



Aldo Leopold Charter School



Weekly Update



(Brought to you by the Middle School Journalism Class)

February 20 , 2019

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News For All

Lunch menu

Wednesday 20. . . . Roast Turkey, Buttered Noodles, Steamed Veggies, Green Salad, and fruit.

Thursday 21.Veggie Enchiladas, Steamed Rice, Mixed Salad, and Fruit.

Friday 22. . . . **No lunch. All students off campus. Pack a lunch.**

Monday 25. . . . Cheese or Pepperoni Pizza, Antipasti tray, Garden Salad, and Fruit

Tuesday 26. . . Cowboy Chili, Corn Bread, Green Beans, Mixed Salad, and Fruit

Committees

Thu, Feb. 21.....Governing Council Meeting - **5:30pm to 8:30pm** - Ms. Chaney's

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

How are we doin'?

We could use more parents to tell us what you think of the way we run things around here. Please take a few minutes to answer questions on the [Parent Satisfaction Survey](#). We can only improve if we know what isn't working.

Calendar

Feb. 21-22.....United World College - High School

Feb. 22.....NAEP testing - 8th grade

Mon., Feb. 25.....History Trip 10th and 11th grade - **10:45-3:40- Pack a lunch**

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

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

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

Nursing Notes (from Jim McIntosh, RN)

All of us who have made it to adulthood know that growing up is perilous. We owe whatever awareness and insight we've achieved to kind people along the way who've bothered to notice our struggles.

One of the struggles that young people face these days is how to manage intense emotions—or, conversely, emotional numbness. One unhealthy strategy is **Non-Suicidal Self-Injury (NSSI)**. Rachel Bender, from the University of Pennsylvania's Department of Psychiatry, defines NSSI as "deliberately injuring oneself without suicidal intent." She writes, "The most common form of NSSI is self-cutting, but other forms include burning, scratching, hitting, intentionally preventing wounds from healing, and similar behaviors. Tattoos and body piercings are *not* considered NSSI, unless they are created with the specific intention to self-harm. NSSI is often inflicted on the hands, wrists, stomach, or thighs, but it can occur anywhere on the body."

"In her [article on NSSI](#), she notes that "rates of NSSI are highest among adolescents and young adults. Although estimates vary, approximately 12%-24% of adolescents and young adults have self-injured, and 6%-8% report current, chronic self-injury. Some individuals continue to engage in these behaviors well into adulthood, especially when they do not receive treatment."

As Aldo's school nurse, I have treated students who self-harm and am grateful to have a team of knowledgeable, compassionate colleagues at our school with whom to consult. As we continue to address NSSI in our community, it is important to provide information to our school family so that we can help our young people find better, healthier ways to manage overwhelming emotions. In future newsletters, I will provide further information about this and other health challenges facing the young people we love.

Make it a habit

The **School Health Advisory Council (SHAC)** is tasked with keeping its eye on the health of the whole school. Inspired by that mandate, committee members decided to encourage getting healthy in a fun way (they hope). Interested students were given a “Health Passport” with challenges to complete. For each challenge met, students get a stamp (Ms. Chaney has whales, Ms. Aversa has a puffin-of course). Challenges include things like: I’ve made a list of 5 things I value about myself; Today I dance for at least one hour; Today one of my 3 meals was a salad.

Now The Health Passport is entering a new & important phase—the PRIZE AWARDS. **Phase One** involved all the people who find intrinsic motivation in pursuing good health. Now, for the rest of you, who need **PRIZES** to be motivated, we have instituted **Phase Two**. If you can show **Jim or Alli 8 stamped pages** in your Health Passport, you become the recipient of a COOL STICKER (of your choice, more or less). If you can show them **16 stamped pages**, you qualify for a FREE FANCY DRINK from Javalina (courtesy of the ever kind Polly, who has worked out a deal with us). If you can show them **24 stamped pages**, you can score a PRETTY NICE WATER BOTTLE. The deadline for submitting your stamps is **Monday, March 4 (Sophomores)**, take note; you leave on your Border Awareness Trip that morning, so you should get your stamps before then if you want to reel in a prize).

Disclaimer (said in a fast whisper) Prize quality may diminish somewhat as time passes, so consider the PRIZE PHASE a first come-first served deal.

BTW: More prizes may be awarded 4th Quarter.

High School

It’s in a *castle!*

High school student council (plus three more students who wrote essays explaining why they wanted to attend) will be going to [United World College in Las Vegas, NM](#) **Thursday, February 21 to Saturday, February 23** for their annual peace conference. The keynote speaker is Ndaba Mandela (grandson of Nelson) and they will be learning about “Borders and Migration”. Alli and Peter will be driving and chaperoning. All info, if you don’t already have it, can be found [here](#).

CO-operative class

Last week the Community Orientation class hiked **Purgatory Chasm** near Lake Roberts. The CO class is divided into three groups and each person in each group is assigned a role. One of those roles is the journalist. Mauri submitted this entry as the journalist of her group:

This Friday we hiked Purgatory Chasm trail, and our guest, Cori, came along with us. Cori can talk to us about wilderness therapy, it's just what it sounds like. She would go out with a group of people who have mental issues into the wild. Only the necessities were brought, and they had to survive for a week.

To be honest, not many people were excited for the hike, but in the end most of us were glad we went. The trail lead us through a small canyon, with a couple small pools of water. A couple brave students decided to jump into the one of the ponds. The canyon was beautiful, plenty of photo opportunities. This Friday was one of the more relaxing ones, it was a nice break. It wasn't too exciting or significant but one I will remember for a while

This **Friday, February 22** (weather permitting) half the CO class will be going to **Allen Springs** and the other half 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. If you are still curious about this location or you still are curious then click for the Allen Springs or/and the Wolf Sanctuary for more.

Middle School

Dream Makers Trip

For the third year running, Ms. Chaney will be taking the Dream Makers to Albuquerque on **Thursday, February 28** to tour the **Health Science Center at UNM**. Aldo kids share a bus with kids 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 website.

This Friday

Since we did not have school this Monday, Friday will be spent at school! *Kids:* **unenthusiastic sighs** Unless said kid is an **8th grader**; then they will be going to Future Forge (Thanks, Aysh!!) The Future Forge is the new Makerspace near the south end of Bullard. Eighth graders will rotate through these five intro stations: digital tools, hand held tools, automated production (which includes 3D printing and C and C laser etching), a crash course on the world of building a community business, and a reading station. 8th graders need their big five!

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

It's all about the rocks

So usually, the middle school goes camping at **City of Rocks** the Thursday and Friday *before* Spring Break. But someone got to our campsite before us, so instead we will take over the Orion Campsite the Thursday and Friday *after* Spring Break. And also the Thursday and Friday after that. **The 6th and 7th graders will go first and the 8th graders will follow the next week.** More information will be coming atcha as we get closer to the event.

Community Events

Teresa Walters

To witness this amazing pianist play come to the **Light Hall Theater on Tuesday, February 26 from 7:00 pm to 9:00 pm.** The general admission is **\$15 or free with a Mustang card.** According to my sources, “Teresa Walters is that rare musical phenomenon – a pianist born to the instrument,” announces Austrian National Television: “One of the world’s most significant pianists, she creates magic with the music.”

It's hard to be a teenager by Wilkerson (7th grade)



