



THE EAGLE FLYER

Home of the Eagles!

January 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

We understand the stress of caring for a sick child.

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 The Youth Clinic
caring for our future generations

 Pediatric Urgent Care
OF NORTHERN COLORADO

Note from the Principal's Office...

Dear Parents and/or Guardians,

We are excited to kick off the second semester, while also starting to plan for what is coming this fall. We had the opportunity to meet with many of our students to evaluate what has been going well and help identify areas of improvement. While much of the feedback will be aligned with changes for next year, we are also looking at some changes this semester to better support our students this semester. We have established some great routines and flow in our new space, and as we enter this semester, we look forward to better utilizing some of our intentionally designed spaces.

As we closed out the first semester, we had some incredible presentations of learning and collaboration. Our 8th grade scientists had the opportunity to collaborate with our Art in the Community class to showcase their learning about the watershed into the Poudre River all the way to the Atlantic Ocean, and all the organisms supported by this valuable resource. Our Introduction to Business, Student Council, Art classes, Psychology, and WEB students worked side by side for community centered fundraiser and awareness event. Also, please note that report cards from 1st semester are available in ParentVUE under the document tab.

It was so great to re-establish opportunities for kids that were decades in the making, improve upon existing traditions and activities, and build out brand new opportunities for students. While we maintain our focus on this semester, we will start registering students for fall classes this month. With this, please engage in the process with your students as we work with them to select courses that align with their passions, interests, and career goals. We will utilize the requests collected in the next month and a half to determine staffing for the coming year, build out sections, and balance our schedule. If you, or your student, have any questions during this process please reach out to our counseling department.

Lastly, thank you for your questions, concerns, and patience as we navigate problem-solving our water quality. While we are making headway with possible root cause and solutions, we have partnered with Rocky Mountain Bottled Water to have water coolers onsite for drinking water and to help reduce waste from disposable bottles. Please remind students to bring a reusable bottle so that they can fill up at these stations rather than using disposable bottles. I have also included the FAQ sent out this week for your convenience as well.

Sincerely,

Kelby Benedict, Principal

Note from the Principal's Office, continued....



I have health-related questions about copper. Where can I get more information? Answers to other frequently asked questions are on the Larimer County Department of Health and Environment's website at <https://www.larimer.gov/health/air-and-water-quality/drinking-water-sampling/frequently-asked-questions-about-copper>

Frequently Asked Questions about water testing in Poudre School District schools

Upon being informed that a Wellington Middle-High School (WMHS) chemistry class found elevated levels of copper in water from two drinking fountains at the school on Dec. 19, PSD staff collected samples from multiple locations and fixtures around the school and sent the samples to Technology Laboratory, Inc., and Colorado Analytical Laboratory for independent testing. While most of the water samples showed copper levels below the Environmental Protection Agency action level, the lab results did show copper above EPA action levels in several fixtures and hydration stations/water bottle-filling stations at WMHS.

What is considered an elevated level of copper?

The Environmental Protection Agency (EPA) "action level" for copper concentration in drinking water is 1.3 parts per million (ppm), meaning they must take mitigation actions if a water provider finds copper levels of 1.3 ppm or higher in more than 10% of customer taps sampled.

What copper levels were found at WMHS?

PSD took water samples from three bottle filling stations at WMHS on Dec. 20 and conducted additional testing on 47 bottle filling stations, taps, and sinks in WMHS on Dec. 22. Test results showed copper concentration results ranging from 0.1225 ppm to 5.29 ppm. Thirty-five of the 47 locations tested on Dec. 22 showed copper concentrations **below** the EPA action level of 1.3 ppm.

What is being done to bring copper levels down at WMHS?

PSD is taking the following steps, among others, as approved by the Larimer County Department of Health and Environment (LCDHE):

- Kept all hydration stations/drinking fountains and sinks closed for the time being
- Posted signs at the stations to remind people not to drink water from them
- Water coolers from Rocky Mountain Bottled Water have been placed throughout the building for students to refill water bottles
- Adjusted school meal menus to exclude items that require water for preparation until kitchen filters are installed
- Investigating options with filters for hydration stations/drinking fountains and kitchen faucets

Note from the Principal's Office, continued....

Were any other school drinking water sources tested for copper? What were the results?

Five schools were tested in all, including WMHS, which is one of PSD's newest schools. Timnath Middle-High School and Bamford Elementary School, which opened in 2022 and 2021, respectively, were tested in case the elevated copper levels were new construction-related. Water samples from three bottle filling stations at TMHS showed copper levels averaging 0.37 ppm. Water samples from two filling stations and a sink at Bamford showed copper levels averaging 0.249 ppm.

In addition, Eyestone and Rice elementary schools' water was tested. The average result from Rice's bottle filling stations was 0.86 ppm, and the average result from Eyestone's bottle filling stations was 1.099 ppm.

In addition, the general contractor that built WMHS confirmed PSD's water test results for WMHS through its own testing. Town of Wellington staff also sampled the distribution line that supplies water to WMHS and had samples tested by Weld County Department of Health and Environment and Colorado Analytical, which did not show elevated levels of copper.

Can a person get sick from copper in drinking water?

Copper is an essential mineral for the body, and copper toxicity is rare, according to Larimer County Department of Health and Environment Medical Officer Dr. Paul Mayer. Eating, drinking, or breathing high levels of copper over time could potentially cause gastrointestinal symptoms such as stomachache, nausea, and diarrhea, along with headache, dizziness, and fatigue. Negative health effects related to potential exposure to high levels of copper can be diagnosed and treated by a healthcare provider.

What testing will be done in PSD schools going forward?

In accordance with Colorado House Bill 22-1358, testing of water in PSD elementary schools will start this month. These tests will look for both copper and lead levels. PSD will also test secondary schools.

Colorado Analytical Laboratory test results show that some samples taken by Poudre School District at Wellington Middle-High School are above the EPA action level. Should I be concerned for my child's health?

According to the county and state health departments, healthy children without a genetic disorder of copper metabolism or a diet unusually high in copper and weighing around 100 pounds, would have to drink 0.63 L of water per day for five days per week for four months straight at the maximum level found in one of the drinking fountains at WMHS of 5.29 ppm to reach the lowest observed adverse effect level, when minor reversible symptoms like stomachache could occur.

Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. For symptoms associated with severe toxicity such as liver or kidney damage, a 100-pound healthy person without a genetic disorder of copper metabolism or a diet unusually high in copper would need to drink roughly 9.0 L of water per day for five days per week for four months straight at the maximum level found in one of the drinking fountains at WMHS of 5.29 ppm to reach the lowest observed adverse effect level.

Parking Reminders

This is a friendly reminder that Wellington Middle-High School (WMHS) requires all students and staff parking on campus to display a valid parking permit. This practice is standard across all six of Poudre School District's comprehensive high schools.

Currently WMHS provides parking to students and staff at no charge, while still emphasizing the importance of displaying a valid parking permit. For security purposes it is important for administrative and security staff to know who is parked on our campus whether student, staff, parent, or visitor. The best way for us to accomplish our goal is to have a comprehensive parking program that helps to identify vehicles and their responsible party.

Parking permits can be obtained by submitting an online parking permit application on the WMHS [website](#). Students will be required to show proof of a **valid driver's license, vehicle registration, and insurance** specific to their vehicle(s) prior to obtaining their hang tag permit.

It is important to know that failure to obtain a parking permit and/or failure to follow parking rules may result in violations/warnings and the possibility of parking privileges on PSD property being temporarily or permanently suspended. Vehicles with multiple violations or more than two warnings for failure to obtain or display a valid parking permit may be "booted" using an immobilization device until appropriate permit registration is complete.

Information related to parking on campus as well as the online parking permit application can be found at <https://wel.psdschools.org/student-parking-permit>. Students will need to use their **school login information** to access the online parking permit application form.

If you have any questions, please contact Campus Security at wmhparking@psdschools.org or 970-472-2717.



Winter Formal



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

ASCENT SUMMITSTONE HEALTH PARTNERS

Counseling Corner

Now that second semester is underway, it is already time to start thinking about registration for the 22-23 school year. We will begin registration conversations with our current 6th- 10th grade students in mid-January, and will post additional information on our website regarding registration materials and next year's courses in mid-January as well. Please reach out to your student's counselor if you have specific questions or considerations regarding course selection.



Continued...




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
REALTOR®

Cell: 970.237.1445
Email: valarie@titanreteam.com
Website: www.titanteamcolorado.com

TITAN TEAM real

Counseling Corner, continued...

WMHS 23-24 Registration Schedule

middle school

**INCOMING 6TH:**

January 23-27 - WMHS counselors visit feeder elementary schools (Eyestone, Rice & Tavelli) for registration presentations. 6th grade student registration will open this week and detailed instructions will be provided for students to bring home.

May 12 - 5th grade visit day at Wellington Middle-High School

INCOMING 7TH & 8TH:

January 30-February 3 - WMHS counselors visit current 6th & 7th grade advisory classes to complete registration process with students. Prior to registration week, students will view an instructional video and have the opportunity to explore different classes that will be available to them in the 2023-2024 school year.

ADDITIONAL REGISTRATION INFORMATION WILL BE AVAILABLE ON THE WMHS COUNSELING WEBSITE IN EARLY JANUARY.

Questions? Contact WMHS Counseling at 970.472.2725

see reverse for high school

As always, please feel to reach out to your student's counselor with any questions or concerns.

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





GT PARENT NIGHTS ON ZOOM



**2022-2023
SCHOOL YEAR**

**LISA VAN GEMERT,
THE GIFTED GURU**

TWO DATES:

OCTOBER 25, 2022 6:00-7:15 PM
TOPIC: UNDERACHIEVEMENT IN GIFTED

JANUARY 10, 2023 6:00-7:15 PM
TOPIC: PERFECTIONISM



Check out Lisa's website at giftedguru.com.

North Central Region



POUDRE SCHOOL DISTRICT HIRING FAIR

THE DRAKE CENTER

3.23.2023

9:15 AM - 1:00 PM

802 West Drake Road in Fort
Collins, CO 80526

READ BELOW FOR INFO &
SCAN THE QR CODE TO REGISTER

Can I attend?

Only SENIORS who are looking for an entry-level career opportunity in Northern Colorado will be able to attend. (This is not for 4-year college bound students.)

How do I attend?

You must complete the linked form AND the PSD field trip form in advance to register. Bus transportation will be provided to the Drake Center. Sign up now- space is limited!

What can I expect?

You should dress professionally and be prepared to interview on the spot. You will need a resume. Reach out to your Work-Based Learning Coordinator if you need guidance with your resume.



FOR MORE INFO CONTACT:
TERRA THIEBAUT
tthiebau@psdschools.org
(970) 488-6333



Presents

Manufacturing, Design & Engineering Night

Free Event for Parents and Students!

Scan or click to register!



Meet with leading local manufacturers and educators to experience the thriving industry of manufacturing.

Experience the thriving industry of manufacturing!
You are invited to meet with leading local manufacturers and educators.

Discover Your Future

February 21, 2023, 5-7 pm
Warehouse Business Accelerator
815 14th St SW, C250, Loveland, CO 80537
(Guided tours of Lightning eMotors included)

Students are welcome and encouraged to participate. Must be 10+ and wear closed-toe shoes to attend the shop tour portion of the event. The last tour begins at 6:30 p.m. and space is limited.

www.nocomfg.com



Join us for the
**TRANSITION PATHWAYS
 INFORMATION NIGHT AT
 FRONT RANGE
 COMMUNITY COLLEGE**



**FEBRUARY 2, 2023
 6:00 PM - 8:00 PM**

LONGS PEAK STUDENT CENTER
 4616 SOUTH SHIELDS ST
 FORT COLLINS, CO 80526

Event includes Speakers,
 Breakout Sessions, and
 Resource Fair



Learn more about resources for:

- Self-Determination
- Community Navigation
- Post-Secondary Options
- Digital Literacy
- Competitive Employment
- Health Management

***Dinner and childcare will be provided**



Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

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ATHLETICS

It's time to register for Winter Middle School Athletics!

Middle School Girls Basketball (7th & 8th Grades)

- January 5th-10th Camp 4:15-5:30pm
- January 11th Tryouts & Official Practices begin 4:15-6:15 (must have orange card)

Middle School Wrestling (6th-8th Grade, coed)

- January 9th-13th Camp
- January 17th Official Practices begin (must have orange card)

Is your athlete ready to participate?

1. Register Online at www.psdathletics.org/msreg
2. Pay district athletic fee at www.schoolpay.com or bring a check into the athletics office.
If you qualify for free or reduced lunch, you can have your district athletic fee waived by accessing the forms and waivers release in Parent Vue.
3. Ensure you have a physical on file (valid for 365 days) with Mrs. Hastings.

Once these steps are complete, athletes can pick up their orange card from the athletics office. Cards must be given to the head coach on or before the first day of official practices or tryouts. Mrs. Hastings will begin giving out orange cards for the season January 9th.

Does your student need a new sports physical?

We are happy to announce that Sheena Crowe from Wellington Banner will be doing free sports physicals at WMHS January 4th. [Sign up for an appointment here](#). You can make a donation via School Pay that will benefit WMHS Athletics.

View schedules and sign up to receive notifications <https://www.patriotleagueco.org/public/genie/430/school/1646/>

Get your Eagles Fan Sideline Gear <https://sideline.bsnsports.com/schools/colorado/wellington/wellington-middle-high-school>

<https://www.chainwrestling.co/collections/wellington-wrestling>

<https://www.facebook.com/profile.php?id=100085642716228>

Volunteers needed for Middle School Track meets.

<https://www.signupgenius.com/go/10C0E4AAFAC2FA4FCC52-track>

As a local electric cooperative, Poudre Valley REA is committed to supporting the communities we serve. We are proud to continue our outreach efforts that focus on supporting education. Application deadlines for scholarships and youth trips are drawing near. The upcoming winter break would be a great time for students to get those applications submitted!

High School Students

Poudre Valley REA sends students on two trips each summer – Electric Cooperative Youth Tour in Washington D.C. and Leadership Camp in Steamboat Springs, both free of charge. We also offer a scholarship program the awards more than \$50,000 to students each year. Follow the links to learn more and share with your students.

- Washington DC Trip – Application deadline is Monday, January 9, 2023. Students going into their junior or senior year, or graduating senior in May 2023
- Youth Leadership Camp – Application deadline is Monday, January 9, 2023. Students going into their junior or senior year, or graduating senior in May 2023

At this time, we don't have many applicants for the summer trips so if you have students that are interested even just a little, please encourage them to apply!!

- Scholarships– Application deadline February 6, 2023 (graduating high school seniors, must receive electricity from Poudre Valley REA). *Recommendation letters are required in the application

**AMAZING
STUDENT
OPPORTUNITY!**

Deadlines!

Summer Trip applications:
Monday Jan. 9, 2023

Scholarship applications:
Feb. 6, 2023



IF YOUR STUDENT IS INTERESTED OR WANTS ASSISTANCE WITH APPLICATIONS, PLEASE REACH OUT TO MARISSA HERZOG, MHERZOG@PSDSCHOOLS.ORG

Contact Jessica Johnson with Poudre Valley REA at jjohnson@pvrea.coop for specific questions about the trips or scholarships

Vison and Hearing

WMHS Vision & Hearing Volunteers Needed 2/10/23

<https://www.signupgenius.com/go/10C0E4AAFAC2FA4FCC52-vision>

We are seeking caring individuals to help with important hearing and vision screenings. No experience necessary. Training will be provided. Questions? Please contact the health office at your school site or email nurses@psdschools.org.

If interested in Vision & Hearing Screenings, please follow the instructions below:

1. Login to your Volunteer Portal through this link:

<https://apps.raptortech.com/Volunteer/Login/NjA0MzpWb2x1bnRIZXI6ZW4tVVM=>

2. When logged in, click on Events within the Navigation Menu

3. Review the details of the Event you wish to sign up for and click "Sign-Up".

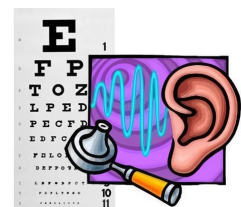
WMHS is looking for volunteers!

You must be a registered volunteer in PSD, you can register here at this link: [Volunteers | Poudre School District \(psdschools.org\)](#)

If you are already a registered volunteer please use the Raptor portal through this link to sign up! [Raptor Portal Login \(raptortech.com\)](#)

If you have any questions, please reach out to:

Cassie Clark
 Front Office Assistant/Volunteer Coordinator
 970-472-2715



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Team Poudre School District (PSD)/LDZ

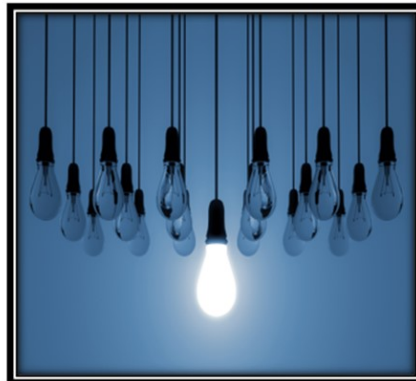
**NOCHE INFORMATIVA
PARA PADRES DE FAMILIA**

Aprendan más acerca de las tendencias en el consumo de drogas y alcohol en los jóvenes

25 de enero de 2023

**Biblioteca de
Fort Collins High
School**

De 5:30 8:30 p.m.



A lo largo de la noche, hablaremos sobre la marihuana, el alcohol, la cocaína, la metanfetamina, el fentanilo y más. Nuestro objetivo es brindarles suficiente información, para que puedan tener conversaciones con más confianza sobre estos temas con sus estudiantes. También hablaremos de:

- Identificación de drogas
- Escaneos cerebrales
- Recursos de apoyo gratuitos
- Diferencias entre el uso de drogas por parte de adultos y adolescentes
- Como hacer búsquedas en el hogar
- Reglas del distrito escolar y las leyes del estado de Colorado.

Se brindará cena. También se entregarán boletos para una rifa a los padres de familia que lleguen a esta noche informativa entre las 5:15 y las 5:45 p.m.

Se pide que no vengan con estudiantes ni otros niños, ya que esta es una clase para padres únicamente. Los estudiantes reciben presentaciones similares durante el año escolar.

Contacten a su Enlace Familiar para registrarse con anticipación; de esta manera podremos planificar mejor la cena. Comuníquennos si tienen algún tipo de alergia.

Opportunities

**to start nursing
or culinary pathways**

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Personal Care Provider
(Age 17 - will train)
CNA
(Age 17 - will train)

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(303) MYSALUD

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Team Poudre School District (PSD)/LDZ

Application & agreement

The Lorenzo de Zavala (LDZ) Youth Legislative Session is the most recognized program of the National Hispanic Institute (NHI). The intense, eight-day, model government session gives high-achieving, rising high school junior and senior students the opportunity to understand organizational culture, protocol, and procedures to become more effective community leaders, meet and collaborate with new friends, reflect on the issues of the day and practice leadership.

Poudre School District is proud to support the National Hispanic Institute's Lorenzo de Zavala (LDZ) Youth Legislative Leadership Program hosted by Colorado State University in June 2023. It is our mission to encourage families and students to participate in programs that advance their potential to contribute to their community.

ELIGIBLE STUDENTS:

- You must be a current 10th or 11th grade student in a Poudre School District high school
- You must have a 3.2 GPA or higher; if lower, a letter of recommendation will be required
- Your online LDZ application must be completed by **January 12, 2023**. To fill out your application visit <https://www.nationalhispanicinstitute.org/ldz/>
- ***Important**, when you register, choose Poudre Public Schools, and use **POUDRE** as the code. This will allow you to apply without paying the \$25 registration fee.
- You must participate in an interview with CSU staff to determine your eligibility for Team PSD/LDZ. A CSU staff person will text or email to set up an appointment time. Interviews will be held by Zoom after January 12, 2023.
- Students who participate in the Lorenzo De Zavala (LDZ) Youth Legislative Session and are admitted as freshmen to Colorado State University may be eligible to receive the Partnership Award. Funds for this award are awarded for up to five years or 10 semesters of enrollment at Colorado State University

If you need help with this process, please see your school Family Liaison.

Wellington Middle HS – Ana Venzor

phone:970-472-2719

Hilda Rodriguez

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



January Rehearsal Schedule for Radium Girls

Schedules will be posted in the school, on the Drama Club's Google Classroom stream, and members will be given a physical copy of the schedule as well. Rehearsals will take place in the auditorium. Students are responsible for letting Mrs. Davis know if they cannot attend rehearsal. Students are also responsible for knowing which scenes they are in. Please contact Mrs. Davis if you have any questions – pdavis@psdschools.org.

January 2023

Thursday, 5th – 4:30-6 à Act 1 – scenes 1,2,3

Monday, 9th – 4:30-6 à Act 1 scenes 4,5,6

Tuesday, 10th - 4:30-6 à Act 1 scenes 7,8,9

Wednesday, 11th - 4:30-6 à Act 1 scenes 10,11

Thursday, 12th - 4:30-6 à Act 2 scenes 1,2,3

Tuesday, 17th - 4:30-6 à Act 2 scenes 4,5,6

· Parent/Guardian Meeting to follow rehearsal – 6:30 pm – 7:00pm

Wednesday, 18th - 4:30-6 à Act 2 scenes 7,8,9

Thursday, 19th - 4:30-6 à Act 2 scenes 10,11,12

Friday, 20th - 4:30-6 à Act 2 scenes 13,14,15

Monday, 23rd – 4:30-6 à Makeup and Hair Meeting

Tuesday 24th – 4:30-6 à Costume & Lighting/Audio Meeting



FREE,
REGISTRATION
REQUIRED

Garbage Garage

February

Upcoming Events



1-3
FEB

100% Recyclable Valentines

Celebrate this year by giving your friends personalized, 100% recyclable valentines! Suitable for all ages.

10:00AM - 11:00AM

12:00PM - 1:00PM



7
FEB

Story-time: Oscar and the Bird

Storytime starts at 10:45am with activity to follow. Suitable for preschool aged children.

10:30AM - 11:30AM



21-23
FEB

Battery Bonanza

Learn about batteries and how they work! We will also cover battery safety and how to properly dispose of batteries. Suitable for ages 6+

OPEN HOUSE

10:00AM - 2:00PM



GARBAGE GARAGE
EDUCATION CENTER

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