

Aldo Leopold Charter School

Weekly Update 



(Brought to you by the Middle School Journalism Class)

March 5 , 2019

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News for all

Lunch Menu

Wednesday 6....Spaghetti & Meatballs, Garlic Bread, Braised Veggies, Chef's Salad, and Fruit

Thursday 7....Club Sandwich, Corn on the Cob, Caesar Salad, Fruit

Friday 8....No lunch. All students off campus. Pack a lunch.

Monday 11 - Friday 15....Spring Break. No lunch

Monday 18....No School. Staff In-Service. No lunch

Tuesday 19....Spaghetti & Meatballs, Garlic Bread, Braised Veggies, Chef's Salad, and Fruit

Wednesday 20....Chicken Noodle Soup, WG Bread, Lentils, Mixed Salad, and Fruit

Thursday 21....Ham & Cheese Melts, French Fries, Caesar Salad, and Fruit

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

Finally!

Spring Break has finally arrived! This marks the end of the 3rd quarter. The break goes from **March 11-15**. Also, there is an inservice day on **Monday, March 18 (No Students)**. Enjoy the Break!!!

Committees

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

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

Fri, Mar. 22.....Student Council overnight bonding - **5:00pm to 8:00 am** - Lock-in at the school

Calendar



Mar. 4-7.....Border Awareness - 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

Let the sun shine (Nurse's note from Jim McIntosh)

Now that I'm once again driving to and from school in the sunlight, I'm a happier boy. (Maybe my students have noticed....) Of course, many of us are made more joyous by sunlight, and so I began to wonder: How much of my renewed joie de vivre is "psychological," and how much is purely physical? When pondering such a question, my Nurse Mind immediately turns to Vitamin D. Usually, we think of a "vitamin" as a substance that a food contains; we eat the food and obtain the vitamin. But Vitamin D is different; while we can obtain this essential nutrient from food, the best way to obtain it is to expose our flesh to the sun. For instance, eating a large piece of fatty fish (one of the best food sources for Vitamin D) will juice you up with 1000 International Units (IU) of Vitamin D. For comparison's sake, running around in the sun in a bathing suit for 20 minutes will produce 20,000 IU. (For the record, I found this astonishing fact cited in the famously trustworthy New England Journal of Medicine.) Wait, what? Isn't sunlight what's killing us? Don't we have to slather on sunscreen to keep us from

having large, cancerous parts of our body cut off late in life? Well, as with so much of life here on Planet Earth, moderation is the key. Before you go running around in the near-buff, soaking up thousands of International Units of Vitamin D, let me cite a paragraph from Dr. Conor Kerley of the T. Colin Campbell Center for Nutrition Studies: “Avoid burning at all costs. Each person’s skin is different. There is no evidence that moderate sun is harmful and may even be beneficial, but there is consistent evidence that sunburns are associated with skin damage.” No news there. OK; maybe this topic is too complex for one weekly helping of Nursing Notes—so I will leave you with one more pronouncement from Dr. Kerley, along with promise to share more about Vitamin D next week; bet you can hardly wait...: “Evidence is accumulating that Vitamin D is important in prevention and treatment of a range of conditions, including asthma, heart failure, and autoimmune diseases, such as multiple sclerosis and inflammatory bowel disease.” As my grandmother used to say, “Go outside, child! The sunshine is good for what ails you.”

ART will save the world!

7th grader Lyric loves the art program so much that she wants to tell everyone about it. So each week the Update will feature a high school and a middle school artist and their art. Aldo is known for our community involvement. We hope that with this feature, we also become known for our creativity.



1st time artist

Our first high school artist is Kaleena, she is in 10th grade. This is the first visual art project Kaleena has completed, ever! She has taken art classes before, but only learned techniques and had not been given a chance to create her own unique piece until now. Kaleena really liked the project, which involved using three different visual art styles: on the left is pointillism, the center is realism, and on the right is cubism. Her favorite style that she used was stippling, which uses dots to create value.



A character

This is Kyuss, 6th grade. This is his character he developed after Aria, Ms. Phillips middle school art assistant, shared with the art class her experience and techniques of creating unique characters in visual art. Aria helped him learn more about adding highlights and shading figures. This character is a self portrait of Kyuss, can you tell? Kyuss liked using his own style on a larger scale. He usually uses his style in small doodles, so this project helped him work larger. Kyuss enjoyed shading with copic markers and growing his techniques with watercolor pencils.

High school

The wheels on the bus (takes CO places)

On **Friday March 29**, The Community Orientation class will be rock climbing & hiking along [Cherry Creek](#). Bring your BIG 5: wide brimmed hat, 2 water bottles, journal with pencil, healthy snacks, and sturdy shoes.

Get well

Jim will be handing out prizes for health passports during the long high school advisory on Thursday, so folks need to turn those in to him.

Middle school

For Once, A Test That Wasn't so Bad!

(Really, you can probably ask your kid about it and they will most likely tell you it wasn't like the usual test-taking torture.)

This week, our **7th** and **11th** graders will be taking the 3-part science [Standards Based Assessment test](#). The test is intended to help teachers realize what more they need to teach students. The test is 47 questions long and relates to the curriculum of the subjects that should be covered in the given grades. This is the last year the SBA Science will be given as New Mexico transitions to NM STEM Ready! NGSS (Next Generation Science Standards.)

Rocks Rocks and of Course More Rocks

Hello Parents and guardians of middle school students, we have an overnight trip to the City of Rocks! Unlike the previous years this trip will take place *after* Spring Break. The *6th and 7th graders* will be going on the **21-22 of March**. And the *8th graders* will be going on the **28-29 of March**. The grades will be gone **Thursday** and **Friday**. Students will spend their days learning outside and climbing on the rocks. All grades will be leaving in morning and will return by about 3:30 the following day. A permission slip and note will be sent home on Tuesday the 19th (after Spring Break.)

Two Different Places at the Same Time

This Friday the **6th and 7th graders** 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. If you went to the Dragonfly Trailhead last week you are now going to the Big Tree.

The same thing goes for the students that went to the Big Tree last week, they are now going to the Dragonfly Trailhead. The **8th graders** will be going to Future Forge which is a 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.

All students will need the Big 5!

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

PLUS

- ALCS t-shirt

Community events

Book Sale!!!

The Silver City Friends of the Library is holding its Book Sale on **Saturday, March 9, from 10:00am-2:00pm**, at the **FOL Bookstore, 1510 Market Street**. Hardback and trade paperback books are priced at **\$1.00 each** and paperbacks at **\$0.50 each**. In some individual cases, books may be priced higher.

Deliverance!

By Wilkerson



That's interesting Rachel. I've been thinking a lot about the information you have given me and how much you want a hamster.



Really?! What did you decide?
Gasp



I've decided that you have been very helpful in convincing me and helping out around the house and you've provided me with enough info for me to make my decision.



Mom! can you just tell me what you decided? The suspense is killing me!

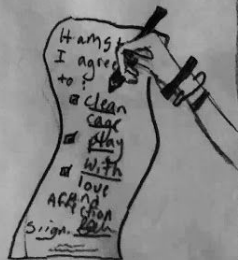


I've decided you can get a hamster.

Yay!

I'll need you to read over this form and sign it here.

Anything for a hamster!



OK-daddy!

Here, mom!

