



September 2021

The Lesher Difference

Welcome to THE SHIP!

Principal

Dr. Tom Dodd

Assistant Principal

Grade 8

Waren Morrow

Dean Grade 7

Lisa Crossland

Assistant Principal

Grade 6

Janice Martinez

School Website

click [HERE](#)



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Message from the Principal

Dear Viking F-A-M-I-L-Y (Students, Parents & Staff):

We're 4 weeks into the school year and coming back faster, performing higher, and getting stronger, together, akin to the Olympic motto I referenced in our summer edition of *The Lesher Difference* - Citius, Altius, Fortius, Communitur. Our 782 students and 80 staff are excited to be accelerating learning opportunities and outcomes for our students. I enjoyed meeting and chatting with many of you at Back-to-School Night on the thawed tundra of Viking Stadium (it will be frozen soon enough). In-person learning is going great. We are getting our clubs and activities up and running, thanks to our dedicated staff willing to sponsor after-school opportunities. Sports are going strong again with over 230 student-athletes competing – boys and girls cross country (105), boys and girls football (64), boys and girls tennis (35), and girls volleyball (32). We also received word a couple weeks ago that our music programs will be allowed to host in-person concerts with real audiences this fall!

Our students, staff and visitors are complying well with the district mask mandate. With the rest of society wide open we have had some COVID cases come into the building, which we spend considerable time contact tracing (less than 3 feet from the case in routine classroom settings, less than 6 feet from the case in higher risk settings, and anyone who had direct physical contact with the case) and documenting that for the Larimer County Dept. of Health and Environment (LCDHE). We've had 2 confirmed staff cases and 16 confirmed student cases since the first day of school, all reporting minor common cold or flu-like symptoms for a few days. Since 5 positive cases in a cohort group, i.e., a grade level of 270 or so students, within 2 weeks qualifies as an "outbreak" at Lesher, there are only 2 ways to avoid quarantine:

- 1) You have tested positive for COVID within the past 90 days.
- 2) You have completed the full series of an FDA-authorized COVID vaccine and 14 days have passed since your final vaccination and exposure to someone who has COVID.

It's important to note a person can get out of a close contact quarantine early if no symptoms have developed and the person has a negative COVID test (molecular or antigen) within 2 days of ending quarantine (day 8 instead of 10), and the test is taken no sooner than 5 days after the person was a close contact to the person with COVID. As always, please keep your child(ren) home if they have any symptoms. Thank you, parents and guardians for your continued support keeping the virus off The Viking Ship!

Lastly, parent drivers, we prefer you use the parent drop off and pick up area along Ellis St. on the east side of our building. We have a crossing guard at the Ellis St. drop off/pick up and you may use the church parking lot to drop off/pick up, or exit. Please PULL FORWARD, yield to the buses, obey traffic signs and speed limits, DO NOT block crosswalks or driveways, make U-turns, or leave a vehicle unattended in a handicapped space. Our 4 buses drop off and pick up on Stover St. (West) and Lake St. (North) and we prefer to keep parent traffic away from the buses as much as possible.

Thanks for being part of our Lesher F-A-M-I-L-Y... Forget About Me I Love You!

Shine on,
Dr. Tom Dodd, Principal

Message from the Principal, continued...

Please calendar these important dates:

| DATE | EVENT | TIME & LOCATION |
|-------------|---|----------------------|
| Fri., 9/17 | Building/Teacher Workday – NO STUDENTS | |
| Thu., 10/14 | End of 1 st Quarter | |
| Thu., 10/14 | Picture Retakes | 8 am - 10 am, Leshar |
| Fri., 10/15 | K-12 Conference Exchange Day – NO SCHOOL | |

Back to School Night Success!

Leshar's Back to School Night Outdoor Meet & Greet on the Thawed Tundra of Viking Stadium was a success with families and staff meeting, speaking, and eating! Thor was even able to make an appearance! Thanks for coming out as a community, Viking FAMILY.

Thanks to [El Don Mexican](#) and [Fork Yeah](#) who not only served delicious food but who also gave back \$100.00 and \$66.00 respectively from their earnings! Teamwork makes the dream work, as we say aboard the ship! Thank you & Go Vikings!




TALKING TO
SOMEONE
CAN HELP.

OUT
OF SORTS
THESE DAYS?

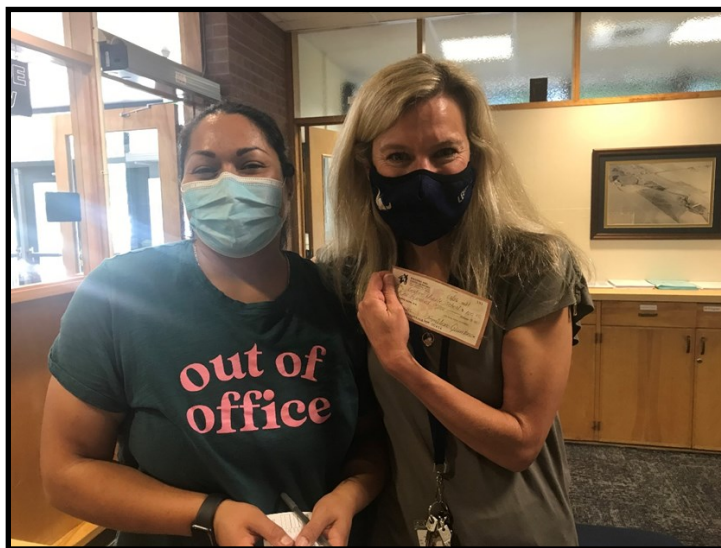
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continued...

Back to School Night Success, continued...



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From the Health Office

Parents of 6th Grade Students: A reminder that the TDaP vaccination is required for all 6th grade students. If you have not already, please schedule an appointment with your Doctor ASAP, ask for documentation of this shot, and provide a copy to the Lesher Health Office.

If you will request a Medical or Non-Medical Immunization Exemption, visit <https://cdphe.colorado.gov/vaccine-exemptions> or call the Lesher Health Office for more information.

The deadline to meet immunization requirements is **November 1st**, so please don't wait! Schedule your appointment today!

Notes from the Music Department

JUST ANNOUNCED!

Performances are returning to Lesher, which means it's time to audition for our 8th Grade Musical - SEUSSICAL!

Sign-ups for an eight-minute audition are posted outside of the choir room (rm. 27). All 8th grade students are invited to audition. Auditions will consist of a brief singing selection and a 'cold read' where you will read and act a scene from the show.

7th Grade students who are interested in being on stage crew should speak directly to Mr. Perron for more information about helping with sets, props, costumes, make-up, and lighting. There are a limited number of slots available - crew will be chosen on a first-come, first served basis.

SEUSSICAL performances will take place on February 18th and 19th, 2022. More information, including ticket info, to come later. Stay tuned!

continued...



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Notes from the Music Department, continued...

Congratulations to all the students that auditioned for, and were selected to be part of, this year's Leshar Jazz Band!! The Jazz Band is an advanced ensemble with students from the 6th, 7th, and 8th grades. To be part of the Jazz Band, students must have at least one year of prior experience on their instrument and prepare a difficult audition. The Jazz Band enjoys performing at all our Leshar Band concerts, as well as many other school and community events throughout the year. Again, *congratulations students!*"

CONGRATULATIONS!!!

2021-2022 Leshar Jazz Band

Max Abernathy
Lev Achter-Pries
Owen Beggs
Libby Broeckling
Josh Follett
Finn Fremstad
Cooper Gold
Theo Gregory
Ethan Kruger
Maya Leisz
Liam Litel
Nesha McKay
Sito McKay
Lila Restrepo
Lucca Schmierer
Jackson Schneider




Music
LESHAR MIDDLE SCHOOL



continued...

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 **The Women's Clinic**
of Northern Colorado

 **Colorado Trailblazer** 

"School to Watch"

2020  2023

Leshar Middle School

Notes from the Music Department, continued...

Congratulations to the outstanding musicians that have been selected to be in this year's Advanced Chamber Orchestra ☺. To everyone that auditioned, you all blew me away with the level of playing and I urge you to continue to be strong leaders in your grade-level ensembles! I am so proud of all of you! ~Mrs. Obluda

Congratulations!



2021-2022 School Year
 Leshar Middle School
 ADVANCED CHAMBER ORCHESTRA

| VIOLINS | CELLOS |
|-----------------|-----------------|
| Juliet Koenig** | Asher Wick* |
| Catalina Maxey* | Hannah Freeman* |
| Abe Cooley* | Halle Hoxie |
| Matthew Snyder | Justice Emery |
| Garyie Wu | Jake Kirby |
| Nate Miller | Sophia Del Muro |
| Samyie Wu | |
| Wes Davis | |
| Teagan Davis | |

| VIOLAS | STRING BASS |
|-----------------|--------------------|
| Mason Campbell* | Theo Gregory* |
| Bryce Crawford* | Porter L. Peed |
| Willow Keen | Rowan Christiansen |
| Ian Rose | |
| Declan McShane | |



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STUDENT CLUBS AND ORGANIZATIONS



Clubs and Activities-get involved!

Students, make sure you're actively listening to our daily afternoon announcements- important information about upcoming clubs and activities is shared with you each day! Parents, check out the Lesher [website](#) for more information about clubs, activities and athletics offered here at Lesher.

Some of our offerings that have already gotten off the ground this year include:

Chess Club



Chessmates Warchola Chess Club at Lesher

****Maximum of 30 students**

Tuesdays 3:00 – 4:00 PM
Room: Classroom 3

Fall Dates: Sept 7, 14, 21, 28 | Oct 5, 12, 19, 26 | Nov 2, 9, 16 30

Spring Dates: Jan 18, 25 | Feb 1, 8, 15, 22 | March 1, 8, 22, 29 | April 5, 12

Cost: \$85 per semester
\$160 for the full year

Each class includes 30 min of instruction and 30 min of playtime taught by an experienced chess coach.

Registration: chessmatesfc.com/school/lesher

Questions or Comments?

Contact Us:
Chessmates Chess Club
www.chessmatesfc.com
info@chessmatesfc.com
www.facebook.com/chessmatesfc
(970) 658-9976 (call or text)

Refund policy: Any participant may receive a full refund, minus any processing fees, until after the second class is completed. After the second class there will be no refunds granted, or partial credits given, for any reason. This policy also applies to full-year sign up. The second class is defined as the second class of the year.



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Needs

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Family Clinic
of Fort Collins
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continued...

Clubs and Activities-get involved, continued...

Soccer Club

Attention all 6th, 7th, and 8th grade boys interested in playing soccer this Fall at Leshar! Leshar Futbol Club is back! Our season is officially starting up on Monday, September 13th. We have a six-week season with games scheduled against other schools around Poudre School District. If you missed the informational meeting, stop by a coach's classroom to pick up an informational packet or contact them with any questions!

Ms. Spear rspear@psdschools.org - Room #2

Mrs. Weiss aweiss@psdschools.org - Room #37

Mr. Buttice dbuttice@psdschools.org - Room #22

River Watch

If you are interested in being a part of a very real and important science project, River Watch is for you! If you like rivers, River Watch is for you! If you care about a healthy planet and want to be a part of the solution, River Watch is for you!

Leshar's River Watch club is starting up and we would love to have you! Each month, we collect and test water from Spring Creek. Anyone can participate, we meet on the third Tuesday of each month during the 2021 – 2022 school year during ELO and after school until 4 pm, there is no cost to join, and you don't need any prior knowledge of water testing.

If you have any questions, click [here](#) or ask Ms. Spear (rspear@psdschools.org) or Mr. Mayer (bmayer@psdschools.org) for more information.



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Student Council

Speaking of clubs... Leshar Student Council wants YOU! If you love giving back to your school and planning events, we are the club for you! Student Council is having our annual membership drive. All grades are welcome! If you would like to be a part of Student Council, please fill out this [Google Form](#) by September 30th and join us on Tuesday, October 5th at 3pm in Ms. Jennings's room (26) for our first meeting of the year!

We can't wait to see you!

Volunteer Opportunities

Parents, now it's YOUR turn to get involved at Leshar! If you are looking for a way to be involved at Leshar as an essential volunteer, we could use your help at our high traffic crosswalks in the mornings, from 7:40-8 am or in the afternoons, from 2:55-3:10 pm. Additionally, if you are interested in supervising while visiting with students at lunch one day a week from 10:49am-12:46pm, this is helpful. The requirements are that you are consistent in attendance, enjoy working with students, and that you have completed the [Register to Volunteer](#) form on PSD's Volunteer page. If you believe you have already completed this volunteer application in the last year, and want to confirm, contact Jeannie Mitchell at jeanniem@psdschools.org. If you would like to inquire or sign up, contact Lisa Crossland at lcrossla@psdschools.org or 970-472-3850.



We are actively recruiting for our Parent-Teacher Organization known aboard The Ship as the Viking Volunteers (VV) as well as our School Accountability Committee (SAC). If you're interested in either team, please email office manager Jeannie Mitchell (jeanniem@psdschools.org) and Cc principal Tom Dodd (tdodd@psdschools.org). The VV is a traditional parent/guardian support group that helps with our Direct Donation fundraising program and distributes VV mini-grants to teachers. Its biggest event is Nordic Fest, which historically is our fall celebration the second Friday of October. Not sure if we can mobilize a team and plan an event by then, but we'd like to try. Here's a little more about our SAC's Purpose, Membership & Meeting Dates/Times:

- ✓ **SAC PURPOSE:** Meets at least quarterly to discuss, advise and make recommendations regarding school progress, assessing and prioritizing needs, school spending priorities, identifying resources, the School Unified Improvement Plan (SUIP), etc. One member of the SAC also serves as the Leshar representative to the District Advisory Board (DAB) which meets one Monday per month from 7-9 pm at the Johannsen Support Services Center (JSSC) at 2407 LaPorte Avenue. Click here for the DAB meeting schedule: <https://www.psd.schools.org/community/community-committees/dab>.
- ✓ **SAC MEMBERSHIP:** A minimum of 7 members to include:
 - 3 parents/legal guardians of students (1 parent co-chairs the committee w/ Principal Dodd)
 - 1 teacher
 - 1 VV (PTO) member
 - 1 community member
 - 1 principal
- ✓ **SAC MEETINGS:** Quarterly 6:30-7:30 pm in Media Center (after Viking Volunteers meetings 5:30 – 6:30pm) in Sept., Nov., Feb. and April. Final dates TBD.

Thank you for your commitment to our students and our school!

Leshar Cross Country Running Teams Take First/Second Place!

Leshar Cross Country Runners had their second race of the season on Thursday, 9/2 and they CRUSHED IT! Get this, they competed against ALL 9 SCHOOLS IN FORT COLLINS and the boys team WON and the girls team took SECOND.

First off, the boys Varsity team beat every other school in Fort Collins for the second race in a row. Ian Tiley was the first Leshar runner to finish and he ran the 2-mile race in just over 12 minutes, finishing second place out of every middle schooler in Fort Collins! Oliver Singleton finished a few seconds after Ian in 4th place! Jake Kirby finished in 6th place a few seconds later, and Tobin Rapley, Max Abernathy, and Abe Cooley were close behind.

In the girls' Varsity race, Gracyn Redmond was the first Leshar runner to cross the finish line in 13 ½ minutes. She ended up in 5th place out of every middle school runner in Fort Collins. Ayslee Stone was the next Leshar runner to finish in 7th place, then Juliet Koenig in 8th place, Kendall Montross in 10th place, followed by Aryana Arabi! The girls team ended up second place out of all the middle schools in Fort Collins, only 2 points behind Kinard.

The boys and girls JV teams both finished in 2nd place! Leshar had another 90 runners finish the race, many in record time. 39 runners had a personal best for the season. Great job to all Leshar Cross Country runners! Keep it up!



On another note, every week, Cross Country coaches select 1 or 2 **CHAMP** (*CHaracter in Athletics Make it a Priority*) Athletes of the Week. We call these our “Coach Awards” because this award can go to anyone on the team, regardless of how fast they run a race, what grade they are in, or if they are male or female. This award goes to runners who go above and beyond to demonstrate leadership, integrity, and outstanding character before, during and after practice. These athletes not only take care of their needs, but they bring everyone up by setting a positive example every day and they make us all better as a result. **So far this season, our CHAMP Athletes of the Week are Max Abernathy, Kennedy Brown, Abe Cooley, Kendall Gates, Sterling Holbrook, Jake Kirby, Juliet Koenig, Molly Margeneau, Hanna Moll, Audrey Pursley, Brighlee Reynoso, Ian Rose, Kenzie Ruehlen, Hadley Smith, Ayslee Stone, Leo Tornatzky, Asher Wick, and Owen Zadeh.**

The LambFam Fall 5k

Run with your friends and (Lamb) family on September 19th at 8:30 am... FCHS DECA is hosting the annual LambFam Fall 5K Run/Walk, with all proceeds from this year's race benefitting Make-A-Wish Colorado.



**THE LAMBFAM FALL 5K
RUN/WALK**

www.lambfamfall5k.wixsite.com/website

Join us on September 19th at 8:30 am to run a 5k hosted by Fort Collins High School DECA. All proceeds from the race will benefit Make-A-Wish Colorado. Register by visiting the link above.

Make-A-Wish
COLORADO

| | | |
|--|---|--|
| Where & When |  | Why? |
| September 19th 8:30 am 3400 Lambkin Way, South East side of the school | | Help us grant life-changing wishes for Colorado children battling critical illnesses |

Opportunity Gift Applications with The FAN

The FAN is an amazing non-profit organization that raises funds to give out opportunity gifts to girls and women of all ages to support their dreams in sports. We also provide grants to organizations that provide sports opportunities for female athletes! Applications for 2022 Opportunity Gifts are now being accepted online at:

<https://www.thefemaleathletenetwork.com/opportunity-gifts>

Applications will be open until November 1st at midnight. Learn more about The FAN by visiting their [website](https://www.thefemaleathletenetwork.com).



JumpStart Training Clinics

We have a unique opportunity for any 8yo – 13yo athletes that would like more training opportunities this upcoming academic year.

JumpStart is a year-round, speed & jumps training program designed for emerging youth athletes.

Lead by CSU Jumps & Multi's Coach, Ryan Baily, JumpStart aims to deliver foundational athletic education. Through a fast-paced curriculum of exercises, games, and daily athletic challenges, Coach Baily and his staff will keep your athlete moving and engaged.

Each one-hour session is a blend of technical instruction and age-appropriate conditioning.

Areas of focus include: acceleration, max-velocity sprinting, jumping, core stability, and more.

TO REGISTER:

<https://www.csuramtrackcamps.com/jumpstart-.cfm>

Morning Fresh Cash for Caps

If you are a Morning Fresh Dairy customer, please bring in your rinsed milk, juice, cream, or other caps to Mr. Mayer. Lesher Middle School earns money for every cap that is returned. If you are interested in Morning Fresh Dairy, every new household sign up raises \$25 for Lesher. Click [here](#) or ask Mr. Mayer (bmayer@psdschools.org) for more information.



Why You're Awesome!

We're always looking for ways to promote and reinforce positive behaviors school wide. Returning Vikings are familiar with our weekly Planner Powerball and Trash Powerball drawings, but new this year is "Why You're Awesome!". Lesher staff will present students who are demonstrating positive behaviors and/or those who get caught being awesome with a note card telling them "Why You're Awesome!". Students can then turn their cards into the Main Office to be entered into our weekly drawing. The inaugural "Why You're Awesome!" drawing took place on Friday, August 20, 2021 and our first winners were Annabel Brown, Claude Hance and Harper Kenny. Congrats winners- you're awesome!

The Counseling Corner

This week is National Suicide Prevention Week (September 5-11). Nationally, suicide is the 2nd leading cause of death for ages 10-34. We all can play a role in helping to prevent suicide. Below are some resources to learn about warning signs, risk factors, how you can support someone, and to ultimately find help together.

[Click here to learn more about the suicide statistics](#) in our country and how you can become involved as an advocate.

| KNOW THE SIGNS | FIND THE WORDS | REACH OUT | | | | | | |
|--|---|----------------------------------|-------------------|--------|---|-----------------------------------|----------------------------------|--|
| <p>The warning signs of emotional pain or suicidal thoughts aren't always obvious. Here's what to look for:</p> <ul style="list-style-type: none"> • Talking about wanting to die or suicide • Feeling hopeless, desperate, trapped • Giving away possessions • Putting affairs in order • Reckless behavior • Anger • Increased drug or alcohol use • Withdrawal • Anxiety or agitation • Changes in sleep • Sudden mood changes • No sense of purpose <p>Knowing what to look for is the first step toward being there for a friend or family member in need. If you sense something is wrong, trust your instincts and get more information at suicideispreventable.org</p> | <p>“Are you thinking of ending your life?”</p> <p>Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. If you are concerned about someone, don't hesitate. Visit: suicideispreventable.org learn how to get the conversation started.</p> <table border="1"> <thead> <tr> <th>START THE CONVERSATION</th> <th>ASK ABOUT SUICIDE</th> <th>LISTEN</th> </tr> </thead> <tbody> <tr> <td>Mention the warning signs you are noticing.</td> <td>"Are you thinking about suicide?"</td> <td>Express concern and reassurance.</td> </tr> </tbody> </table> | START THE CONVERSATION | ASK ABOUT SUICIDE | LISTEN | Mention the warning signs you are noticing. | "Are you thinking about suicide?" | Express concern and reassurance. | <p>YOU ARE NOT ALONE</p> <p>If you even see one warning sign, step in or speak up. But you don't need to do it alone. Help is available. To find local resources, visit:</p> <p>suicideispreventable.org</p> <p>IN A CRISIS</p> <p>If you think a person is suicidal, don't leave them alone. Call the National Suicide Prevention Lifeline if you are in crisis or concerned about someone. Trained counselors are available 24-7 to offer support. 1.800.273.8255.</p> |
| START THE CONVERSATION | ASK ABOUT SUICIDE | LISTEN | | | | | | |
| Mention the warning signs you are noticing. | "Are you thinking about suicide?" | Express concern and reassurance. | | | | | | |



| | | |
|--|--|--|
| | <p>Colorado Trailblazer</p> <p>“School to Watch”</p> <p>2020 2023</p> <p>Leshar Middle School</p> | |
|--|--|--|



Trauma-Informed Parenting Class

This class takes a unique, relationship-based approach to parenting traumatized children and those with attachment challenges. This approach provides a trauma-informed explanation of “acting out” behaviors.

Caregivers will learn how children escalate through behaviors, as well as how to respond to help their children during these times. When children and caregivers expand their ability to emotionally tolerate stressful situations, behavior naturally improves. The class is appropriate for biological parents, adoptive parents, foster parents, and kinship-care providers.

Some Program Topics

- Emotional regulation and dysregulation
 - Window of stress tolerance
 - Trauma and memory
- Acting out behaviors, i.e. lying, stealing, aggression, etc.
- Signs and stages of verbal and behavioral escalation
 - Caregiver responses to decrease escalation
 - Setting appropriate and enforceable limits

When:

September 13 – September 29th, 2021
(3 weeks)

Mondays 6:00 PM – 7:30 PM

&

Wednesdays 6:00- 7:30 PM

Where:

ONLINE – ZOOM

Intake paperwork will need to be filled out and turned in to ChildSafe before the first class in order to attend

Cost:

There is no cost for this class, it is funded by a grant donation.

Book is Included

Email info@childsafecolorado.org or call (970)472-4133 to enroll!

2001 S. Shields St. Bldg. K, Fort Collins, CO 80526 • O: (970) 472-4133 • F: (970) 493-6655

www.childsafecolorado.org • On Twitter: @ChildSafeCO • On Facebook: www.facebook.com/ChildSafeColorado

Traffic Safety at Leshar Middle School

1400 Stover St. | Fort Collins



In the interest of student, parent, & staff safety:

Drivers

- Slow down
- Drop-off/pick-up students at designated times & places
- **PULL FORWARD** in the drop-off/pick-up area
- Yield to pedestrians & crossing guards in crosswalks
- **DO NOT BLOCK** the roadway, bicycle lanes, handicap spaces, bus entrances, or driveways
- NO parking, stopping, or standing at **RED CURBS**
- DO NOT make u-turns on streets around the school

Bicyclists/Skateboarders

- Bicycles should use bicycle lanes & obey traffic laws
- Dismount your bicycle/skateboard on the sidewalk in front of the school & walk
- Secure your bicycle/skateboard on the racks at the north side of the school

Pedestrians

- Use crosswalks
- Make eye contact with drivers prior to crossing

