

# DECEMBER



Idalia School District RJ3

26845 County Road 9.2

Idalia, CO 80735

[www.idaliaco.us](http://www.idaliaco.us)

Volume 28, 3rd Edition



## WOLF OF THE MONTH

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Priscilla is a 17-year-old senior and High Honor Roll student. Priscilla's favorite subjects are art, food processing, and statistics and she lists Mr. Brown, Mrs. Moberly, and Mrs. Ramseier as her favorite teachers.

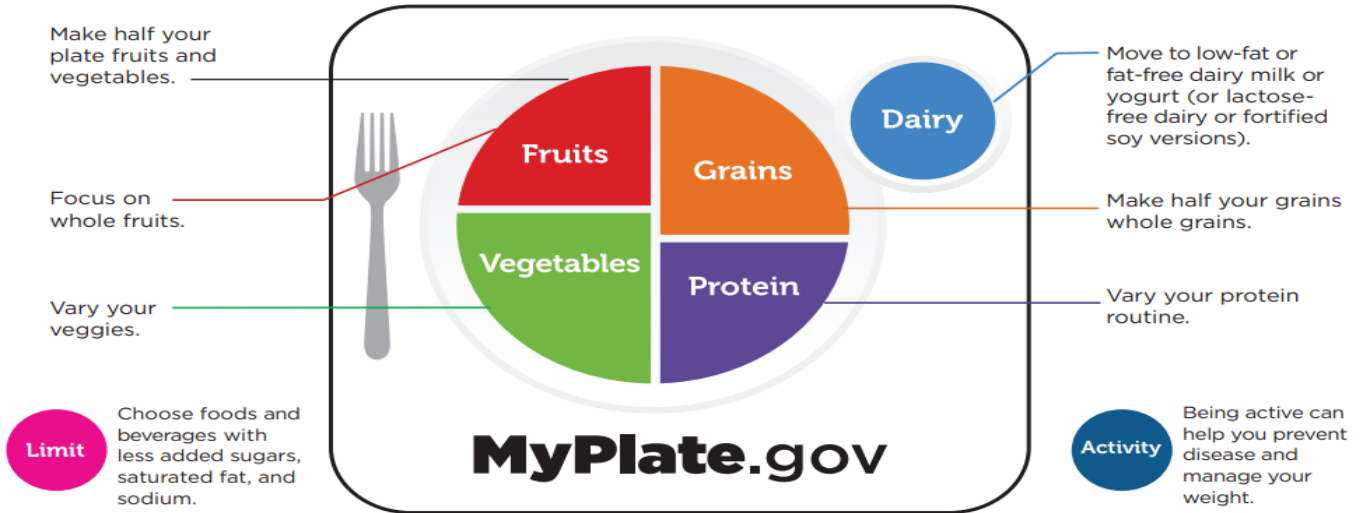
Some of Priscilla's hobbies and interests outside of school include hanging out with family and friends, dancing, and being outdoors. Priscilla names her parents (Griselda and Alfonso) as her role models and states, "My parents work hard every day to give me and my siblings everything we need and more." Priscilla shared that a "Fun-Fact" about herself is, "I absolutely love roses - you will often times see me drawing them throughout the day."



When asked to discuss an accomplishment that she is proud of, Priscilla responded, "I recently became a certified CNA. This has, and will continue to, provide me good job opportunities in the future." When asked to discuss a future goal, Priscilla stated, "I hope to complete a radiology program, and if all goes according to plan, I would like to apply to a medical sonography program and eventually reach my ultimate dream of becoming an ultrasound tech." A piece of advice Priscilla offers her classmates is, "Always believe in yourself and take the opportunities that come your way. Mr. Johnson states, "Priscilla is a fantastic young lady thriving both in and out of the classroom. She has maintained her status on the High Honor Roll, while taking a very challenging schedule that includes numerous college level classes. Beyond that, she works a part-time job as a CNA and has a passion for the medical field, which she plans to continue to pursue upon graduation. Much like the education field, the medical profession needs quality young people eager to learn and contribute to their future careers, and I have the utmost confidence Priscilla will do just that. Priscilla is extremely friendly and respectful, and our school is fortunate to have her influence. Congratulations on being selected as Student of the Month and we can't wait to watch you succeed as you chase your dreams moving forward!"

# Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



FNS-921  
January 2022  
USDA is an equal opportunity provider, employer, and lender.

Fruits	Vegetables	Grains	Protein	Dairy
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.</p> <p>Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.</p>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas.</p> <p>Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."</p>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p>

## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [MyPlate.gov/MyPlatePlan](https://www.MyPlate.gov/MyPlatePlan) for a personalized plan.

2 cups	2½ cups	6 ounces	5½ ounces	3 cups
<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul>	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul>	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul>	<p><i>1 ounce counts as:</i></p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul>	<p><i>1 cup counts as:</i></p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul>

**Limit** Choose foods and beverages with less added sugars, saturated fat, and sodium.

Limit:






- Added sugars to <50 grams a day.
- Saturated fat to <22 grams a day.
- Sodium to <2,300 milligrams a day.

**Activity** Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day    Adults ≥ 150 min/week

# MyPlate Food Groups

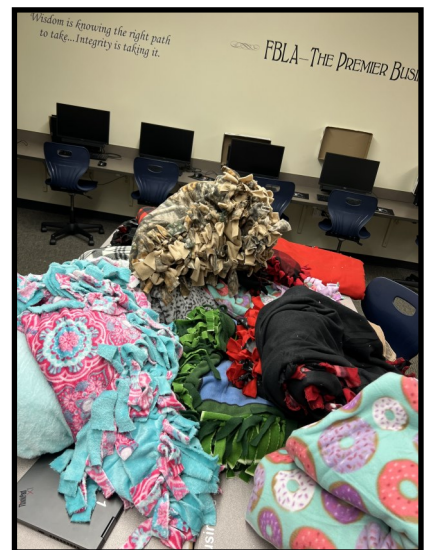
Food Group	What Counts As...
 <p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>- Whole Fruit</li> <li>- Fruit Juice</li> </ul>	<p><b>1 cup of Fruit</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned fruit</li> <li>• 1 cup 100% fruit juice</li> <li>• 1/2 cup dried fruit</li> </ul>
 <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>- Dark Green</li> <li>- Red and Orange</li> <li>- Beans and Peas</li> <li>- Starchy</li> <li>- Other</li> </ul>	<p><b>1 cup of Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 cup fresh or canned vegetables</li> <li>• 1 cup 100% vegetable juice</li> <li>• 2 cups leafy salad greens</li> </ul>
 <p><b>Grains</b></p> <ul style="list-style-type: none"> <li>- Whole Grains</li> <li>- Refined Grains</li> </ul>	<p><b>1 ounce of Grains</b></p> <ul style="list-style-type: none"> <li>• 1 slice of bread (1 ounce)</li> <li>• 1/2 cup cooked pasta, rice, or cereal</li> <li>• 1 ounce uncooked pasta or rice</li> <li>• 1 tortilla (6 inch diameter)</li> <li>• 1 pancake (5 inch diameter)</li> <li>• 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)</li> </ul>
 <p><b>Protein Foods</b></p> <ul style="list-style-type: none"> <li>- Seafood</li> <li>- Meat, Poultry, and Eggs</li> <li>- Nuts, Seeds, and Soy</li> <li>- Beans, Peas, and Lentils</li> </ul>	<p><b>1 ounce of Protein Foods</b></p> <ul style="list-style-type: none"> <li>• 1 ounce lean meat, poultry, or seafood</li> <li>• 1 egg</li> <li>• 1 Tablespoon peanut butter</li> <li>• 1/2 ounce nuts or seeds</li> <li>• 1/4 cup cooked beans, peas, or lentils</li> </ul>
 <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>- Milk and Yogurt</li> <li>- Cheese</li> </ul>	<p><b>1 cup of Dairy</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup fortified soymilk (soy beverage)</li> <li>• 1 cup yogurt</li> <li>• 1 1/2 ounce natural cheese (e.g., cheddar)</li> </ul>

**Want your personal calorie and food group plan?**  
 Check out the MyPlate Plan at [MyPlate.gov/myplate-plan](https://www.MyPlate.gov/myplate-plan).  
 For tips, visit [MyPlate.gov/eat-healthy/what-is-myplate](https://www.MyPlate.gov/eat-healthy/what-is-myplate).



## **FBLA REPORT**

In the month of November, the Idalia FBLA chapter achieved several tasks. The chapter had two work nights full of productivity. On the first work night, members progressed on their current projects or studied for their upcoming tests at the district conference in January. The second work night was full of fun! Members brought their fabrics in and made knotted fleece blankets to donate to Hillcrest Care Center in Wray. Ms. Brophy provided snacks with some Christmas music in the background. The penny wars came to a close with the elementary students blowing secondary students out of the water! The 6th grade won the junior high and the 12 grade won the high school. The 5th grade was the elementary winner and most collected overall. On November 15th, FBLA members celebrated American Enterprise Day with a little Shark Tank competition. Students were given random materials with only a few minutes to create a product and advertise it. After all of this action, the chapter is ready to conquer the month of December!



## **November Board Meeting Minutes**

On November 15 th , the board meeting was called to order at 7:00pm. Those in attendance included Board Members Jessica Towns, Dustin Weyerman, Ross Morris, Andy Richards, Andrea Louthan, Superintendent Myles Johnson, Assistant Principal Kristi Minor, and Business Manager Autumn Helling. Following the Pledge of Allegiance, the agenda was approved. Next, the October 18 th minutes were approved. The Business Service Reports were then presented and approved. Under "Policy," the board approved 2 nd reading of JLCD. Next, Dustin Weyerman and Andrea Louthan were sworn in as they took their oaths of office. The new board then held their reorganization elections, with the following results: President- Amber Hardwick, Vice-President – Andy Richards, Secretary/Treasurer – Ross Morris, Assistant Secretary/Treasurer – Dustin Weyerman, BOCES/CASB Rep – Andrea Louthan. Mrs. Minor then provided her Principal's Report, where she shared student attendance and discipline records to date. She also briefed the board and relevant information from the recent EC BOCES Principal's Cluster meeting she attended. Mr. Johnson then provided his Superintendent's Update. Under "Discussion/Action Items," the board approved a resolution to update signing authority with relevant bank accounts to reflect the new Board. Under "Personnel", the board approved Candice Monahan as an assistant junior high girls basketball coach. Before adjourning, the board thanked outgoing Board Member, Jessica Towns, for her time and many contributions to the school district over the past 8 years. The meeting was adjourned at 7:30pm and next meeting set for December 13 @ 6pm.

# FFA REPORT

Throughout this month, the chapter was kept well entertained by several activities. Throughout the first week of November, 10 students attended the National Convention in Indianapolis, Indiana. On November 13, 2023, we held our Chapter Speaking Night at our school. The student that got awarded with the first-place recognition was Rebecca Womble and the student received second was Audrey Soehner. We also had Pals on Nov. 16, 2023, where we had the kids create turkeys using their handprints! Overall, it was a very fun month, and we cannot wait until December!





Riley Smith, Reid Richards, Kevin Rascon Trejo, Kasen Helling, Corbin Combs

Idalia Elementary is exploring positive character traits to incorporate into their school, homes, and community. The trait of gratitude was explored as students were nominated for being aware and thankful for the good things that happen.

Congratulations to the nominated students!



Harlow Robertson, Hunter Kaza, Yannel Alvarez

# Students got **Couragous**

The trait of courage was explored as students were nominated for acting with mental, moral, or physical strength even when things were difficult or scary. Congratulations to the nominated students!



Grayson Whitehill, Cleo Terrell, Presley Jennings, Decker Weyerman, Daxton Moberly

Tamera Pfeiler, Breckyn Richards, Elliot Louthan



# Sources of Strength, a group of 7th - 12th grade students trained to build upon peer social networks to influence positive changes in school culture, has come together to target and explore school belonging!

In a school climate survey conducted among Sources of Strength members, the largest deficit identified was in the category of school belonging. In considering belonging, we did what all scholars do...googled it. The google definition of belonging is: A feeling of being taken in and accepted as part of a group. From this definition, we identified two pieces of belonging: Recognizing and Appreciating.



Sources of Strength members came together to appreciate all 6th—12th graders by providing hot chocolate and delivering personalized comments for each student to recognize students and appreciate the different and important attributes our students bring into the Idalia Jr/Sr High School.

## *Soldiers' Angels*

# TREATS FOR TROOPS

Elementary students joined together to collect candy for Soldiers' Angels Treats for Troops program! This great program collects excess Halloween candy and ships it to deployed service members and hands it out to veterans in VA Hospitals across the country!



As a united effort, elementary students collected 68.8 pounds of candy. Congratulations to our small but mighty class of 4th graders who collected the most candy out of the elementary school with a whopping 20 pounds of candy among six students!

# ALL CONFERENCE & HONORABLE MENTION

## Football:

### All-Conference

Tarek Glanz

Gabe Kechter

### Honorable Mention

Kagen Hoyda

Tate Towns

## Volleyball:

### All-State Honorable Mention

Kyndal Richards

### All Conference

Addy Juhnke

Jaylyn Kechter

Kyndal Richards





# Veteran's Day Paper



In honor of Veteran's Day the fifth grade wrote essays on what Veteran's Day means. The students have been learning about our Constitution and the Bill of Rights so we incorporated these ideas and have a new understanding of our freedom. This year Yannel Alvarez placed first, Emelyn Lengel placed second and Booker Kite placed third. Congratulations to everyone on a job well done.

A large illustration of a grey pot on a stove with a flame underneath. Inside the pot, there is a thermometer, a round sausage, and two triangular pieces of cornmeal. Several cartoonish red crawfish are around the pot, some holding the handles and others peeking over the edge. The background is a light green color.

The Cub's Den *annual*  
**GAJUN BOIL**  
**Event**

December 9th @ Idalia Firehall  
Seating 5:30pm\*\*Dinner 6pm  
Tickets \$50  
*includes meal and beverage*  
*Adult tickets only*

**For tickets: 970-833-0130**  
**or any board member**  
**(Katie, Meagan, Luke, Greg, Lenae)**

## Idalia School 2023-2024 Basketball Schedule

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Level</u>	<u>Time</u>
November 14	Wray	Idalia	JHB-C, JHB-B, JHB-A	4:00
November 17	Akron	Akron	JHB-D, JHB-C, JHB-B, JHB-A (2 courts)	4:00
November 21	Wray-Scrimmage	Wray	VG	4:00
November 27	Stratton	Idalia	JHG-B, JHB-B, JHG-A, JHB-A	4:00
December 1	Genoa-Hugo	Hugo	JH, JV, V	1:00
December 2	Woodlin	Woodlin	JHG-A, JHB-A	2:00
December 7	Akron Tournament	Akron	JVG, JVB, VG, VB	3:00
December 8	Akron Tournament	Akron	JVG, JVB, VG, VB	3:00
December 15	Idalia Tournament	Idalia	V	2:00
December 16	Idalia Tournament	Idalia	V	10:30
January 5	St. Francis	St. Francis	JV, V	3:00 MT
January 6	Hi-Plains	Hi-Plains	JH, JV, V	1:00
January 8	Wray	Wray	JHG	3:00
January 9	Deer Trail	Idalia	V	4:00
January 12	Otis	Otis	JVB, VG, VB	4:00
January 18	Burlington	Burlington	JHG	4:00
January 19	Lone Star	Idalia	JH, JV, V	3:00
January 20	Eads	Idalia	JH, JV, V	1:00
January 23	Flagler	Idalia	JV, V	4:00
January 26	Arickaree	Arickaree	JHG-A, JHB-A, JVG, JVB, VG, VB	1:00
January 27	JH Tournament	Idalia	JH	9:00
January 30	JH-Championships	Arickaree	JH	5:00
February 1	Bethune	Idalia	JHG-A, JHB-A, VG, VB	4:00
February 3	Kit Carson	Kit Carson	JH, JV, V	1:00
February 6	Otis	Otis	JHG-B, JHB-B, JHG-A, JHB-A	3:00
February 9	Caliche	Idalia	JV, V	4:00
February 10	Wiggins	Wiggins	JV, V	2:00
February 15	Stratton	Stratton	JV, V	4:00
February 16	Fleming	Fleming	JV, V	4:00
February 20	District BB-1st Round	TBD	VG	TBD
February 21	District BB-1st Round	TBD	VB	TBD
February 23	District BB	Brush HS	VG, VB	TBD
February 24	District BB	Brush HS	VG, VB	TBD
March 1-2	Regional BB	TBD	VG, VB	TBD
March 7-9	State BB	UNC-Greeley	VG, VB	TBD

JHG=Junior High Girls	JVB=Junior Varsity Boys
JHB=Junior High Boys	VG=Varsity Girls
JVG=Junior Varsity Girls	VB=Varsity Boys

11/15/2023

## Idalia Lunch Menu December 2023

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

MONDAY		TUESDAY		Wednesday		THURSDAY		FRIDAY	
	chocolate milk one day a week							1	No school
4	Chili Breadstick Saladbar	5	Chicken Alfredo Garlic bread Salad Bar	6	Ham sandwich baked chips Salad Bar	7	Walking Tacos Salad Bar /Dessert	8	No School
11	Spaghetti Salad Bar	12	Tacos Rice Salad Bar	13	PBJ chicken salad baked chips Salad Bar	14	Hot Dog fries Salad Bar/Dessert	15	No School
18	No school	19	No School	20	No school	21	No School	22	No school
25	No School	26	No School	27	No School	28	No School	29	No School

## Idalia Breakfast Menu December 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	No School
4	Waffles scrambled eggs	5	Biscuit & gravy smoothie	6	Bagel/w cream cheese	7	Pancake on a stick yogurt	8	No school
11	Muffins omelet	12	Bacon egg & cheese biscuit smoothie	13	Breakfast Burrito yogurt	14	Banana bread Breakfast Casserole	15	No School
18	No School	19	No School	20	No School	21	No School	22	No School
25	No school	26	No school	27	No School	28	No School	29	No school

**This institution is an equal opportunity provider**

Idalia School District RJ3  
P.O. Box 40  
Idalia, CO 80735

**IDALIA MISSION STATEMENT**

Idalia School District RJ-3 will provide each child the knowledge, skills, and qualities to become productive citizens upon graduation.



**DECEMBER 2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					-JH/HS BB at Genoa-Hugo -No School	01 02 -JHBB at Woodlin	
03	-FFA-District Speaking Contest at Woodlin -Accountability Mtg	04	05	06	-HSBB Tournament at Akron	07 08 09	
10	11	12	13	14	-HSBB Tournament at Idalia -No School	15 16 -HSBB Tournament at Idalia	
17	-Christmas Break	18	19	20	21	22	23
24	-Christmas Break	25	26	27	28	29	30
-Christmas Eve	-Christmas Day						
31							
-New Year's Eve							