



Idalia School District RJ3
26845 County Road 9.2
Idalia, CO 80735
www.idaliaco.us
Volume 27, 8th Edition

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WOLF OF THE MONTH

Alli is an 18-year-old Senior on the High Honor Roll. Alli names Mrs. Cindy Soehner (Math/Science), Mrs. Sherri Ramseier (Language), and Mrs. Sandi Wudtke (1st Grade) as her favorite teachers, and her favorite subjects are history and creative writing. Alli states that some of her hobbies and interests outside of school include, "I am a can-can dancer at Old Town, I also enjoy cooking and hanging out with family and friends." When asked who her role models are, Alli responded, "Mr. Weirich and Ms. Sherri because they always push me to be my best." Alli shared that a "Fun-Fact" about herself is, "I was in a movie, and I once caught two fish at the same time off of one lure."



When asked to discuss an accomplishment that she is proud of, Alli responded, "I am proud I was elected to National Honors Society, and also that I was named Academic All-State my junior year." When asked to discuss her future plans, Alli stated, "I plan to attend Fort Hays State University and eventually would like to become an elementary teacher." A piece of advice Alli offers her classmates is, "Don't worry about the bad things, focus on the good."

Mrs. Ramseier states, "Alli is talented, intuitive, dedicated, completely trustworthy, and focused. She is always the first student to volunteer, no matter the organization. Alli is not afraid of work or stepping outside her comfort zone, I love that about her." Mr. Johnson adds, "Alli is an outstanding student and great influence and contributor to our school. She is excelling in the classroom, and heavily involved outside of it. She is multi-talented and a friend to all. Congratulations on being selected as Student of the Month Alli!" Submitted by Myles Johnson, Superintendent



SOURCES OF STRENGTH



Idalia's Sources of Strength group has completed their final campaign of the year! Peer Leaders decided to incorporate the strength of healthy activities into the CMAS testing week. On Monday, students were able to engage with goats generously brought by Jill Whomble during recess. Tuesday, students wore caps and crocs. Wednesday, students enjoyed rootbeer floats outside. Thursday, students plugged into the healthy activity of music as they attempted to match songs to the teachers that nominated the songs. The most songs correctly matched was 4. If you think you know our teachers better, email cominiello@idaliaco.us for the music matching answers!

Sources of Strength incorporates a strength-based focus where Peer Leaders spread messages of Hope, Help, and Strength throughout their school and community. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard, they can leverage their strengths. We are excited to grow our Sources of Strength program through training more peer leaders in the future!

-Submitted by Caprise Cominiello, Sources of Strength Coordinator

Mr. Andrews	Mrs. Kite	Mrs. Cindy Soehner	Mr. Brown	Ms. Brophy
Mrs. Minor	Mrs. Garton	Mrs. Ramseier	Mrs. Moberly	

Song	Artist	Teacher
Here Comes the Sun	The Beatles	
How do You Like Me Now	Toby Keith	
I Won't Back Down	Tom Petty	
3 Little Birds	Bob Marley & The Wailers	
What a Man Gotta Do	Jonas Bros	
Southern Nights	Glen Campbell	
Immigrant Song	Led Zeppelin	
It's a Long Way to the Top	AC/DC	
Hey Girl	Ann Wilson	



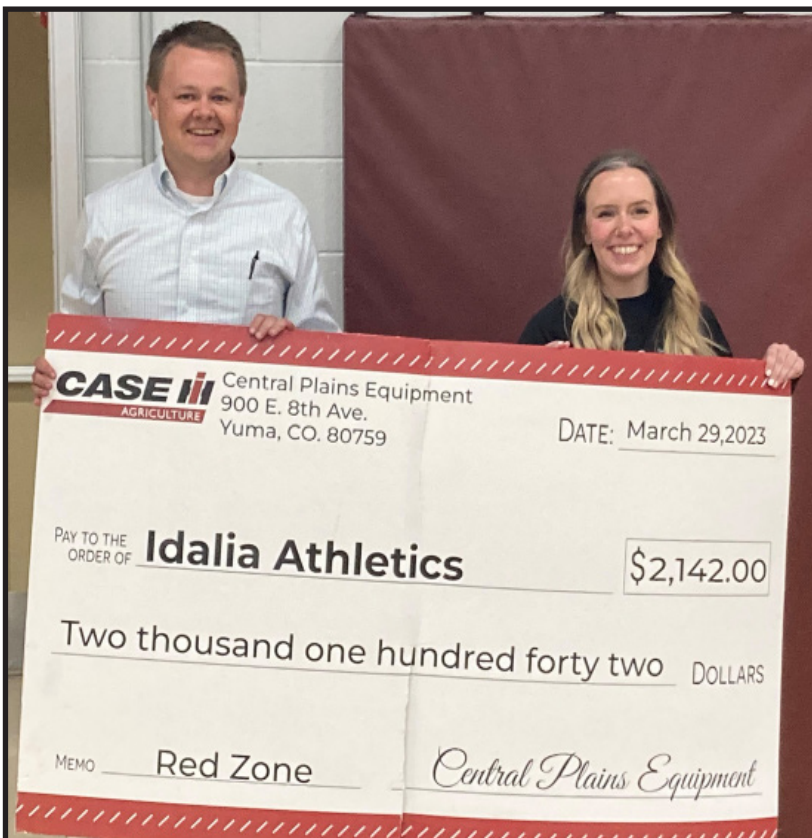
FFA HAPPENINGS

In April, we had competitors in Milk Quality go to Fort Morgan for their CDE on the 3rd and the other events went to District CDEs at NJC on the 11th where we had great success. There were a few members who went to Wray on the 21st and helped to sort and disperse trees with the Conservation District. We had PALs on the 26th. We helped serve food at the Plains Telephone Dinner. Officer Applications for 2023-2024 school year were sent out and due this month too, with interviews on May 4th. Also, on April 30th and May 1st are State CDE's at CSU. -Submitted by Krista Wieser



Case Central Plains Equipment donated \$1 for every point scored by the High School basketball teams this year. In total, Case donated \$2,142 towards Idalia Athletics! Thank you Case Central Plains Equipment!

To order your 2022-2023 Idalia Yearbook, contact the office or email brophyj@idaliaco.us by May 11th. Yearbooks are \$30!



- Idalia is accepting applications for the following positions for the 2023-24 Academic Year:
- -School Secretary
- -Substitute Teachers
- -Substitute Bus Drivers
- Applications can be found on the school's website:
- <http://www.idaliaco.us/>



Sun Safety: Tips to Enjoying the Sunshine While Minimizing Risk



Skin cancer is the most common cancer in the US in adults, but we don't often think about skin cancer prevention until we are older. However, prevention starts early with healthy sun habits. Just one blistering sunburn before they reach the age of 18 more than doubles the risk of developing melanoma (the most serious form of skin cancer, developing anywhere on the body) as adults. Colorado has the highest per-capita rate of skin cancer IN THE NATION. The combination of altitude and climate, along with a population which enjoys a multitude of outdoor activities, naturally means that Coloradans are exposed to high UV rays.

But teaching kids about sun safety means that adults need the information to share. A 2021 study revealed that one-third of all adults failed a basic quiz on sun exposure, and Gen Zs knew even less! Somehow the message was lost, but it is never too late to learn about being safe in the sun.

First, the bad news. Here are some dangers of too much sun:

Short- & long-term skin damage. You can get a sunburn in under 15 minutes, and not see it for up to 6 hours. This form of radiation burn is the result of overexposure to UV rays. Even without burning, exposure to UV rays over a lifetime accelerates the aging process. Wrinkles, dryness, saggy skin, and age spots can be reduced with sun protection.

Skin cancer. UV radiation increases the risk of melanoma, basal cell carcinoma, and squamous cell carcinoma. Although it accounts for only 1% of skin cancers, melanoma is the most aggressive type. Often developing on the head & neck, basal-cell carcinoma accounts for 80% of skin cancers, grows slowly and rarely spreads to other parts of the body. Squamous cell carcinoma is commonly found on the lips, on a scar, and accounts for 20% of skin cancers.

Heat stroke. Heat cramps, fainting & exhaustion are typical signs of this condition, but it can damage the brain and other organs, and even cause death. Most common in older adults, high school athletes too often fall into this dangerous condition when physically active in high temperatures. Dizziness, throbbing headache, nausea/vomiting, muscle cramps, rapid breathing, and seizures are symptoms of the onset of heat stroke.

Although there are risks of too much sun, there are also ways to minimize them. As we jump into spring and warmer days ahead, just a few steps can make the difference between an enjoyable day outside or a painful sunburn and long-term damage.

Seek shade. When it is hot and the sun is at its highest peak, go indoors or find sources of shade, like an awning, trees, or even shadows. The sun's rays are the strongest between 10 am and 2 pm. Checking the UV index each day can help you plan your outside activities. Anything greater than 3 will require sun protection. Don't forget that water, sand, and snow reflect the sun's rays!

Cover Skin with Clothing. Wearing a brimmed hat (at least 3" wide) protects the head, ears, and neck from damaging sun rays. Lightweight long-sleeved shirts and long pants are crucial to protecting your skin and eyes from harmful UV exposure. UPF protective clothing is now widely available, and highly recommended. These are affordable, and can also be used as swimming and athletic wear.

Apply (and reapply) Sunscreen. Use a UVA and UVB broad-spectrum and water resistant sunscreen of at least SPF30—these will filter out 97% of the sun's most damaging UVB rays. Zinc oxide and titanium dioxide are less irritating to the skin; look for sunscreens with the highest amount of zinc. Apply 20 minutes before sun exposure and reapply every two hours, whether you are in direct sunlight or not. When swimming or sweating, reapply more often. And don't forget your lips—since skin cancers often start on lips, it's important not to neglect them!

Don't Forget to Protect Your Eyes. UV radiation can burn the front of the eyes, like a sunburn on the skin, and burn the skin around your eyes—even your eyelids. Over time, cataracts and permanent vision loss can develop, and skin cancer can appear on the eyelids and surrounding area. When outside, wear sunglasses with 99-100% UVA and UVB protection. All quality sunglasses should have a label indicating they contain this protection factor.

The fact is: Any color you get from the sun is damage to your skin. Establishing simple sun safety habits like these will reduce your risk of skin cancer, slow down the signs of aging, and improve your outdoor activities. Teaching your kids—young and old—about sun safety can save them from being a dangerous statistic.

SUNSCREEN

Choosing the right sunscreen can help reduce your risk of skin cancer and early skin aging caused by the sun.

Sunscreen is an important tool in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5 Americans will develop skin cancer in their lifetime.

The American Academy of Dermatology recommends choosing a sunscreen that is you:

- Broad spectrum**
Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.
- SPF 30 or Higher**
How well a sunscreen protects you from a burn.
- Water resistant or very water resistant**
For up to 40 or 80 minutes. Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming or sweating.

One ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

Remember, sunscreen alone cannot fully protect you. In addition, seek shade and wear sun-protective clothing, including a wide-brimmed hat and sunglasses, whenever possible.

Colorado
FBLA
Idalia High School



The Idalia FBLA Chapter was very busy these last few months. We started off our month by helping the Cub's Den with their annual easter egg hunt on April 1. Members hid over 900 eggs and helped kids find the area they would be finding eggs in. The Idalia FBLA Chapter also attended the State Leadership Conference at the Gaylord April 5-7. Our members had a blast and gained career prep and leadership experiences. Listed below are the many accomplishments that were achieved by our chapter:

Congratulations to Kyndal, Vice President of Progress, and Sam, Vice President of Service, for continuing as FBLA State Officers. I know these two will make FBLA proud this coming year!

Congratulations to Naidelin and Priscilla for 4th place in Partnership with Business and Tyler for his 3rd place in Computer Problem Solving. These three have qualified for Nationals in Atlanta. Sam and Kyndal also completed their BAA Capstone, earning their way to Nationals.

Congratulations to Kagen Hoyda and Eduardo Estrada for completing their Contributor, Leader, and Advocate BAA awards, earning their way to state and being recognized on the stage. Also, congratulations to Eyona Pfeiler and Alyssa Smith for helping the chapter complete the Peak 5 award.

Also placing in the top 10 in their events are the American Enterprise team of Tyler, Tarek, and Tate, 9th; Raquel in Agribusiness, 8th; Alli in Electronic Career Portfolio, 9th; the E-Business team Jenna and Krista, 7th; Sam in Organization Leadership, 7th; Kyndal in Job Interview, 5th; and the Intro to Business Presentation team of Natalie, Brigitte, and Carson, 9th.

High School and Junior High FBLA Awards night will be on May 16th at 6:30 in Idalia Cafeteria. All community members are welcome to attend. Dessert will be provided following the ceremony.

-Submitted by Callie Richards



High School and Junior High FBLA Awards Night
on May 16 in Idalia Cafeteria - all community
members are welcome to attend - dessert will be
provided following the ceremony at 6:30 P.M.

Free sports physicals will be
offered at the school!

May 15th: 2:45pm - 5pm
(5-11th Grade Girls)

May 16th: 2:45pm - 5pm
(5-11th Grade Boys)


**Baccalaureate on Monday
May 22nd @ 6 P.M.
at St. John's Church.**

**All seniors will be
recognized.
Everyone is invited to
attend.**

GRADUATION ON MAY 26th @6 P.M.

Community Calendars are available in the post office lobby! Feel free to swing by and grab one!

WATCH FOR
SPECIAL
EDITION
NEWSLETTER
RECOGNIZING
OUR
SENIORS!
COMING OUT
ON MAY 18!



**CHEERLEADING
TRYOUTS**

**TRYOUTS ON:
Friday, May 12
at 9am
Idalia Cafeteria**

7-12 Grade Girls

**INFORMATIONAL MEETING
CHEER CLUB**

There will be an informational meeting for interested girls and their parents on Tuesday, May 2, 2023 @ 5:30pm in the Idalia Cafeteria.

FOR MORE INFORMATION CONTACT
Rachael Drullinger (970)630-4525 or Lynne Cody at (719)343-0212

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**FIELD DAY
CONCESSIONS**

MAY 11TH, FIELD DAY

**HAMBURGERS
HOT DOGS
TAQUITOS
DESSERTS
OTTER POPS**

CINNAMON ROLLS AT 8 AM

Made with PosterMyWall.com



Wolf on the Loose!



Better late than never! This month's Wolf on the Loose features Alli Rice, a senior who embraces life and exhibits a love for children AND performing. Showing that dedication to your love while balancing the responsibilities of high school can be attained, Alli has a vivacious personality which attracts kids and patience that everyone can appreciate. Combining this with a stubborn determination to see a project to fruition, Alli is the epitome of an achiever!

In 2022, a teacher mentioned the Can Can dancers at Old Town in Burlington, and Alli was intrigued. She recognized the chance to perform in a local venue while meeting new people and pursued the opportunity. She loves the camaraderie that comes with working with a group of performers. The position has also been pivotal in helping Alli to develop good people skills; from helping customers in the saloon to singing in front of a crowd, she has gained self-confidence and learned to work with all types of people.



When asked about the challenges of balancing work, school, and sports, she said that scheduling down time to relax is crucial to maintaining a good attitude, along with being organized. If you don't make time for yourself, you will be easily discouraged and experience burnout. Idalia high school students are involved in a multitude of activities, and to be successful at this balance requires organization. Coming from another school and not having grown up in Idalia, Alli had a unique experience at school, and it wasn't always easy to make lifelong friends, but she is thankful for the relationships she has built.



Her favorite classes are creative writing, horticulture, and working as an aide in Mrs. Wudtke's first grade class. Her favorite teachers are Miss Sherri, Mr. Weirich, and Mrs. Soehner. One of her most-loved experiences while a student at Idalia (and a favorite for many others!) has been making baked goods for students and teachers.

Alli will be studying elementary education at Fort Hays State University and plans to work in childcare while attending college. Her long-term goal is to work as an elementary teacher in a small school, but not too far from the city.

Alli Rice is an outstanding example of the hardworking students graduating from Idalia High School. Holding herself to a high standard, succeeding at both school and extracurricular activities, and exploring jobs and advancement opportunities outside of the rigors of high school life, Alli strives to be the best version of herself she can. The community of Idalia is honored to have students like Alli representing the town, and we all look forward to hearing about her successes in the future!

As future leaders, Idalia students are active both in and outside of the school environment. Each month the Wolf view 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!"

**IDALIA
TEACHER
HOUSING**



**BREAKING GROUND
JULY 2023**

**Idalia
Vision
Foundation, Inc.**



Community Meeting following
Academic/Athletic Awards Night in
Gym (5/24).

Be on the lookout for more information
to come in the weeks and months
ahead!

For more information please contact
any School or Visions board member

Jolynne Richards
719-342-1178

Myles Johnson
Idalia School District RJ-3
(970) 354-7298 ext. 205



About

GOAL: Attract high quality teachers amidst the teacher shortage to Idalia

Idalia School District RJ-3 and The Idalia Visions Foundation are excited to announce a joint teacher/community housing project they have been collaborating on! After much collaboration and conversation, both the School and Visions have identified and targeted the lack of housing (both in general, and specifically to teachers) as an essential community need. In a collective effort, along with community support, the two organizations have agreed to work alongside one another to take action and begin tackling the lack of housing in Idalia.



Phase 1- July 2023
Projected Cost: \$145K
Over \$80k committed

PREVIEWS

Phase 2- 2024
Projected Cost: \$470K



*Please note the visuals above are only examples and may not be reflective of the final units.

CONTRIBUTIONS

Visions Foundation
Along with pledging up to \$50,000 to the project, Visions has agreed to donate Vision Lot(s) on which to build teacher/community housing units.

Idalia School
Along with owning and managing the units upon completion, the school has pledged \$200,000 towards this project.

How can YOU help?
Be on the lookout for future fundraising, in-kind labor, and community work days! Our goal is to raise \$150,000!

April Board Meeting Minutes

On April 19th, the board meeting was called to order at 6:00pm. Those in attendance included Board Members; Amber Hardwick, Jessica Towns, Dustin Weyerman, Ross Morris, Andy Richards, Superintendent Myles Johnson, Assistant Principal Kristi Minor, Business Manager Autumn Helling, and audience members Patrick Brown, Diana Pfeiler, Justin Pfeiler, and Ray Prentice. Following the Pledge of Allegiance, the Agenda was approved. Next, the March 6th minutes were approved. During “Comments from the Audience,” Diana Pfeiler shared some of her concerns surrounding the school’s athletic programs. Ray Prentice then shared some of his concerns surrounding athletics as well. Justin Pfeiler stated he was there to listen, and Patrick Brown stated he was in attendance to fulfill a requirement for the Alternative Licensure Program he is completing. The Business Service Reports were then presented and approved. Mrs. Minor then provided her Principals Report, where she briefed the board on student attendance and discipline to date, as well as providing an update from the recent Accountability Meeting. Mr. Johnson then gave his Superintendent’s Report, in which he provided an update on open positions. He also informed the board he received notice of resignation from Tara Garton. He then provided a general school update. Under “Discussion/Action Items,” the board approved the EC BOCES 2023-24 Consolidated Application as presented. Under “Personnel,” the board approved the updated Substitute List, which reflected the recent addition of Ashley Hurlburt. Under “Policy,” the board approved required updates of policies ADD, DJE, GBGF-F, GBGF-R, GCO, JKA, JKA-R, and JLCDC as presented. The meeting was adjourned at 6:57pm and next meeting was scheduled for May 15th at 7pm. Submitted by Myles Johnson, Superintendent

Idalia Breakfast Menu

May 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Muffin	2	Breakfast Burrito	3	Biscuits & Gravy	4	Pancake on a Stick Yogurt	5	No school
8	Waffles Scrambled Eggs	9	Breakfast Pizza	10	Bacon Egg & Cheese Biscuit	11	Banana Bread Breakfast Casserole	12	No school
15	Muffin	16	Breakfast Burrito	17	Biscuit & Gravy	18	Pancake on a Stick Yogurt	19	No school
22	Waffles Scrambled Eggs	23	Breakfast Pizza	24	Bacon Egg & Cheese Biscuit	25	Banana Bread Breakfast Casserole	26	No school

This institution is an equal opportunity provider

Idalia Lunch Menu

May 2023

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

MONDAY		TUESDAY		Wednesday		THURSDAY		FRIDAY	
1	Chicken Nuggets Corn Salad Bar	2	Pizza green beans salad bar	3	HB/CB fries salad bar	4	Chicken Fried Steak Mashed Potatoes Gravy Salad Bar/Dessert	5	No school
8	Ham Sandwich Baked Chips Salad Bar	9	Chicken Alfredo Garlic Bread Salad Bar	10	Macaroni Corn Salad Bar	11	Field Day Sack Lunch (sign up required)	12	No school
15	Spaghetti w/meat option Salad Bar	16	Chili Breadstick Salad Bar	17	PBJ Sandwich Chicken Salad Baked Chips Salad Bar	18	Shredded Pork Tacos Chips & Salsa Salad Bar	19	No school
22	Chicken Rice Bowl Salad Bar	23	Lasagna Garlic Bread Salad Bar	24	Pulled Pork Sandwich Baked Beans Salad Bar	25	Sack Lunch (sign up required)	26	No school
									Chocolate milk one day a week

IDALIA RJ-3 2023-2024

AUGUST						
S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
SEPTEMBER						
S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
OCTOBER						
S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
NOVEMBER						
S	M	T	W	R	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
DECEMBER						
S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 9th
New Teacher Inservice

August 10th-11th
Staff Inservice

August 14th
1st Day of School

May 23rd
Last Day of School
11:30 a.m. dismissal

Professional Development
Staff only
October 20th
November 17th
January 2nd
February 9th
March 22nd
April 19th
May 23rd (11:30-3:45)

Parent/Teacher Conf.
October 20th
February 9th

Vacation/Holiday
No School
September 4th
November 22nd-23rd
December 18th-January 1st
March 11th-14th

Friday School
September 8th
January 5th

JANUARY						
S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
FEBRUARY						
S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		
MARCH						
S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
APRIL						
S	M	T	W	R	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
MAY						
S	M	T	W	R	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Total Student Days: 149
Total Teacher Days: 159

School Day Time: 7:55-3:40

- = 1st Semester (8/14/23-12/14/23)
- = 2nd Semester (1/3/24-5/23/24)
- = No School
- = Professional Development-No School
- = Elementary Field Day (5/9/24)
- = Graduation (5/24/24)

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

May



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 State FFA CDEs	2	3 Walk to School HST-League at Wray	4	5 HST at Elizabeth	6
7	8 Scholastic Book Fair JHT-League at Akron	9 HST at Windsor Scholastic Book Fair	10 JH Speech contest Scholastic Book Fair	11 Elementary Field Day Scholastic book Fair	12 No School	13 HST at Limon
14	15 Sports Physicals (Girls) Accountability Mtg School Board	16 Sports Physicals (Boys) FBLA Awards	17 FFA Banquet	18 State Track	19 No School State Track`	20 State Track
	22 Baccalaureate	23 Last day of Pre- school	24 8th Grade Promo- tion Academic/ Athletic awards	25 Last day of school- 11:30 dismissal	26 6:00 pm Gradua- tion	27
28	29	30 HSBB Girls- Hi- Plains	31 HSBB Girls- Hi Plains			