



Weekly Update

Aldo Leopold Charter School

March 6, 2018

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<http://www.aldocs.org/>

www.facebook.com/aldoleopoldhs/

News for all

Lunch menu

Wed 3/7 Cheese quesadillas, black beans, shredded veggie salad and fruit

Thurs 3/8..... Club sandwich, corn on the cob, Caesar salad, and fruit

Fri 3/9..... NO LUNCH EVER!!!

Mon 3/12-Fri 3/16: **Spring Break !!!!!**

Mon 3/19 Cheese or pepperoni pizza, antipasto tray, chef's salad, and fruit

Tues 3/20..... Spaghetti bolognaise, whole grain roll, roasted veggies, mixed salad, and fruit

Spring Break

Spring break is coming up and we hope you're planning on having plenty of vegging-

out time! Here's the schedule: Spring Break officially starts on **Monday, March 12!**

So from **March 12 to March 16** *YOU SHOULDN'T BRING YOUR CHILDREN*

TO SCHOOL!!!!!!!!!! But please bring them **back on Monday, March 19.**

SOTM!!!

(Students Of The Month)

The Students Of The Month for March are (drumroll, please) **10th**

grader Katrina Estrada, and 8th Heather Hillyer! Both girls were chosen because

they have grown socially and academically. They've both become more confident and

in the process seem to have found their voices, which we are so happy to hear.

Next year is sooner than you think

If you know someone who would like to attend Aldo next school year (it's true that many of us wish we had gone to a school like Aldo, but sorry, adults, we are talking about school age peeps) they must submit an application for the lottery. It is small hoop to jump through to attend our public charter school, but alas, it must be done. Click [here](#) for a link to the page on the new and much-improved website (thanks, Bridgette Johns!) for the information and application.

Committees

SHAC..... Wed 3/7..... 4:30 p.m..... Jim's room
GC..... Wed 3/7 5:30 p.m..... Ms. Chaney's room
Risk Mgmt Tues 3/20 4:30 p.m..... Jim's room
Policy Wed 3/28..... 8:40 a.m..... Mr. Sherwood's office
SHAC= School Health Advisory Council
GC= Governing Council

Since money doesn't grow on trees

The annual **ALCS spring fundraising event** will be Saturday, **May 5** from **6-8 P.M.** at **Miller Library** on the **WNMU campus**. **Tickets are \$25** and go on sale **Thursday March 15**. You can call Cathie or Andrea to reserve tickets or come to the school and purchase them. This year's theme is "Above and Beyond the Classroom" and will include dinner and a program. All funds raised help support experiential education at our school.

It does the body good

We have noticed students consuming a lot of sugar. It is difficult for students to give their best when they are crawling their way out of a sugar crash. Making healthy food choices is challenging for lots of reasons, budgets and time being two big ones. Here are 7 rules from UC Berkeley journalism professor-turned-food-scholar Michael Pollan that might help to simplify the confusion many of us encounter around food choices.

1. Don't eat anything your great grandmother wouldn't recognize as food. "When you pick up that box of portable yogurt tubes, or eat something with 15 ingredients you can't pronounce, ask yourself, "What are those things doing there?" Pollan says.
2. Don't eat anything with more than five ingredients, or ingredients you can't pronounce.

3. Stay out of the middle of the supermarket; shop on the perimeter of the store. Real food tends to be on the outer edge of the store near the loading docks, where it can be replaced with fresh foods when it goes bad.
4. Don't eat anything that won't eventually rot. "There are exceptions -- honey -- but as a rule, things like Twinkies that never go bad aren't food," Pollan says.
5. It is not just what you eat but how you eat. "Always leave the table a little [hungry](#)," Pollan says. "Many cultures have rules that you stop eating before you are full. In Japan, they say eat until you are four-fifths full. Islamic culture has a similar rule, and in German culture they say, 'Tie off the sack before it's full.'"
6. Families traditionally ate together, around a table and not a TV, at regular meal times. It's a good tradition. Enjoy meals with the people you love. "Remember when eating between meals felt wrong?" Pollan asks.
7. Don't buy food where you buy your gasoline. In the U.S., 20% of food is eaten in the car.

High School

Getting to know where you are

Friday, March 9 the CO class will be hiking and rock climbing along Cherry Creek. DO NOT forget your **BIG 5** (*wide brimmed hat, water bottle, lunch, journal/pencil, and sturdy shoes*).

YCC/internships

This week yes. Next week no.

From the high school Health teacher

My health classes are doing a tobacco cessation campaign and on **Tuesday March 20** they will be **picking up cigarette butts** off the side of the highway and counting them (this will be part of a press release). The next day these health students will be hanging 'dirty laundry' with tobacco facts written on them, at various business and public places.

“Global” summit

On **Wednesday, March 21**, sophomores will present their projects at a global summit at the GRC. **Ninth-graders** present at the GRC **the next day**. **Juniors** will also present on **Thursday March 22**, but on campus and to their teachers.

Because science.....

Envirolympiad is Thursday, March 29. Ninth- and Tenth-graders will go to San Vicente Creek to learn about environmental science and compete for a spot on the envirothon team (along with the eco monitors). The envirothon team will go to Capitan, NM to compete the weekend of Earth day (April 20th-22nd).

A long time comin’

On **March 21 at 4:00** in Ms. Aversa’s room, **Avery** will be hosting a meeting about a possible **Costa Rica trip** (!!!) The meeting is open to students who will be in high school next school year (so that includes current 8th graders), parents, and staff. We will be talking about how this trip will be possible (lots of fundraising). If you want to know more about the trip, come to Avery’s meeting!

Will write for food and health and beauty aids

Silver City Food Co-op is hosting an essay contest for all high school students. The Co-op is looking for talented writers to capture the essence of a cooperatively run business.

Rules:

1. You must explain what a cooperatively run business is and how it works.
2. Why is it important/unimportant for local economies?
3. You must not exceed the 500 word limit.
4. You must email your essay to Whitney@silvercityfoodcoop.coop by midnight on **Friday, March 30th**.
5. **Winner** will be announced by **April 7th**.

-First place will be published in the Co-op May newsletter, the *Garbanzo Gazette*. Get a Silver City Food Co-op T-shirt and a **\$100 gift card**.

-Second place will be published on our blog. Get a Silver City Co-op T-shirt and a **\$50 gift card**.

Middle School

Let the testing begin

7th grade students will take the SBA Science assessment **March 5, 6, and 7** in the mornings. Encourage your 7th grader to get plenty of sleep and feed them a healthy, brain-boosting breakfast so they can do their best. Show what you know...BECAUSE SCIENCE!

Rock on!

It's here! It's here! **The City of Rocks Campout!!** The middle school will be out of the building starting at **9:30 a.m.** (I'm *so sure* we will be on time) on **Thursday March 8** and your dusty kid will be available for pick-up on **Friday, March 9** by **3:30 p.m.** In between we will be exploring the rocks, learning about the planets, birds, geology, plants, writing about things that matter, eating, and sleeping (don't laugh! This *is* going to happen!) Your child should have brought home a **colorful** packet with all the dos and don'ts, packing list, and permission slip. If this is not something you've seen, click [here](#) to view or print out, or pick one up at the school. If you have any questions or concerns, contact one of your child's teachers.

Community Events

Let's head to the Movies!!!!

At the Silco Theater

Black Panther

PG-13

March 5- 8/ 4:00pm/7:30pm

Duration: 2h 15m

Call Me by Your Name

R

March 9-15/ 3:30pm

Duration: 2h 12m

The Post

PG-13

March 9-15/7:30pm

Duration: 1h 57m

<http://www.thesilco.com/>

At Light Hall Theater

Pitch Perfect 3

PG-13

March 9-10/7pm

March 11/2pm

Duration: 1 hour 33m

<http://movies.wnmu.edu/?lang=en>