



May **The Cougar Connection** 2011

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

As you read this letter we will be in the final days of the 2010-11 school year here at Southern Hills. Despite the persistent cold weather, the kids are excited and can see the “finish line” as the fourth quarter winds down. Yet, as we continue to remind them, we are not done yet, and I ask for your support in keeping your student focused on the work that is to be done – including finals and final projects.

As always, this time of year brings with it many transitions for our community. For our 8th graders, it is often bitter-sweet as they are both thrilled to be leaving middle school yet are anxious for the unknown aspects which lie ahead in high school. I am supremely confident for the future success of this group. They are kind, mature and have been great models for our school. I have no doubt they can meet the many challenges they will be facing in the months and years to come. In addition, our staff looks forward to working with all of our returning, and incoming, students next year. Our current 6th and 7th grade classes have grown tremendously over the year and I am excited for them as they take on the role of mentor to next year's 6th graders!

Finally, this time of year also brings many good-byes to staff that are leaving the Southern Hills community. We wish Michelle Fredson (Math), Brett Wallace (Orchestra) and Linda Garcia (Librarian) the best of luck as they venture into full retirement! They have contributed decades of service working with students of all ages and they will be dearly missed here at SHMS next year.

Finally, a huge thank-you to the entire Southern Hills community for their dedication and support throughout the 2010-11 school year. Your support and trust is a big part of what has made Southern Hills so successful year in and year out. I hope all of you enjoy a smooth end of the year and a fabulous summer break. Go Cougars!

Terry

***Southern Hills once again receives
John Irwin Award for Excellence!***

**Congratulations
Southern Hills
Community!!!**

The Colorado Department of Education recently announced that Southern Hills MS was one of 151 Colorado schools to receive the “John Irwin Schools of Excellence Awards.”

These Awards recognize the top 8 percent of public schools that demonstrate the highest achievement on statewide assessments. More information, including the list of 2009-2010 award-winning schools, is available at:

<http://www.cde.state.co.us/cdeawards/johnirwin.htm> .

**A huge THANK YOU
To our students,
To our parents
To our teachers and staff
For all of their hard work in achieving this award...**

Go Cougars!

Dates to Remember

May			
3	7/8 gr Choir Concert 7:00 p.m.	11	7/8 Music groups to Elitchs
4	6 gr Choir Concert 7:00 p.m.	20	Fines List Posted
5	Orchestra Concert 7:00 p.m.	24	Lock Turn in Day
9	SAC (Social) 3:45 p.m.	25	Awards Assembly
10	7/8 Band/Jazz1 Concert 7:00 p.m.	26	Last Day of School

SOUTHERN HILLS MIDDLE SCHOOL **2010-2011 End of Year Calendar/Schedule**

May 13	Library books returned to the library!
May 19	Preliminary Locker clean-out—Eco-Cycle will be available 8 th grade—3 rd Period 7 th grade—2 nd Period 6 th grade—1 st Period <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-left: 100px;"> 2-3 tables at each location empty recycle bins </div>
May 20	Fine list for missing books will be posted.
May 23 - 25	Fines collected before and after school & during lunch in the student center. If fines have not been paid, students will not receive yearbooks with the rest of the students. Students may pay fines afterschool on May 26 and receive their yearbook then.
May 24	Lock turn in and final locker clean-out: 9 AM – 11 AM
May 25	<u>Awards Assembly</u> 6 th Grade: 9:00AM 7 th Grade: 1:00 PM 8 th Grade: 6:30 PM, Auditorium <u>Continuation Ceremony Rehearsal</u> Auditorium 2:00 – 3:00 <u>Yearbook Distribution:</u> Yearbook distribution for 8 th grade students will take place in the cafeteria immediately after the Continuation Ceremony Rehearsal. 6 th and 7 th Grade Students will be called to the main entrance area to get their yearbooks. Please make sure the yearbook signature form is complete! <p style="text-align: center;">Students who have paid all fines will receive their yearbook.</p>
May 26	Last Day of School with Students (See Attached Schedule for specific grades) 8 th Grade Continuation Ceremony: 9:00AM, Auditorium

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:** Mention SHMS for the Bunny Bucks & 10% of your purchase will be placed in a savings account to purchase items at Grand Rabbit's..
- **PLAYFAIR TOYS:** Ask to participate at checkout & SHMS will receive a 5% back certificate.

FAIRVIEW HIGH SCHOOL REGISTRATION FOR 2011-12 STUDENTS:

If you are enrolled at Fairview for the 2011-12 school year, registration occurs on the following dates for the grade levels indicated. **There will not be a make-up registration.** Please do not come before your assigned day. A mailing will go out at the beginning of May with further information and instructions.

Incoming Seniors	Mon., May 23 – 10AM to 4PM
Incoming Juniors	Tues., May 24 – 10AM to 4PM
Incoming Sophomores	Wed., May 25 – 10AM to 4PM
Incoming Freshmen	Wed., May 25 & Thurs., May 26 @ 4-7PM

Dear Families,

Caution: As a result of the fire in Fourmile Canyon last fall, rain events could result in: muddy creek water, creek levels rising more quickly, higher frequency of flooded underpasses. Use caution near creeks.

What Can You Do in Case of a Flood?

Be Prepared

- Find out if your home or place of work is in a floodplain.
- Develop an emergency plan.
- Keep an emergency kit accessible.
- Complete a family [Flood Action Plan](#) so you know where your family will meet in an emergency.

During a Flood

- Move to higher ground immediately.
- Stay out of floodwaters. Swift moving waters may sweep people away, causing death.
- Avoid driving through flooded areas. Cars float in 18 inches of water and half of all flood fatalities are auto-related.
- Stay away from power lines & electrical wires. Electrocutation is the number two killer in floods.

After a Flood

- Do not return to disaster areas until authorized.
- Clean everything that got wet.

Bolder Boulder at Southern Hills!



Southern Hills will once again be participating in the Bolder Boulder's BB Racers Club. The BB Racers Club was created to encourage elementary and middle school students to participate in the Bolder Boulder 10K race held here in Boulder on May 30th. All Physical Education students at Southern Hills will be participating in trainings in class leading up to the race, so all students of Southern Hills will be part of the BB Racers Club (even if they choose not to participate race day)! Please contact Katie Gallagher at Katie.Gallagher@bvsd.org with any questions.

Advantages of this program:

- \$21 discount for any Southern Hills student who signs up through Southern Hills.
- Students may register for the BB Racers wave and run with their classmates and friends OR *students may register for any wave they qualify for (using qualifying times from previous Bolder Boulders or a variety of other races).*
- An additional BB racers t-shirt (along with any other t-shirt package you purchase).

The best way to register is online at www.bolderboulder.com:

- Click on register
- Register online → BB Racers Club OR
- BB Racers Club
- Paper registration is available. Call Katie Gallagher at 720-561-3435 if you need a paper registration form.
- Students must register by April 22nd in order to receive the \$21 discount.

Things to know:

- You can register as many people as you would like in 20 minutes.
- You can register adults and other students who do not attend Southern Hills under Southern Hills. You will not get the discount but your race day packages (race bib, chip, t-shirt, etc.) will be sent to Southern Hills and delivered directly to your SHMS student.
- Again, all race day packages (race bib, chip, t-shirt, etc.) will be sent directly to SHMS and delivered to your student through P.E. classes.

Families in need:

- If there are any families who have SHMS students and who would like to participate in the Bolder Boulder, but cannot currently afford the \$25 race fee (cheapest package option with discount), please contact Katie.Gallagher@bvsd.org. There is a volunteer program in which students can help pack race day lunches in return for a free entry to the race.

2011-2012 SCHOOL YEAR CALENDAR

<p>15 First day of school 6th 9th (transition) 1st – 5th 16 First day 7th, 8th, 10th, 11th, 12th K Assessment 15 – 16 K Staggered 17-18</p> <p>Student Contact Days: 13 Teacher Contract Days: 17</p>	AUGUST '11	SEPTEMBER '11	<p>A = Assessment Day for Elem</p> <p>Student Contact Days: 20 E / 20 S Teacher Contract Days: 21</p>
<p>Q End of Quarter</p> <p>Student Contact Days: 20 Teacher Contract Days: 21</p>	OCTOBER '11	NOVEMBER '11	<p>T End of Trimester</p> <p>Student Contact Days: 16 Teacher Contract Days: 16 + 2</p>
<p>Student Contact Days: 12 Teacher Contract Days: 12</p>	DECEMBER '11	JANUARY '12	<p>Student Contact Days: 19 Teacher Contract Days: 20</p>
<p>T End of Trimester</p> <p>Student Contact Days: 19 Teacher Contract Days: 20</p>	FEBRUARY '12	MARCH '12	<p>Q End of Quarter</p> <p>Student Contact Days: 17 Teacher Contract Days: 17</p>
<p>Student Contact Days: 18 Teacher Contract Days: 19 + 2</p>	APRIL '12	MAY '12	<p>Student Contact Days: 18 Teacher Contract Days: 19</p>
<p>First Semester Days: 81 Second Semester Days: 91</p>	JUNE '12	JULY '12	<p>1st Trimester Days: 57 2nd Trimester Days: 56 3rd Trimester Days: 59</p>

A = Assessment Day

E = Parent/Teacher Conf. Exchange

F = First/Final Day of School

H = Holiday

PD = Professional Development

S = Semester

T = Trimester

W = Teacher Work Day

☒ = Vacation

Health Room

Field Trips: There are numerous field trips scheduled in the coming weeks. Please make sure that your student brings all the necessary items for their field trip – water bottles, sunscreen and their inhalers and epi-pens if applicable (NOTE: a signed physician's order is required for all self-carried medications).

End of Year Pick up: Please make sure to pick up all medications and supplies that your child may have in the Health Room. The only medications that students will be permitted to take home themselves (if they have a physician's authorization to self-carry) are their inhalers, epi-pens and diabetic supplies. Medications must be picked up by May 26th or they will be disposed of.

Annual Check-ups: Summer is a great time to schedule your student's annual check-ups and sport physicals and to make sure that all immunizations are current and up-to-date before beginning school in August. State immunization requirements change frequently so be sure to check with your physician. Please get a copy of your student's records to the Health Room on or before the first day of school.

Required Vaccines for 2011/2012

Hepatitis B (Hep B) – Three doses are required for all students K through 12th grades to protect against a serious liver disease that can lead to liver damage, liver cancer, and death.

Tetanus/Diphtheria/Pertussis (DTaP/Tdap/DT/Td) – Five doses of DTaP or DT are required for children under 7 years of age and one dose of Tdap is required for students in 6th through 12th grades. Td is required for children 7 to 10 years of age who have not completed the DTaP or DT series. DTaP, DT, Td & Tdap are the vaccines that protect against tetanus (a disease that causes painful muscle stiffness, convulsions and death) and diphtheria (a disease that can cause suffocation, paralysis, heart failure, and death). The pertussis portion of the vaccine protects against whooping cough, which can lead to pneumonia, seizures, and death. Tdap vaccine will help protect adolescents from the whooping cough or pertussis disease and it will help prevent them from infecting infants and smaller children in the family.

Polio (IPV) – Up to 4 doses of the vaccine are required and protects against paralysis, typically of the legs, as well as the muscles that help us breathe.

Measles/Mumps/Rubella (MMR) – Two doses of this vaccine are required to protect against three diseases. Measles can cause ear infection, pneumonia, seizures, inflammation of the brain, and death. Mumps can lead to deafness, meningitis, painful swelling of the testicles or ovaries, and occasionally, death. Rubella in pregnant women can cause miscarriage or serious birth defects to the unborn child.

Varicella or Chickenpox (Var) – Two doses are required for children in kindergarten through 4th grade and one dose is required for children in 5th through 11th grade. This vaccine protects against chickenpox disease, a rash illness that can lead to skin infections, pneumonia, swelling of the brain, and on occasion, death.

Departments

Instruments Needed

Do you have a previously-used instrument that could use a new home?

The BVSD Instrumental Music program is in need of donations for our district instrument bank.

These instruments will be either loaned or rented at minimal cost to students with financial needs. We have a specific request for brass, woodwind and orchestral instruments for our beginning fifth-grade students.



Donations may be dropped off at the Education Center's main reception desk each day from 8 a.m.-4 p.m. The Education Center is located at 6500 E. Arapahoe Road in Boulder.

Please contact Fine Arts Coordinator Jill Gartland for additional information at jill.gartland@bvsd.org or 720-561-5085.

Media Center~ Linda Garcia

I am retiring as a librarian from the Boulder Valley School District at the end of this school year. It is truly a bitter sweet time for me. Thank you, to all of you for your wonderful students and support for the library program through the years. I will miss the students deeply.

In light of that, please look around for all of those missing books. I want to leave the library intact.

Clubs and Activities

MathCounts~ Denise Johnson

MathCounts – Jesse and Casey Zhang are part of the Colorado team and went to Nationals to compete on May 6! Congratulations!

Jesse Zhang received the Superintendent's award on April 12 for his 1st place finish at the State MathCounts competition!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUST GIRLS WEEKEND ESCAPE

Break away from the city and come hang out with us for a Girl Power weekend getaway to our very own YMCA Camp Santa Maria! Come join us for a fun-filled weekend of hiking, games, archery, body image and confidence building workshops, campfires, s'mores and much more! For more details about this event, please contact Kim Dobbins at 303.443.4474 x 4651 or kim.dobbins@ymcabv.org

We will provide meals: Friday dinner; Saturday breakfast, lunch and dinner; Sunday breakfast and lunch

Ages:

Girls 11- 14 (6th - 8th grade) only
(This program is not just for past Girl Power participants. Any girl in middle school is welcome to join!)

Location:

Pick up and drop off at Mapleton Y, Boulder
Destination: YMCA Camp Santa Maria

Dates & Times:

May 6 - 8
Friday drop off 4:30pm; Sunday pick up 3:00pm

Fees:

Member: \$200 / Non-member: \$250

Registration Code:

MTN05/06GPR



YMCA of Boulder Valley
www.ymcabv.org

ONE membership, TWO locations.

Arapahoe Center
2800 Dagny Way
Lafayette, CO 80026
Ph: 303-664-5455

Mapleton Center
2850 Mapleton Ave.
Boulder, CO 80301
Ph: 303-442-2778

Parent Engagement Network presents:
Thriving During the Teenage Years
Effectively Communicating with your Teen
By Dr. Jan Hittelman

Just when we're getting our parenting down, our children become adolescents and our old parenting strategies no longer are as effective. As our children change developmentally, so to must our parenting techniques. . The normal developmental progression from pre-adolescence to young adulthood requires a shift from dependence to independence. As parents, we need to teach our children how to behave more responsibly and yet not make their decisions for them or oppose their efforts to take control over their lives. Ideally, we want to nurture their responsible independence. The best strategy to promote a healthy shift from dependence to independence is regular and frequent use of empowerment. Whenever possible, include your child's voice in conversations regarding school, discipline, risk behaviors, rules, etc. If the issue at hand is major and you do need to provide a consequence, empower your child by involving him/her in the discipline plan. If possible, do it at a less volatile time to promote a more productive discussion. As children grow older, parents need to place more and more of the decision-making responsibilities on them. As parents we are often reluctant to do this because we fear that our children will use poor judgment and make mistakes. While this may be true, how else will our children eventually learn to make good decisions? We learn through trial and error. Our children need to make mistakes along the way so that they can learn from them.

As our children shift from dependence to independence, we as parents need to shift from controlling to advising. The most important reason for this is that your child needs to learn to make his/her own decisions to function effectively as a young adult. In addition, the more controlling the parent, the more likely the teenager is to rebel and eventually defy the parent. In this scenario everyone loses. The parent is frustrated and the child loses the opportunity to get useful advice from someone with a lot more life experience. In reality, a parent has very little control over an older teenager's behavior. You can't control their school effort, the friends they choose, the places they go, etc. If you try to maintain control, it's often a recipe for disaster.

To learn more about becoming a more effective communicator and having more of a positive influence on the teenagers in your life, participate in the next FREE Pathways to Parenting Success interactive panel:

What: Teen Speak

When: Monday, May 16, 7:00-8:30pm

Where: Meadows Branch Library (4800 Baseline Road, Boulder)

Facilitators: Susan Denison, LCSW and Elizabeth Matthews, LPC

Cost: FREE

More info: www.BPSBoulder.com

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



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FRIDAY NIGHTS at the Y Middle School Program

Join us once a month on Friday night at the Arapahoe Y for a special night out for students in grades 6-8. Each night has a theme and there will be food, games, prizes, dancing, movies and so much more!

\$7 Drop-in fee for ages 11 - 14
Fridays, 7 - 9:30

Feb. 18 Jungle Night
Mar. 18 80's Night
Apr. 15 Sports Team
May 20 Beach Night

For more info about the Y's Friday Night Middle School Program contact Ali Minasian at Ali.minasian@ymcabv.org or call 303-664-5455

YMCA of Boulder Valley
www.ymcabv.org

**ONE membership,
TWO locations.**

Arapahoe Center
2800 Dagny Way
Lafayette, CO 80026
Ph 303-664-5455

Mapleton Center
2850 Mapleton Ave.
Boulder CO 80301
Ph 303-442-2778

