



Dec/Jan **The Cougar Connection** 2010-11

Terry Gillach, Principal – Ina Rodriguez-Myer, Assistant Principal
Main Office: 720-561-3400 Attendance: 720-561-3402 Counseling Office: 720-561-3410
Website: <http://schools.bvsd.org/southernhills/index.htm>

Principal's Corner

Happy holidays from the staff at Southern Hills Middle School! As we enter the holiday season, I hope that all of you have a wonderful, and relaxing, break with family and friends. This time of year seems to race up on us so quickly, and before you know it, we are deep into the 3rd quarter. Thus I try to impress upon my staff to leave all work behind and relax over these two weeks – and I hope you are able to do the same as best you can!

One tradition that I love to do with my family is to, before dinner each night, say what we are grateful for. This can be about something that happened that day or someone special. Thus, in the spirit of this tradition, I wanted to give you some of my “grateful fors” this season:

- ❖ Being able to be the principal at a SHMS for 6+ years. The community took a chance with me many years ago and for that I feel extremely fortunate.
- ❖ Great teachers and a hard working staff who really have the best interests each student in mind – and it shows in their commitment to SHMS.
- ❖ Rebecca, Kathy and Lee Ann – the best support staff in the business.
- ❖ Ina, Mike, Chris, Kathy and Diana– the best administrative/counseling team I could ask for.
- ❖ Machal, my always supportive better half, and Abigail and Emma – my two daughters. They are my foundation and the loves of my life.
- ❖ Serving such a wonderful community of parents and students. We have a rare thing here at SHMS and your trust and support are a major reason why this is so!

I hope you are able to take time to reflect on the many things in your life that you can be grateful for. It is always an “eye opener” to do so and helps when times get challenging. Again, may you and your family have a wonderful holiday break.....

Go Cougars!

Terry

Dates to Remember

December

- 1 Science Fair
- 2 Open Enrollment 6:30 p.m.
- 6 O/E Tour 9-11 a.m.
- 7 7/8 Choir Concert 7:00 p.m.
- 8 6 gr Choir Concert 7:00 p.m.
- 9 O/E Tour 9-11 a.m.
- 13 SAC 3:45 p.m.
- 14 Play Tryouts 3:40-6:00 p.m.
- 14 6gr Band/ Jazz 2 Concert 7:00 p.m.
- 15 Play Call Backs
- 15 OE Tour 9-11 a.m.

Dec Cont'd

- 16 First Play Meeting
- Dec 20 – Jan 4 Winter Break

January

- 5 School Resumes
- 10 SAC 3:45 p.m.
- 12 O/E Tour 9-11 a.m.
- 19 6 Honor Roll Celebration 6:00 p.m.
- 20 7/8 Honor Roll Celebration 6:00 p.m.
- 24 Hot Topics 6:30-8:00 p.m.

Southern Hills' Book Fair

December 12th through the 14th

At Barnes and Noble

(Between 28th & 30th in Boulder by Whole Foods)

SHMS' Library Receives a Percentage of the Total Sales

You MUST Have a Southern Hills Voucher

Pick up a voucher in the office or library
From your child's Languages Arts teacher
Or print out the one below

Everyone who comes to the Boulder Barnes & Noble December 12th
Can enter our prize drawing for Barnes & Noble gift certificates
Just come find our table.

You can also participate in the book fair by shopping online at B&N.com
From December 12 – 15. Find the book fair button when checking out,
And enter our school's voucher number (10373710)



Barnes & Noble BOOKFAIR

Southern Hills Middle School

December 12th, 13th & 14th, 2010

Barnes & Noble

2999 Pearl Street
Boulder, CO 80301

School ID #10373710

Please present this voucher prior to making your purchase. A percentage of the net sale will be donated to your school/organization.*

*The purchase of gift cards, Barnes & Noble memberships, textbooks and other select items are not included in bookfair totals. Our discount purchasing program may not be applied to bookfair purchases.



Barnes & Noble BOOKFAIR

Southern Hills Middle School

December 12th, 13th, & 14th 2010

Barnes & Noble

2999 Pearl Street
Boulder, CO 80301

School ID #10373710

Please present this voucher prior to making your purchase. A percentage of the net sale will be donated to your school/organization.*

*The purchase of gift cards, Barnes & Noble memberships, textbooks and other select items are not included in bookfair totals. Our discount purchasing program may not be applied to bookfair purchases.





Thank you, Super Soccer Commuters: Kaileigh Mora, Maya Frost-Belansky, Sydney Keenan, Zetta Mason, Sarah Ruh and Kayla Steinmetz'

RTD is Listening....and Acting

RTD Route 206 that travels the Greenbriar loop can sometimes be late and crowded after school. We've heard this from students and parents alike and thanks to your feedback, things are improving. GObyBus/SchoolPool has been working with Nataly Erving, RTD's Senior Service Planner/Scheduler and a true woman of action, to improve service.

Starting this week, Southern Hills students will notice something new.....an additional bus at the end of the school day! This bus will originate at Table Mesa and Broadway specifically to help with the demand of student riders. Since this bus starts just down the road, it won't be crowded and won't be delayed.

Thanks to all of you who let us know what the issue was and thanks to RTD for providing the solution.

Remote Drop Offs

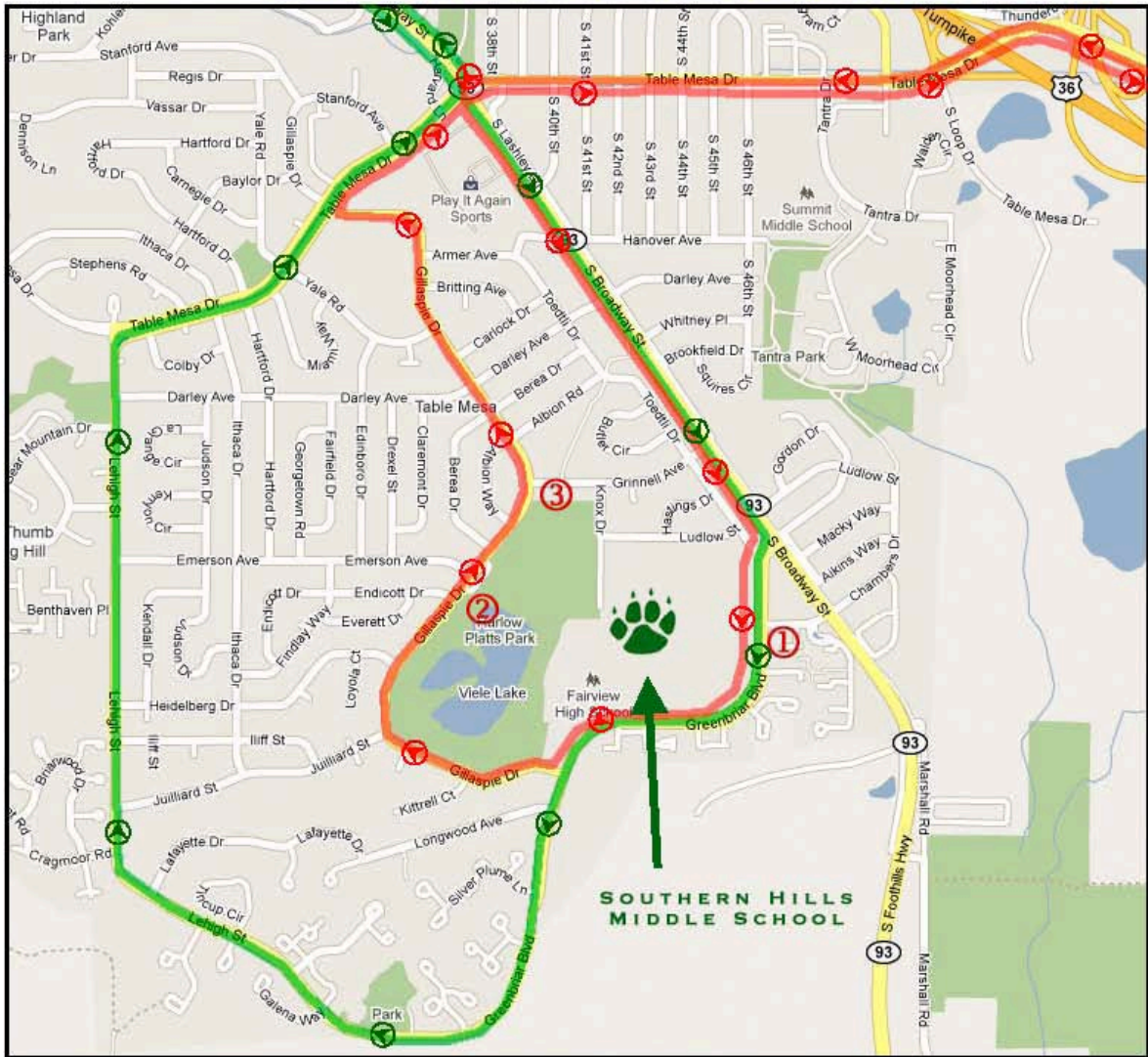
Did you know that it takes 3 minutes to walk from a remote drop off to the front door? How do we know this? GObyBus/SchoolPool was curious and tried it out. That is 3 minutes of fresh air, 3 minutes talking with a friend and 3 minutes of exercise. Don't worry; if you have 3 minutes, you have enough time to drop off remotely.

Why not agree as a family which drop off to use today?

- Mt. Hope Lutheran Church 1345 S. Broadway St.
- South Boulder Recreation Center 1360 Gillaspie
- St. Paul's United Methodist Church 4215 Grinnell Ave.

Suggested Drop Off locations and walk ways to Southern Hills Middle School

(see other side for close-up of walk ways)



- ① **MT. HOPE LUTHERAN CHURCH**
(1345 S. BROADWAY ST.)
- ② **SOUTH BOULDER RECREATION CENTER**
(1360 GILLASPIE DR.)
- ③ **ST. PAUL'S UNITED METHODIST CHURCH**
(4215 GRINNELL AVE.)

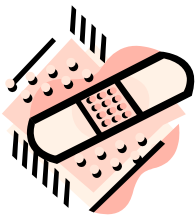
RTD ROUTE 206

RTD ROUTE SKIP

Guidelines for Keeping Your Student Home

The beginning of any infectious illness is usually the time it is most likely to spread to others. This is also the time your student is probably feeling unable to participate in class. In order to keep everyone healthy, we ask that you observe the following guidelines and keep your student home if s/he exhibits any of the following:

- **Fever, vomiting, or diarrhea:** Your student should remain home for **24 hours** after symptoms end.
- **Colds / respiratory viruses:** Keep your student home at the beginning of a cold. This is also the time when one is most infectious and least likely to feel well enough to participate in class. When s/he feels better and no longer has frequent sneezing and cough, it is permissible to return to school.
- **Strep throat:** Your student may return to school **after taking the antibiotic for 24 hours**, and feeling better.
- **Chicken pox:** Your student should stay home until there are no new lesions and all existing lesions have scabbed over.
- **Eye:** Bacterial and some viral eye infections must be treated by a health care provider before the student returns to school. If antibiotic therapy is prescribed, the student must remain home for **at least 24 hours after treatment has begun**.
- **Open sores on skin:** All skin lesions must be covered by a bandage or clothing during the school day. This may include impetigo, ring worm, scabies, and other fungal, bacterial or viral skin infections.
- **Generalized skin rash:** Any student with an undiagnosed skin rash must consult a health care provider for diagnosis and/or treatment before returning to school with a note from the health care provider.
- **Head lice:** Your student may return to school only after treatment with lice treatment.



VOLUNTEER OPPORTUNITY

The Health Room is in need of volunteers! Please contact monique.sedaghat@bvsd.org if you are interested and able to commit to several hours weekly or bi-weekly on a regular basis. No experience necessary – first aid training is provided by the school district.

Counseling

Start Thinking About High School

8th graders and parents, it's time to start picking your high school. Open enrollment has begun. Applications are due by 4:00 P.M., January 14, 2011 if you are attending a school outside of your attendance area. All schools are holding informational meetings and tours. Please check each school's website for details.

Fairview counselors will visit Southern Hills in late January to present information about course selection and graduation requirements as most of our students attend Fairview for high school. Fairview will return in late February to help with online course selection.

Students who are not attending Fairview need to contact the school that they plan to attend for course selection procedures. Parent / Teacher conferences in early February are a great time to talk to 8th grade teachers about appropriate course placement. High School is an exciting time and should be a challenge. Make sure you finish 8th grade strong so you are prepared to meet that challenge.

Departments

Social Studies~ Steve Pilger, Susan Stensrud, Caroline Broome, Zach Crandall, and Jen Elkins

National History Day research is now in full swing—Don't forget to ask your student about their topic and progress. Be sure to check out www.nhd.org to get ideas, answers questions, help with research, etc. Thank you in advance for your help with this endeavor. Also, if you are able/interested we would appreciate your help on Thursday, February 10th with providing food for judges, assist w/judging the projects, etc. Please contact Zach Crandall at zach.crandall@bvsvd.org for details. Have a great Holliday.



National Geographic Geography Bee

On January 7th 2011, all of the students at Southern Hills will participate in the National Geographic Geography Bee. It is a day of fun and finding out what you really know and don't know on the topic of geography. The competition will happen in your child's social studies class so they do not need to come before or after school, or miss any school to participate. The outcome will determine who is our school champion with a chance to compete at the state level or national level for a \$10,000 prize!

We will be talking about this competition in class; however, until the competition and over the winter break the students can help themselves study by going to the following sites.

<http://www.nationalgeographic.com/geographybee/>

<http://www.greatauk.com/Weeklyquiz.html> - then choose all the geography related quizzes.

Sports Calendar

2010 - 11 Intramural Calendar

6th/7th Girls Basketball	January 6th – January 28th
6th/7th/8th Boys Soccer	March 7th – April 8th
6th/7th Girls Volleyball	March 14th – April 12 th

2010-2011 Interscholastic Calendar

8th Boys Basketball	November 4 – December 16
6th, 7th, 8th Coed Wrestling	January 6 – February 15
8th Girls Volleyball	February 1 – March 11
Track	April 13 – May 19

Clubs and Activities

MathCounts ~ Denise Pearman Johnson

MathCounts is going strong. We've had an average of 35 people each Wednesday.

We've completed 3 club challenges and are "mathing" away! Mid November, we learned about monkeys on a number line! The school competition to determine MATHcounts Team members is January 20th, 1st-4th period. The Chapter competition will be Feb 5 at Seagate.

QuizBowl ~ Denise Pearman Johnson

Quiz Bowl continues to practice crazily! Students have been working on some questions at home.

The Brain Bowl is January 22, 2011 at Monarch High School. We're looking forward to sharing our knowledge.



Musical ~ Denise Pearman Johnson

Coney Island of Dr. Moreau – The Mandatory meeting was November 16, 2010 and attended by more than 140 students.

Tryouts will be Dec 14, with callbacks December 15. Our first meeting is December 16.

We're looking for wicker furniture and foliage!!!....Lot's of jungle foliage!!!!

Math Olympiads~ Deb Darnell

We had a great showing for our first Math Olympiad competition with 40 Cougar students competing in this global contest.

Our E team scored 72 points total with **Kyle McClure, Emil Graf, Nathan Biesterfeld and Isaac Steere** receiving the top scores getting all 5 challenge problems correct.

Our M team scored 42 points total with **Jesse Zhang and Casey Zhang** receiving the top scores with **Nina Brown** following second.

Southern Hills is proud of our great mathlete team who individually share their math talent to help the team as a whole to succeed. We continue to meet on Wednesdays during lunch time to practice great math problems.

Our next competition is December 15th and we expect continued success as we move forward as a team.

Yearbook Club ~ Deb Darnell and Jen Elkins

We continue to take photos and design pages to bring to Southern Hills a book of memories for the year. We just completed our 8th Grade Baby Ad campaign and we thank all parents who contributed to this effort. The funds help to supplement the cost of producing our book.

If you haven't purchased a Yearbook yet, please see Deb Darnell, Staff Yearbook Adviser, or Rebecca Zeiler-Robinson. You have until the first of the year to order one. . . **Order Today to Avoid the Tears in May!**

EASY WAYS TO SUPPORT OUR SCHOOL

- **TONER CARTRIDGE RECYCLING** - Bring used cartridges from computers, copiers, & fax machines to the school office. We'll send them in for recycling and get cash for the school.
- **OFFICE DEPOT 5% BACK TO SCHOOLS PROGRAM:** When buying products at **Office Depot**, give our school ID number (70017072 or just our school name and they can look it up) and SHMS will receive 5% of qualifying purchases.
- **TARGET: TAKE CHARGE OF EDUCATION:** If you use a Target credit card, SHMS can receive 1% back from your purchases. If you already have a card, go to the customer service counter at a Target store and ask them how to designate our school as the recipient of this program. If you don't have a card, ask them how to get one.
- **GRAND RABBIT'S: BUNNY BUCKS:** Just mention SHMS for the Bunny Bucks and 10% of your purchase will be placed in a savings account that we can use to purchase items at Grand Rabbit's..
- **PLAYFAIR TOYS:** All you need to do is ask to participate at checkout and Southern Hills will receive a 5% back certificate.

Classes and Information

Parent Engagement Network presents:

Thriving During the Secondary Years

Adolescent Social Development

By Dr. Jan Hittelman

Social skills are tools that we use to interact with and understand others in our social environment. These skills are not innate, but are learned through our interpersonal experiences. Unlike “abilities”, which we are born with, “skills” can only be learned through practice. For example, some people are born with the ability to sing beautifully, while the skill to write one’s name must be learned. In addition, social skills can be lost if not practiced. It was found that prisoners of war, who were in isolation for long periods of time, actually lost their social skills and had to re-learn them. Children who are shy or socially withdrawn have less opportunity to practice and improve their social skills. Similarly, children with undesirable social behavior may be avoided by others and excluded from social events. Consequently, they are at-risk for falling further and further behind same-age peers in terms of their social skills development. Good social skills are necessary for positive emotional adjustment and successful functioning at home, school, work, and other social settings. Not surprisingly, research shows that people with poor social skills have more problems in school, at home, at work, and with the legal system.

If your adolescent is experiencing social challenges, it is not too late for them to strengthen their social skills and become more socially confident and successful. Often, the socially awkward adolescent has increased motivation to address their social challenges. This is because of the added importance of peer affiliation and acceptance during adolescent development.

One way to help increase social competence is participation in a social skills training program. Social skills training has been shown to be an effective way for children to learn needed strategies and “catch-up” to their peers in terms of their social competence. These skills can be taught individually or better yet in a group setting. The specific social skills taught typically involve: non-verbal communication (e.g. eye contact, nodding, smiling), social perspective taking (getting a better sense of how others’ are thinking and feeling), empathy, asking questions, dealing with peer pressure, etc.

As we try to focus on the whole child, nurturing our children’s social development, along with their academic and emotional development, will help them be successful in life.

To learn more about addressing social challenges in adolescence, attend a free workshop on Monday December 13th entitled “Supporting the Shy Teen”, an educational, interactive workshop for parents of shy teenagers, beginning at 7:00pm at the Meadows Library in Boulder. For more information, visit: www.BoulderBPS.com.

Celebrate Parenting in a World of Diversity

Comprehensive view of parents, youth and resources in Boulder Valley

Presentation in English and Spanish

Thursday, December 9, 6:30- 8:30pm

Lafayette Public Library

Eugenia Brady

Parent Involvement Specialist BVSD

Eugenia.Brady@bvsd.org

Parent Engagement Network presents:
Thriving During the Teenage Years
Hope in identifying and Treating Teen Depression
By Dr. Jan Hittelman

An important but often difficult topic is adolescent depression and suicide. Nationally suicide is the third leading cause of death among youth ages 15-24, while in Colorado it is the second leading cause of death. Colorado also ranks first among all states for teen depression. As disturbing as these statistics are, it is widely believed that they are underestimated since many suicides and attempts go unreported. Fortunately for many, teen depression is a very treatable disorder. Depending on the particular individual, talk therapy, medication, or a combination of the two, has been shown to be highly effective in treating depression.

Unfortunately, it is estimated nationally that only 30% of adolescents with depression receive treatment. Surprisingly, research shows that many of these youth are from families with good communication. The challenge is that, in addition to the general signs of depression in adults (i.e. feelings of sadness, changes in eating and sleeping patterns, loss of interest in once enjoyed activities, loss of energy, feelings of worthlessness or guilt, difficulty concentrating), the more subtle warning signs unique to children and adolescents are often missed. These include:

- Irritability, anger, hostility
- Frequent absences from school or poor school performance
- Lack of interest in spending time with friends or family
- Talk of or efforts to run away from home
- Social isolation, poor communication
- Extreme sensitivity to rejection or failure
- Reckless behavior
- Neglect of clothes and appearance

The good news is depression can be identified and treated, if the right resources and information are in place. Learn more about the warning signs of depression and what to do if you suspect someone you know needs help by participating in the next Pathways to Parenting Success interactive panel:

What: Successfully Navigating Depression and Suicide

When: Monday, February 7, 7:00-8:30pm

Where: Boulder Valley School District Board Room (6500 Arapahoe, Boulder) or watch live on Channel 22

Submit questions: www.BoulderPsychologicalServices.com/channel-22

More info: www.BPSBoulder.com

UPCOMING PEN EVENTS:

“You Twit Face!”

How Parents Can Embrace the World of Technology

Jennifer Korb, President, Internet Safety Foundation

www.InternetSafetyColorado.org

Monday, January 10, 7:00-8:30pm, BVSD Board Room (6500 Arapahoe, Boulder)

Or watch LIVE on Channel 22!

Learn more about PEN by visiting their website: www.parentengagementnetwork.org or by contacting Paula Nelson, PEN chair (pjn6225@yahoo.com, 303-880-6030) or Betsy Fox, PEN Lead Coach, (foxbetsy123@msn.com, 720-563-7007).

Dr. Jan Hittelman, a licensed psychologist, is Director of Boulder Psychological Services and the Founder of the Boulder Counseling Cooperative. Questions or comments for this monthly column can be sent via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270

Fairview High School Holiday Choral Concerts



Each Night Features Diverse and Different Choirs

Wednesday, December 15th

Troubadours
Madrigals
Age of Guinevere
Festival Choir

Thursday, December 16th

Excalibur
Voices of the Knight
Enchantment
Chivalry

7 pm in the Fairview Auditorium

To find out more about the choirs at Fairview
visit the website at <http://bvsd.org/schools/fairviews/>

**Ticket are \$8 and are available at the FHS ticket booth
December 14th –16th, 10:30 a.m.– 2:15 p.m. and 45 minutes before each show.**

March 9th

Manhattan Middle School, 290 Manhattan Drive, Boulder

Barbara Mitchell Hutton WHO IS THAT CHILD IN MY DAUGHTER'/SON'S BEDROOM: Living with Asynchrony

Asynchrony or uneven development is inherent in every person. Every individual has skills, aptitudes, affiliations that come more naturally, are easier to learn or perform than others. For those who are gifted, this notion of asynchrony is amplified by the intensity, possibilities and potential discrepancies between all areas of development. For gifted individuals, children in particular, this inherent discrepancy between their talents and development can be both confusing and frustrating. Whether asynchrony is related to mental, physical, emotional, social, spiritual or cognitive development (in infinite and changing combinations), gifted children and adults, and those who love and support them, need tools and knowledge to reach their potential. Accepting asynchrony as a fundamental aspect of their advanced development is an essential element to healthy emotional development and understanding of the self. In this presentation we will explore asynchrony and how it contributes to other intriguing, mystifying, frustrating and glorious characteristics of gifted children. Our goal is to increase understanding of these phenomena in others and ourselves and to develop strategies for advocating and supporting those who struggle with the consequences of asynchrony.

April 14th

Fairview High School, 1515 Greenbriar Blvd, Boulder

Linda Silverman, PhD --Perfectionism

Perfectionism comes with the territory of giftedness and is its least appreciated aspect. Impossible dreams are realized, unrealistic goals achieved, insurmountable obstacles surmounted by individuals whose vision is a more powerful reality than the limitations most of the world accepts as real. The drive for excellence only visits those who have the capacity to attain it. Perfectionism is a function of asynchrony, as a more advanced mind sets more advanced goals. Personality type plays a role as well: introverts are more likely to be perfectionists than extraverts. Environment can exacerbate this trait. When schoolwork is too easy, the only challenge a gifted child can create is accomplishing it perfectly. Perfectionism has the potential for propelling one toward unparalleled greatness or plummeting one into despair. The secret to harnessing its energy is learning how to set priorities. Hints for channeling perfectionism will be provided.

All events are co sponsored by Boulder Valley School District Office of Advanced Academic Services



www.bvgt.org



Boulder Valley Gifted & Talented

2011 Winter/Spring Events

All presentations begin at 7pm and are free and open to the public. More information about the presenters and BVGT is available at www.bvgt.org

January 26th Arapahoe Ridge High School, 6600 Arapahoe Road, Boulder

Marlo Payne Thurman --Gifted and ... Understanding and Supporting the Needs of Twice Exceptional Learners

This presentation will open with an introduction of concepts from the field of twice-exceptionality. Then with her extensive experience, the presenter, Marlo Payne Thurman will detail those issues that are most pressing for this population. Through a unique question/discussion format, Marlo will explain needs and provide strategies for children and adolescents who are gifted but also struggle with learning disabilities, social difficulties, emotional or mental health issues, and/or cognitive-behavioral challenges. Parents and educators alike will gain new insights and take away useful tools for meeting the needs of the twice-exceptional.

February 16th Louisville Middle School, 1341 Main Street, Louisville

Stuart Omdal, PhD-- Common Gifted Education Myths

Maybe you've heard these myths: "All children are gifted." "Gifted students don't need help; they'll do fine on their own." "That student can't be gifted he's receiving poor grades." "Gifted education programs are elitist." Whether you're the parent of a gifted child, or you're teaching gifted students, you'll benefit from hearing Dr. Omdal discuss these and other myths about giftedness. Parents, teachers, administrators, counselors, if you want to know more about what giftedness is, and is not, then this is for you!

over