoli w/ cheese	27	Chicken Enchiladas Arroz con elote* Rainbow bean salad*	28	Pizza Cheese or pepperoni Green beans*
							Menu is subject to change *HOMEMADE		Dessert on Friday <u>only</u>

This institution is an equal opportunity provider.



2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
	0					IYCS Community Service Application
2	3	4	5	6	7	8
	No School				Kindergarten here	Bethune Tournament
					HS VB/FB @Cheyenne Wells	
9	10	11	12	13	14	15
	JVFB vs Stratton/Liberty	FBLA Installation after practice			Cookie Dough Sales	
		*Pictures	**Pictures	Walk/Bike to school	HS VB/FB vs Briggsdale	VB at Holyoke
16	17	18	19	20	21	22
	District FFA Range Contest	FFA Greenhand Workshop	FFA Big Conference 8:30 a.m. Bookmobile 6:30 p.m. School Board Meeting		JH & HS VB/FB vs HP/Flagler	HSVB at Wray
23	24	25	26	27	28	29
	Homecoming Week			6:30 p.m. - Lip Sync		JH & HS vs Stratton
		JH & HSVB JHFB vs Lonestar				

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Notes:
 *4 Year old Preschool, Class, Individual, Volleyball
 **3 Year Old Preschool, Class, Organization, Football

Idalia School District RJ3
26845 County Road 9.2
Idalia, CO 80735

IDALIA SCHOOL DISTRICT RJ-3 MISSION

THE IDALIA SCHOOL DISTRICT RJ-3 IN PARTNERSHIP WITH THE COMMUNITY WILL PROVIDE THE RESOURCES, FACILITIES, SAFE ENVIRONMENT, AND PERSONNEL TO OFFER STUDENTS THE OPPORTUNITY AND EXPERIENCE TO DEVELOP THE KNOWLEDGE, SKILLS, PERSONAL VALUES, AND SELF ESTEEM TO BECOME CONTRIBUTING, CONSCIENTIOUS CITIZENS, AND LIFELONG LEARNERS.