

Live Learn Lead



The middle school at Jaurequi (aka Spring Street) Park

ALDO LEOPOLD CHARTER SCHOOL

WEEKLY UPDATE

January 14, 2019

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

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We can see clearly now

Welcome to 2020 (vision)! The spring semester is always so so busy with trips, testing, projects, and senior events (OMG, *they are going to leave us!!*). We will make every effort to keep the calendar up to date. Sometimes circumstances out of our control force us to change plans and we ask that you float like a butterfly as we need to be flexible to accommodate a variety of factors. Here is a run-down of the semester ahead.

January

Fri. 17

Last day to sign up for internships/YCC (HS)

Mon. 20

Dr. Martin Luther King, Jr. Day- **WE HAVE SCHOOL**

Th 30 - Fri 31

Outdoor club ski trip (tentative-HS)

February

Th 6 - Fri 7

Student-Led Conferences (MS)

Fri 7

Student-Led Conferences (HS)

Mon 10

Winter Count (Community Orientation-HS)

Mon 17 Presidents Day - *No School*
Tues 18 In-Service - *No School*
Mon-Th 24-27 Sophomore trip to Arizona (HS)

March

Wed 11-Th 12 City of Rocks Camping Trip (MS)
Fri 13 In-Service - *No School*
Mon 16-Fri 20 Spring Break - *No School*
Mon 23 Projects Due (HS)
Sun 29-Th April 2 Junior Trip to Mexico (HS)

April

Th 2-Fri 3 Cosmic Campout (Community Orientation-HS)
Fri 10 Good Friday - *No School*
Mon 13 In-Service - *No School*
Tues 7-Th 9 Project Presentations (HS)
Sat 18 Prom (tentative-HS)
Mon 20-Fri 24 Senior Trip (HS)

May 15

Fri 15 Art Show (tentative-MS & HS)
Sun 17 Graduation (Seniors!)
Wed 20 Field Day Last Day of School *Half Day* (MS & HS)
Th 21-Fri 22 Inservice

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.” Dr. Martin Luther King, Jr.

So, given this idea from this great American, it makes sense that we are in session on the third Monday in January, the 25th time we honor Dr. Martin Luther King, Jr. in our country with a day of service. The Corporation for National and Community Service has been leading the effort to honor MLK with “A day on, not a day off” for the past two and a half decades. Last year the high school spent the day learning about Dr. King and his non-violent protest movement to demand civil rights. This year the high school will be focusing on the Women’s Rights Movement in honor of 2020 being the 100th anniversary of voting rights for women in the United States. The middle school will also focus on the contributions of women, but within each class and subject.

Check this off your list of New Year's Resolutions

If, going into the new year, you resolved to give more to your community, consider volunteering to support the lunch program at the middle or high school. This might involve picking up food from the Guadalupe Montessori where lunch is lovingly prepared and bringing it to one of the campuses. Or it could be serving lunch to the masses of hungry and grateful learners. If getting in better shape is on your to-do list for 2020, think of this as strengthening your figurative heart. Call Andrea (middle school) or Cathie (high school) to sign up now!

When I was a kid....

Sodas were the worst thing a kid could purchase and consume. Nowadays, there are a lot of other very tempting poisons in a bottle or mega-size cup from a fast food restaurant, and these drinks are being seen too frequently around the high school campus (the middle school long ago banned these sugary caffeinated drinks). These excessively sugared and caffeinated drinks, while tasty as heck, do not help students to focus and participate in class, rather, quite the opposite. So the members of the School Health Advisory Council put their heads and hearts together and created the following policy that will now be enforced on both campuses. Please help the school support your child as a learner by encouraging choices that support their all-around growth and health.

Sugary Drink & Energy Drink Policy

Students at ALCS may not drink manufactured sugary drinks or energy drinks on campus during school hours or during school activities. By "manufactured sugary drinks," we are referring to drinks like sodas, Frappuccinos, milk shakes, Slushies, and drinks that list sugar as one of their first 3 ingredients. By "energy drinks," we are referring to drinks that contain excessive concentrations of caffeine or other stimulative additives. For now, we would like to avoid creating a long list of such drinks; our goal is for students to consume healthy drinks and for them to form lifelong healthy habits.

Passed by the School Health Advisory Committee on December 11, 2019

Amended & approved by the Policy Committee on January 8, 2020

Similarly....

Phones were bulky things that hung on the wall or sat on a special table or cabinet set up with the phone directory and paper and pens for taking messages. Now everyone has one in their pockets and it connects them to the whole world. While this is super cool it is also super distracting. The high school will be stricter about the use of phones during class time and will enforce the middle school policy:

1st time- Warning and phone goes back in backpack

2nd time- Teacher keeps phone till the end of class

3rd time- Phone is taken to the office and the parent must pick it up.

4th time- Student must turn in phone to the office or administrator at the beginning of the school day and pick up after school.

For a refresher here is the [policy on technology](#) from the Parent/Student handbook.

Macho, macho, man....

The **Cultural Geography/Economics and Environmental Science** classes will be going to **Macho Springs Wind Farm** (on the way to Hatch) on **Thursday, January 16**. Students must turn in their [permission slip](#) and [release of indemnification](#) by Wednesday, January 15. The bus full of kids will leave the school at 10:45 and will return by the close of school business at 3:40. Bring the BIG 5!

From the Business Office (though we just prefer to affectionately say, “Harry”)

Please check your child’s PowerSchool page for their balance through the end of November. Click on “Lunch” on the left-side menu, under “Administration.” December’s lunch fees should be posted this week. (If your child is part of the federal free lunch program, you can ignore this, of course.)

We are so lucky to have this place

The **Community Orientation** class (now 9th graders only) will spend the first half of Friday watching a film about the geology of North America. Then they will traverse to the wilds of **Boston Hill** to get an up close and personal look at some of those rocks. BIG 5 is necessary!

Déjà vu

The **middle school** will also be walking on **Boston Hill** on **Friday**. This treasure of a place has been worked on recently with miles of new trails intended for mountain bikes. These Blue trails (so named because they are marked with blue posts) make for really fun, swoopy walks. Be sure to check the forecast in the morning before sending your kid out the door! The BIG 5 is a graded must: hat, 2 water bottles (with water in them), a healthy lunch and snacks, journal and pencil, and good walking shoes (we will be on our feet all day).

Nursing Notes: ‘Tis the Season

It turns out that Holiday Break was not so merry for some of us—especially those who spent their “time off” feeling more or less like they’d been run over by all 36 boxcars in a last-minute Christmas delivery train. I’m speaking, of course, of the flu sufferers—and apparently there were many in the Aldo school family.

Thus my annual note about flu season. What follows is familiar and common-sense advice, but it’s worth revisiting. All information herein is lifted from the conscientious folks at the Centers for Disease Control. The main point: unless you are in a high-risk group or your symptoms get out of hand, you won’t need to report to the emergency room if you come down with the flu. Do what you can to keep from spreading the illness to others and of course—as always—wash your hands! By the way: Many thanks to our custodial staff for wiping down door handles and other germly surfaces over Holiday Break—and to staff and students who are coughing into their elbows and scrubbing an extra moment at the sink.

Flu Symptoms

Influenza (also known as flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills

- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Worth noting: Some people may have vomiting and diarrhea, though this is more common in children than adults.

**Also worth noting: Not everyone with flu will have a fever.*

What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care.

If, however, you have symptoms of flu and are in a high risk group, or are very sick or worried about your illness, contact your healthcare provider (doctor, nurse practitioner, physician's assistant, etc.).

If you are in a high risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high risk status for flu. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because the benefit is greatest if treatment is started within 2 days after illness onset.

Speaking of going to college....

Rotary Club Offers College Scholarships for Graduating Seniors

Each year, the Silver City Rotary Club offers two **\$1,500 college scholarships** to qualified graduating seniors from Grant County high schools. The 2020 scholarship application is now available online by going to the Rotary Club website at www.silvercityrotary.org and clicking on the College Scholarship Application link on the home page.

This year's application deadline is **March 15, 2020**. By that time, not only the online application but also all supporting materials must have been submitted to the club. Questions about or requests for help with the application process should be directed to Peter Falley at (575) 388-2004.

Rotary is an organization of business and professional leaders united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. Rotary is the world's oldest and largest service organization, with more than 1.2 million members in more than 168 countries. Since its founding in 1923, the Silver City Rotary Club has provided support and service to numerous non-profit organizations and civic causes in Silver City and Grant County as well as supporting and participating in humanitarian projects sponsored by Rotary International.

Speaking of taking good care of your biome....

We go out and away from the school building a lot here at Aldo. When we leave, students need to have some water with them. To do right by our beautiful planet, please, parents, be sure your child has a reusable water bottle or two with them. We know that it is super easy to pick



up one of those plastic wrapped cases of disposable water bottles at the grocery store and then have them on hand at home to grab easily. But: “Americans purchase about 50 billion water bottles per year, averaging about 13 bottles per month for every person in the U.S.! That means by using a reusable water bottle, you could save an average of 156 plastic bottles annually.”

(<https://www.aiga.org/case-study-watershed>) You can purchase a reusable water bottle at many local stores. The thrift stores in town always have them for as little as just a couple dollars. For more information on the impact of plastic on our planet read this [article](#) from the Guardian, a British based publicly supported newspaper.

Roz Chast *The New Yorker*
12/18/2018



A worker sorts plastic bottles at a recycling centre on the outskirts of Wuhan, Hubei province, China.
Photograph: Jie Zhao/Corbis/Getty Images