

 **Aldo Leopold Charter School** 

Weekly Update



(Brought to you by the Middle School Journalism Class) 

March 26, 2019

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<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.... No lunch. Montessori kitchen closed. Pack a lunch.

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

Committees

Wed, Apr. 3....SHAC - 4:30pm to 6:00pm - Jim's room

Mon, Apr. 8....Finance Committee - 4:30 to 5:30 pm - Wayne's office

Tue, Apr. 9....Risk management - 4:30pm to 6:00pm - Jim's room

Thu, Apr. 11....Governing council meeting - 5:30pm to 8:30pm - Ms. Chaney's room

Calendar

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

Mar. 31- Apr. 4...San Diego **Junior** Class Trip

Apr. 4 - 5.....C.O. Cosmic campground & Frisco Farms

Apr. 5.....Overnight bonding for 10th- and 12th-graders, Lock-in at school

Apr. 11.....One-day trip to Las Cruces for **NM History class**

Thank you for your service

We would like to thank Ms. Reed for coordinating the lunch service every day. Mr. Weatherbie, the nicest person on Earth, gives good vibes to everyone as he takes the lunch count. What we forget to consider is the clean-up from these delicious meals. Middle Schoolers Levi and Morgan, and High Schoolers Atty, Leo, and Caleb load the dishwasher and scrub the serving pans. Thanks to these hard-working people who make our lunch service possible.

Nursing Note...Throwing RICE Out—Sort Of

One of the more common injuries we see here at Aldo Leopold is the rolled or twisted ankle. My go-to treatment is usually an ice pack to the affected area, but I thought I'd mention that the Wilderness Medicine Institute, who trains all the Wilderness First Responders (WFRs) on Aldo's staff came out with a recent training update: "No more RICE," they wrote in a December 2017 official statement.

RICE, as you may know, is an acronym for the 4 therapies for a soft-tissue injury like a twisted ankle—R for rest, I for ice (or a cold-pack), C for compression, and E for elevation. However, says WMI, "Resting an injury makes sense in the short-term evacuation context, but modern approaches to rehabilitation include early and judicious use of an injury." Before you go "running through the pain" of a foot injury, though, consult a medical provider; some injuries really do require rest, and that key term "judicious" could well require that your movements stay just this side of pain. WMI continues: "Ice is helpful as a short term over-the-counter pain management tool, and we will continue to advise for its use in that context." But, they add—and this is perhaps their most important observation—"We don't advise long-term use of ice to suppress swelling, as this likely interferes with healing." WMI seems to outright dismiss compression—"There is no evidence that compression aids in healing," they say—but note that STABILIZATION of a joint (using well-applied athletic tape, for instance) can prevent *further*

injury of a destabilized joint. Finally, they note that “Elevation has limited usefulness, mostly to prevent throbbing pain that will interfere with sleep.” And sleep, I may add unoriginally, is one of our greatest healers.

So here’s the wrap-up from the health-care providers at WMI: “We are replacing RICE with the concept of managing the pain of a musculoskeletal injury with support through tape, braces or splints, short-term ice as a non-pharmaceutical topical pain management tool, elevation to reduce throbbing and to allow sleep, and OTC pain management.”

You who provide informal nursing care and first-aid at home might find these backcountry guidelines useful. As we all know, the price of activity and expended teenage energy is sometimes injury—but most of these injuries are manageable with a few simple therapies.

Art is awesome!



During City of Rocks camp out, the 6th and 7th graders created watercolor landscapes! City of Rocks is beautifully unique and what better way to appreciate it than to sit and create artwork! Cedar, 7th grade, really enjoyed creating her painting of Cookes Peak which you can see when nestled in the rocks. She liked using the watercolor pencils to get the feeling of the landscape. Cedar used a view finder to frame in the layout of the painting, which included the vast sky. Cedar did a great job layering the watercolor and celebrating our amazing City of Rocks artistically!



Ajalaa, 11th grade, created a unique piece using mixed media. The assignment was to blend spray paint and collage which included a theme, inside/outside. Ajalaa enjoyed getting these two, very different mediums, to blend into one strong piece. She also liked the process of

the project: this artwork represents an experience she went through and how it changed over time. (Mz. Phillips side note: This is one of the most important elements of creating art! It is not just about the end result, but the journey and process when creating the piece! THE PROCESS IS JUST AS OR MAYBE MORE IMPORTANT THAN THE FINISHED PIECE. The end.) Ajalaa based this artwork on an event that was happening in her life and when this experience changed in her life, so did the piece. Creating artwork can help an individual work through emotions they are feeling and help gain insight on their experience.

High School

Desert rats meet the ocean

The **junior class** will be travelling to **San Diego** for the **10th Annual Marine Biology field trip**. The chaperones will be Maddy Alfero, Mr. Sherwood, Guy Ramirez, and Harry Browne. Juniors are expected to be at the school by **4:30 am on Sunday, March 31, and will return around 9:00 pm on Thursday, April 4**. Trip highlights will include a visit to the Scripps Oceanographic Institute, a visit to UC San Diego, a light rail trip to the U.S.-Mexico border, an afternoon in museums in Balboa Park, an afternoon of tide-pooling at Cabrillo National Monument, *and* a morning kayaking excursion on Mission Bay! The permission slips for this trip went out last week and are posted on the [school website](#). Look for three permission slips: the general permission slip, the permission to swim, and the permission for SeaCamp. We have also tried to organize a **swim test at WNMU for this Thursday**, so students should bring swimming gear on that day. If for some reason we cannot do a swim test on that day, we will do one when we arrive in San Diego.

If you have any questions about the trip, please feel free to contact Maddy at malfero@aldocs.org or 575.313.2151

Aldo students don't rock

Community Orientation was supposed to go rock climbing at Cherry Creek this Friday, but that has been postponed until the beginning of May. Instead the CO class will take a hike.

Middle School

Aldo students do rock!

8th graders, plus Aysh, Jennifer, Ms. Chaney, Nathan, Jamie, and Mr. Weatherbie, are camping at City of Rocks Thursday-Friday, March 28-29. [Permission and packing slips](#) went home with students on Friday. *Permission slips* are *due* back to school by *Wednesday*. The forecast is for rather warm days and cooler nights, please be sure your child is prepared for this typical NM spring weather. We are looking forward to reestablishing a sense of oneness that the 8th graders can take with them to the high school (*in 4 short months!*).

Willow History

A few weeks ago, the middle school walked the Dragonfly trail and learned that the Mimbres culture and the river are named after the Bluestem Willow. This Friday, **March 29 the 6th and 7th graders** will be going to the Mimbres Museum to learn more about this culture.

Don't forget the **Big 5**.

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

PLUS

- ALCS T-shirt (option)

Community Events

Monica Rizzio

On **Saturday, March 30** from **7:30 pm to 10:00 pm** Outlaw Country/Folk Singer-Songwriter **Monica Rizzio** will be performing at **The Buckhorn Opera House in Pinos Altos**. There will be a **\$20 admission for MRAC members** and a **\$25 admission for guests**.

Gaming Day-For Adults

On **Monday, April Fools day (April 1)** from **3:00 pm to 5:30 pm** the **Silver City Public Library** will be hosting a type of arcade day. There will be low-tech or high-tech games to choose from. They will have Minecraft and a variety of console games, as well as classics like Monopoly, Sorry, Battleship, Jenga, and chess.