

ARAPAHOE CAMPUS

THE BUZZ

HIGH SCHOOL



MARCH 2009
 6600 E. ARAPAHOE RD.
 BOULDER 80303

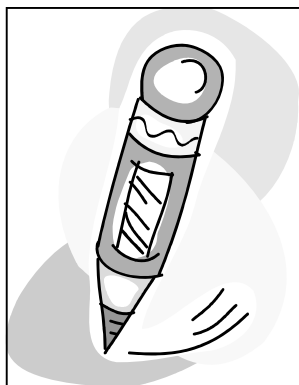
OFFICE LINE 303.447.5220
 ATTENDANCE LINE 303.447.5036
 FAX LINE 303.447.5258

FROM THE PRINCIPAL'S DESK

Where has the year gone! We are already busy making plans for next year as the architects move us along on their set timeline. Administration recently met with the bond oversight committee and we are starting to formulate dates for safety trainings for students and staff. Rex Hartman is our site coordinator; he will be facilitating the communication among our campus, the school district, architects and the site superintendent. He will also inform us as to what to expectant, classroom moves, and safety concerns.

The first phase of our project will begin late April. The back alley which runs between the two main buildings will be fenced off and a main trailer site will be established for communication. Administration will meet weekly with the superintendent of the project for updates and decision making needs. Our School Resource officer will also be forming a Safety Task Force to see us through the project. If you are interested in serving on this committee,

please contact Jeanne Weber in the main office. If you remember from our original drawings, the alley area will become the new cafeteria.



Another area that will be renovated simultaneously is the driving loop in front of the school. The loop will be reconfigured to accommodate the new wing that will be added beginning next fall.

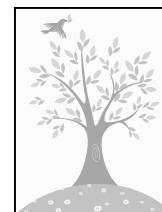
The district will soon be gathering bids with the hope that they come in lower than originally expected so the possible "add ons" for the overall project may be possible. Those "add ons" are smaller items on our wish-list that are important in the overall education of our students. A benefit in the project that we did not expect,

but are happy to hear about, is a cable television connection for the entire building. That original estimate, done years ago, ran in the thousands of dollars per foot, making cable cost prohibitive. But, because Arapahoe Road is being widened this summer, the cables that run parallel with the road will become even closer to our building; making the total cost for that addition doable. You may have heard that we were not able to watch the presidential inauguration, clearly a disappointment for our students and staff.

Overall, we are excited about the plans and changes on campus. It should be an eventful coming year. Please contact our office with any concerns or questions. We will be continually looking for parents that would like to serve on advisory teams as we see our project through to completion. Until then, enjoy the spring and continue to encourage our students as they prepare for lifelong careers.

NEWS

OUR SCHOOL RESOURCE OFFICER WILL ALSO BE FORMING A SAFETY TASK FORCE TO SEE US THROUGH THE PROJECT. IF YOU ARE INTERESTED IN SERVING ON THIS COMMITTEE, PLEASE CONTACT JEANNE WEBER IN THE MAIN OFFICE.



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COUNSELING CORNER WITH MR. AKIYAMA

Last October, the Arapahoe Campus was awarded a Colorado Counselor Corps Project Grant to help support its reorganization and TIES goals. The Project Grant is for a period of 3 years, and it will be focused on our current Sophomore students.

The Grant Goals are:

- ** Increase class and daily attendance rates;
- ** Increase the course/program completion and high school graduation rates;
- ** Develop Individual Career & Academic Plan (ICAP) for each sophomore student; and
- ** Increase the percentage of students who plan to attend and subsequently enroll in post-secondary education.

With these goals in mind, the Arapahoe Campus is proud to announce it now has a new counselor focused on early academic and career/college guidance counseling, along with student/parent support services. Please welcome Ms. Amy Buss to the Arapahoe Campus. Her office phone number is: 303-447-5592.

High School Guidance Activity: Mr. Akiyama presented a guidance activity for all high school students the week of February 16th. He reviewed the BVSD Graduation Requirements and presented a Credit Tracker as a way for all students to keep track of their courses and credits needed for graduation. Students will be expected to use their Course/Credit Tracker in selection of their courses now and until graduation. Parents are encouraged to ask their student to show them their transcript and credit tracker, and then feel free to contact Mr. Akiyama by phone or make an appointment with him to discuss their student's progress towards graduation. Contact Mary Parrish at 303-447-5220 if you would like to schedule an appointment.

March CSAP is in progress for our current 9th and 10th grade students, and the end of 3rd quarter is just a couple weeks away. I know our students and staff will be looking forward to the relaxing and fun-filled time called Spring Break. Juniors

and Seniors may want to take advantage of this time to visit community colleges, 4 year colleges, and trade schools around the state as they prepare for graduation from high school this year or next.

The State ACT will be given to all juniors April 22, 2009. Juniors, it is not too late to start preparing for this test. Please go online to www.act.org or sign-up for an ACT Prep Course offered through Boulder Valley School District's Lifelong Learning. This course covers the English, Math, Science and Reading sections, providing students with practice tests, instruction and test-taking strategies. If you would like more information about these classes or to register, please go online to www.bvsd.org/LLL or contact: Julie Kurzawa, BVSD Lifelong Learning Registrar, 303-499-1125 x222.

Students: Finish the 3rd quarter strong, Spring Break is just around the corner.

Mr. Akiyama
Counselor, Arapahoe Campus

“MARCH CSAP IS IN PROGRESS FOR OUR CURRENT 9TH AND 10TH GRADE STUDENTS, AND THE END OF 3RD QUARTER IS JUST A COUPLE WEEKS AWAY.”

BVSD APPROVES SCHOOL CALENDAR FOR FOLLOWING TWO YEARS



BVSD's school calendars for the next two years were approved by the Board of Education on Jan. 27. Electronic copies of both calendars are available on the website at <http://bvsd.org/calendar/Pages/default.aspx> (links are in the left index). Schools will

be provided with copies of next year's calendar printed on cardstock for all of their student households and staff members in mid-March.

If you have any questions, please feel free to contact us in Communications.

Thank you!

Maela Moore
Phone: 303-245-5825
Communications Manager
Boulder Valley School District
6500 Arapahoe, PO Box 9011
Boulder, CO 80301

HIGH SCHOOL HIGHLIGHTS:

SUBMISSIONS FROM MS. BREXA'S CLASSES: WHAT DOES IT MEAN TO BE *REAL*?

BE REAL

By Rosa Castruita

Real! Students should have a positive behavior matrix at Arapahoe Ridge High School because students are too messy and dirty.

At the cafeteria students are messy all the time. But they should be clean and they should respect the school property. Students should clean up after themselves because if they don't the cafeteria is going to be dirty. Being excellent at the cafeteria means to say please and thank you before you get something and after you take it. Eating

your food is part of being achieving because if you just get food to throw it around, than why even bother getting lunch? Helping others is an example of being a leader.

What can I say about the parking lot? It's full of dirt with bottles and chip bags. That's why students say the parking lot is all F#\$%&! Up. Students should pick up their trash because that is the respectful thing to do, so the parking lot can be trash free. Being excellent means to treat other vehicles the way you want your vehicle to be treated. All vehicles should have a parking pass or else they are going to get a big fat ticket. So in that way

they can achieve it. A big part is smoking off school grounds. Yeah, it might be hard to go smoke somewhere else, but do it so you can be a leader.

Some students think throwing trash is OK. But other people think throwing trash is bad because they actually care about the school reputation and they want a clean school environment.

In conclusion, I think students should keep the school clean and beautiful so when other schools come they can say we are very clean. So don't throw trash anymore!

"REAL IS AN ACRONYM THAT DESCRIBES THE FOUR QUALITIES THE STUDENT LEADERSHIP COMMITTEE VIEWS TO BE ESSENTIAL TO LEADING A SUCCESSFUL LIFE: R=RESPECTFUL; E=EXCELLENT; A=ACHIEVING; L=LEADERSHIP."

BE REAL

By Maria Valle

Is being R.E.A.L important to you? At Arapahoe Ridge being R.E.A.L is important because when you are R.E.A.L you can achieve many things and people respect you more because they can see that you are an excellent leader. Students should be R.E.A.L at Arapahoe Campus.

Be R.E.A.L in the classroom. In the classroom being respectful means maintaining an organized and neat work place. An example of that would be to keep your papers in a safe place where you know that you can find them the next day. Being excellent in the classroom means being on time, so you won't miss any of the explanations at the beginning of the

class. Participating, being positive & challenging yourself is participating in class discussions or when the teacher tells you too. Have a positive attitude, challenge yourself to something that you think is more challenging to what you would normally do. Think before you act is being a leader in the classroom. For example, don't say anything that you think might be funny to you like calling your friend, "You are so gay!" That comment might offend other people around you.

Be R.E.A.L in the main office waiting your turn is being respectful in the main office. Make sure that you wait patiently. An excellent student is being respectful in the quiet area of the office. Talk in a soft voice—don't yell when you see

that someone is working. Having a pass when you go to the office is being a leader to everyone else in the office that way the office know where you are coming from and where you are going to.

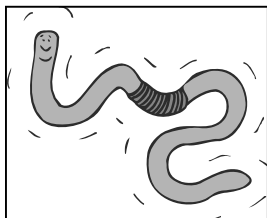
Most students are not going to follow all of these rules, so why should teachers or student bother with it? Even though, many students are not going to follow it, you should at least try it because it makes a big difference to you and to everyone in the school.

In conclusion, students should be R.E.A.L because it makes the school look better. If everything in this school was a respectful, excellent, achieving leader we would all feel safer and want to actually come to school more.

SUBMISSIONS FROM MR. LEVY'S CLASSES: WHAT ARE WE STUDYING IN SCIENCE?

By Tayler Langille

LAB REPORT



Title:

Earth Worms and the Vibrating Cell Phone

Statement of the Problem:

What would the earthworms do when a vibrating cell phone was put in their habitat?

Hypothesis:

I think that all 20 worms will move to the side of the habitat where there is no vibrating.

Materials:

- **Plastic Bag;
- **20 earthworms;
- **Mud;
- **Cell phone;
- **Tray

Procedure:

1. Put the mud on the tray.
2. Draw a line in the dirt with your finger to divide the mud in half.
3. Set the phone on vibrate. Deposit the cell phone securely in the plastic bag (so no dirt gets in).
4. Set the phone in the mud and cover with dirt.
5. Drop all 20 worms on the line dividing the mud in half.
6. Call the cell phone 15 times to make it vibrate.
7. Finally, count the worms in each section of the dirt.

Results (Data):

Sides of Mud	Number of Worms
Non-vibrating side	16
Vibrating side	4

Sixteen of the 20 worms moved over to the non-vibrating side of the mud, 4 worms wriggled over to the side of the mud pile that was vibrating.

Conclusions:

I must reject my hypothesis that stated all 20 worms would go to the non-vibrating side of the habitat. The data suggests that 20% (4/20) of the worms preferred the vibrating side, however 80% of the worms prefer the undisturbed dirt.

Gardeners, fishermen and birds are unlikely to benefit by making the ground vibrate to attract more worms. Perhaps leaving the ground undisturbed may increase the population of the worms.

I could not think of any possible errors that could have occurred in the collection of the data, there may have been more chance of an error in the procedure itself.

SUBMISSIONS FROM MS. MALLOY'S CLASSES:

ONE ARAPAHOE STUDENT'S LIFE STORY

By Anonymous

My dad was here in the United States and my mom and my brother were in Mexico. Every time my dad would visit us he would always bring a lot of clothes for me and bikes, too.

When I was 11 years old my family and I had to go to immigration in Juarez because we were trying to get a resident card for all of us. We were waiting there almost a whole day. Thankfully me and my family got the residency card and now we were allowed to come to the

United States. I was excited because it was my first time in the United States and I was curious to see what was over here and how it was.

When we got here in Colorado it was snowing and it was the first time I had seen snow. I was happy because it looked very pretty. Then a month after I got here I was going to attend school at Columbine Elementary School. There I met a couple of friends and some really beautiful girls! At first it was hard because I didn't speak the language and it was hard to understand a lot the teach-

ers were telling me. But the friends I had really helped me understand.

When I got to high school everything was a lot easier. Now I could speak English with all my teachers and my friends. It's a good feeling knowing that you speak two languages. Now my life is very interesting and I hope that this year I could graduate so I can get my diploma and keep going with my life and always do my best with every thing that comes in the future.



TEC TIDBITS:

TEC STUDENTS WIN AWARDS IN BOULDER VALLEY SCIENCE FAIR

Congratulations to Graphic Communications student Christian Barboza whose T-Shirt design for the 2009 Boulder Valley Science Fair won the Second Place Award. Congratulations also to these six Graphic Communications students whose designs placed in the top 20 of the District: Luke Fafach, Thomas Chavez, Taylor Walker, Athena Casper, Sam Blanco-Rodriguez and Ramon Lopez."

Congratulations to these five Boulder TEC Multimedia

students whose T-Shirt designs for the 2009 Boulder



Valley Science Fair placed in the TOP 20 designs – Ryan Holofcener, Daniel Green, Becca Moorhead, Liz Lytle, and Fedor Nikitin.

Their designs will be on exhibit for the Roche Colorado Regional Science Fair at CU campus at the UMC in the Glenn Miller Ballroom on Thursday, February 26th. The winning designs were chosen by a panel and judged on artistic creativity, relevance to science theme, and clarity of design.

Congratulations to these Boulder TEC students for their creative designs!

Their designs will all be on display at the Science Fair on Feb. 26.

PARENT ENGAGEMENT NETWORK PRESENTS: THRIVING DURING THE TEENAGE YEARS COMMUNITY VOLUNTEERING FOR TEENS

By Jan Hittelman

It is a fact that teenagers get into the most trouble between 3 and 6pm Monday through Friday. That's why parents are encouraged to help their children find fun structured activities after school. Whether it's participating in a school sport or club, getting involved in after school art classes or working a part time job, teens benefit from doing something productive with their free time. That's not to say that we want to over schedule our children. It is important to find the right balance.

In our community we also have a variety of volunteer opportunities specifically for teens. A great resource for information on volunteer opportunities for children and adolescents is available through the Volunteer Connection. You can download their Youth Connection Guide by visiting their website: www.volunteerconnection.net/db/VCYouth.html. It provides a wide range of opportunities, including working with animals, the environment, seniors, social action, housing and hunger, health and wellness, rec-

reation, people with disabilities, arts and culture, family services, even information on youth art contests.

Volunteer experiences can have a profound impact on youth. When my daughter was a student at Boulder High School, she volunteered at the Boulder Homeless Shelter. Ever since then she has been very sensitive to the issue of homelessness. While attending C.U., she developed a survey as part of an independent study project for a local homeless day program. She also volunteers with the C.U. Restorative Justice program, which helped her decide to apply to law schools upon graduation.

Several years ago, the courts began mandating "community service" hours as part of plea bargains for youth often through Diversion or Restorative Justice. The concept is great because it provides youth offenders with a meaningful way to give back to the community. An unanticipated consequence, however, was the perception on the part of youth that if they didn't break the law they shouldn't have to do com-

munity service. Thus if you decide to discuss this with your child, consider using different terminology like "giving back to the community". Find a time that you can sit down together and look through the Youth Connection Guide. If possible, perhaps it's something that you could join in on, if that would motivate your child to participate.

Volunteering your time and being of service to others is a wonderful way for youth (and adults) to develop an improved sense of self and truly feel like a part of the community.

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.

“WHETHER IT’S PARTICIPATING IN A SCHOOL SPORT OR CLUB, GETTING INVOLVED IN AFTER SCHOOL ART CLASSES OR WORKING A PART TIME JOB, TEENS BENEFIT FROM DOING SOMETHING PRODUCTIVE WITH THEIR FREE TIME.”

Upcoming PEN Event:

Building Bridges

Effective Ways to Communicate &
Connect with Your Kids

Presenter: Michael Vladek, Personal Coach

March 11

9 – 11am

Lafayette Library (775 W. Baseline Rd., Lafayette)

NOTE FROM THE SUPERINTENDENT:

Dear Parents,

I am pleased to announce the availability of a trusted online resource -- the "TeenHealthandWellness" site -- to Boulder Valley families. Through a partnership with Boulder Public Library and Rosen Publishing, this fee-based site is now available at no charge to BVSD teens, their families and our staff. You can access the site by going to www.BoulderTeens.org and clicking on the

"TeenHealthandWellness" banner.

"TeenHealthandWellness" has up-to-date information by experts on teen health and wellness issues, written specifically with teen needs in mind. I think it also complements the recently-published Thrive handbook and Thrive update newsletter that we have been providing to parents in BVSD. In "TeenHealthandWellness," you and your teens will find more in-depth research, news arti-

cles, and personal stories from teens who have dealt with these health issues first-hand.

I encourage you to take a look at this site and review it with your teens. If you have specific questions about the site, please contact the Youth Services Department of Boulder Public Library at 303-441-3099.

Sincerely,

Chris King, PhD
Superintendent, BVSD



DO YOU HAVE QUESTIONS OR SUGGESTIONS ABOUT HOW DISTRICT MONEY IS SPENT?

Open to parents, staff, district committee members, and the community at large.

Given the effects of the economic downturn on education funding, BVSD seeks input from a variety of sources regarding its annual budget. Part of the district's input gathering process is its annual open forums about the district's budget deliberations. While people are, as always, free to comment on the annual budget during the public participation part of a school board meeting, it is at the Superintendent's Budget Forums that the fiscal issues facing BVSD schools in the coming year will receive their most thorough public opportunity for review, discussion and input. The BVSD Superintendent's 2009-2010 Budget Information/Discussion Forums, are to take place:

March 4 · 6:00 – 7:30 p.m. Nederland Middle/Senior High 597 County Rd. 30, Nederland	March 5 · 6:00 – 7:30 p.m. Broomfield High School 1 Eagle Way, Broomfield
March 10 · 10:00 – 11:30 a.m. Lafayette Public Library 775 W. Baseline Rd., Lafayette	March 11 · 6:00 – 7:30 p.m. Boulder High School 1604 Arapahoe Ave., Boulder

For more information, please contact the BVSD Communications Office at 303-245-5824 or by email at communications@bvsd.org.

A REMINDER FROM THE 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.



ARAPAHOE CAMPUS HIGH SCHOOL

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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 MARCH 2009

March 9

S.I.T. Meeting
3:00-4:00

March 3-4

CSAP Testing for 9th, 10th graders

March 5

Parent/ Teacher Conferences
3:15-6:30

March 10-11

CSAP Testing for 9th, 10th graders

March 13

End of Third Quarter

March 23-27

No School for Students — Spring Break

April 7

Parent/ Teacher Conferences
3:15-6:30

PARENTS ENCOURAGED TO FILL OUT SNAPSHOT SURVEY

At the beginning of March, the Office of Planning and Assessment will send all parents the Parent Snapshot Survey via U.S. mail. Your participation is very important as the survey questions are aligned to our school's strategic plans and goals. Summarized results help us determine how well our school is performing.

It is important for our school to have a high participation rate so that our survey data will accurately reflect parents' perceptions and opinions. The survey results are reviewed by our school staff to determine what programs and processes are working and which ones need improvement. Consequently, the survey results can have a significant impact on our school operations.

Because the same survey has been given for several years, our school staff and School Improvement Team are able to study trends and patterns in responses. All of this information helps us to serve you in the best way possible. Because your feedback is important, we hope that you will take a few minutes to complete the survey and return it to the Office of Planning and Assessment in the postage-paid envelope.

If you have any questions, please feel free to call Joan Bludorn at 303.447.5245.