



## FFA DISTRICT SPEAKING CONTEST

District Speaking took place at Hi-Plains. Jaylyn Kechter received first place overall in Creed Speaking and Krista Wieser placed in the Bronze category. Anna Garton and Wade Martin competed in Prepared Speaking and received Silver and Bronze respectively. Also attending were Priscilla Cordova as the District FFA Treasurer and Tara Hubbard as the District FFA Secretary. Jaylyn will go on to compete at State in June. *Submitted by Naidelin Estrada, FFA Reporter*



*Pictured Left to Right: Krista Wieser, Anna Garton, Priscilla Cordova, Jaylyn Kechter, Wade Martin, and Tara Hubbard.*

## SAVE THE DATE!

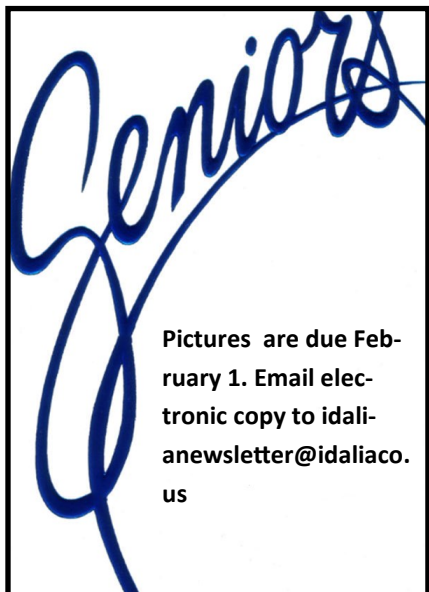
4-Day School Week Meeting – January 13, 2022 @ 6:30 p.m.

All residents of Idalia School District RJ-3 are invited to join us in the school cafeteria on January 13 at 6:30 p.m. to discuss the possibility of moving to a 4-day week for the 2022-2023 Academic Year. Data, survey results, and stakeholder feedback will be shared and discussed, followed by a question-and-answer session.

## IDALIA CHRISTMAS SPIRIT

As the holidays are fast approaching, Idalia School has shown their Christmas spirit in many ways. Mrs. Peggy Moberly was the artist who painted window art in Kit Carson County and Cheyenne County for about 19 years. The Art classes who are instructed by Mrs. Moberly, were taught how to window paint and now our school has more Christmas spirit than ever!

The Idalia Ag Capstone Class (along with Mrs. Amber Soehner) decided to be jolly and put up a Christmas tree in the center of the flex area. They decorated it along with putting up decorations around the high school end of the school. This year, our school feels like a home thanks to the effort of the students and staff members! *Submitted by Alma Cordova, InDesign Student*



Pictures are due February 1. Email electronic copy to [idalineewsletter@idaliaco.us](mailto:idalineewsletter@idaliaco.us)

## 6-MAN ALL STATE HONORS

Congratulations Yahir Enriquez-#21 (1st Team) and Logan Breyer-#58 (2nd Team) on being named to the 6-Man All-State Football Team! GREAT DAY TO BE A WOLF!! CONGRATULATIONS!



## ADULT 3-ON-3 BASKETBALL TOURNAMENT



On Sunday, December 12, the senior parents hosted an adult 3-on-3 basketball tournament to raise money for this year's graduating Class of 2022. Eight teams from surrounding communities came together at the Idalia School to participate. The tournament consisted of a co-ed and men's bracket. The double-elimination tournament was a 4-hour basketball tournament and was a success. Money raised from the tournament will help fund the senior trip to Pensacola, Florida in April. The Class of 2022 would like to thank all who participated and supported the fundraiser. *Submitted by Rylann Brigham, InDesign Student*

## DECEMBER BOARD MEETING MINUTES

On December 13, the Board meeting was called to order at 7:00 a.m. Those in attendance included Board Members Amber Hardwick, Jessica Towns, Dustin Weyerman, Ross Morris, Andy Richards, Superintendent Myles Johnson, and Assistant Principal Kristi Minor.



### Meeting Minutes

Following the Pledge of Allegiance, the Agenda was approved. Next the November 17 Minutes were approved. The Business Service Reports were then presented and approved. Mrs. Minor and Mr. Johnson then provided their administrative updates. Under "Discussion/Action Items", the Board approved the 2021 Mill Levy Certification and 2021-22 Final Budget. Under "Personnel", the Board approved a contract for Dalton Shafer to serve as the assistant high school boys' basketball coach.

The meeting was adjourned at 7:35 a.m. and next meeting was set for January 10 at 6 p.m. *Submitted by Myles Johnson, Superintendent*

## STUCO BARN DINNER

Members of the Idalia Student Council are selling tickets for their Barn Dinner & Dessert Auction, February 5 at 6:30 at Old Town Barn in Burlington, Colorado. Tickets are \$30 each. The meal consists of smoked brisket and grilled chicken with roasted pineapple habanero sauce. Dancing will be held on the second floor after the auction. If you have questions, contact Camren Morris, Marek Cody, Tyler Hall, or Kylie Wingfield. *Submitted by Camren Morris, StuCo President*





# IDALIA VISION FOUNDATION

The Idalia Vision Foundation held its annual meeting Tuesday, November 9, 2021. All who attended enjoyed a barbecued brisket supper before the meeting served by Idalia students. Business included the financial report, committee reports, and the election of three new board members. Newly elected board members are Kane Cody, Kent Minor and re-elected Cindy Soehner. Outgoing board members Roberta Moellenberg, and Bill Carpenter, Jr. Those continuing to serve on the seven-member board are Jolynne Hoyda, John Brenner, Tyson Cure, and Udo Foreman. Attendees were asked to suggest possible future projects for the Idalia community. *Submitted by Cindy Soehner, Board Member*

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## IN THE NEWS WITH PHYSICS

The physics class was recently honored with the presence of 16 notable physicists. Many of history's most notable scientific minds were interviewed as part of the Physics Olympics project. It was a great opportunity for students to learn, in depth, about Nobel prize winners and other historical figures.



*Alma Cordova -  
Vera Rubin*



*Kye Towns -  
Albert Einstein*



*Marek Cody -  
Archimedes*

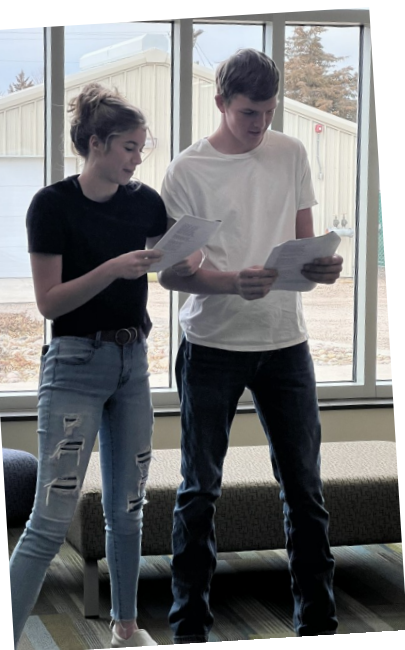


*Colin Hardwick -  
Stephen Hawking*



*Raquel Lieurance -  
Marie Curie*

Physics students performed skits for the 7<sup>th</sup> grade about Newton and his three laws. Pictured are students performing, "The Big Newton Show", "Inertia, Laziest of the Lazy" and "The g force, a Drama in One Equation."



*Pictured Left to Right:* Kylie Wingfield and Koy Smith  
Kye Towns and Colin Hardwick  
Tyler Hall

## TITUS GLANZ - WOLF OF THE MONTH

Titus is an 18-year-old Senior on the Honor Roll. Titus names Mr. Weirich, Mrs. Ramseier, and Mrs. Stegner as his favorite teachers, and his favorite subjects are History and PE. Some of Titus' hobbies and interests outside of school include spending time with family, playing cornhole, watching car races, and doing church activities. Titus names his dad, Daniel, as his role model and states, *"My dad is always willing to help out and is one of the most unselfish people I know."* Titus shared that a "Fun-Fact" about himself is, *"I am a volunteer firefighter for the Hale Fire Department."*

When asked to discuss an accomplishment that he is proud of, Titus responded, *"I was selected to play in the 6-man All-State game this upcoming Summer. I've watched that game many times over the years and to be selected to play in it is very special to me."* Titus shared his future plans are, *"to attend Laramie County Community College and become a full-time firefighter."* A piece of advice Titus would like to share with the other Idalia students is, *"Time flies, so spend it wisely."*

Mr. Johnson states, *"Titus has never met a stranger in his life and he has an absolute heart of gold. Talk to anyone, whether it be our youngest elementary kids to some of our communities' oldest citizens, and everyone knows and likes Titus, he just has that effect on people. Titus is the type of kid who is willing to help anyone and everyone at the drop of a hat. He's also been known to drop anything and everything to engage in lengthy conversations, with old and new friends alike. Along with his friendly and helpful personality, Titus is active in sports, church activities, and earned a spot on the Honor Roll. Our school will definitely miss Titus next year, but we know you will do great things in the next chapter of your life. Titus plans to go to college in Wyoming and make a career out of being a firefighter. Keep up the good work Titus, and congratulations on being named Wolf of the Month!"*



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## SANTA, ELVES, AND FBLA

As the holidays are about to start, and the Idalia School gets ready to receive them, the Idalia FBLA members have once again started to get ready to provide the elementary kids with a small gift from Santa. Like past years, the members of the Idalia FBLA Chapter have packed candy sacks for the elementary side of the school, but unlike the past years, a few members have dressed up, some as elves and one as Santa, to deliver the candy to different classes, with the purpose of wishing them happy holidays. Merry Christmas everyone. Submitted by Itzel Gonzalez, InDesign Student



**THANK YOU**  
**Bonny Community Club & Idalia**  
**School**  
**for donating the Santa treat sacks!**



## WOLVES ON THE LOOSE!

Repeating last month's "Two-fer," this month we are featuring two more outstanding wolves. Our Wolves on the Loose are a great pair of livestock showmen—Bristol Weyerman and Kolby Morris. In a tough statewide competition for only eight positions, Bristol and Kolby earned a slot to bring their animals to the Colorado FFA Foundation's "Meat and Greet" event held on November 10, 2021, at the National Western Stock Show complex. Once selected, the kids provided a short biography and video to introduce buyers to agriculture. In this annual event, four chefs prepared beef, pork, lamb, and goat dishes while FFA representatives shared information about meat production. The kids displayed their animals and spent a couple of hours mingling with NWSS buyers. In the runway auction, buyers "purchase" the kids, earning the opportunity to follow the exhibitors during their journey to showing their animal at the NWSS. The kids will communicate with their buyer until the stock show, updating them on their animal and other activities. The kids received scholarships and monies from the buyers.



Bristol, a fifth grader, said that the best part of the Meat and Greet was the opportunity to talk to people about her lamb, and her goals for the year's NWSS are to place high enough to make the livestock sale and to win Grand Champion Lamb Showman. Bristol's favorite class in school is math and other than showing lambs, she loves playing basketball and volleyball. A long term goal of hers is to attend Colorado State University and become a livestock judge.

A sixth grader, Kolby Morris said his favorite part of the Meat & Greet event was meeting Denver Broncos offensive lineman Dalton Risner. When he isn't showing livestock, he likes helping his dad on the farm and playing basketball. His goal for the 2022

NWSS is to place high in his class and make the livestock sale. His favorite subjects in school are keyboarding and science, and when he grows up, he would like to be a pilot.

The Idalia community is proud of Bristol and Kolby, and we look forward to hearing about your National Western Stock show experience! The National Western Stock Show runs January 8 – 22, 2022.

As future leaders, Idalia students are active both in and outside of the school environment. Each month the Wolfview will feature a student who excels in the community, either through athletic, academic, competitive, educational, or civic activities. Parents and community members—if you know of a member of our WolfPack who is doing remarkable things outside of school, let us know! Send details to [knlcody@yahoo.com](mailto:knlcody@yahoo.com) -- we want to see your student as the next "Wolf on the Loose!"



# HAPPY NEW YEAR!!

**WOLFVIEW  
DEADLINE  
JANUARY 17**

## THE WINTER BLUES ARE REAL—

### RECOGNIZING & BEATING “SAD” (SEASONAL AFFECTIVE DISORDER)

Short days. Long nights. Difficult mornings getting ready for school and then driving home from work or practice in the dark. A serious lack of daylight hours makes most everyone feel a little down, and many people get a touch of the Winter Blues. When it becomes a problem, it is known as Seasonal Affective Disorder. Although usually affecting adults, even kids and teens can feel a little down during the winter. With teens, it can look like typical moodiness and be overlooked. If you think your teen has a touch of the “Winter Blues,” here are signs and ideas to help them (and you) get through this dark, dreary time of year:

#### SIGNS OF SAD:

- **Unusual fatigue.** Teens have a propensity for sleeping in, but if your kids can’t seem to get out of bed during the winter, it could be the Winter Blues.
- **Struggling in school.** If your teen can’t seem to focus and is missing more assignments or getting lower grades on tests and assignments than in the fall, it could be the Winter Blues.
- **Overly sensitive or avoiding friends.** If your teen avoids his or friends or activities they normally look forward to, it could be the Winter Blues.

#### CAUSES OF SAD:

- **Reduced Serotonin.** A neurotransmitter which moderates mood, serotonin production drops during the winter. For some reason, some people don’t have the typical reduction in serotonin common in winter months, which makes them more vulnerable to the Winter Blues.
- **Disrupted Melatonin.** The hormone used to regulate sleep cycles, melatonin is made in the dark, which equates to a higher production in the winter. If your body produces too much, you can suffer from being TOO sleepy and an irregular sleep cycle.
- **Lack of Vitamin D.** Although Coloradoans enjoy 300 days of sunshine annually, cold temperatures and short days keep people inside. This adds to the cycle of reduced serotonin & irregular sleep cycles.

#### BEATING SAD:

- **Get some light!** Turn on the lights when you wake up, open the shade once the sun starts coming up, and sit by the window. Make sure you go outside EVERY DAY, even if only for 15 minutes. Remember, hibernation is for bears!
- **Eat mood-boosting foods.** Candy and other carbs might give you a sugar high, but then you will crash. Eat plenty of fruits and vegetables and try a cup cocoa with a piece of dark chocolate to enhance your mood and give yourself a treat.
- **Listen to upbeat music.** Studies have shown that the effects of playing cheerful music last long after the song ends. Put away the slow songs and dance it out!
- **Exercise regularly.** Ask anyone who has a regular exercise routine, and they will confirm that it is a big mood booster! Just 15 minutes each day can not only improve your attitude but help your waistline and respiratory system.

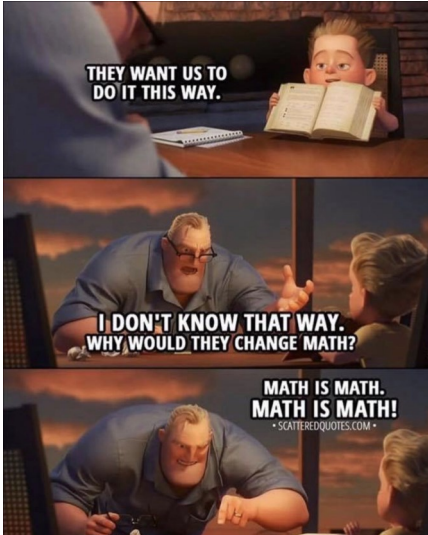
#### THE BOTTOM LINE:

If you’re concerned your child is experiencing the Winter Blues or another type of depression, take steps to help them. While a mental health professional can provide guidance, you can also help them at home. When your teen has the Winter Blues, they may need extra pushing and encouragement to get outside, eat better, and stay on top of schoolwork. Let them know what they are feeling is totally normal! Spending quality time with people is also critical, as social isolation is common. They may not be able to go out with friends due to a busy schedule with school and sports but watching a movie together or playing board games can provide social stimulation. When you notice symptoms of SAD in your child or yourself, remember to take it seriously and seek appropriate support and treatment. Reach out to [Centennial Mental Center](#) in Wray at (970) 332-3133 if you need further assistance. *By Lynne Cody, Idalia Health & Wellness*

## FREE MATH TUTORING

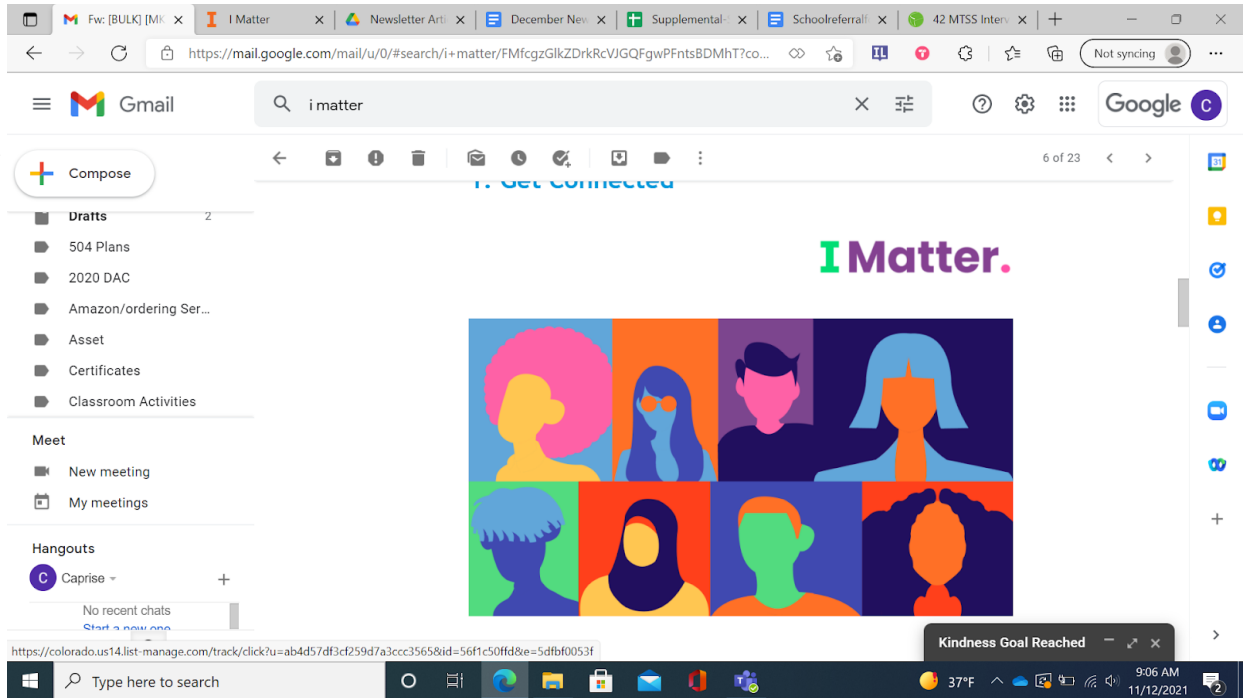
Idalia High School has partnered with Schoolhouse.world! Founder of Khan Academy in combination with others has extended its education services to incorporate the formation of a free, web-based, peer-to-peer tutoring site for students to receive live help and build their skills in the subjects of Algebra, Geometry, Trigonometry, Calculus, Statistics, and SAT Prep. Through Schoolhouse.world, students 13 and older can access live sessions, recorded series, join virtual study spaces, and request sessions.

Students and families can access the resource by searching Schoolhouse.world or by visiting the Idalia School website under the tabs counseling corner, then resources, and look for the link titled Schoolhouse. As Albert Einstein is quoted, “Never regard study as a duty, but as the enviable opportunity to learn”. Submitted by Caprise Cominiello, Counselor



## GET CONNECTED FREE SUPPORT

Youth and their parents can visit the I Matter platform to take a confidential online survey about their mental health and schedule sessions with a licensed behavioral health clinician, primarily online over telehealth. All Colorado youth ages 18 or younger—or 21 and younger if receiving special education services—are eligible to receive free services. No matter your responses, youth will be eligible for 3 free counseling sessions.



State law allows youth ages 12 and up to use the platform independently; youth ages 11 and younger will need their parent or guardian's consent to sign up.

Colorado House Bill 21-1258 established this temporary program to provide access to mental health and substance use disorder services for youth, including addressing needs that may have resulted from the COVID-19 pandemic. In June 2021, Governor Jared Polis signed the bipartisan legislation, which dedicated \$9 million to the program as part of the Polis-Primavera administration's Colorado Comeback roadmap. I Matter is funded and administered by the Colorado Department of Human Services, Office of Behavioral Health. The program is funded until June 30, 2022. Submitted by Caprise Cominiello, Counselor

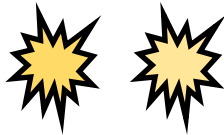




## 6TH GRADE BAKERS

For the past week, the students have been learning about etiquette in class, and they put it into practice with the making of a full Christmas meal! Roberta Moellenberg (below) taught some students the craft of roll-making, while Deb Crites (left) taught some students how to make pie! Others learned how to cook a ham, make mashed potatoes

with gravy, green bean casserole, and how to create a beautiful vegetable tray. A very fun, learning experience! Submitted by Kelli Kite, 6th Grade Teacher



## CHEER SISTERS



On Monday December 13, 23 out of the 30 cheer girls took the court in performing a routine they have been practicing very hard for. They danced to the song Christmas by Olivia Holt and shook their pom-poms all over the court. They had all ages of kids from little friends to 6 graders smiling and dancing their hearts out. In between the B and A games the Idalia community watched and cheered loudly for them. Their coaches, Alli Rice and Rachael Drullinger have put in lots of time practicing

with them getting ready for this awesome routine. Alli made all the girls cute Christmas cupcakes to congratulate them on their amazing performance. I cannot wait to see what else the cheer sisters have in store for us! Submitted by Kyndal Richards, InDesign Student

## SUPPORT YOUR LOCAL CONTINUING ED SCHOLARSHIPS

King Soopers has made it easy to support Idalia Vision Continuing Education. Each person's membership card will benefit Idalia Continuing Ed every time it is used.

Purchasing and using Safeway reloadable gift cards is very easy. Individuals buying these cards need to reload them at the register for whatever amount they choose. Loading this card can be done by using your credit card, check, cash or debit card. The card is swiped just like a credit or debit card. These cards can be used to purchase fuel at any Safeway gas station as well as buying groceries. It is easy to purchase and use a reloadable Safeway gift card. The initial cost of each card is \$10 which is already added to the card for you to use. Checks need to be written to Idalia Vision Continuing Ed and can be purchased at the school office.

All profits from the drink and snack machines and the use of Safeway gift cards and King Soopers loyalty cards are used to fund scholarships for student applicants. Safeway and King Soopers donate 5% back to Idalia Vision Continuing Education program every time your card is used.

Has your child received a scholarship from Continuing Ed in the past? Maybe they will be eligible to receive a scholarship in the future. What better way to show your appreciation for that scholarship than to support this program?

Idalia Vision Continuing Education committee members include Linda Evans, Kathy Wiley, Ken Brenner, Andrea Louthan, and Deb Crites. Please contact any of these people for questions.



## IDALIA-LIBERTY HOOPSTERS

Idalia and Liberty third through sixth grade students kicked off winter sports season playing basketball in the Wray city league. Games were held Saturday's throughout November. The 5th and 6th grade girls came out as champions dropping only one game all season and winning the December 4th tournament. The third and fourth grade girls won all their games playing the only Wray team in that division each week! Hoopsters practiced once a week in Liberty and were very lucky to have access to that space!

Coaches saw notable improvements in a short time and with few practices, and we're impressed but all the work the kids put in! The program was ran and coordinated by parents and volunteers. Thank you to all who helped car pool, coach, and organize. Watch for more hoop action after the new year! Coaches include Candice Monahan, Kelli Kite, Dara Weyerman, Darla Northrup, Lisa Richards, and Brian Lengel.



## Idalia Breakfast Menu January 2022

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	Quesadilla Yogurt Parfait	5	Bacon, Egg & Cheese Biscuit	6	Banana Bread Yogurt	7	Mini Waffles Scrambled Eggs
10	Muffin Smoothie	11	Breakfast Burrito	12	Biscuits & Gravy	13	Bagel Yogurt	14	Breakfast Round Breakfast Casserole
17	Breakfast Pizza Smoothie	18	Quesadilla Yogurt Parfait	19	Bacon, Egg & Cheese Biscuit	20	Banana Bread Yogurt	21	Mini Waffles Scrambled Eggs
24	Muffin Smoothie	25	Breakfast Burrito	26	Biscuits & Gravy	27	Bagel Yogurt	28	Breakfast Round Breakfast Casserole
31	Breakfast Pizza Smoothie								

**This institution is an equal opportunity provider**

## Idalia Lunch Menu January 2022

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	Chicken Fried Steak Mashed Potatoes Gravy Vegetable/Fruit	5	Pulled Pork Sandwich* Baked Beans* Fruit/Vegetable	6	Beef Burrito w/Green Chili Refried Beans Fruit/Vegetable	7	Pizza Green Beans* Fruit/Vegetable
10	Mac & Cheese Roasted Broccoli* Vegetable/Fruit	11	Lasagna* Garlic Bread Fruit/Vegetable	12	Chicken Strips Broccoli Salad Fruit/Vegetable	13	Shredded Pork Tacos* Chips & Salsa* Fruit/Vegetable	14	Nachos * Bean Salad* Fruit/Vegetable
17	Chicken * Garlic Bread Fruit/Vegetable	18	Salisbury Steak* w/Mashed Potatoes Gravy/Roll Fruit/Vegetable	19	Chicken Nuggets Broccoli & Cheese Vegetable/Fruit	20	Shredded Beef Tacos* Chips & Salsa* Vegetable/Fruit	21	Pizza Green Beans* Vegetable/Fruit
24	Corn Dog Corn* Fruit/Vegetable	25	Chicken Alfredo* Garlic Bread* Fruit/Vegetable	26	PBJ Sandwich Baked Chips Chicken Salad* Vegetable/Fruit	27	Tacos* Arroz Con Elote* Spicy Bean Salad* Fruit/Vegetable	28	Mac & Cheese Roasted Broccoli* Vegetable/Fruit
31	HB/CB Fries* Vegetable/Fruit								<b>Dessert Only On Fridays.</b>



# JANUARY 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 No School Teacher In-Service	4 2nd Semester Begins JH/HS BB vs. Lone Star	5	6	7 Kindergarten here HSBB @ St. Francis	8 JH/HS BB @ Hi-Plains
9	10 School Board Mtg	11 JHBB @ Woodlin	12	13	14 HSBB @ Otis	15
16 H&W Father-Daughter Fun Day	17	18 HSBB vs Wray	19	20 JHBB @ Bethune	21 HSBB @ Fleming	22 JH/HS BB @ Eads
23	24	25 HSBB vs Flagler	26	27	28 JH/HS BB @ Arickaree	29 JHBB Tournament @ Idalia
30	31					

Idalia School District RJ3  
26845 County Road 9.2  
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



IDALIA HEALTH & WELLNESS  
COMMITTEE

FATHER-DAUGHTER BOWLING & PIZZA

JANUARY 16 SUNDAY 3-5 pm

CENTURY LANES

210 4TH STREET, BURLINGTON



Name: \_\_\_\_\_ \$25  
of father & daughter

# extra girls (K-5th) x \$5 \$ \_\_\_\_\_

Total Due Wed., Jan. 12th \$ \_\_\_\_\_  
payable to Idalia School