



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

[www.idaliaco.us](http://www.idaliaco.us)  
Volume 27, 3rd Edition

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## Annual Pumpkin Patch Visit

Preschool through 1st grade recently took their traditional visit to the pumpkin patch! In their fun-filled morning they got to enjoy games, a maze, a crop history lesson, a hay ride, and of course, picking out a pumpkin! Thank you so much to Luke and Val Whitehill for an awesome field trip to their pumpkin patch! *Submitted by Crystal Richards, Preschool Teacher*



### Idalia Starlighters 4-H

Idalia Starlighters 4-H Club met for their first meeting on Oct 16th. The club voted to change our meeting start times to 4:30 pm for all future meetings. We will still meet on the 3rd Sunday of each month. Following the meeting we did our highway trash clean-up. Our next meeting will be November 20th for our annual Harvest Party and officer elections. *Submitted by Lenae Lengel*





# Wolf of the Month



Kye Towns is an 18-year-old senior on the High Honor Roll. Kye’s favorite subjects are ag and history and he could not name a favorite teacher, as he says he loves them all. Some of Kye’s hobbies and interests outside of school include working on the farm, building things, and working on vehicles. Kye names his parents (Jess and Chad) and grandparents as his role models and states, “They have taught me everything I know and set an example of how to act and carry yourself. I aspire to be as successful as my role models have been.” Kye shared that a “fun-fact” about himself is, “Through the NRA I have received the marksman, sharpshooter, and distinguished expert awards for my shooting.”

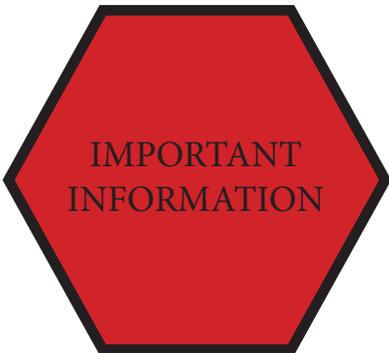


When asked to discuss an accomplishment that he is proud of, Kye responded, “I was recently able to buy my first welder and tools to start my own business after many years of work.” When asked to discuss a future goal, Kye stated, “I plan on attending a technical school and then return to the family farm, while also running a mobile welding and repair business on the side.” A piece of advice Kye offers to his classmates is, “Work hard for what you want and don’t be scared to fail. Show respect where respect is due, and you will be successful in your high school career.”

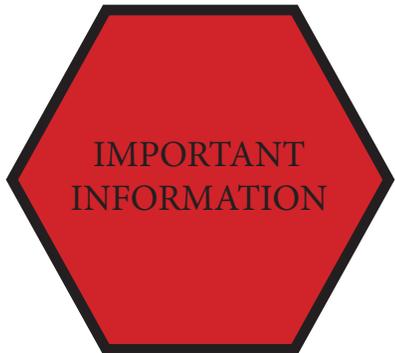
Mr. Johnson states, “Kye excels in the classroom and has been a constant on the High Honor Roll throughout high school. He is also heavily involved in extracurriculars such as FFA and football. Kye is one of the most even-keeled and reliable people you will ever meet. His quiet, steady demeanor, paired with his strong work-ethic makes him an excellent leader by example for our younger students. No matter what challenges and obstacles life throws at him, Kye never gets rattled and just puts his head down and works. Congratulations on being selected as Wolf of the Month Kye, and best of luck on all your future aspirations and adventures!” *Submitted by Myles Johnson, Superintendent*



*December newsletter  
articles due  
November 17th*



If anyone is willing to help run the clock for basketball games this year please contact Mr. Heinz ([heinzc@idaliaco.us](mailto:heinzc@idaliaco.us))



# FFA Report

During the month of October, the Sophomores placed 1st as a team at the District Range Judging in Prairie and proceed to go to State Range Judging in Seibert where they placed 4th. Each ag class did pals with the elementary where they painted pumpkins. After school, FFA students carved pumpkins. The last week of October several FFA students went to National FFA Convention in Indianapolis, Indiana. Next month there will be pals again surrounding the topic of Thanksgiving and there will be a chapter meeting towards the end of the month.



Sophomore Range Judging



Trent Hall placed seventh in the state, receiving a gold and first on the team.



Pumpkin Carvin'



Pals



## FBLA Report

Every year, FBLA hosts a canned food drive to donate items to the Manna Pantry. The elementary grades competed against each other and tried to collect the most canned goods to win a bag of

candy. Specific items needed included breakfast items, soup, and pasta meals. After two weeks, the first grade won with 124 cans. Overall, the elementary gathered over 300 canned goods to donate to the Manna Pantry. The kids learned about the importance of giving back to their community and had fun doing it. We appreciate the kids for their hard work and generosity. Good job elementary, keep it up! *Submitted by Sam Heath*

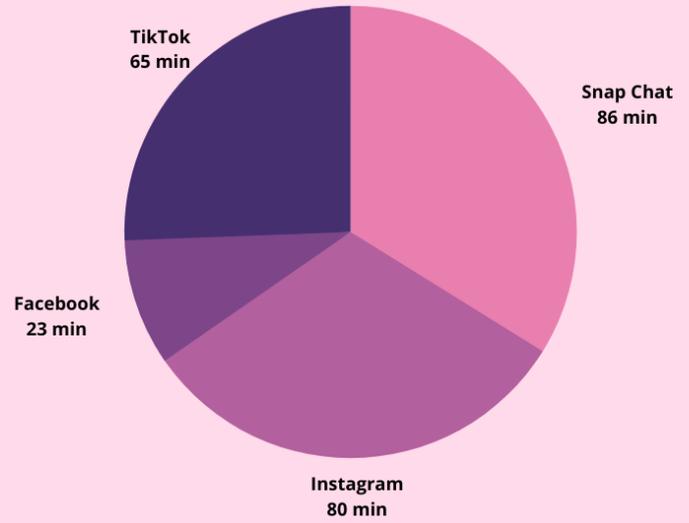


# Statistics Surveys

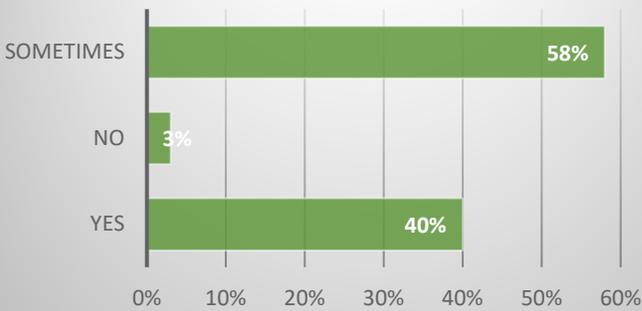
High school students were recently surveyed and asked questions. Each statistics student created a survey and had the high school fill them out. Then they were asked to create a chart showing the results of their project. See results on graphs. *Submitted by Alli Rice, Statistics Student*

## High School Students Screen Time Spent of Social Media Daily

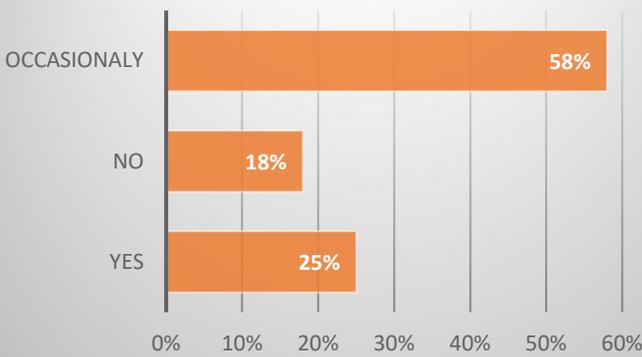
The chart below shows, on average, how many hours high school students spend on social media throughout the day. I sent a survey out to all the high school students that consisted of 5 questions. I asked how many hours they think they spend on their phones and how much time they spend on popular apps.



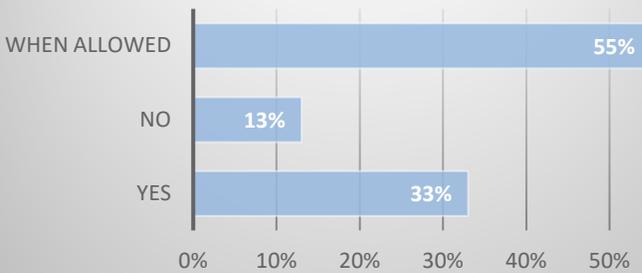
### Do You Pay Attention In Class



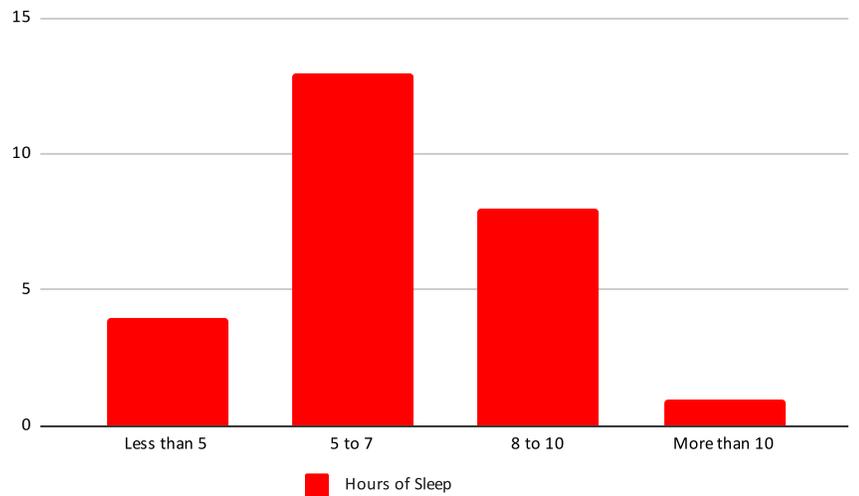
### Do You Take Notes



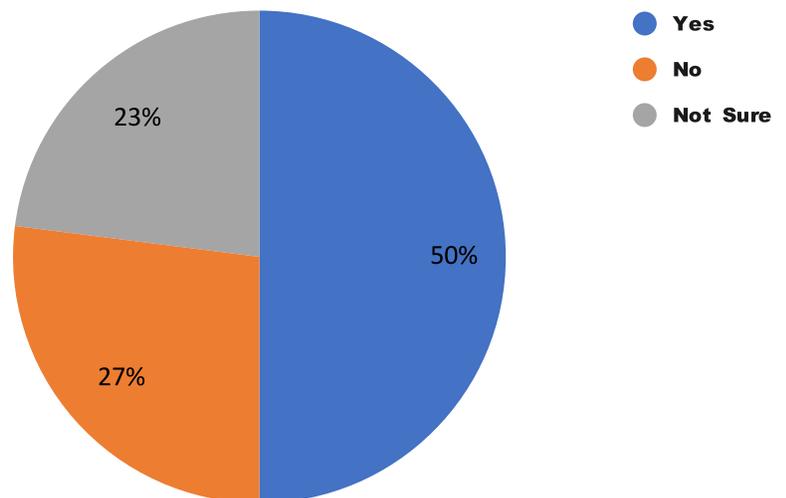
### Are You on Your Phone in Class



### Average Amount of Sleep



### Does the Amount of Sleep You Get Affect Your Performance in School?



## A Special Thanks!

Thank you to Kaden Terrell and Charli Soehner who have spent countless hours in the gym, football fields, and long bus rides to and from games this Fall to bring the Livesteamers to your devices. This is a very time-consuming job and these two are always extremely reliable and responsible. If you have ever enjoyed catching some of the Wolfpack action on your devices or the comfort of your home, be sure to tell Kaden and Charli thanks for a job well done!



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## College Visit

Idalia students hit the Springs! Students enjoyed the foggy view and misty weather at the University of Colorado Colorado Springs (UCCS) on a college visit. Students were able to explore the two educational environments of UCCS and Intellitec College furthering career exploration and their knowledge of educational pathways. *Submitted by Caprise Cominiello*



# Sources of Strength Campaign

Idalia's Sources of Strength group has completed their first campaign! Students decided to share the eight strengths with the school through the interactive means of a Plinko Board. Many students dropped the puck of the Plinko Board to land into one of the eight sources of strength: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health. Students then received a slip describing the characteristics of that strength. Participants were entered into a \$25 drawing won by Kagen Hoyda. Congratulations Kagen! Keep your eyes out for more student led campaigns to come!



Sources of Strength is an evidence-based best practice youth suicide prevention program designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. Sources of Strength incorporates a strength-based focus where Peer Leaders spread messages of Hope, Help, and Strength throughout their school and community. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard, they can leverage their strengths. *Submitted by Capriswe Cominiello, Student Advocate*



## October Board Meeting Minutes

On October 19th, the board meeting was called to order at 6:30pm. Those in attendance included board members Amber Hardwick, Jessica Towns, Dustin Weyerman, Ross Morris, Superintendent Myles Johnson, Assistant Principal Kristi Minor, and Business Manager Autumn Helling. Following the Pledge of Allegiance, the agenda was approved. Next, the September 28th minutes were approved. The Business Service Reports were then presented and approved. Mrs. Minor then provided her Principals Report, where she briefed the board on student discipline and attendance issues to date, along with recapping a recent Principal's Meeting she attended at the BOCES. Mr. Johnson then gave his Superintendent's Report, in which he briefed the board on current grant opportunities being pursued. Under "Discussion/Action Items," the Board approved a staff holiday bonus as presented. Under "Personnel," the Board approved winter coaching contracts as presented. The meeting was adjourned at 7:00pm and next meeting was scheduled for November 22nd at 7am. *Submitted by Myles Johnson, Superintendent*



# Making Healthy Choices this Holiday Season



With the holidays comes many opportunities to enjoy some of our favorite treats. Since we only make these goodies a few times a year, it's easy to get caught up the baking (and eating) of them! However, you can avoid the fatigue and extra pounds that can come along with crazy schedule, entertaining, and calorie-laden foods with some simple steps.

**1. Stick to an eating schedule FOR KIDS:** Thanks to school breaks, Christmas programs, and family visits, it's normal to have a crazy eating schedule during the holidays but try to stick to your usual routine as much as possible. Scheduling meals and snacks gives KIDS a sense of security that they know when they will eat, helping to avoid over-snacking and a lack of appetite at mealtime. Younger kids do best by eating every 2-3 hours, with three main meals per day, and healthy snacks in between.

**FOR ADULTS:** It is all too easy to show up to a party or family meal starving, then binging on everything tempting. Before you arrive, eat a healthy snack. When you arrive at the party, don't rush mindlessly to the food table to fill up on snacks. Instead, assess your hunger. To take even more control of your choices, bring healthy options to meals and parties. Use the smallest plate possible to reduce portion sizes and limit your alcoholic intake by drinking a glass of water after each one.

**2. Be a healthy role model** Spending more time with your child at home over the holidays makes it a fantastic opportunity to role model healthy eating behaviors. Kids will mimic your eating habits, so the more you choose healthy foods, the more likely they are to do the same. Eating more fiber-rich fruits and vegetables will fill you up faster and curb your appetite for sweets and other rich foods. Keeping healthy snacks readily available is a great way to ensure you always have nutrient rich snack options for both you and your kids. Keep a bowl of fresh fruit in the counter and washed carrots, cucumbers, peppers, and celery sticks in the refrigerator so when the kids (or you) feel the urge, a healthy option is easy to grab.

**3. Involve your kids in the kitchen and exhibit moderation** A wonderful way to spend time together during the holiday break is to spend time in the kitchen with them. Most children love spending this time with parents and you have the chance to teach them about your family food traditions, building skills that they will take into adulthood. It can also increase their interest in trying new foods, leading to experimentation with the things they have created. When you do decide to try all the goodies you have made together, you might consider the 80/20 approach during the holidays. 80% of the time eat nutritious, wholesome foods. 20% of the time allow yourself and your family members the opportunity to enjoy fun foods over the holiday season when they are often more abundant. Be careful not to label these as 'bad' foods, as this doesn't promote long term healthy habits. Instead, adopt a flexible, positive approach that allows everyone to indulge occasionally. Remember, the most important thing is not to make you (or your kids) feel guilty about enjoying the foods they love, but instead, learn to appreciate them in moderation!

**4. Put healthy foods front and center** Encourage kids to reach for the fruit rather than the candy bowl by keeping fruit easily accessible. Cutting up fruit into smaller pieces makes it an easy choice. Seasonal produce such as pears, apples, bananas, and citrus are affordable this time of year. Mandarin oranges and clementines are easy to peel, allowing your kiddo to foster their own independence. For holiday events, channel their creativity by assembling an edible centerpiece in the shape of a Christmas tree. A combination of berries, kiwis, and melon to bring a festive flair to your kitchen. Plus, by making fruit attractive, kids are likely to eat more!

**5. Serve fruit for dessert** Seasonal produce is a treat! You can find fun ways to utilize fresh fruit in desserts. Warm up frozen fruits like cherries or fresh apples with a sprinkling of cinnamon or drizzle strawberries or orange slices with melted chocolate to cater to their chocolate craving.

**6. Get moving!** To burn extra calories, increase your exercise routine throughout the holiday season. Explore outdoor activities with your kids, like ice skating, sledding (pulling the sled uphill burns a LOT of calories), and even walking while shopping help burn calories. Make it a habit to leave the dishes after dinner and go for a walk. These are just a few ideas to help your family avoid extra pounds and balance healthy foods with traditional treats this holiday season. Remember that your kids are watching you make choices, so be a great model for health behavior!

*Submitted by Lynne Cody, Health and Wellness Committee*

# Wolf on the Loose!



This month's wolf on the loose is Priscilla Cruz, a junior at Idalia High School. Priscilla chose to obtain her CNA while working as a Hospitality Aide at Grace Manor. "It was an opportunity I couldn't let go to waste because it was something I was interested in knowing more about" states Priscilla. When asked about her long-term goals in accomplishing my CNA, Priscilla's answer is "to continue working while finishing high school and pursuing my chosen career in the future."

Priscilla started working at Grace Manor last spring. She has now been working with Grace Manor for about six months! Priscilla states that her favorite thing about working there is the residents. "They all are different in their unique ways and I enjoy listening to the stories they have to tell me. It's interesting to learn more about them and about what they used to like. You can tell how happy it makes them to talk to someone about things that brought them good memories." Says Priscilla when asked why she named the residents as her favorite part of working at Grace Manor.



Working and going to high school can be hard for some, so we asked how she keeps a balance of both. Priscilla answered with, "In order for me to maintain a balance between school and my job, I try to be organized and ensure that it is something I can accomplish while maintaining good grades." Priscilla also plays volleyball which has not allowed her to work at Grace Manor but when the season is over, she will resume her job there like she did last year. When asked if she had any advice for those who were looking to do the same, she said, "One day it will pay off. This can make you be more responsible and respectful and show you how the real world is going to be. I believe it is worth the stress if you are someone that is trying to be successful one day."

During her spare time, she enjoys hanging out with friends and family. Art and anatomy are two of Priscilla's favorite classes. One of her favorite teachers is Mrs. Moberly. "She is a fantastic art instructor and always has patience for everyone. Thanks to her I have been able to create art projects that I would have never thought I was capable of doing". After high school Priscilla would like to go to college to become a diagnostic medical sonographer. She hopes that in 10 years she will have her career finished and also hopes to travel for fun. When asked, "What is one piece of advice you would give other kids before you leave Idalia?" She answered with, "never be scared to go for opportunities that are out of your comfort zone. It is the only way for you to learn valuable lessons and reach your dreams one day."

Below is a quote by Sue Heath, Priscilla's 5th Grade teacher:

***"Priscilla has grown into a responsible, dedicated person. She shows initiative to give back by getting her CNA License. As a student she shows her peers how to overcome adversity by returning to sports this fall. She is an exceptional student and overall great human."***

***--Sue Heath***

# Giving Hands

Giving Hands of Yuma County is once again aiding families in need to ensure all children in Yuma County enjoy a quality Christmas. If you would like assistance in ensuring your child(ren) receive a Christmas gift this year, please contact Miss Cominiello by 12/05.



*\*All requests will be completely confidential.*

*\*\*Elementary students will receive priority if there are a limited number of gifts available*

Giving Hands del condado de Yuma está ayudando una vez más a las familias necesitadas para garantizar que todos los niños del condado de Yuma disfruten de una Navidad de calidad. Si desea asistencia para garantizar que sus hijos reciban un regalo de Navidad este año, favor de llamar a la Sra. Cominiello or Sra. Garton antes del 12/05.

\* Todas las solicitudes serán completamente confidenciales.

\*\* Los estudiantes de primaria recibirán prioridad y hay un número limitado de regalos disponibles.



The 2023 Northeast Colorado Regional Science Fair will be held on Thursday, March 2 in Sterling on the NJC Campus. Twenty winners at this level will proceed on to the Colorado Science and Engineering Fair at Colorado State University on April 13, 2023.

To compete, students must be enrolled in grades 6 – 12 at a school within Yuma, Logan, Philips, or Sedgwick County for the 2022-2023 school year. Individuals or teams of up to three students can compete. Students will select a project, complete research, prepare a poster and give an oral interview to judges at the regional fair. Research must follow the scientific method to be considered.

Registrations are due by February 2, 2023, and preliminary forms are due by February 9, 2023, so that the Scientific Review Committee has time to review the projects.

This would be a great opportunity for Idalia students to explore a topic of interest to them and receive recognition for their efforts among the scientific community. Various sponsors offer cash prizes to winners in specific research areas as well.

If you have any questions or would like further information, contact Cindy Soehner at the Idalia School.

*The*  
**IDALIA VISION**  
**FOUNDATION**

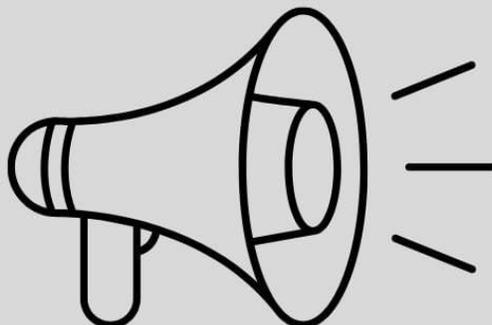
**ANNUAL MEETING**

**NOV 15 2022 / 6:00 PM**

*At the*

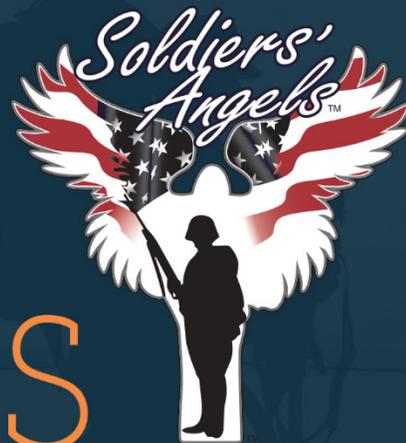
**Idalia School Cafeteria**

**ENJOY THE BURGER BAR WITH ALL  
THE FIXINGS, AND STAY FOR A  
SHORT OVERVIEW OF THE  
FINANCIAL REPORT, PREVIOUS  
YEAR OVERVIEW, AND UPCOMING  
PROJECTS!**



*Soldiers' Angels*

# TREATS FOR TROOPS



## GOT CANDY?

Don't get stuck with piles of leftover Halloween candy this year! Donate your excess candy to Soldiers' Angels Treats for Troops.

Soldiers' Angels will get this candy to our Troops and Veterans for a sweet treat!

Idalia Elementary 7<sup>th</sup> Annual  
Candy Buy-Back Competition  
November 1<sup>st</sup> – November 12<sup>th</sup>

K-5 classrooms will each have a bucket to collect all wrapped candy to be sent to the troops overseas!

Sponsored by Idalia Health & Wellness Committee

Shipping costs generously donated by Dr. Melvin Dunn, DDS

Soldiers' Angels is a national 501 (c)(3) nonprofit organization that provides aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, their families, and a growing veteran population.

Gifts to Soldiers' Angels are tax deductible as allowed by law. Tax ID# is 20-0583415.



**For more info & locations to donate:**  
[www.SoldiersAngels.org/TreatsForTroops](http://www.SoldiersAngels.org/TreatsForTroops)



# The Cubs Den 2022 Fundraiser



## CAJUN BOIL & DUELING PIANOS

SATURDAY, NOVEMBER 19TH

Idalia Fire Hall

.....

Doors Open 5:30pm  
Dinner 6:00pm

.....

Tickets \$40.00

970.833.0130  
text preferred

.....



Tickets available from any board member (Katie, Crystal, Luke, Greg, Lenae)



## Idalia Breakfast Menu November 2022

A Selection Of Milk Offered Daily-----Fruit And Juice Offered Daily----A Variety Of Cereal Offered Daily

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Breakfast Pizza	2	Bacon Egg & Cheese Biscuit	3	Bagel	4	No School
7	Muffin	8	Breakfast Burrito	9	Biscuits & Gravy	10	Pancake On A Stick Yogurt	11	No School
14	Waffles Scrambled Eggs	15	Breakfast Pizza	16	Bacon Egg & Cheese Biscuit	17	Banana Bread Breakfast Casserole	18	No School
21	Muffin	22	Breakfast Burrito	23	No School	24	No School	25	No School
28	Waffles Scrambled Eggs	29		30					

**This Institution Is An Equal Opportunity Provider**

## Idalia Lunch Menu November 2022

Fruits And Vegetables Offered Daily. ----A Selection Of Milk Is Offered Daily.----Menu Is Subject To Change.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Chicken Alfredo Garlic Bread Salad Bar	2	Mac & Cheese Corn Salad Bar	3	THANSIVING DINNER Salad Bar/Dessert	4	No School
7	Spaghetti W/Meat Option Salad Bar	8	Chili Breadstick Salad Bar	9	PBJ Sandwich Chicken Salad Baked Chips Salad Bar	10	Shredded Pork Tacos Chips & Salsa Salad Bar / Dessert	11	No School
14	Chicken Rice Bowl Salad Bar	15	Lasagna Garlic Bread Salad Bar	16	Pulled Pork Sandwich Baked Beans Salad Bar	17	Beef Burrito Green Chili Refried Beans Salad Bar/ Dessert	18	No School
21	Chicken Strips Coleslaw Salad Bar	22	Cheesy Nachos W/Ground Beef Salad Bar	23	No School	24	No School	25	No School
28	Chicken Nuggets Corn Salad Bar	29	Pizza Green Beans Salad Bar	30	Hamburger/CB Fries Salad Bar				

**Idalia School District RJ3**  
**26845 County Road 9.2**  
**Box 40**  
**Idalia, CO 80735**

**IDALIA MISSION STATEMENT**  
 Idalia School District RJ3 will provide each child with the knowledge, skills, and qualities to become productive citizens upon graduation.

**November**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Walk/Bike to School	3	4 No School Regional VB	5 Regional VB
6	7 FBLA Work Night	8	9	10 State VB	11 No School State VB	12 State VB
13	14 FBLA Work Night Accountability Meeting	15	16 FFA Chapter Speaking Night	17 Senior VB Games @Otis	18 No School	19
20 H&W 3-on-3 Tournament	21	22 School Board Meeting JHB vs JHC JHBB vs Cheyenne Wells VG-BB Scrimmage @Wray	23	24	25	26
27	28 FBLA Work Night	29 JHBB @Woodlin	30	<b>THANKSGIVING BREAK</b>		