



Aldo Leopold Charter School



Weekly Update



(Brought to you by the Middle School Journalism Class)

February 26, 2019

(575) 538-2547

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

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News for all

Lunch Menu

Wednesday 27....Chicken Fajitas, Pinto Beans, Shredded Veggie Salad, and Fruit

Thursday 28....Chicken Parmesan, Noodles, Roasted Veggies, Caesar Salad

Friday 29....No lunch. All students off campus. Pack a lunch.

Monday 4...Turkey & Cheese Wraps, Sweet Potato Fries, Mixed Bean Salad, Fruit

Tuesday 5...Tomato Soup, Grilled Cheese Sandwich, Roasted Broccoli, Garden Salad, and Fruit

“Snow” day

On Fridays many of our students are outside all day, so if you saw the forecast for last Friday we are quite sure you understand why Aldo students got the day off.

Having students on the roads and out in the weather with a 100% chance of snow

falling caused enough concern that it made sense to follow the Benjamin Franklin axiom of “An ounce of prevention is worth a pound of cure.” The school sent out a text, a phone call, and a voice message. For some this may seem like overkill. But each family has its favorite way to communicate with the school, so we need to address all of these. Thank you for sending your child(ren) to our unique school and for supporting us in keeping them safe.

Committees

Wed, Mar. 6....SHAC - 4:30pm to 5:45pm - Jim’s room

Thu, Mar. 7....SAC Committee - 5:00pm to 6:30pm - Mr. Sherwood’s office

Tue, Mar.7....Governing Council Meeting - 5:30pm to 8:30pm - Ms. Chaney’s

Feed the children!



Guess what? WE **NEED** LUNCH SEVERERS! Call Cathie to help. (575) 538-2547.

Calendar

Mar. 4-7.....Border Awareness camping trip - 10th grade

Mar. 11-15.....**SPRING BREAK** - everyone!

Mar. 18.....Inservice - Staff only

Mar. 21-22.....City of Rocks - 6th & 7th grade

Mar. 28-29.....City of Rocks - 8th grade

The 8th graders make us proud!

On the 22 of February the whole 8th grade class took a test called the “National Assessment of Educational Progress” (NAEP for short). Our brilliant school was randomly selected to participate in this nation wide test. This test is not a competition. It is about collecting data that will be analyzed to improve our nations educational system. Aldo is very pleased to have been told by the proctors

that our “8th graders were like a breath of fresh air” What they are implying is that they were really impressed by us!

A couple of our favorite students

Our wonderful students for the month of March are... (suspense build)...**Aria in 8th grade** and **Ava in 11th!** Aria is a consistent, thoughtful leader and a dedicated and conscientious student. Ava was chosen because of her dedication to the experiential education mission of the school. She advocated articulately and forcefully to State Senators to support charter schools by voting against SB1 (which would cut small schools funding). We are all super duper grateful to have such wonderful students as these two here at our wonderful school!

The Invasion of the Winter Vomiting Bug

It’s not the latest blockbuster horror sci-fi—just the usual “stomach bug” that plagues us each winter. Winter 2018-19 has so far recorded a slightly higher number of cases than at the same time last year, but we’re not really facing an “epidemic.” Nonetheless, the winter stomach bug—caused by the Norovirus—is unpleasant and to some degree preventable. It appears that we’ve had a few cases among our school family already, but we can limit the number of afflictions with that old standby preventative, **handwashing**.

Although some people call the misery caused by the Norovirus “the stomach flu,” the disease itself isn’t really the same as influenza. According to WedMD.com, here are some key facts about “Winter Vomiting Bug”: People become infected with the Norovirus when they eat contaminated food or drinks. You can also become infected if you touch a plate or glass or counter with the Norovirus present and then touch your nose, mouth, or eyes. The virus is highly contagious and can survive temperature extremes—so don’t blame poor “hygiene habits” if you come down with the disease. But handwashing certainly helps, so—as always—make handwashing a habit.

If worse comes to worst and you or someone close to you comes down with a bout of vomiting or diarrhea, be sure to clean up the area where you were sick. It’s ugly to visualize, but the virus can actually spread through the air during a bout of vomiting and contaminate bathroom surfaces, like your sink. It’s no wonder that Norovirus can spread like wildfire among family members or dorm roommates.

To make matters worse, you can harbor the virus before you begin to feel miserable, so you can unwittingly spread the virus to loved ones. Once you come down with the bug, expect to be miserable for at least a day, and sometimes up to three days. Your goal during this

affliction is to stay hydrated (sometimes, supplemental electrolytes are necessary) and to avoid spreading the virus to others. Stomach cramps, vomiting, and diarrhea are common. If your symptoms last longer than three days, it's time to see your healthcare provider.

You can return to school 48 hours after your symptoms pass (if you have a food-service job or restaurant internship, WebMD recommends waiting 72 hours.) If you'd like more detailed info about Norovirus—in case I haven't sufficiently horrified you already—visit this [WebMD article](#).

In parting, I will offer a little good news: Norovirus outbreaks tend to peak in February and March, so as we return from Spring Break, we'll see the Invasion of the Winter Vomiting Bug recede.

High School

Border awareness

10th graders will be going on a field trip **Monday, March 4 at 5:00 am** to become more aware about border issues. They will be going to the following places: Nogales border patrol compound, Arivaca Lake humanitarian aid stations, The Biosphere II, Casa Grande Hohokam site, The Musical Instrument Museum in Phoenix and the Oak Flat sacred area for the San Carlos Apaches. Students will return **Thursday, March 7** between 4:00 and 5:00 pm. Trip chaperones: Maddy Alfero, Orian Macdonald, and Pete Rankin.

C.O. 2.0

This **Friday, March 1**, the half of the Community Orientation class who last week went to the **Wolf Sanctuary**, will be going to **Allen Springs**. The half that last week went to **Allen Springs**, this Friday will go to the **Wolf Sanctuary**. They will be leaving the school at the regular time, 10:25. They will bus there and then hike within 5 miles of Gomez Peak trailhead.

Middle School

Dream Makers Trip

For the third year running, Ms. Chaney will be taking the 7th and 8th grade Dream Maker club to **Albuquerque** to tour the **Health Science Center at UNM**. They will leave **Thursday, February 28** sharing a bus with the Dream Maker Clubs from **Deming** and **Silver** who also have ambitions to have careers in the healthcare field. They get to go to the movies! And stay in a hotel! (Ms. Chaney deserves an award.) They will be back at **La Plata** by **8:00pm** on **Friday, March 1**. All [relevant info](#), permission slips, etc...can be found on the school's website.



Hiking

This Friday the middle school will be going hiking! Half of the group will be going to the Big Tree and the other half will be going the Dragonfly Trailhead. Look for spring!

And don't forget the Big 5!

- 2 Water Bottles
- Sturdy Shoes
- Journal and Writing Supplies
- Lunch

PLUS

- ALCS t-shirt

Community Events

Help figuring out what to pay Uncle Sam

From the WNMU website, for the 37th year Western New Mexico University students are offering tax help to **seniors and low-income families**. This free service, called the [Volunteer Income Tax Assistance Program](#) and is supported by

Tax Help NM for people whose household income is **\$56,000 or less** and for those who are **65 years or older**. For help filing their taxes, people may come to **Light Hall on the WNMU campus (1000 W. College Ave.)** on **Mondays through Thursdays between 10 a.m. and 6pm**. This service started **Monday, Feb. 11.**, and will close **April 4, 2019**. The service center will be closed for spring break **March 11 – 15**.