

ARAPAHOE CAMPUS

THE BUZZ

HIGH SCHOOL



DECEMBER 2008
 6600 E. ARAPAHOE RD.
 BOULDER 80303

OFFICE LINE 303.447.5220
 ATTENDANCE LINE 303.447.5036
 FAX LINE 303.447.5258

FROM THE PRINCIPAL'S DESK

As fall ends and winter sets in we are busy continuing the process of uniting our schools. We have four focus groups setting timelines for our work for the next couple of years. The vision process is just that, a process. We look forward to the suggestions the school improvement teams may have and we are watching the architects' plans come together as we launch our bond project this spring.

1. The Latino School Improvement Team (SIT) had a potluck in October. Guest speakers were from Love and Logic and the Parent Engagement Network. Our plans later in the year are to unite our two School Improvement Teams.

2. Faculty participated in a problem-solving survey that categorizes personalities into groups that help us better communicate with co-workers. We had fun with the survey and now better know ourselves as communicators.

3. Arapahoe Campus had parent/teacher conferences on October 7th. Both the Career and Technical Education (CTE) Center and the high school participated in that

event. The high school (only) had another night of conferences on November 13th and our next scheduled conferences are December 11th. Please come and join us in visiting with teachers and administration. The next time we will have **both** the CTE and the high school together will be in the spring, March 5th. The high school will continue monthly conferences for your convenience.

4. Corey Papastathis is our outreach coordinator and he has been busy visiting with counselors at other Boulder Valley High Schools. He has also planned four Open Houses for the campus. Potential students for either the high school or CTE can participate in the event. Our next of three remaining Open Houses is scheduled for December 6th from 8:00-11:30. Bring a friend or just come and see our campus!

5. Last year, Boulder Valley School District formed a gang summit to learn more about the gang activity in our community. The overall plan is to better educate the school and the public. Our campus will be hosting an informational presentation given to teachers by the Boulder Police Depart-

ment on December 4th after school.

6. The Boulder Valley School District has an office that educates the schools on equity. The equity office hosted the GLBTQI group to our November 20th faculty meeting. The information is meant to be informational and serves our school and community.

7. We have had numerous meetings with the architects to finalize our bond project for Arapahoe Campus. Ground breaking will take place this spring. Most of you know that the plans include moving teen-parent from Fairview to the Arapahoe Campus. If you would like to see the plans in progress please don't hesitate to stop in or make an appointment. I would be happy to go over them with you.

So many really great things are going on at our campus! If you would like to be a part of the planning, please call the school and ask for Jeanne Weber. Our community is important to us and it is your student that matters.

Joan Blutorn,
 Principal/Director
 Arapahoe Campus

NEWS

GROUND BREAKING WILL HAPPEN IN THE SPRING OF 2009 FOR THE ARAPAHOE CAMPUS BOND PROJECT. CONTACT JEANNE WEBER AT OUR SCHOOL IF YOU WOULD LIKE TO BE PART OF THE PLANNING PROCESS!



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COUNSELING CORNER WITH MR. AKIYAMA

Second quarter is coming to an end, December 19, so now is a great time for students to review their high school plan for graduation and make sure the courses needed are on their second semester schedule. This is especially true for our current sophomores and juniors who will have to meet the new BVSD graduation requirements for the Class of 2010 and beyond.

They are:

“PARENTS, SOPHOMORES, AND JUNIORS, IF YOU HAVE ANY QUESTIONS ABOUT THE NEW GRADUATION REQUIREMENTS, PLEASE TALK WITH MR. AKIYAMA IN THE COUNSELING OFFICE.”

<p>Language Arts = 40 Credits</p> <ul style="list-style-type: none"> ● Freshman Language Arts 9 *10 credits ● World Lit/Comp. *10 credits ● American Lit/Comp. *10 credits ● Communications *5 credits ● Elective Lang. Arts *5 credits <p>Social Studies = 30 Credits</p> <ul style="list-style-type: none"> ● U.S. Government *5 credits ● World Geography *5 credits ● World History *10 credits ● American History *10 credits <p>Math =20 Credits</p> <ul style="list-style-type: none"> ● Algebra 1 or beyond *10 credits ● Elective Math *10 credits 	<p>Science = 20 Credits</p> <ul style="list-style-type: none"> ● Physical Science *10 credits ● Life Science *10 credits <p>2nd Language Acquisition Level 2 or above = 10 Credits</p> <p>Practical Arts</p> <ul style="list-style-type: none"> ● Computer Science/Applied Tech. *5 credits ● Finance* or Business Course *5 credits <p>Fine Arts (Art/Music) = 5 Credits</p> <p>PE/Health = 20 Credits</p> <ul style="list-style-type: none"> ● P.E.** *15 credits ● Health *5 credits <p>Electives = 90-100 Credits</p> <p style="text-align: center;">Total = 220 Credits</p> <p>**See your high school counselor for specific requirements/details regarding these graduation requirements.</p>
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Parents, sophomores, and juniors, if you have any questions about the new graduation requirements, please talk with Mr. Akiyama in the counseling office.

In addition to reviewing your high school plan and the new graduation requirements, it is time to make sure your 2nd semester schedule of classes. Students can check their schedule of classes online through Infinite Campus or by coming to the counseling office and talking with their counselor. Any student 16 years of age or older who would like to start taking a TEC class at the semester needs to talk with Mr. Akiyama as soon as possible. TEC courses are full or filling up quickly. As with first semester, there will not be an open Add/Drop of classes by students once the semester begins, January 7, 2009.

Congratulations to the sophomores who took the PLAN Test on Wednesday, November 12th. The scores will be sent to us in late December or early January and each student will have the opportunity to meet with Mr. Akiyama and discuss the results of their PLAN Test and how to use the results for planning their high school and post-secondary goals. Parents, thank you for your support with this test and for encouraging the students to take this test.

Way to go students!

Larry Akiyama,
Arapahoe Campus Counselor



PARENT ENGAGEMENT NETWORK PRESENTS: THRIVING DURING THE TEENAGE YEARS HOLIDAY TIME IS FAMILY TIME

By Dr. Jan Hittelman

The holiday season is supposed to be a time for family get-togethers and celebration. Most families look forward to this special time of the year. A time for renewal of the love and warmth that family represents. Too often, however, it becomes a time of family conflict and struggle. In the counseling industry, there is often a spike in referrals after school holidays. This is usually the result of underlying dysfunctional family dynamics flourishing in an environment of ongoing family interaction. Let's open our "Happy Holiday Family Survival Kit" and consider the following strategies:

1. The L Word: Generally speaking, we are terrible at expressing our positive feelings for each other. On the other hand, we tend to be masterful at expressing our negative feelings. This is a critical issue within the family. As parents we often feel love, pride, and caring for our children, but rarely do we verbalize it. Our children and others are not mind readers and desperately need to hear it.

2. Quality Time: Consider empowering your children by giving them the opportunity to suggest some family activities. After they brainstorm a list of family activities, pick the ones that sound good to you and make an effort to do them. While all of your time need

not be structured, too much boredom and down time often leads to negative behavior and conflict.

3. Choosing Your Battles: Focus on the big picture; having an enjoyable time as a family and try not to let the smaller discipline issues become the focus of family interaction. You can always provide minimal feedback, make a mental note, and revisit it after the holidays.

4. The L Word: I know I mentioned it already, but we really are terrible at it. Make an effort to provide your child with genuine positive feedback. When you feel something positive, make sure you verbalize it.

5. The Element of Surprise: Think about some activities that you know your children will enjoy (see #2) and surprise them with it, letting them know that you are doing it because of something positive that they have done in the recent past (see #4).

6. If All Else Fails, Consider the C Word: If despite all of these efforts significant family dysfunction continues then consider benefiting from counseling. In many cases, short-term family therapy with a skilled provider can result in significant outcomes.

The basic elements of love, nurturance, effective communication and empowerment are

at the heart of what makes any family system strong. It just takes effort to nourish and maintain them. Happy Holidays!

Dr. Michael Bradley Alert!

Dr. Michael Bradley acclaimed national speaker and author of several books, including *Yes, Your Teen is Crazy!*, will be in Boulder on February 27th & 28th. He will be presenting a PEN-sponsored talk as well as a parent workshop to help raise funds for September School and the Boulder Counseling Cooperative. For more information, please call (303) 443-9933.

In the months to come we will be interviewing Dr. Bradley for this column. **Have a question for Dr. Mike?**

Please send your questions to: jan.hittelman@gmail.com.

Learn more about PEN by visiting their website at: www.parentengagementnetwork.org or by contacting Betsy Fox with the Boulder County Healthy Youth Alliance at 303-441-3981.

Dr. Jan Hittelman is a licensed psychologist and Director of Boulder Psychological Services, LLC. What's your opinion? Questions or comments for this monthly column can be sent to: 1527 Pine Street, Suite B, Boulder, CO 80302, via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270.

UPCOMING PEN EVENT:

**WEDNESDAY,
DECEMBER 10
9-11AM
NAROPA
UNIVERSITY
(6287 ARAPAHOE,
BOULDER)**

**THE SOUL OF
EDUCATION**
HELPING STUDENTS
FIND CONNECTION,
COMPASSION, &
CHARACTER AT
SCHOOL

**RACHAEL KESSLER
- PEN NATIONAL
SPEAKER**
AUTHOR, THE SOUL
OF EDUCATION
PRESIDENT,
PASSAGEWORKS
INSTITUTE

WWW.
PASSAGEWORKS.ORG

OPEN ENROLLMENT FORUMS COMING UP ...



BVSD invites you to the Open Enrollment forum to explain and clarify the process of open enrollment.

Place: Boulder Valley Education Center, 6500 Arapahoe, Boulder, CO
Aspen Room

Two opportunities...

DATES:

* Thursday, December 4, 2008; 9:00 to 11:00 am

* Wednesday, December 10, 2008; 7:00 to 9:00 pm

Presenter: Kathy Mitze, Open Enrollment Coordinator

Topics to be covered:

- Timeline and process for Open Enrollment for 2009-10

- Preferences for the different schools
- Selection Process
- Lottery Process
- General Information
- Question and answer period at the end
- Second Lottery Results Mailed: Wednesday, February 25, 2009. Acceptances Due Back: Friday, March 6, 2009, 4:00 pm
- Wait List Information: Mailed approximately April 3, 2009

Open Enrollment Timeline for 2009-10 School Year Application Period:

- Begins – Monday, December 1, 2008, 8:00 am
- Closes – Friday, January 16, 2009, 4:00 pm
- First Lottery Results Mailed: Wednesday, February 4, 2009. Acceptances Due Back: Friday, February 13, 2009, 4:00 pm

Kathy Mitze, Open Enrollment Coordinator

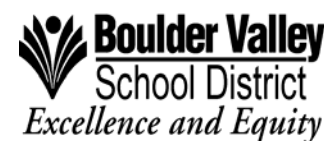
Boulder Valley School District

6500 Arapahoe Ave

Boulder, CO 80303

Phone: 303-245-5900

kathy.mitze@bvsd.org



BRAIN STORM: EXPLORING HEALTHY APPROACHES FOR ENHANCING STUDENTS' SOCIAL AND ACADEMIC DEVELOPMENT

Does your child contend with any of the following ???

- AD/HD
- Behavior issues
- Autism Spectrum Disorders
- Emotional concerns
- Social challenges
- Learning disabilities

Parents and teachers have been asking for more options, so we have assembled three free panels comprised of the following experts in their field. Panels

are on Tuesdays from 6-8 PM at the BVSD Education Center, 6500 Arapahoe in Boulder.

January 27

Sherry Lewis, Success Strategies 4 Kids
Kerri Honaker, NeuroAgility
Aaron Huey, Fire Mountain Programs

April 14

Dr. Debby Hamilton, Holistic Pediatrician
Dianne Koehler, Nutritionist/Herbalist
Vicki Hunnicut, founder of EatLocalColorado.org
Merry

Witty, Cranial-sacral Therapist

We hope that you can join us as we discuss ways that we can improve our children's health so they can learn and grow! Research demonstrates a strong connection between healthy bodies and healthy minds. Panels are free and do not require preregistration.

For more information, contact Anna Stewart. Parent Professional Partnership, Parent Liaison, at 303-245-5918 or email at anna.stewart@bvsd.org

BVSD does not endorse any of the practitioners on these panels.

“WE HOPE THAT YOU CAN JOIN US AS WE DISCUSS WAYS THAT WE CAN IMPROVE OUR CHILDREN’S HEALTH SO THEY CAN LEARN AND GROW! ... PANELS ARE FREE AND DO NOT REQUIRE PREREGISTRATION.”

HIGH SCHOOL HIGHLIGHTS: ROPES COURSE BRINGS LEARNING TO NEW HEIGHTS FOR ARHS STUDENTS

By Leanne Soucek

Ms. Soucek's Communications in Society class and Ms. Brexa's ESL 1 class dared to defy gravity together on October 15th, as they practiced teamwork, communication and acrobatics at the West Pines Exempla Ropes Course. The classes, consisting of native speakers of English and native speakers of other languages worked together with the West Pines Exempla Staff to do fun and challenging outdoor activities to develop communication between the two classes. These classes would like to thank everyone involved in helping to set up and take part in the trip – from the bold, adventurous students, to teachers and West Pines Staff, to all campus staff who helped to arrange funding, buses, class coverage,



lunches, attendance, medical releases, communication between all the faculty,

etc. We especially thank teachers who covered extra classes, so that Ms. Soucek, Ms. Brexa and Mr. Hunter could be away, as well as the teachers who gave permission for students to miss valuable academic instruction time. Thank you very much!

It is deeply satisfying to think of how hard students had to collaborate to help each other to accomplish such feats; for example, for Roubeen to experience the thrill of doing the zip line for the first time, or for Edgar, Martín, Thomas, Taylor and Maurice to do the "leap of faith" from the 40' telephone pole – wow! It was a marvelous experience for all who participated! Again, thank you to all who made it possible!

"I LEARNED A LOT ABOUT SUPPORTING OTHER PEOPLE AND HOW TO SUPPORT MYSELF. I WAS VERY AFRAID ABOUT JUMPING OFF THE TELEPHONE POLE, BUT ALL MY FRIENDS SUPPORTED ME, SO I FELT STRONG TO DO IT. I LEARNED HOW TO SUPPORT OTHERS. I WOULD LIKE TO GO AGAIN TO THE ROPES COURSE AND HAD A LOT OF FUN JUMPING AND CLIMBING FROM ONE PLACE TO ANOTHER. I ALSO WORKED WITH THE OTHER PEOPLE, AND THAT WAS FABULOUS!"

—EDGAR SERNA LOPEZ

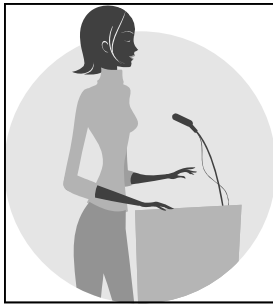
"IMAGINE STANDING ON A PLATFORM HIGH IN THE AIR AND JUST WALKING OFF, FLYING THROUGH THE AIR ON THE ZIP LINE! THE EXEMPLA WEST PINES ROPES COURSE WAS EXCITING AND FUN. CLIMBING THE POLES, WALKING ALONG CABLES AND LOGS WAS HARD, BUT ENTERTAINING. THE WHOLE COURSE TOOK A LOT OF TEAM WORK AND COMMUNICATION. OVERALL, THE ROPES COURSE WAS AMAZING AND THE PEOPLE WHO WORKED THERE WERE VERY FRIENDLY, AND I'M SO GLAD OUR CLASSES GOT TO GO!"

—KRISI KRUSE

BPS COMMUNITY PARTNERS PRESENT: PATHWAYS TO PARENTING SUCCESS A FREE LECTURE SERIES

Mondays from 7:00 to 8:30pm

Meadows Branch Library—4800 Baseline Road (Behind Safeway)



- 12/01/08 – *Substance Abuse: What You Need to Know*

Ann Kloos, LCSW / Linda Cain, MEd / Wendy Conquest, LPC

- 12/08/08 – *Understanding & Dealing with Depression / Bipolar Disorder*

Ann Kloos, LCSW / Dr. Leland Johnston / Dr. Teresa Mayer / Wendy Conquest, LPC

- 12/15/08 – *Communicating Effectively with Your Teen*

Harmony Barrett-Isaacs, MA / Karen Wilding, LCSW / Marcela Ot'alora, LPC / Stuart Marshall, LPC

For more information, please visit:

BoulderPsychologicalServices.com

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A NOTE FROM THE SCHOOL DISTRICT ...

Parents ~ and want the English one instead, please take the copy you have to your student's school and trade it for the English version. Thank you!

THE IMPACT ON EDUCATION – 2009 IMPACT AWARDS NOMINATION

“THE IMPACT AWARDS PROGRAM WAS ESTABLISHED IN 1992 TO ANNUALLY HONOR FIVE BVSD TEACHERS, EMPLOYEES OR VOLUNTEERS WHO HAVE MADE A SIGNIFICANT AND POSITIVE IMPACT ON STUDENT LEARNING IN BOULDER VALLEY.”

The Impact Awards program was established in 1992 to annually honor five BVSD teachers, employees or volunteers who have made a significant and positive impact on student learning in Boulder Valley. Recipients are nominated by peers and community members. Each application, with all name and school identifying information removed, is evaluated and separately scored by five individuals. The scores are averaged and nominees with the ten highest scores are then interviewed by a committee of volunteers that selects the five Impact Award recipients. The recipients will be acknowledged and celebrated with a personal video at the Impact Awards Dinner on April 16, 2009 in the Glenn Miller Ballroom at the University of Colorado. At that time, they will receive a \$1,500 award for their school and a \$500 personal award.

The online link to submit nominations is http://www.impactoneducation.org/site/file/program_impact.html. The online nomination submission deadline is Monday, January 12, 2009.

SUSAN MOI: BOULDER'S SUDANESE AMBASSADOR OF COURAGE & HOPE

On Saturday, November 15th, a former student of Arapahoe Ridge High School and Boulder Valley Technical Education Center, Ms. Susan Moi, was admitted to the University of Colorado Health Center's Burn Unit after being critically injured in a fire that destroyed ten units of the apartments in which she lived. Susan is a beautiful, funny, intelligent and compassionate Sudanese "Lost Girl," who has made tremendous strides with education, work and developing many healing and meaningful relationships in Boulder. Susan is a marvelous dancer, singer, storyteller and natural comedian. We are staying in close contact with her caregivers and visiting as much as is helpful to her in this critical healing time.

Susan is currently undergoing surgery for extensive skin grafts and may be in the hospital for as long as two months. Her medical bills for the hospital stay alone will be monumental; she will need ongoing, long-term care to heal from both the burns and the trauma of her experience. We respectfully request that families and friends of Arapahoe Campus, who are able to offer any amount of financial support to Susan's healing, contribute now in the form of donations to one or more of the following organizations. Please make checks payable to the organizations, unless

other options are indicated. Arapahoe Campus has been a tremendously compassionate community, and we truly appreciate the care and support that all of you offer to each of our families and students. In this season of Thanksgiving, we offer our hearts and resources to Susan's healing.



Arapahoe Ridge High School
6600 Arapahoe Rd.
Boulder, CO 80303
(Please indicate that donation is for Susan Moi's medical expenses)

Susan Moi Fund c/o Catalyst High School
2575 Park Lane, Ste. 100
Lafayette, 80026
(Donations will be used for Susan's medical expenses)

CSAW (Community of Sudanese & American Women & Men)
P.O. Box 3217
Boulder, CO 80307
(This organization helps to

provide many different kinds of needs for each of the Sudanese girls who were displaced in the fire – they serve as links to the community for educational resources, housing connections, vocational connections, and many others.)

Bonai Shalom
1527 Cherryvale Rd
Boulder, CO 80303
(303) 442-6605
(Please indicate that donation is for Sudanese Fire Relief fund. This congregation is helping to replace household and personal items for the four Sudanese girls that were destroyed in the fire.)

American Red Cross
http://www.bouldercolorado.gov/index.php?option=com_content&task=view&id=5199&Itemid=0
(This is the Red Cross website address. They have lots of information on how to help.)

Thistle Community Housing's Emergency Assistance Fund:
1845 Folsom Street
Boulder, CO 80302
(To make a credit card contribution, please call 303 443 0007, ext 110, or email sander@thistlehousing.org. This donation will help to provide housing for 32 apartment residents displaced from 10 units in the apartment building.)

“WE RESPECTFULLY REQUEST THAT FAMILIES AND FRIENDS OF ARAPAHOE CAMPUS, WHO ARE ABLE TO OFFER ANY AMOUNT OF FINANCIAL SUPPORT TO SUSAN'S HEALING, CONTRIBUTE NOW IN THE FORM OF DONATIONS TO ONE OR MORE OF THE FOLLOWING ORGANIZATIONS”



ARAPAHOE CAMPUS HIGH SCHOOL

6600 E. Arapahoe Rd
Boulder, CO 80301
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Attendance Line 303.447.5036

“The Best Alternative”

WE'RE ON THE WEB AT:
HTTP://
WWW.BVSD.ORG/
SCHOOLS/ARAPAHOE/

Newsletter Editor: Jenifer Farrell
jenifer.farrell@bvsd.org

IMPORTANT CALENDAR DATES DECEMBER 2008

December 1

Open enrollment applications being accepted

December 6

Career Experience Saturday School, and Open House 8:00 - 12:00

December 14

Parent /Teacher Conferences
3:15-6:30

December 16

Winter Plant Fundraiser
Arapahoe Campus Lobby

December 19

Last day of classes for Quarter 2

December 24 – January 2

No School for Students
Happy Winter Break!

January 5-6

No School for Students -
Professional Development Days

January 19

No School for Students -
Martin Luther King, Jr. Day

January 29

Parent /Teacher Conferences
3:15-6:30



A REMINDER FROM THE ARAPAHOE CAMPUS ATTENDANCE OFFICE:

Students will not be excused for tardies in the morning or throughout the day. Tardies due to physician appointments will be excused only with a note from that physician. The date must match the date of the tardy or absence.

Absences due to illness are excused, however, after 3 days of illness; a physician's note must be presented to the attendance office. Please feel free to contact the attendance office if you have any questions at 303.447.5036.

Please press 1 for Boulder TEC and ARHS attendance.