

DECEMBER



Idalia School District RJ3
26845 County Road 9.2
Idalia, CO 80735

www.idaliaco.us
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WOLFVIEW

RAQUEL LIEURANCE-WOLF OF THE MONTH

Raquel is an 18-year-old senior on the High Honor Roll. Raquel names Mrs. Sue Heath (5th Grade), Mrs. Sherri Ramseier (Language/StuCo), and Mr. Patrick Brown(Ag/FFA) as her all-time favorite teachers. Raquel's favorite subjects are History and Agriculture. Raquel stated that some of her hobbies and interests outside of school include, "being outside, playing with my animals. I love taking photographs, along with spending time with family and traveling." Raquel names her mom (Diana), along with Mrs. Crystal Richards, as her role models and states, "My mom is very hardworking, kind, and I admire how much she has overcome. I admire Miss Crystal because she is always positive and pushes everyone around her to be the best version of themselves. She helped me in a time of need and never gave up on me." Raquel shared that a "Fun-Fact" about herself is, "I won Grand Champion in 4-H photography at the Colorado State Fair two years in a row!"

When asked to discuss an accomplishment that she is proud of, Raquel responded, "I am proud of becoming the Idalia FFA Chapter President and earning a spot of the District IX officer team. Serving as President has given me the opportunity to gain leadership skills and influence other FFA members in a positive way." When asked to discuss a future goal, Raquel stated, "I plan to attend West Texas A/M University in Canyon, Texas and earn a degree in Agricultural Education along with becoming an FFA Advisor." A piece of advice Raquel offers her classmates is, "Get involved with organizations/clubs from the beginning. They provide you with so many opportunities and experiences. Becoming a member gives you a sense of belonging and you learn so many new things."

Mr. Johnson states, "Raquel is just an absolutely amazing student and person. In the seven years I have had the privilege of knowing Raquel, not a day has gone by without her smiling and telling me hi or good morning in the hallway. Like everyone, I'm sure Raquel goes through challenges and obstacles in her life, but I've never seen it affect her friendly personality. She is reliable, consistent, composed, super friendly, and always extremely polite. I have great respect for how she conducts herself each and every day. Raquel represents everything that an Idalia student should and is extremely deserving of her Student of the Month Recognition. Great job Raquel!"





3rd GRADE DICTIONARY



Every year, the Burlington Rotary Club donates dictionaries to classes in the area. This year, the third grade eagerly received dictionaries. Thank you Burlington Rotary Club!

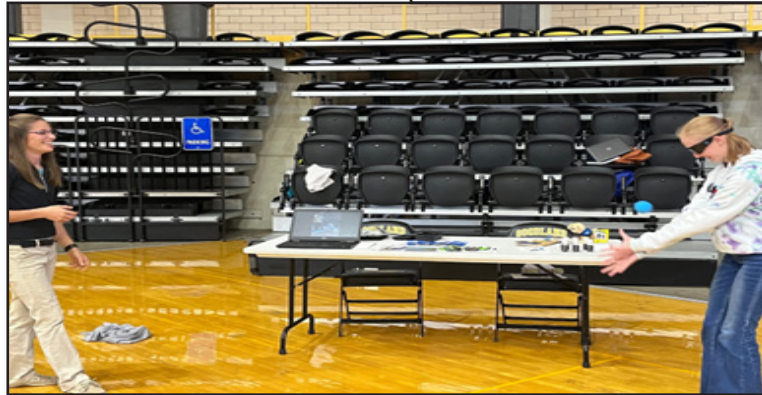


Deb Crites, Joyce Helling, & Suzy Richards taught the 6th grade class to make pies and rolls that they will get to enjoy for the Thanksgiving Etiquette Meal! Thank you, ladies! We learned a lot and had so much fun.



Journeys and Destinations

Students attended the Journeys and Destinations Event to provide high school students the opportunity to meet healthcare professionals and learn about a variety of future health-related career options including what day-to-day life looks like, average salaries, educational requirements, and conversations of how individuals decided to pursue their chosen careers.



Giving Hands of Yuma County is once again aiding families in need to ensure all children in Yuma County enjoy a quality Christmas. If you would like assistance in ensuring your child(ren) receive a Christmas gift this year, please contact Miss Cominiello by 12/05.

*All requests will be completely confidential.

**Elementary students will receive priority if there are a limited number of gifts available

Giving Hands del condado de Yuma está ayudando una vez más a las familias necesitadas para garantizar que todos los niños del condado de Yuma disfruten de una Navidad de calidad. Si desea asistencia para garantizar que sus hijos reciban un regalo de Navidad este año, favor de llamar a la Sra. Cominiello or Sra. Garton antes del 12/05.

* Todas las solicitudes serán completamente confidenciales.

** Los estudiantes de primaria recibirán prioridad y hay un número limitado de regalos disponibles.



FFA News



During the month of November, we had PALS and decorated turkeys. The freshman class participated in Chapter Speaking Night where they recited the FFA Creed. Next month, in December, there will be a District Speaking Contest in Seibert on the 5th. We will have PALS again with the theme of Christmas.

FBLA November Happenings



The Idalia FBLA chapter has been very busy this month. Every member in our chapter participated in fleece for fighters blankets. Each member was in charge of buying fleece fabric and tying the edges together to form a lap blanket. These blankets were then donated to local nursing homes. On Tuesday, November 15, we hosted a mock shark tank in dedication to American Enterprise Day. Many unique products were created with the items given and Tyler Hall, Tate Towns, and Tarek Glanz judged the products. In celebration of national March of Dimes Day and prematurity awareness, our members wore purple and decorated the business classroom with streamers, balloons, etc. We also had 9 members of our chapter attend National Fall Leadership Conference in Denver. They attended workshops featuring leadership, entrepreneurship, work-based learning, and ethics. They learned a lot and had a lot of fun networking.

Submitted by Callie Richards, FBLA reporter



F B L A
Members

Wolves on the Loose!

This month's Wolves on the Loose recognizes the achievements of two students working towards exciting futures! Raquel Lieurance and Tyler Hall are both high achieving Idalia students who have worked hard throughout their high school careers and now have their sights on the prestigious Daniels Scholarship program. The Daniels Scholar fund provides up to \$100,000 for students to attend an accredited 2- or 4-year college; on average, over 1,5000 students apply annually for this scholarship, and only 240 were awarded in 2022. Raquel and Tyler have both made it through the first round of elimination and are on track to reach the next level—the interview stage.

Both students were encouraged to apply because they knew someone who was a Daniels Scholar. After reading Bill Daniels' story, they felt it was a good fit and a great opportunity. The application's essay questions were challenging, requiring three different topics and a maximum of 500 words for each answer. Raquel said that finding the "perfect" answer in under 500 words was quite difficult, while Tyler said there was a lot of pressure to ensure each essay was as strong as possible. Both students credited Idalia teachers for helping them complete the application and essays, including Mrs. Ramseier, Miss Cominiello, and Mrs. Soehner, along with family and trusted friends. Tyler said that the skills he learned in his MCC English Composition class was crucial to his writing success.

When asked about the experience being an Idalia student, Tyler indicated that some of his best school experiences were when he was given the freedom to explore his passions and the worst has been the work juggling multiple college essays at one time. Raquel reported that her time as a student here "has been nothing short of amazing." She is grateful for the support from the entire Idalia community, and appreciates the opportunity to join clubs, play sports, travel, and grow while a member of the Idalia school community.



Raquel's favorite teachers are Mrs. Ramseier, Mrs. Heath, and Mr. Brown, all of whom have pushed her to reach her potential. She has enjoyed College Prep and U.S. Government, and her experience with FFA has helped develop her love for agriculture and inspired her to become an Ag teacher. She plans to attend West Texas A&M and hopes to join the collegiate FFA and other organizations there.

Tyler's favorite teachers are Mrs. Ramseier, Mrs. Cindy Soehner, and Mrs. Brophy. His favorite classes have been College Prep, Chemistry at MCC, and Photoshop. Tyler is looking forward to studying aerospace engineering and possibly play competitive golf while attending the University of Colorado-Boulder.

Both Raquel and Tyler emphasized the value of earning the Daniels Scholarship, explaining that this would allow them to attend the school of their choice and focus completely on their education without worrying about finances. Raquel also highlighted Bill Daniels' legacy of loyalty and hardworking demeanor and is motivated to apply these qualities to her own life.

When asked for advice to other Idalia students, Raquel said "...volunteer as much as possible, be involved in anything and everything, become a leader in your school, be a role model for your classmates and others, build strong relationships with teachers and community members, and keep your grades up from the first day of high school to the last. Every assignment matters!" Tyler gave a tidbit of advice for other students applying for scholarships: "Don't do your applications alone, have as many people look at them as humanly possible."

Students like Raquel and Tyler epitomize the strength and dedication of the Idalia community. They have blossomed in the community's support and no matter the outcome of the Daniels Scholarship, will continue to make our school and community proud. Congratulations Raquel and Tyler, we all look forward to watching you succeed!

As future leaders, Idalia students are active both in and outside of the school environment. Each month the Wolfview will feature a student who excels in the community, either through athletic, academic, competitive, educational, or civic activities. Parents and community members—if you know of a member of our WolfPack who is doing remarkable things outside of school, let us know! Send details to knlcody@yahoo.com -- we want to see your student as the next "Wolf on the Loose!"



Due to Christmas Break, we will not have a January newsletter. For the February newsletter, please have articles submitted by January 19th to idalianewsletter@idaliaco.us

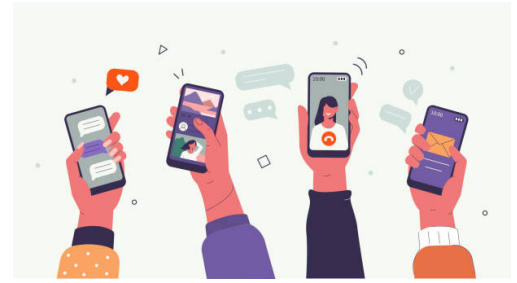
FBLA is working on the community calendar. If you have any changes or requests, please send to fblaidalia@gmail.com

SOCIAL MEDIA AND MENTAL HEALTH—A HEALTHY BALANCE

Humans are social beings, and social media helps all of us strengthen relationships and maintain crucial connections, reducing loneliness and building a sense of “belonging.” However, an excessive amount of time spent online has been proven to increase anxiety, reduce feelings of self-worth, and give us an unrealistic view of the world. It can be difficult to find that sweet spot, where we can balance the benefits without suffering from the negative aspects of social media use.

Positive Aspects:

- Communicate with friends & family around the world
- Find new friends & join communities of people with similar interests
- Raise awareness of important issues & join and promote causes
- Seek & offer emotional support during tough times
- Discover sources of valuable information & learning



Negative Aspects:

- Feel inadequate about your life, even though images may be manipulated
- Fear of missing out (FOMO) & thinking others are living better lives
- Isolation—studies show that high usage of social media INCREASES feelings of loneliness
- Depression & anxiety due to a lack of in-person contact
- Social media platforms are hotspots for cyberbullying as users are bold to say anything
- Sharing your innermost thoughts can create self-centeredness & distance from real life relationships

It can be hard to break the habit of excessive social media use, and you may not even recognize the signs that you or your teenager has a problem. Here are some signs that social media is negatively affecting your mental health.

You need to make a change if you are:

1. Spending more time on social media than with real world friends. If you are constantly checking social media, when you are with friends.
2. Comparing yourself unfavorably with strangers on social media, causing a negative body image, disordered eating, or participating in risky behaviors to feel part of an online group.
3. Being distracted at school or work. If you feel the pressure to post regular content about yourself, maintain a “streak”, respond immediately to others’ posts, or get likes.
4. Have no time to just “be in the moment,” with no self-reflection, and find yourself filling every spare moment with your phone or electronic device.
5. Struggling with sleep issues, checking social media before you go to bed, immediately upon waking, or even in the middle of the night.

If any of these behaviors resonate with you, this holiday season is the perfect time to make even one small change to your social media habit. Here are a few to get you started:

Reduce time online. One study found that reducing social media usage just 30 minutes a day resulted in a significant reduction in anxiety, depression, loneliness, sleep issues and FOMO. Use an app to track your time online, turn it off at certain times of the day, disable notifications & limit regular social media checks.

Change your focus. Many people use social media mindlessly, out of habit and for no real productive reason. Focusing on your motivation by pausing for a moment to remember why you are doing it. Is it a substitute for real life, are you feeling disappointed or inadequate after you have been online, and are you merely passively scrolling or anonymously following others?

Increase your time with offline friends. Set aside time each week to interact in person with people, reach out to friends you have neglected due to busy schedules, join a club, or hit the gym. Physical activity is proven to boost confidence and reduce depression and anxiety.

Express gratitude. Use a gratitude app or journal and keep track of positives in your life to avoid venting online. Use social media to express gratitude. Practicing mindfulness to live more in the moment & improve your overall mental wellbeing. Finally, volunteering will not only benefits others, but make you feel happier and more grateful.

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Give Thanks

On November 4th, over 50 parents, grandparents, and community members arrived to join Idalia students to celebrate Thanksgiving. The talented school foodservice team and a host of volunteers organized by the Idalia Health & Wellness served diners a delicious meal of roast turkey, traditional side dishes, and a slice of pumpkin pie. The Idalia community wants to thank our school cooks for offering this annual meal, allowing them to showcase their talents and the students to share lunch with family!

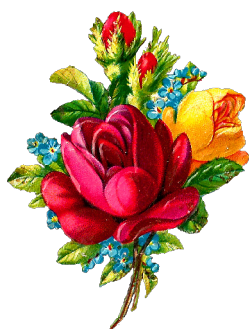


FBLA Business Battle



In October, Idalia High school students in Future Business Leaders of America competed in the 2022 Business Battle. The online testing tournament allowed members to explore the ranges of competitive events that FBLA offers to members. In nine different tests, members had a wide variety to discover which topics peaked their interest from accounting to computer science to marketing and more.

Over 1300 members from seven states (Colorado, Iowa, Missouri, North Dakota, South Dakota, Virginia, and West Virginia) competed head to head in the battle. Samantha Heath placed first in Marketing, Sales, and Communications. Congratulations Sam!



Save The Date
Father-Son Baking Event
Make something special for the ladies of you lives!
Sunday, January 29 2023



November Board Meeting Minutes

On November 22 nd , the board meeting was called to order at 7:04am. Those in attendance included board members Amber Hardwick, Jessica Towns, Dustin Weyerman, Ross Morris, Superintendent Myles Johnson, Assistant Principal Kristi Minor, and Business Manager Autumn Helling. Following the Pledge of Allegiance, the agenda was approved. Next, the October 19th minutes were approved. The Business Service Reports were then presented and approved. Amber Hardwick then briefed the board on a recent EC BOCES Board meeting she and Mr. Johnson attended. Mrs. Minor then provided her Principal’s Report, where she briefed the board on a recent School Accountability Committee meeting. Mr. Johnson then gave his Superintendent’s Report, in which he provided a general school update. Under “Policy”, the board approved required policies IKA and IKA-E as presented. Under “Personnel,” the board approved additional winter coaching contracts as presented. The meeting was adjourned at 7:43 am and next meeting was scheduled for December 12th at 6:00 pm.

Football All-Conference



All-Conference

Logan Breyer
Kye Towns



Honorable Mention

Kagen Hoyda



Volleyball All-Conference



All-Conference

Kyndal Richards
Jenna Wieser
Addyson Juhnke



Thank you to the Idalia School and community for all of your continuous support!

We love you all and happy holidays!

Idalia Breakfast Menu December 2022

A selection of milk offered daily—Fruit and juice offered daily—A variety of cereal offered daily

A selection of milk offered daily—Fruit and juice offered daily—A variety of cereal offered daily

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Banana Bread Breakfast Casserole	2	No School
5	Muffin	6	Breakfast Burrito	7	Biscuits & gravy	8	Pancake on a stick yogurt	9	No School
12	Waffle Scrambled eggs	13	Breakfast pizza	14	Bacon egg cheese biscuit	15	Banana Bread Breakfast Casserole	16	No School
19	No School	20	No School	21	No School	22	No School	23	No School
26	No School	27	No School	28	No School	29	No School	30	No school

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Idalia Lunch Menu December 2022

Chocolate milk one day a week

Fruits and vegetables offered daily—A selection of milk is offered daily —Menu is subject to change

MONDAY		TUESDAY		Wednesday		THURSDAY		FRIDAY	
						1	Chicken fried steak mash potatoes/gravy salad bar/dessert	2	No school
5	Ham Sandwich Baked chips salad bar	6	Chicken Alfredo Garlic Bread Salad bar	7	Macaroni corn Salad bar	8	Tacos Rice salad bar / dessert	9	No school
12	Spaghetti w/meat option salad bar	13	Chili Breadstick Salad bar	14	PBJ sandwich chicken salad baked chips Salad bar	15	Shredded Pork Tacos chips & salsa Salad Bar	16	No School
19	No School	20	No School	21	No School	22	No School	23	No School
26	No School	27	No School	28	No School	29	No School	30	No School

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Idalia School District RJ3
 26845 County Road 9.2
 Box 40
 Idalia, CO 80735

IDALIA MISSION STATEMENT
 Idalia School District RJ-3 will provide each child the knowledge, skills, and qualities to become productive citizens upon graduation

December



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 JH BB @Stratton	2 No school	3
4	5 FFA-District Speaking Contest	6 JH/HS Basketball pictures	7	8 HSBB Tourney @Akron	9 No School HSBB Tourney @Akron	10 HSBB vs Genoa Hugo
11	12 School Bord Meet- ing	13 JH Boys B vs C JHBB vs Bethune	14 FBLA Field Trip	15	16 No School HSBB Tourney @Idalia	17 HSBB Tourney @Idalia
18	19	20	21	22	23	24
---CHRISTMAS BREAK---						
25	26	27	28	29	30	29
---CHRISTMAS BREAK---						
30	31-					