



FEBRUARY



KNOWLEDGE BOWL

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The Idalia High School Knowledge Bowl Team attended the Kit Carson Invitational meet on Friday, January 13. Both the A team and the B team competed and 31 teams participated. The A team placed 6th overall and the B team placed 2nd among the B Teams and 15th overall beating the scores of several of the other A teams.
A team: Tyler Hall(Captain), Edward Keller, Oscar Ornelas, Mabel Castro
B team: Alli Rice(Captain), Alma Cordova, Trent Hall, Natalie Helling

On Monday, January 16th, the HS and Jr. High Knowledge Bowl Teams traveled to Woodlin for the League Meet. High School A Team placed 2nd and the Junior High Team Placed 1st!
HS A team: Tyler Hall(Captain), Edward Keller, Trent Hall and Mabel Castro
Jr. High team: Cooper Northrup(Captain), Kolby Morris, Kaitlyn Helling, Taylor Towns, and Jayde Pfeiler

SOURCES OF STRENGTH

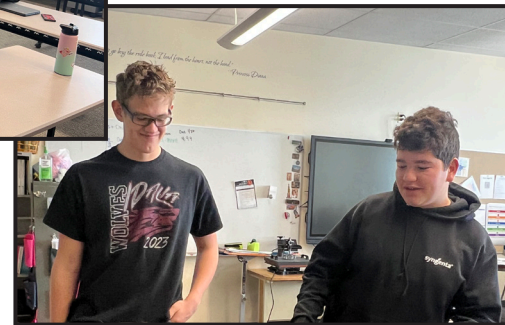
Sources of Strength members set out on the mission to give extra this holiday season by sending packs of gum into the hallways for students to take a piece, sign their name, and pass on to another peer. To our delight, the gum rotated through 67 students spreading the strength of generosity and positive friends.

Sources of Strength continued campaign efforts of spreading generosity through a card station set up in the hallway. With the kind words and time taken by Idalia students, over 40 cards were sent out to various populations including emergency services personnel, police force, hospital staff, and long term care staff. *Submitted by Caprise Cominiello, Counselor*



FBLA HAPPENINGS

The Idalia FBLA chapter has been very busy this winter preparing our presentations and studying for our tests for the District Leadership Conference approaching on February 1. Those in presentation events spent countless hours piecing together their projects and scripts in preparation. They also attended FBLA practice night in the business room where they were placed in front of a panel of judges who gave them feedback on their events. Those who decided to take business tests worked on those this month as well under the supervision of Ms. Brophy. We are all very excited to attend districts and see how everyone did in their events. We will be traveling to NJC on February 1 to listen to workshops and a special keynote speaker, along with seeing who will be continuing to state in their events. Our chapter has also provided a new program this year called FBLA work nights. Every other Monday night, the business students can come in after school or after practice to study for events or get caught up on other FBLA tasks. Our members have taken this opportunity to their full advantage! *Submitted by Callie Richards, FBLA Reporter*



Natalie Helling, Carson Helling, and Brigette Kite presenting

Edward Keller and Dylan Hardwick presenting



Addyson Juhnke and Trista Richards at Stock Show

FFA HAPPENINGS

In the month of January, the Idalia FFA Chapter went to the Stock Show on January 17. Lots of members attended and had a great time. They got the opportunity to go to stand-up booths and learn about important agricultural topics. There were PALS with the younger kids on January 25. We also had an officer meeting to talk about what all is happening this semester. February there will be PALS again and FFA week is February 18-25. For FFA week, there will be a barnyard day and dress up days for members and students to get involved. *Submitted by Krista Wieser, FFA Reporter*



WOLF OF THE MONTH



Jenna is an 18-year-old Senior on the High Honor Roll. Jenna names Mrs. Sherri Ramseier (Language) and Mr. Patrick Brown(Ag/FFA) as her favorite teachers, and Ag is her favorite subject. Jenna stated that some of her hobbies and interests outside of school include, *“Hanging out with family and friends. I also like fishing, riding 4-wheelers, and taking care of bottle calves.”* Jenna names her dad (Dennis) as her role models and states, *“My dad works very hard and is very supportive. I learn something new from him everyday.”* Jenna shared that a “Fun-Fact” about herself is, *“I love cattle - specifically highlanders and longhorns.”*

When asked to discuss an accomplishment that she is proud of, Jenna responded, *“I am proud that we made the State Volleyball Tournament my junior and senior years.”* When asked to discuss her future plans, Jenna stated, *“I plan to get a degree in Ag Education and minor in Ag Business. After college, I would like to return to the Idalia area and along with helping out on the family farm and ranch, I would like to teach Ag and coach volleyball.”* A piece of advice Jenna offers her classmates is,

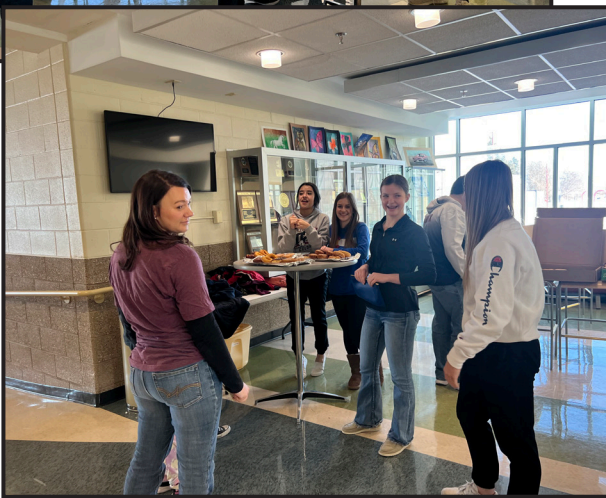
“Don’t let people discourage you from the things you enjoy doing.”

Mr. Johnson states, *“Jenna is thriving both in and out of the classroom and is just an overall terrific influence on our school and community. Jenna has a quite personality, but is a true leader by example and has gained the respect and admiration of her peers. Along with her academic achievements, Jenna is heavily involved and holds leadership positions in a wide variety of activities, including FFA, FBLA, and athletics to name just a few examples. The thing I most appreciate about Jenna is just how steady and reliable she is. She never gets rattled by anything and constantly demonstrates great poise and composure. I’m so glad to hear Jenna is interested in becoming a teacher. The world needs more great teachers, and there is no doubt in my mind that Jenna has the personality and work-ethic to thrive as a future educator. Keep up the good work Jenna and congratulations on being selected as Student of the Month!”* Submitted by Myles Johnson, Superintendent

After Prom Committee is hosting their annual fundraiser selling Valentines Day Goodies. There are many options for orders including roses, candy bags, cookies, and stuffed animals! Order forms are attached in the newsletter and are due on February 6! Thank you for your support!

HOW CAN SOMETHING AS SIMPLE AS A CINNAMON ROLL INVOLVE ECONOMICS?

The business economics class learned how doughnuts, cookies, cinnamon rolls, and puppies play a role in economics as they had three minutes to sell their items during a passing period. The students determined the quantity of the items and the price. They advertised the project with flyers around the school to ensure their items would be purchased. The cinnamon rolls were a big hit in part to the advertising, “Grandma Helling’s Famous Cinnamon Rolls,” and to the quantity discount. The students learned about cost and pricing as well as what your target market wants. These lessons will play a part in the remaining projects throughout the semester. *Submitted by Janet Brophy, Business Economics Teacher*



K-5th parents: Health & Wellness is in need of YOU! We are looking for 2 or 3 people to be a part of our committee! Please see Kelli Kite or Lynne Cody for information.

**REMEMBER
THE SPRING WALK
TO SCHOOL DATES!**



**MARCH 8TH
APRIL 5TH
MAY 3RD**



**NEXT NEWSLETTER DEADLINE
WILL BE FEBRUARY 16! PLEASE
SEND YOUR ARTICLES TO
IDALIANEWSLETTER@IDALIACO.US**

BOARD MEETING MINUTES

On January 25, the Board meeting was called to order at 6:05 P.M. Those in attendance included Board Members Amber Hardwick, Jessica Towns, Dustin Weyerman, Ross Morris, Andy Richards, Superintendent Myles Johnson, Assistant Principal Kristi Minor, and Business Manager Autumn Helling. Following the Pledge of Allegiance, the agenda was approved. Next, the December 12 minutes were approved. The Business Service Reports were then presented and approved. Mrs. Minor then provided her Principals Report. Mr. Johnson then gave his Superintendent's Report, in which he informed the Board the school was successful in obtaining some local grants and these funds will go towards replacing the north football bleachers over the summer. He also discussed that due to the many cancellations for inclement weather this year, we have added a regular school day on Friday 3/24. Under "Discussion/Action Items," the Board approved the final 2022-23 Budget. Under "Policy," the Board approved updated policies BDB, EHC, JRCB as required by law. The meeting was adjourned at 6:50 P.M. and next meeting was scheduled for February 15 at 6 P.M. *Submitted by Myles Johnson, Superintendent*



**REMINDER: Spring Semester Parent-Teacher
Conferences will take place from 1-4 P.M. on 2/17.**

ORGANIZATION—A Skill Worth Teaching

In general, life is easier with organization. No matter how old you are, what your job is, or the number of tasks and activities you are balancing, being organized helps give you confidence to tackle everything on your plate. And although we don't all find organization easy, anyone can be organized – it's a skill that can be learned and used as a strategy for success in school and elsewhere in life.

Research shows that organization is beneficial in all types of development. When we (or our workplace, locker, classroom, and even our rooms at home) are disorganized, many report they experience higher rates of distraction and stress. For students, a lack of organization can cause:

- higher academic challenges
- lower grades
- negative interactions with teachers

For teens and young adults with unique learning needs, organizational skills must be taught mindfully in specific interventions. But they are worth the effort, as even small improvements can decrease inattentiveness and increase academic performance. In short, many experts say that being organized is a path to success. So, whether you want your children to organize their lockers, their desks, or even their closets, here are some skills which can make all your lives less chaotic and more successful:

Understanding the difference between neat and messy We can't just assume that kids will evaluate the environment the same way we do. Show them images online exhibiting the difference, create both messy and neat spaces in your own home, and continue doing this until you can all agree what it means to be organized. It may take several tries to find a compromise that you can all live with!

A place for everything and everything in its place Categorizing locations is useful, both in establishing a regular place for an activity to happen or items to be stored and to help reduce the time it takes to leave in the morning, start on homework, or get ready for bed. For those who benefit from visual prompts, label designated spaces (i.e., BACKPACK, SHOES, COAT, HOMEWORK, PENS/PENCILS, etc.) Take photos of what the space looks like when everything is put away neatly and share the picture with your kids. This gives them a reference to determine whether everything is in its place.

Starting with a clean space Studies on productivity have shown that our brains perform better in uncluttered spaces. Teach your kids to spend a few moments cleaning up a space before beginning their homework. Put away distractions and have learning materials nearby (remember A PLACE FOR EVERYTHING?). If you don't have a designated workspace (desk), work together to establish an inviting spot which they feel comfortable and motivated to work in.

Prep the night before We all understand the value of checklists and agendas, especially at the end of the day. And although we would like our kids to just remember what they need to do to get ready for the next morning (especially if its repetitive), it is more realistic to create a nighttime reminder list. Make the morning less crazy by preparing tools, materials, and supplies before bedtime. This helps teach them to take charge of their own organization, and time management tools they control will become a habit.

Organization checklists Planning and organization experts tout the value of tackling organizing in small sessions to avoid taking on a monumental chore. By teaching your kids to bite off small tasks on a regular basis (even daily), they will discover that they still have free time and will feel less discouraged and overwhelmed. Weekly checklists can include daily, weekly, and less frequent tasks; this helps them to be the ones to make choices in how to schedule their time.

The OHIO Rule Staying organized AFTER a task is done is just as important, and that is where the OHIO rule comes in: **Only Handle it Once**. By initiating and completing tasks as they arise, you reduce the amount of time spent on them.

Recognize overwhelm & overload Despite implementing some of these strategies above, your kids (like all of us) stumble sometimes. Take this opportunity to teach your kids to recognize the difference between simply failing to utilize the tools they have and being overloaded. For many teens and young adults with unique learning needs, when overload and overwhelm kick in they revert to old behaviors and may not ask for help. Teaching your teen to recognize the signs and what to do in the moment to step back and reset their organization system can save everyone a lot of stress.

These are just a few of many tools your family can implement to help control chaos and improve productivity. However, don't discount the support you can get from school personnel—they are invested in your children's success and can offer an additional point of view and share tactics which can increase continuity between your home and the school. Finally, don't be afraid to [ask for professional help](#) if you or your kids feel like it is more than they can handle. Sometimes it is just nice to talk to someone.



IDALIA AFTER PROM VALENTINE'S FUNDRAISER

ORDERS DUE by:

Monday, FEBRUARY 6, 2023

Office Use Only: _____ Order received and recorded

_____ Payment received

To: _____

From: _____

(1 individual per order)

Grade/Delivery Location: _____

Message: Please write message on label provided on back of this form

Mark your selection and quantities below:

Totals

____ Treat Sack A- Jolly Ranchers, Dum Dums, & Starburst X \$1.00 _____

 ____ Treat Sack B - Hersey's Kisses X \$2.00 _____

 ____ Frosted Sugar Cookie X \$4.00 _____

____ Medium Stuffed Animal* X \$7.00 _____

____ Large Stuffed Animal* X \$10.00 _____

***SUPPLIES LIMITED**

Grand Total



Checks payable to Idalia After Prom



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***SUPPLIES LIMITED**

Grand Total

 Valentine Order Form

Orders Due by Monday, February 6, 2023



RED ROSES

To: _____ Grade _____ From: _____

Message: _____

Circle your choice: 1-Rose (In a Box) \$8.50 2-Roses (In a Box) \$15.00 3-Roses (Vase) \$20.00

1/2 doz. Roses (Vase) \$35.00

1 Doz. Roses (Vase) \$65.00

Add a Vase Hugger: \$5

Total \$ _____

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Total \$ _____



Idalia Breakfast Menu February 2023

A selection of milk offered daily-----Fruit and juice offered daily----A variety of cereal offered daily.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Biscuits & Gravy	2	Pancake On a Stick Yogurt	3	No School
6	Waffles Scrambled Eggs	7	Breakfast Pizza	8	Bacon Egg & Cheese Biscuit	9	Banana Bread Breakfast Casserole	10	No School
13	Muffin	14	Breakfast Burrito	15	Biscuits & Gravy	16	Pancake On a Stick Yogurt	17	No School
20	Waffles Scrambled Eggs	21	Breakfast Pizza	22	Bacon Egg & Cheese Biscuit	23	Banana Bread Breakfast Casserole	24	No School
27	Muffin	28	Breakfast Burrito						

This institution is an equal opportunity provider.

Idalia Lunch Menu February 2023

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	PBJ Sandwich Chicken Salad Baked Chips Salad Bar	2	Shredded Pork Tacos Chips & Salsa Salad Bar/Dessert	3	No School
6	Chicken Rice Bowl Salad Bar	7	Lasagna Garlic Bread Salad Bar	8	Pulled Pork Sandwich Baked Beans Salad Bar	9	Beef Burrito Green Chili Refried Beans Salad Bar / Dessert	10	No School
13	Chicken Strips Coleslaw Salad Bar	14	Cheesy Nachos W/Ground Beef Salad Bar	15	Corn Dog Broccoli Salad Salad Bar	16	Beef Tostada Refried Beans Salad Bar/ Dessert	17	No School
20	Chicken Nuggets Corn Salad Bar	21	Pizza Green Beans Salad Bar	22	HB/CB Fries Salad Bar	23	Chicken Fried Steak Mash Potatoes/Gravy Salad Bar/Dessert	24	No School
27	Ham Sandwich Baked Chips Salad Bar	28	Chicken Alfredo Garlic Bread Salad Bar						

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IDALIA SCHOOL DISTRICT RJ3
26845 COUNTY ROAD 92
BOX 40
IDALIA, CO 80735

IDALIA MISSION STATEMENT

Idalia School District RJ3 will provide each child with the knowledge, skills, and qualities to become productive citizens upon graduation.

February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 District FBLA at NJC	2 JH/HS BB at Bethune	3 ML FBLA Fun Night No School	4 JH/HS BB vs Kit Carson
5	6	7 FBLA Field Trip JHBB-Girls vs Burlington	8 FFA-High Plains No-Till Conference	9 JHBB at Woodlin	10 HSBB at Caliche No School	11 Student Council Barn Dinner
	← F B L A W E E K →					
12	13	14 HSBB at Eads	15	16 HSBB vs Stratton	17 Parent-Teacher Conferences HSBB vs Fleming No School	18
19	20	21 District BB-Girls (1st Round)	22 District BB-Boys (1st Round)	23 FFA Barnyard Day	24 District BB at Brush No School	25 District BB at Brush
	← F F A W E E K →					
26	27 Accountability Meeting	28				