Aldo Leopold Charter School

Weekly Update

(Brought to you by the Middle School

May 15, 2019

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News for all

Lunchy Munchy

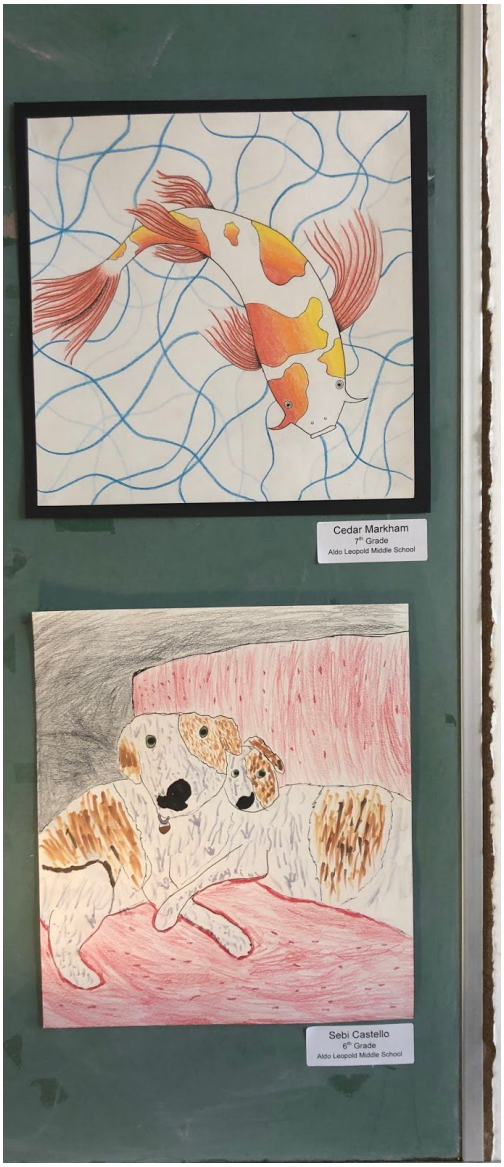
5/15 Wed>	Ham & Cheese Melts, French Fries, Caesar Salad, Fruit my dudes!
5/16Thurs>	Bean and Cheese Tacos, Steamed Rice, Chopped Veggie Salad, Fruit!
5/17Fri>	**NO LUNCH WILL BE SERVED AND WILL EVER BE SERVED ON FRIDAYS!!!!!!**
5/20Mon>	Hot Dogs, Macaroni and Cheese, Chef's Salad, FRUIT IS THE BEST OF ALL!!!
5/21Tuse>	Chicken Drumsticks, WG Noodles, Roasted Veggies, Mixed Bean Salad, Fruit!

Art is for everyone!

Thank you to everyone who was able to join us for the **Aldo Leopold Charter School Visual Art Show!** It was a great turnout and a success! The families and community members had amazing things to say about the artwork. Mz. Phillips is very proud of her students for all the hard work they put towards this show.

If you missed the opening, you still have a chance to see the show. The art show will be up **Javalina Coffee House until this Saturday!** Please take the time to stop by. The art throughout this Update is just a taste of what you will get if you go to the show.

Also, a big thank you to the Javalina Coffee House. They have been so supportive of the ALCS visual art program for many years. Mz.Phillips would not know what to do without them. **THANK YOU, POLLY** for all the support!



Committees

Tue, May 14.... Risk Management - **4:30pm to 6:00pm** - Jim's room

Calendar

May 14-16..... Middle School Finals
May 15-16..... Senior Finals
May 17..... Graduation Practice 3 pm @ the GRC
May 19..... Aldo Graduation 1 pm @ the GRC
May 20..... Final Exams
May 20-21..... Finals - Grades 9-11
May 21..... Final Exams
May 22.....LAST DAY OF SCHOOL!!! Half day-dismissal at 12:30.

Dates

Next school year's calendar is on the website. First day back for students is Monday, August 12, but let's not think about that yet.

Thinking ahead

One of the ways that our school is unique is the frequency with which we take students out of the building for modest to grand learning experiences. In order for us to do this safely and efficiently, it is super important for us to know the medical histories and needs of all students. *PLEASE*, before the school year ends pick up your registration packet or find it on our website (yes, you for reals, have to fill out *all* the forms) and make an appointment for your child with their primary care physician to have their annual check up. Then return all this information to Cathie or Andrea in the front office. This will make our transition into the new year *so much* smoother.

Lunches Aren't free for Everyone!

Parents, PLEASE check your students' PowerSchool accounts for their lunch fee balances. There should be a section of the left menu bar on your student's page that looks like this:

Clicking on "Lunch" will tell you the current amount owed (if it's negative) or your current credit balance (if it's positive). Clicking on "Lunch Transactions" will show you this year's history of lunches purchased (by month) and payments made. Each year, several thousand dollars are diverted from our educational programs to subsidize the lunch program, partly due to families not paying for their students' lunches.

Of course, if you are eligible for the federal free lunch program, none of this pertains to you!

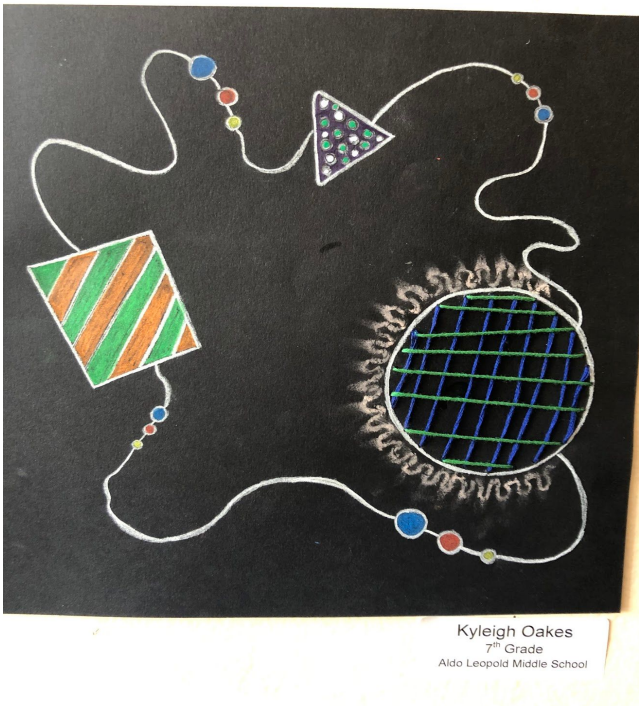
Vitamin D: The Sequel

(Jim cares about us)

A few issues ago, I offered up some information about Vitamin D. Now that Summer Break is upon us, I thought I'd revisit the topic briefly—and mention that the Grant County Summer Recreation Guide is soon to hit the streets. If it's Vitamin D you're after, the Rec Center Guide offers a host of high-energy options for those who seek their Vitamin D the natural, easy way: by spending time in the great outdoors. We hope to make that guide available to our students during the last week of school.

Here are a few more facts about Vitamin D worth pondering:

- According to the Campbell Center for Nutrition Studies at Cornell University, over a billion people worldwide and some 75% of Americans are Vitamin D deficient.
- As we mentioned before, exposing yourself (safely) to sunlight is the most efficient way to produce Vitamin D. Dr. Kerley, cited in our last article, advises his patients to "follow the shadow rule: if your shadow is shorter than your body, you can be making vitamin D (as long as you're in the sun and not covered head to toe in either clothes or sunscreen). If your shadow is longer than your body, you're probably not making vitamin D, regardless of how sunny or warm it is and how much sunscreen or clothes you're wearing."
- If you're still wary of sun exposure, there is one good plant-food source for Vitamin D: mushrooms. As it is, mushrooms contain ergosterol, which is converted into Vitamin D when exposed to UV rays. One problem, though; according to *Berkeley (University) Wellness*, "commercially cultivated mushrooms are almost always grown indoors in the dark, so they usually have negligible amounts of vitamin D. In contrast, wild mushrooms—notably chanterelles, maitake, and morels—are usually rich in D because they get sun exposure."



Make it work!

Chala's Middle School costuming class held their Spring Fashion Show on Tuesday in the lobby. Many Aldo celebs were in attendance as the designers took to the runway in their original designs. Clockwise from top left: Chala and Avery; Minnie; Amelia; Mz. Phillips and Ms. Chaney; James; and Kat.

Field Day

Both **Middle and High School** will be going to Ben Altamirano field on **Wednesday, May 22** for a **half a day** to play some games before summer time. Beware Mr. Cantrell and the water hose!

Bring…

- **A water bottle**
- **A hat and sunscreen**
- **And maybe an extra pair of clothes**
- **No Lunch *(Students will be dismissed from the school at 12:05)***

Artist in residence

The Aldo Leopold Middle School had a very famous artist visit Tuesday. You may have even heard of him … it was our one and only Mark Cantrell! Yes, not only is Mr. Cantrell an amazing teacher, but an incredible artist as well. Mr. Cantrell talked about his artistic process and how he creates his unique artwork. Mr. Cantrell creates beautiful creatures out of found natural material, such as wood and rock. These creatures have powerful personalities. They just might make an appearance at the Native Plant booth this summer at the Silver City Farmers Market. Keep an eye out! Thank you Mr. Cantrell for taking the time to talk to the visual art program!

Where they've been

Tru and the rest of Community Orientation went rock climbing on May 3 in order to build self-confidence & practice team-building skill-sets.

On Friday May 10th, C.O. learned about planting in Ollas (Felix and Heather digging in, with Mia watching and Pete in the background), indigenous perspectives on plant communication, and the healing properties of soaking in hot springs (Felix and Bella must be post-soak).

High school

And where they are going

This is the last week for Community Orientation. The C.O. class will be watching a slideshow of their year in the field & eating pizza baked in the pizza oven. And some will be going to the Gila-Mimbres Community Radio station to read their journals.

Middle school

Finals

Middle School finals are this week.
6th grade: Final projects all week
7th grade: review in all classes Monday and Tuesday.
Language Arts on *Wednesday, May 15*
Social Studies on *Thursday, May 16*.
Science and Math on *Wednesday, May 15* or *Thursday, May 16*- Ms. Chaney is giving student the option to choose which test they take on which day.

8th Grade:

Language Arts and Social Studies:
Review Monday and Tuesday
Language Arts final, *Wednesday, May 15*
Social Studies final, *Thursday, May 16*

Math and Science:
Math: *Review* Monday, May 13; *Final* Tuesday, May 14
Science: *Review* Wednesday,May 15; *Final* Thursday, May 16

Going to the bigs

Every May in the Middle School we must say "See you later!" to our 8th graders. In the past we looked forward to seeing these guys in August walking through the halls all confident with new hair cuts, but now that the high school is moving over to the university, we will have to take a field trip over there to see them. Anyway, it is important to us that we mark the transition from middle schooler whose brain is like a mad scientist's workshop to high schooler who must grow wings in order to fly further from the nest to succeed. This year this ceremony will be on **Monday, May 20** and we will be taking the whole middle school to the **Gila River in Cliff**. Unlike the Big Show in the high school, this end of year event is only for students and staff.

Ending on a positive note

Every year the middle school bids a fond farewell to the **8th graders** in a personal, silly, and creative ceremony. This will be happening on **Monday, May 20**. This is just for our school community to say goodbye and good luck. We will be going to the river so a towel, sack lunch, water bottles, water shoes, and hat are necessary.
7th grade is going on a New Mexico history field trip in the Lordsburg area on **Tuesday, May 21**. Please BRING A SACK LUNCH. On this day 6th and 8th will be here at school wrapping up the year.

Spring Fling by Moonlight

The Middle School will be having their last Middle School dance of 2019. **On Friday May 17 at the Old Elks Lodge** (corner of Arizona and Yankie Streets) **from 6:00 pm-9:00 pm** . The prices are $3 for one person but for two people will be $5.

There will be food for purchase. The theme of this dance will be Spring so wear something springy, lighten up the mood of the end of the year!

Art and Action Projects

This Friday half of our group will be going to Javalina to see the Aldo art show. The other half of us will be doing an action projects wrap-up as it is the last Friday we will meet to work on them. Don't forget the **Big 5!**

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