



THE EAGLE FLYER

Home of the Eagles!

March 2023

Wellington Middle –High
School
2856 Cleveland Ave
Wellington, CO 80549

Phone

970-472-2700

Fax

970-472-2702

Attendance

970-472-2701

Principal

Kelby Benedict



wel.psdschools.org



Important Contact Information

Principal: Kelby Benedict, kbenedic@psdschools.org

Assistant Principal/Athletic Director: Hilarie Bartling, hbartlin@psdschools.org

Assistant Principal/Assessment Coordinator: Steven Watkins,

swatkins@psdschools.org

Dean of Students/Activities Director: Marc Buffington, marcb@psdschools.org

Dean of Students: Amy Carrier, acurrier@psdschools.org

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Opportunities

to start nursing or culinary pathways

Food and Nutrition
(Age 16)

Personal Care Provider
(Age 17 - will train)

CNA
(Age 17 - will train)

COLUMBINE HEALTH SYSTEMS

www.columbinehealth.com

Note from the Principal's Office...

Dear Parents and/or guardians,

As we continue to lean into our Mission: to ignite curiosity, to nurture resiliency, and to empower lifelong learning; we have opportunities this spring that align to that mission both in our building and outside. Please take a moment to see opportunities for students this spring as highlighted in our newsletter.

Currently, we are finalizing our course requests for the fall and planning for our upcoming master schedule. During this time of year, we are typically reflecting on our bell schedule, and the opportunities it provides for our students. Over the last few years our students have engaged in a number of bell schedules across multiple buildings. If you have any insight, and/or passions, around the structure of our bell schedule please take 5-10 minutes to [fill out this survey](#) so we can get your perspective as a parent and/or guardian.

Along the same lines, we are right around the corner of testing season which is an incredibly important time for us to identify additional supports for students, creating additional support classes for students, and placement in requested classes for next year.

The purpose of these assessments is to collect student growth and achievement data, as well as school growth and achievement data. Schools across the state are given a grade on these assessment results and this data is compiled into the school performance frameworks at the state level. As a building we also use this data to help with placement of students in courses and in planning what courses we should be offering. We also use the school performance framework to plan as a building to make instructional improvements and adjustments.

The best way for students to prepare for these tests is to get a good night's sleep in the days leading up to the tests and breakfast the morning of. Please remind your son or daughter to bring their laptops fully charged on all testing days. No cell phones, food, or drink will be permitted in the testing rooms. However, if your student(s) requires a snack for the testing session, they may bring one, keep it in their backpack, and it can be eaten outside the testing room. Breakfast will be available in the Commons as usual each day.

Lastly, please save the date for Parent/Student/Teacher conferences, the evening of March 23rd. This is one designated time to meet with teachers and your student(s) together. As we have received feedback about the convenience of jumping into a virtual conference and scheduling time, we are also working out the details to provide an in-person option as well. As always, if you have any questions about your student's engagement prior to this evening please reach out directly to their teacher(s).

Please let us know what questions you have as we strive to finish the year strong, while also planning for next year.

Sincerely,

Kelby Benedict

CMAS and PSAT Testing Schedule

The CMAS and PSAT testing is coming in April please see the dates below:

April 4th-6th : 6th, 7th, and 8th English and math CMAS will be from 9am-2pm

April 11th- 12th : 8th Science CMAS will be from 9am-11:05am

April 13th 9th and 10th PSAT will be from 9am-1pm

Students not testing on these days will be on a modified schedule of classes.

Please check your email in the next couple of weeks for additional information.



The Women's Clinic
of Northern Colorado

Schedule Your Appointment Today!

CLICK IT
Click on the Ads in this Newsletter

...to learn more about these great companies!

FORT COLLINS SYMPHONY
WES KENNEY · MUSIC DIRECTOR

Escape
to the movies

MAR 24 · 7:00 PM
Music in Film
Pops Concert
Timberline Church Auditorium

DETAILS & TICKETS:
LCTIX.COM

Eagles Athletics

Upcoming Middle School Athletics:

Boys & Girls Golf (6th-8th): 3/6-3/10 Optional Camp, Official Tryouts begin 3/20

Girls Softball (7th & 8th): 3/6-3/10 Optional Camp, Official Tryouts begin 3/20

Girls Intramural Soccer (6th-8th): 3/6-3/10 Optional Camp, Official Practices begin 3/20**

Track & Field (6th-8th): 3/20-3/24 Optional Camp, Official Practices begin 3/27

Unified Basketball (7th & 8th): 4/3 Official Practices begin

Is your athlete ready to play?

- Register at psdathletics.org **MS Girls Soccer players must complete a paper registration form from the WMHS Athletics Office.
- Pay Athletic Fee via School Pay or by check
- Sports Physical on file with the Athletic Department (valid for 365 days)
- Pick up an orange card (athletes cannot participate in official practices without this) Athletes must get an orange card for every sport.

Middle School Golf Parent Info Meeting (boys & girls) March 7th 6:15-pm in the commons with Coaches Shaw and Fox

View our activities calendar and sign up to receive notifications of any cancellations or changes at

<https://www.patriotleagueco.org/public/genie/430/school/1646/>



We understand the stress
of caring for a sick child.

Our providers are here to help get
your family on the fast track to healthy.



Counseling Corner

We just wrapped up a successful registration season and have completed all course requests for students entering grades 6 through 11. If you have specific questions around your student's current classes or future options, please feel free to reach out. Spring Break is just around the corner and we encourage you and your students to practice self-care as we head into a busy spring.



START THE WEEK WITH SELF-CARE

Practicing self-care is important. Try these simple tips to reduce stress and improve your mood and energy.

 GO FOR A WALK Feel the air or the warmth of the sun.	 TAKE A BREATH Take a pause with some deep breaths.	 YOGA MOMENT At your desk or in your living room, do some relaxing moves.
 TAKE A WARM BATH This is also a way to take a digital break from your phone and/or computer.	 CALL A FRIEND Catch up and share the latest. This will boost your happiness and it's a natural way to destress.	 SLEEP Go to bed early, read, relax, do some bed yoga, sleep soundly, and wake up refreshed!

#DeStressMonday DeStressMonday.org **DESTRESS MONDAY**

With our spring testing season quickly approaching, we also wanted to share some test anxiety resources. You can read about test anxiety for teens [here](#) and find tips for beating test anxiety [here](#). We are happy to provide more individualized support for students upon request.

Counseling Secretary - Britni Hobbs, (970) 472-2725, bhobbs@psdschools.org

Last names A-E - Bill Peisner, (970) 472- 2710, wpeisner@psdschools.org

Last names F-Lam - Mac Woods, (970) 472-2713, mawoods@psdschools.org

Last names Lan-Rie - Katie Delahunt, (970) 472-2711, kdelahunt@psdschools.org

Last names Rif-Z - Emma Coffin, (970) 472-2712, ecoffin@psdschools.org

Counseling Intern - Sabrina Eggerson

Peggy Hunter – Registrar (970) 472-2707, phunter@psdschools.org



Eagles Soaring Forward

Wellington Middle-High School Weekly CCC Updates



Career, College & Military

As we begin to establish our College and Career center, you will be able to find updates here regarding college visits, resume-building, and application workshops, as well as financial aid and scholarship information.

We are so excited to provide information regarding the many opportunities students have after graduation.

If you have any questions please direct them to Marissa Herzog at mherzog@psdschools.org .

Upcoming Events!

- March:
 - 03/23/2023- PSD Hiring Fair
 - PSD Hiring Fair Flyer- [Click Here](#)
- April:
 - 04/04/2023- Teacher Recruitment Education & Preperation (TREP) Application closes
 - 04/28/2023- Bilingual Career Event
 - Front Range Community College
April 28th 9:30 am- 1:30pm
Tour of FRCC
Local Bilingual Community members Q&A
- May:
 - 05/04/2023- Multilingual 8th grade Transition Night
 - 6-8pm, Overview of 240+ and Future Ready Mrogramming
 - More details to come

Inspiration

“Tell me and I forget, teach me and I may remember, involve me and I learn.”
– Benjamin Franklin

Find additional details and information at <https://www.psdfutureready.org/>



Supporting our Schools



Joe Mivshek
Joe.Mivshek@KW.com

kw NORTHERN COLORADO
KELLERWILLIAMS.

970.420.7163



Worried something is wrong?

They're behavior is very odd

THEY SEEM UNUSUALLY AGITATED



These may be symptoms of psychosis and it's more common than you think. We provide support to youth (15-29) experiencing FEP (first episode psychosis).

Find out more:
SummitStoneHealth.org/ascent




Counseling Corner, continued...

Happy 2023....it's a new year and there may be some new phone numbers or addresses that should be updated in your students online file. We want to ensure that in the case of any emergency, we have the most up to date information for your student. That being said, please make any changes such as phone numbers, additional emergency contacts that might need to be added or deleted through your Parent VUE portal. Address changes can only be made by coming in to the counseling office and filling out a form or they can be made with a phone call to 970-472-2707 or by emailing me at phunter@psdschools.org . These changes can only be made by persons listed under the parent/guardian tab in the student's electronic. Thank you for your efforts to keep us up to date with your student's information.

April 17th | 5:30p Hosted by Rocky Mountain High School

Save the Date:
Mental Health Matters

Please join Poudre School District for the 8th Annual Mental Health Matters K-12 Event, this year hosted IN PERSON at Rocky Mountain High School. Speakers will address a wide range of mental health topics that effect all grade levels.

More information coming soon.

Brought to you by the PSD
School Healthcare Professional Grant team



Super Art Artists

Congratulations to our Super Art artists for the 2022-2023 school year, Elle Sheneman and Lacy Mize! Each year, one artist from each school is picked to attend the Super Art reception to be celebrated by our Superintendent, principals, teachers, and families. Elle was chosen for middle school from a sewing project called "Cats and Soup", and Lacy is representing high school with a drawing from the "Impact Story" unit. Their work will be on display at the Poudre School District building for one year, and in WMHS for years to come.

Congrats to you both on your accomplishments!



Mention this ad and enjoy 50% off your oil change

Find yours at **Fort Collins**
Dodge Chrysler Jeep Ram

224 W Harmony Rd | 970.632.9770 | fortcollinsJEEP.com

Need a Little Help?

There will be no McBackpack delivery the week of Spring Break-March 13-17. The Wellington Food Bank will be open on Thursday, March 16 from 3:00-4:30 at River of Life Church located at 3161 County Rd 62E if you need food assistance during the break.

School supplies! Is your student running low on paper, or their pencil has been sharpened down to a little nub? Please come see me in office C124 and stock up. I also have new backpacks, pens, highlighters, and folders.

WMHS Little Food Pantry-Did you know we have a small food and hygiene products pantry at our school? It is open to anyone that needs it. Currently, we are offering only non-perishable food like pasta, rice, beans, pasta sauce, cereal, some snacks, tuna, canned vegetables and fruit, and soup with the hopes of being able to offer limited vegetables and dairy items next year. Our current stock of hygiene items include shampoo, conditioner, body wash and bar soap, tooth paste and toothbrushes, deodorant, and feminine hygiene products. We are always taking donations! For more information, contact Dawn Luze our McKinney Vento Family Advocate for Wellington schools at 970-472-2727 or email dluze@psdschools.org



Hello! I'm your kids' substitute teacher, your fellow Wellington-ite, AND a Real Estate Agent... I would love to help you (and ANYone you know) in ALL your Real Estate needs!

Valarie Holman

Licensed Real Estate Broker
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Cell: 970.237.1445

Email: valarie@titanteam.com

Website: www.titanteamcolorado.com

TITAN
TEAM **real**

WMHS Drama Club Presents:

***Radium Girls by D.W. Gregory
Performances at WMHS on the following nights:***



***Friday, April 14th at 7:00pm - doors open at 6:30pm
Saturday, April 15th at 7:00pm - doors open at 6:30pm
Sunday, April 16th at 2:00pm - doors open at 1:30pm***

Ticket sales to begin in Mid-March

Attendance News

Dear Parents/Guardians,

As we reflect on our first semester as a middle-high school, we have noticed some policies and systems that we need to tighten up. One of those policies is our tardy policy. A student is unexcused tardy when they are not in the classroom when the class starts and do not have a tardy excused pass from an adult in the building. Since the beginning of the school year, WMHS students have accrued 21,033 unexcused tardies. If we estimate that the average minutes tardy is three minutes, students have missed a combined 350 hours of class or 14 days of school. We know that this significantly impacts academics, behaviors, and our teacher’s ability to maximize learning time. Moreover, promptness is a skill that leads to professional success. As a result, we are implementing the following tardy policy. Students who accrue three or more unexcused tardies in a week will serve lunch detention. This policy will go into effect the week of February 27th. The table below explains the specifics:

Number of Unexcused Tardies in a Week	Lunch Detention Days
3	1
4	2
5	3
6	4
7	5
Above 7	In-School Suspension (ISS)
Continued excessive tardies after ISS	Consultation with administration and deans of students to create an individualized student support plan.

We understand that this policy will take time to iron out and there may be exceptions made for certain extenuating circumstances. We continue to monitor and improve as necessary.

If you have any questions, please reach out to WMHS Admin at swatkins@psdschools.org.

Thank You,

Wellington Middle-High Administration Team

Friendly Reminder from the Attendance Office

Please call the attendance line to report all day absences, report specific class periods missed, or to excuse tardies.

Please Note: Checking in/ Checking out your student does not excuse an absence. All attendance must be reported to the attendance line.

Middle School Check Out Procedure:

Parent/Guardians must check student out from the front office. Please bring identification. This is for your student's safety. Please call the attendance line to excuse any absences that are a result of being checked out of school early.

High School Check Out Procedure:

Please call the attendance line to report class periods missed.

HOW TO REPORT AN ABSENCE/TARDY:

1. Call the ATTENDANCE LINE: 970-472-2701
2. Give your student's full name
3. Student's ID number (this is important)
4. Date of absence and specific class periods missed
5. Reason for the absence
6. Parent/Guardian's name & relationship to student
7. Contact number

Parents are expected to call daily when a student is absent.

Student will be marked unexcused if no reason is given.

All absences not reported within 48 business hours will remain unexcused on the student's record.

Parents and students are encouraged to use ParentVUE and StudentVUE to monitor their attendance. It is the student's responsibility to check for individual class absences. If a student believes an error has occurred, they should notify the teacher immediately.

According to the Poudre School District Policy, the following are considered EXCUSED ABSENCES:

- illness/injury
- appointments/circumstances that cannot be taken care of outside of school hours
- medical reasons/behavioral
- religious observances/court
- funeral
- district sponsored activities

For the full list of excused absences, please visit:

<https://www.psdschools.org/schools/school-registration/student-code-of-conduct>



NextGenServe
Young Leaders Making a Difference



NextGenServe Gives Youth A New Summer Experience

REGISTRATION NOW OPEN!

JUNE 6 — AUGUST 10

Learn about City Careers

Earn volunteer hours

Great Community Service Experience

APPLY TODAY!

for more information visit fcgov.com/volunteer

Are you looking for a fun and meaningful experience for middle- and high-school-aged youth over the summer?

Sign up to participate in NextGenServe, a City volunteer program for youth ages 11-18 that focuses on growing leadership skills and service in the Fort Collins community. Volunteers learn about a variety of career paths and work alongside trained City staff in various settings, including parks, natural areas, and the Garden on Spring Creek.

In addition, the NextGen program adopts the Xeriscape Garden outside of City Hall over the summer, where they meet and interact with City leaders from across the organization, have opportunities to talk to City staff about their career path, and learn about jobs in local government.

This opportunity is open to all youth interested in leadership, service to their community, and a desire to explore a variety of careers.

NextGenServe will run Tuesdays and Thursdays from 9 a.m. to noon throughout the summer.

Reach Parents in Larimer County through our mobile-ready newsletters

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.



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Joe Mivshek 970-420-7163 | SchoolNewsletterCompany@gmail.com





NextGenServe
Young Leaders Making a Difference



NextGenServe

Brinda a los Jóvenes una Nueva Experiencia de Verano

¡INSCRIPCIONES ABIERTAS!

6 DE JUNIO A 10 DE AGOSTO

Aprenda sobre carreras con la Ciudad

Obtenga horas de voluntariado

Excelente experiencia de servicio a la comunidad

¡COMPLETE SU SOLICITUD HOY!

para más información visite fcgov.com/volunteer

¿Está buscando una experiencia divertida y significativa para jóvenes de secundaria y preparatoria durante el verano?

Apúntese para participar en NextGenServe, un programa de voluntariado de la Ciudad para jóvenes de edades 11 a 18, enfocado a desarrollar habilidades de liderazgo y servicio en la comunidad de Fort Collins. Los voluntarios aprenden sobre una variedad de carreras y trabajan junto con el personal capacitado de la Ciudad en una variedad de entornos, incluyendo parques, áreas naturales y el Jardín en Spring Creek.

Además, el programa NextGen adopta el Xerojardín afuera del Ayuntamiento durante el verano, donde los participantes conocen e interactúan con una variedad de líderes de la Ciudad, tienen oportunidades de hablar con el personal de la Ciudad sobre su trayectoria profesional y aprender sobre trabajos en el gobierno local.

Esta oportunidad está abierta a todos los jóvenes interesados en el liderazgo, el servicio a su comunidad y que tienen el deseo de explorar una variedad de carreras.

NextGenServe tendrá lugar los martes y los jueves de 9 a.m. a las 12:00 del mediodía durante el verano.



We are here for your child's health!
¡Estamos aquí para la salud de su hijo!

Schedule your school or sport physical today!

¡Programa hoy su examen físico para la escuela o deporte!



Salud Family Health (303) 697-2583
(303) MYSALUD

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OUR CARE IS DINO-MITE!

MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL saludclinic.org

EYESTONE PRE-K

UPK is coming to Wellington!

6 FULL DAY SESSIONS
4 HALF-DAY SESSIONS



5 DAYS A WEEK

15 Hrs. free for 4 year olds
15 Hrs. free for qualifying 3 year olds



First, Complete Colorado
UPK Application



Then, Complete PSD's
Pre-K Application



REGISTRATION QUESTIONS: 970.490.3204
GENERAL QUESTIONS: gstrutz@psdschools.org



El Distrito Escolar Poudre presenta
Campo de Verano de STEM-X 2023

Poudre High School - Del 5 al 9 de junio
 Preston Middle School - Del 12 al 16 de junio

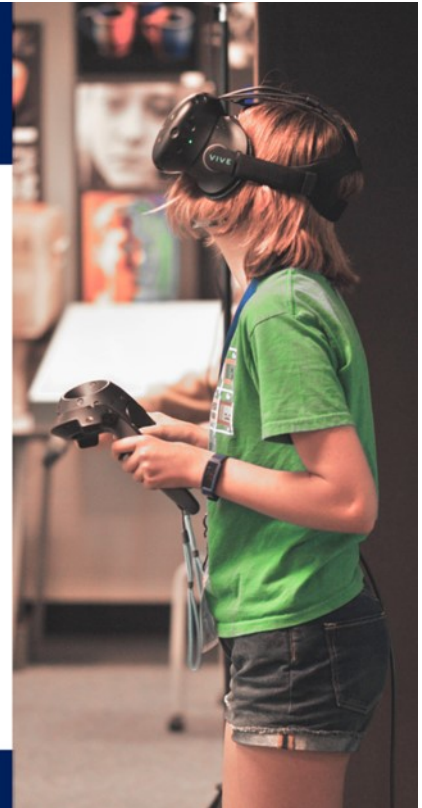
Primaria - Años iniciales | Grados 1 a 3
 Primaria | Grados 4 a 6
 Escuela Intermedia | Grados 7 a 9

STEM-X es un programa de verano divertido y práctico, para estudiantes que vayan a asistir a los grados 1 a 9. Las clases de STEM y STEM-adjacent las enseñan maestros licenciados, que tienen pasión y experiencia en sus campos. STEM-X ofrece dos sesiones, cuya duración es de una semana.



Para obtener más información, visiten:
<https://www.psdfutureready.org/stem-x>

Se invita a TODOS los estudiantes de cualquier escuela pública, privada o internacional. Los alumnos que califiquen pueden beneficiarse de la exención del pago de la inscripción.



Despierta afición | Desarrolla confianza en sí mismo(a) | Inspira acción

Spanish 02/2023 - PSD TD



May 2, 2023 9am-2pm, The Ranch Complex, Loveland CO



HORTICULTURE AND
 LANDSCAPE ARCHITECTURE
 COLORADO STATE UNIVERSITY



COLORADO STATE UNIVERSITY
 EXTENSION



The Ranch
 Larimer County Fairgrounds
 West Events Complex



March Events

Storytime: I Can Save the Earth



3/7 10:30-11:30

What makes the Earth happy? Join us for a story + activity to follow

Trash Talk

3/13-/14 11:30-1:30

Where does it all go? Learn about landfills and fate of your trash



Recycle Rally



3/15-/16 10:30-1:30

Ever doubt which bin to throw it out? Join us and become a recycling expert

Sustainable DIY

3/21-3/25 10:30-1:30

Celebrate Sustainability Week with daily DIY projects to help you say no to single use plastics



Register at: www.larimer.gov/solidwaste/education/edcenter



Colorado State University
Society of Women Engineers



Join Us

STICK WITH SWE

Come spend the day with us, the world's largest advocate and catalyst for change for women in engineering and technology

A FULL DAY ENGINEERING EXPERIENCE

- Visit engineering labs
- Private campus tours
- Sit in on CSU classes
- Free!

**Sign up here
by April 1st!**

*Free T Shirt if
registered by March 17th*



APRIL 21 - 7:30AM TO 4:00PM

Suzanne and Walter Scott, Jr.

Bioengineering Building

CONTACT US!

ColoStateStickWithSWE@gmail.com |

Instagram @colostatstickwithswe

WOMEN IN CONSTRUCTION MANAGEMENT summer institute

June 6-10 2023



**CONSTRUCTION
MANAGEMENT**
COLORADO STATE UNIVERSITY

Construction Managers take the designer's vision and make it a reality. With one of the highest job placement rates and starting salaries of any major, a degree in CM is a great choice for young women who enjoy teamwork, solving tangible problems, critical thinking, and creating the world around them. In this Institute we will develop confidence and explore opportunities in construction through classes, tours, & hands-on activities.

**Breaking down stereotypes
and building confidence**



- 15 to 18 year-olds
- Tour a construction site & demo construction equipment
- Build your own projects to take home
- Explore your inner strengths and confidence
- Network with successful women in the industry
- Learn about career opportunities in the construction industry
- Stay 4 nights in CSU residence halls with college student mentors
- \$25 fee (over \$1000 value thanks to grants); *Fee waived for Alliance Partners*

Application Opens: Feb. 1
Priority Deadline: Mar. 15
Access testimonials, videos,
and the application here:



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K-12 PROGRAMS

Academic, Sport and Credit-Bearing Opportunities

Summer programs for kindergarten through pre-college students and P-12 teachers

Sport Camps



Experiential Programs

Categories for all ages:

- Animals and Environment
- Arts and Human Sciences
- Industry and Leadership
- Interdisciplinary Programs
- Science, Technology, Engineering, and Math (STEM)
- Sport Programs
- Programs for P-12 Teachers

Scan the QR code or visit:
K12Summer.colostate.edu



EXPLORE.
EXPERIENCE.
EXPAND.



COLORADO STATE UNIVERSITY

BACK TO SCHOOL
SAFETY TIPS

SEE OR HEAR SOMETHING CONCERNING: REPORT IT

TELL A TRUSTED ADULT OR
ANONYMOUSLY REPORT
SAFETY CONCERNS TO
SAFE2TELL

