



JANUARY

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

www.idaliaco.us

Volume 28, 5th Edition

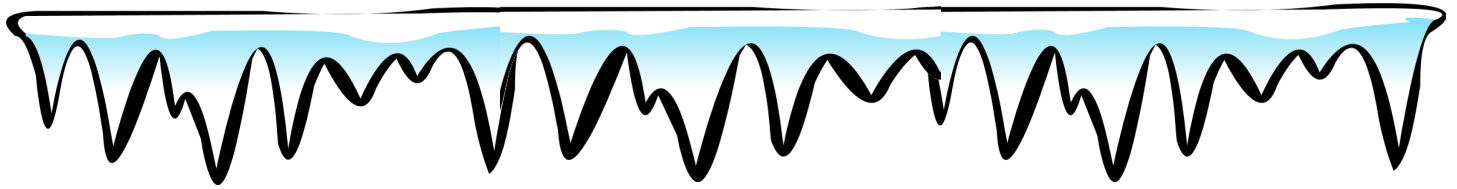


Even though the first semester of the school year is nearing its end, that hasn't slowed down the Idalia FBLA Chapter one bit! If anything, it has increased the chapter's activity. Members volunteered to serve at the Cajun Boil on Saturday, December 9th. This has been one of the many community service events the chapter has done this year. To reward members who are highly participative in the chapter, there has been special recognition for them. Each month, a member of the month is chosen, and their information and accomplishments are sent to the state level to see if they qualify for a state member of the month! This year, our members of the month were Callie, Tarek, Jaylyn, Wade, and Tatum! Congratulations to these members on their involvement in the chapter! If you're an FBLA member and haven't signed up for a competitive event yet, we highly recommend you do so! Enough with the high school level, let's talk about the middle level! These members have also been quite active in their chapter, and they celebrated with a Christmas party! In conclusion of the awesome year of 2023, along with the end of the semester, congratulations to everyone who has made it this far! We can't wait to see what 2024 will bring! Merry Christmas and a Happy New Year!



WOLFVIEW





Throughout this month of FFA, the chapter has had an overall relaxed month of activities. We participated in our monthly PALS, where we make projects with elementary kids. This month, we decided to make snowflakes out of cotton swabs and yarn. A few members also participated in the district speaking contest held at the Woodlin School. Rebecca Whomble placed first overall in Creed Speaking and will be competing at the state competition in June. Audrey Soehner placed in the silver category in Creed Speaking. Tatum Soehner, Krista Wieser, and Trista Richards also attended as district FFA Officers. We cannot wait for January and seeing what the new year holds for our FFA Chapter.



The Idalia Career and Technical Education programs were awarded an \$80,000 innovative grant from Perkins to purchase equipment to establish a school store. The students will begin making items to sell next semester. This opportunity offers the students a work-based learning experience by handling all aspects of the business from manufacturing, marketing, and finance. The students will gain customer service experience as they work on custom orders or help a person pick the perfect item. The school store will be set up by the greenhouse with most of the production occurring there. The store will be open during the class from 10:00 to 10:45 during normal school hours. If you would like to visit the store during another time, please contact Mr. Brown or Mrs. Brophy to set up an appointment.





Idalia Families:

The Preliminary Scholastic Aptitude Test (PSAT) and the Scholastic Aptitude Test (SAT) will be administered in April for 9th, 10th, and 11th grade students. The 9th grade will participate in the PSAT 8/9 on April 15th, 2024. The 10th grade will participate in the PSAT 10 on April 17th, 2024. The 11th grade will participate in the SAT on April 16th, 2024.

Tests will be administered at the homestead beginning at approximately 8:30 AM and last until approximately 12:00 PM testing students on reading, writing and language, and math. Students will report to the homestead after eating breakfast at the school at 8 AM. After testing has been completed, students will continue their regular academic schedule. Make up testing for students who are unable to test on the primary testing day will be April 18th, 2024.

Sincerely,

Caprise Cominiello
cominiello@idaliaco.us
970-354-7298

**More information about PSAT/SAT can be found at [Colorado School Day SAT and PSAT | CDE \(state.co.us\)](https://colorado.gov/government/agencies/cde/sat-and-psat)*



The Colorado Measures of Academic Success (CMAS) assessment will be administered this Spring beginning April 8th, 2023, and ending April 11th. Grades 3rd, 4th, 6th, and 7th will take three units of math and three units of language arts. Grades 5th and 8th will take three units of math, three units of language arts, and three units of science. The 11th grade will take two units of science.

The majority of CMAS testing will occur over the duration of five days (4/8 - 4/11). The week of 4/22 - 4/25 will be allotted for make-up testing.

For a full schedule of the CMAS testing, please go to the Idalia School Webpage, Counselor's Corner, testing, and select 2024 CMAS Testing Schedule.

Please feel free to contact Caprise Cominiello with any questions at:

cominiello@idaliaco.us
970-354-7298

** Any parents who wish to opt their child (ren) out of CMAS, the parent excusal form can be found on our school's website ([idaliaco.us](https://www.idaliaco.us)) under the "School Forms" tab. All opt out forms are due to the office by April 1st.*

***More information about CMAS can be found at www.cde.state.co.us/assessment*



KEEP EVERYONE HEALTHY BY WASHING YOUR HANDS



When one considers how to stay healthy, the simple truth is that it starts and ends with our hands. Since we explore many places with our hands (the average adult touches over 140 objects each day), it's easy to see why unwashed hands are one of the quickest ways to spread germs and infections. Germs are everywhere, in our gut, on our skin and on every surface we touch. And although many germs are not all bad, helping to improve digestion and keep our immune systems strong, most infections are spread through hand contact.

Proper handwashing with soap and water is one of the simplest—yet effective—methods to prevent infection, protecting you and everyone around you. According to the [Centers for Disease Control and Prevention](#) (CDC), proper handwashing reduces cases of diarrhea by 30% and reduces respiratory illnesses, like colds, the flu and COVID-19, by 20%. In addition, research shows it also helps prevent antibiotic resistance.

When to Wash Your Hands

Although it is ALWAYS a good idea to wash your hands, here are a few crucial times when clean hands make a huge difference:

BEFORE

- making food
- eating
- touching your face, eyes, or mouth
- touching a sick person
- touching a cut, sore, or wound

AFTER

- using the bathroom
- blowing your nose, coughing, or sneezing
- touching things that may carry germs, like:
 - diapers or a child who has used the toilet
 - food that is not cooked (raw meat, fish, etc.)
 - a sick person
 - cuts, sores, and wounds
 - animals or animal waste
 - trash



How to Wash Your Hands

Here are the 5 steps to proper hand washing:

1. Wet your hands with clean, running water, then turn the tap off.
2. Apply soap and lather the soap. Rub hands palm to palm, the back of your hands, in between your fingers and underneath your fingernails.
3. Rub them vigorously, using friction, for a minimum of 20 seconds. Hum the “Happy Birthday” twice.
(continues on next page)

4. Apply soap and lather the soap. Rub hands palm to palm, the back of your hands, and in between. Rinse your hands well under clean, running water.
5. Dry your hands with a clean towel, paper towel, or air dry them.

In a Pinch—Use Hand Sanitizer!

Alcohol-based sanitizers are a convenient option. When your hands aren't visibly dirty, alcohol-based hand sanitizers are more effective at killing potentially deadly germs on hands than soap and are gentler on the skin as they cause less irritation and dryness. Remember that sanitizers kill both good and bad germs, so try to use them when soap and water are not available. And sanitizers do not get rid of all types of germs, like clostridium difficile, which is easily spread and causes GI upset.

There is a correct way to use hand sanitizer as well.

1. Apply a palmful of sanitizer in a cupped hand, covering all surfaces.
2. Rub hands together to move the product over all surfaces of hands, fingers, between the fingers, fingertips, and over the back of the hands.
3. Rub your hands together until dry.
4. Keep in mind water should not be used, and paper towels are not needed.

These simple steps go a long way to keeping you—and our entire community—healthy by reducing the spread of germs!

<https://www.cdc.gov/handwashing/faqs.html>



Elias Alvarez, Layla Monarrez, Asher Richards, Matias Alvarez Moran

Idalia Elementary explored the character strength of Self Control.

Students recognized the strength of Self Control as the ability to think before one acts.

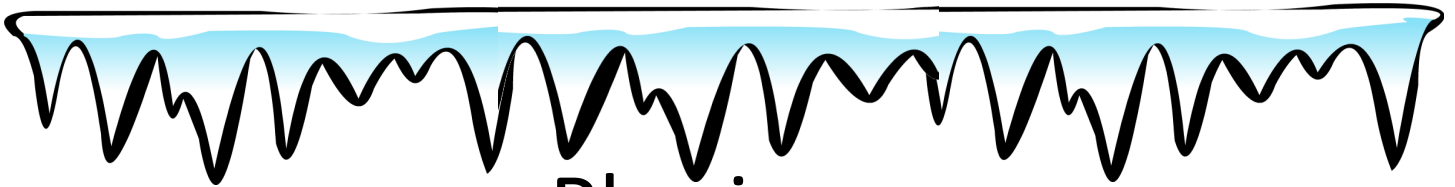
Congratulations to the nominated students!



Growing our Character

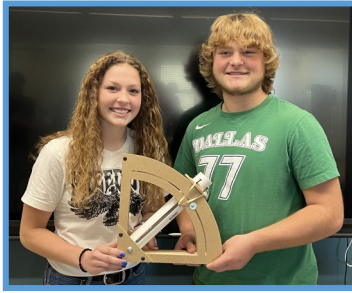


Wyatt Whomble, Savannah Richardson, Emmett Soehner



Physics

Physics students worked in pairs recently to create devices that would launch a ping pong ball from somewhere inside the basketball "key" into and 1' x 1' basket. We had a variety of designs and a couple of them hit the target! Students had to work within weight parameters and were judged on both accuracy and precision. The creative designs in this year's competition were quite impressive.



Anatomy



Anatomy students recently dissected a sheep brain with eyeballs still attached by the optic nerve.

(Pictured: Wade and Krista)



Special Thank You to the Idalia Football Team.

Idalia Breakfast Menu January 2024

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	No School	2	No School	3	Biscuit & gravy	4	Bagel /w cream Cheese	5	pancake on a stick
8	Muffins Omelet	9	Bacon Egg & Cheese Biscuits Smoothie	10	Breakfast Burrito Yogurt parfait	11	Banana bread Breakfast casserole	12	No School
15	Waffles Scrambled eggs	16	Biscuits & gravy smoothie	17	Bagel/w Cream Cheese	18	Pancake on a stick	19	No School
22	Muffin Omelet	23	Bacon Egg & cheese Biscuit Smoothie	24	Breakfast Burrito yogurt parfait	25	Banana bread Breakfast casserole	26	No School
29	Waffles Scrambled eggs	30	Biscuits & gravy Smoothie	31	Bagel/ w Cream Cheese				

Idalia Lunch Menu January 2024

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

MONDAY		TUESDAY		Wednesday		THURSDAY		FRIDAY	
1	No School	2	No School	3	Beef Burrito w/green chili refried beans Salad bar	4	Chicken Rice Bowl Salad bar	5	Shredded Pork Tacos chips & salsa Dessert
8	Chicken strips baked potato salad bar	9	Cheesy Nachos w/ground beef option salad bar	10	Corn Dog corn Salad bar	11	Beef Tostada Refried beans salad bar Dessert	12	No school
15	Chicken nuggets steam vegetables Salad Bar	16	Pizza Green Beans Salad Bar	17	HB/CB fries Salad Bar	18	Chicken fried steak mash potatoes/gravy/roll Dessert	19	No School
22	Chili Breadstick Salad Bar	23	Chicken Alfredo Garlic Bread Salad Bar	24	Ham sandwich Baked chips Salad Bar	25	Walking Tacos Salad bar Dessert	26	No school
29	Spaghetti w/meat option Salad bar	30	Tacos Arroz con elote salad bar	31	PBJ Chicken salad baked chips Salad bar				Chocolate milk one day a week.

This institution is an equal opportunity provider.

Idalia School District RJ3
P.O. 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.



JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 New Years Day	2 No School	3 2nd Semester Begins	4	5 HSBB @ Saint Franics	6 JH/HS BB @ Hi-Plains
7	8 JHBB Girls @Wray	9 HSBB vs Deer Trail	10	11	12 No school HS Knowledge Bowl @ Kit Carson HSBB @ Otis	13
14	15 Martin Luther King Jr. Day Knowledge Bowl @ Woodlin	16	17	18 JHBB~Girls @ Burlington	19 No school Idalia JHB vs JHC JH/HS BB vs Lone Star	20 Idalia JHB vs JHC JH/HS BB vs Eads
21	22	23 HSBB vs Flagler	24	25	26 No school JH/HS BB @ Arickaree	27 JHBB Tournament @ Idalia
28	29	30 JHBB Championships @ Arickaree	31 District FBLA			