



Broomfield High School Parent Council Newsletter

...fostering mutual trust, respect, cooperation, and communication
between community and school...

Volume 53, Issue 6

February 2012

Dear Broomfield Parents:

We are already at the end of January and plans for 2012-2013 are already being finalized. It does seem a little early to be planning for August, but the process needs to begin now so that we can make well-informed decisions for next year. This information gained from you and your students gives us the data to determine offerings and teacher assignments. I want to thank you, in advance, for your help with this very important process.

As we begin the course selection process for 2012-2013, here are dates to keep on your calendar:

February 8 – class meetings for current students. These meetings will be held during the school day with counselors working with each grade level to distribute the Academic Planning Guides and directions for students to input requests. The Academic Planning Guide will also be posted on our website; you will be notified via email with the link as soon as it has been posted.

February 9 – Please join us on this evening for our first Parent Teacher Conference of the semester. This evening is an excellent time to meet with teachers to get current academic progress and to get teacher’s input on course selections for next year. We continue to encourage students to take challenging coursework and push them; please help us with this focus.

February 13 – March 9 – The registration window in Infinite Campus will be open to parents and students to input course requests. These requests can be changed numerous times during this time frame. Teachers, counselors, and administrators are available to answer questions of students and parents regarding courses. If you have questions, please feel free to contact any of us through email or phone. We are happy to assist.

March 9 – The window will be closed to students and parents at 4:00 p.m.

March 13 – 17 – Counselors and administrators will be tracking down students who have not completed the course selection process.

March 19 – 23 – Teachers, counselors, and administrators will be reviewing student requests for accuracy. If you and/or your student wish to make any changes after March 9, we are happy to help and ask that these changes be made as soon as possible. Please contact the Counseling Office at 720-561-5753 for assistance.

“BHS... We Live It!”

Broomfield High School
Administration:

Ginger Ramsey, Principal
Craig Boccard, A.P.
John Long, A.D.
Nick Barnes, A.P.

Main Office: 720-561-8100
Attendance: 720-561-5381
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[www.bvbsd.org/schools/
broomfieldhigh](http://www.bvbsd.org/schools/broomfieldhigh)

The Parent Council Newsletter is published monthly by BHS Parent Council and BHS Administration to share information about the school, our students, and our events. Please contact Paulette Laging at 720-561-5376 to submit articles for publication.

The Boulder Valley School District does not discriminate on the basis of race, color, national origin, sex, or disability in admission to, or participation in, its programs, services, or activities, or in any aspect of its operations. The BVSD also does not discriminate on the basis of race, color, national origin, sex, or disability in its hiring or employment practices.

Safe2Tell

1-877-542-SAFE

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As soon as we return from Spring Break, we will begin the process of building the Master Schedule for next year.

While we are already beginning plans for next year, we have already begun the exciting planning for our graduation 2012. Information will be shared with seniors and their parents soon after Spring Break. It is an exciting time of year and we have many things to celebrate and enjoy. I look forward to seeing you at our many events, including theatre productions, concerts, and athletic events.

If you have questions/concerns/comments/recommendations, please contact me at ginger.ramsey@bvsd.org or call 720-561-5375.

Sincerely,

Ginger Ramsey
Principal

PARENT COUNCIL TO MEET

The Broomfield High School Parent Council will meet February 27 at 6:30 p.m. in our BrHS Library. Please come join us!

THE ADMISSION GAME WITH PETER VAN BUSKIRK

Boulder Valley School District Counselors are hosting **The Admission Game** on Monday, February 6, 2012 at 6:30 p.m. at Broomfield High School. Learn what happens in admissions behind closed doors and gain valuable insight into the admissions process. This interactive workshop is strongly recommended for juniors, sophomores and their parents. Freshman students considering highly competitive colleges are also encouraged to attend.

DROPPING CLASSES

Students have until February 15, 2012, to drop a course with a WP (withdraw passing) or WF (withdraw failing). All courses dropped after this date will receive an "F" grade.

SENIORS ONLY

Seniors: If you need mid-year reports sent to the college you plan to attend, please notify Ms. Maestas in the Counseling Office AS SOON AS POSSIBLE.

EXCITING NEWS FOR JUNIORS! ACT PREPARATION COURSE AVAILABLE AGAIN

We are excited to announce that Broomfield High School has again contracted with RMASS Education Seminars to train our teachers to provide ACT preparation for our juniors. ACT preparation will be offered during the school day at a dramatically reduced cost in preparation for the mandatory ACT test in April.

The five hour class is generally \$89, but in an effort to bring this program to more students, we will be offering the course for \$22 which covers the cost of the workbook. We had overwhelming participation in this program last year and have seen a dramatic rise in both individual and school-wide ACT scores.

The course will be offered Tuesday, March 13 and Wednesday, March 14 from 8:30 – 11:00 AM. (Juniors will not have class these two mornings due to TCAP testing for freshmen and sophomores.)

Registration for the course will begin February 1, 2012 in the Counseling Office. Please encourage your student to register for this important opportunity.

GRIEF AND LOSS SUPPORT GROUP

Our school interventionist, Traci Hagie, and school social worker, Lauren Kaven, will continue to co-facilitate a Grief and Loss Support Group. The group for second semester will be held seven times, beginning on Monday, February 13, 2012, and ending on Monday, April 16, on alternating class periods. Students attending the group will be excused, with the expectation that they are responsible for making up work in their respective classes. The group utilizes curriculum guidelines from HospiceCare of Boulder and Broomfield Counties. The goal for students attending this group is to feel supported as they grieve the loss of a close family member or friend. Contact information/questions: Traci Hagie: 720-561-5777 (thagie@broomfield.org) or Lauren Kaven: 720-561-8235 lauren.kaven@bvsd.org.

SPRING PARENT TEACHER CONFERENCES

Broomfield High School would like to welcome all parents to the Spring Parent Teacher Conferences. Similar to first semester, there will be three separate evenings of conferences. These are great opportunities for parents to meet with instructors to discuss in person their student's academic progress.

The first evening of conferences will be on Thursday, February 9 from 3:15 to 7:30 p.m. in teachers' classrooms. In addition to discussing grades, this is an **excellent chance for parents to discuss course registration suggestions for the 2012-2013 school year with their student's instructors.**

The second night of conferences will be Wednesday, March 14 from 3:15 to 7:30 p.m. These conferences will be held arena-style in the school cafeteria and Wilkerson Gymnasium. The final evening of PTCs will run from 3:15 until 7:30 p.m. on Thursday, March 15 in classrooms.

For each session, parking is available in the east lot. Teachers who have adjusted schedules will notify students of their availability. If you have any questions about Spring Parent Teacher Conferences, please contact Mr. Boccard or Mrs. Laging at 720-561-5376.

CONGRATULATIONS, COACH DAVIDSON and SOCCER TEAMS!

Jim Davidson, BrHS Soccer Coach, recently received acknowledgement from the National Soccer Coaches Association of America and Adidas that both the boys and girls soccer teams have been awarded the *Team Academic All-America Award* for exemplary classroom performance in the classroom as a team for the 2010-2011 academic school year.

To qualify for the award, the team must have a minimum grade point average of 3.25 for the entire academic year. The team GPA is determined by adding every player's GPA, then dividing by the number of players.

A total of 350 soccer teams received this award. Broomfield was one of only 60 schools (and the ONLY one from Colorado) that received honors for BOTH their boys and girls teams.

Congratulations, Coach Davidson and soccer players for a job well done!

NEIL SIMON FESTIVAL – COMING to BrHS

Coming to the BHS stage this February 2-4, the Broomfield High School Thespians are extremely proud to present the first ever **Neil Simon Festival** features scenes and monologs from some of Neil Simon's best known and loved plays, including classics such as *The Odd Couple*, *Barefoot in the Park*, and *Brighton Beach Memoirs* - as well as a full-length production of the Pulitzer Prize-winning comedy ***Lost in Yonkers***. This year's thespian production features a unique twist with the audience sitting onstage with the actors in a theatre-in-the-round setting. Never has the action been this intimate and involving.

Join us for this one-of-a-kind theatrical experience on the first weekend of February. Due to the limitations of onstage seating, only 70 tickets will be sold for each night of the production. Tickets can be purchased now for this production using our new online ticketing agent – *SeatYourself.biz*. To reserve your seats today, visit our link on the Broomfield High School website (click on the "Activities" link and follow the directions to ticket purchases) or go directly to our BHS Theatre website at web.mac.com/amdg04 (click on TICKETS). Tickets are \$6 for students/seniors & \$7 for adults (not including a small online processing fee). Hurry though – once tickets sell out online, no more seats will be available for the performances. Make this year's Neil Simon Festival part of your wintertime theatrical plans. Call 720-561-8171 for more information.

NATIONAL HONOR SOCIETY NEWS

National Honor Society is involved in a major project through Global Hope Network International. We are sponsoring a village called Tuka in Ethiopia to help create self-sufficiency for better health, education, water resources, and agriculture. NHS will be offering a variety of opportunities in the community to help this village. Look for our fundraising events.

We are also looking for donations to send to Honduras. The parent of one of our members helps with an orphanage and school in that country. We will start collecting school supplies to send with our student later this spring.

Applications for new members will be available the week of January 23. See Mrs. Hayward or Mrs. Thorton for more information. (Applications are for sophomores and juniors only.)

BOYS LACROSSE

Our preseason is off to a great start. Our open throws at Monarch High School continue every Wednesday and Thursday evenings from 7:30-9:00 PM where we work on conditioning, stick work, and lifting. Regular season begins February 27 with practices running every Monday-Friday, 3:50-6:00 PM and most Saturdays from 9-11:00 AM. Spring sports registration takes place 2/13-2/24 so make sure and schedule your physical NOW so all your paperwork is complete and ready to go by the 2/24 deadline. We are looking forward to another great season with our first three games at home versus Columbine, Cherry Creek, and Rock Canyon. Please feel free to contact Coyote Lacrosse at coyotelacrosse@comcast.net or visit our website www.coyotelacrosse.com

BVSD CELEBRATES TEACHERS FOR LEARNING THEIR NATIONAL BOARD CERTIFICATIONS

Two Broomfield High teachers were among those recognized at the White House December 7 for earning their National Board Certification in 2011. **John Costello**, Art/Photography teacher, and **Sarah Shipley**, Physical Education teacher, were also inducted into the BVSD Superintendent's Honor Roll at the January 10 Board of Education meeting.

To earn National Board Certification, teachers go through a rigorous process including submitting an application and a portfolio of work, and taking a test that is content-specific to the area where teachers are seeking a certification.

"Teachers earning National Board Certification have demonstrated their dedication to the profession and desire to provide high quality education for students," said BVSD Superintendent Bruce Messinger, PhD. "This is a significant professional accomplishment for each of the educators and a meaningful investment in the Boulder Valley School District."

Current Broomfield High School teachers who have previously received their National Board Certifications are **Mark Little, Matt Kelley, and Pam Rizzuto**. Congratulations to these teachers for their accomplishment!

MARCH TCAP TESTS ARE COMING

March TCAP testing will begin on Tuesday, March 6. It will include three sessions each of Reading, Writing and Math for students in grades 9 and 10. Tenth graders also take three sessions of Science. Parents of students in TCAP grades will receive more information closer to testing dates.

TCAP results from all March testing will arrive in late August. Parents will receive the TCAP results directly from the school.

NOTE: If you would like to help with the continental breakfast provided for students prior to testing, please contact Mrs. Ramsey or Mrs. Laging at ginger.ramsey@bvsd.org or paulette.laging@bvsd.org. We need help organizing, providing food, and serving it to students on March 6, 7, 13 and 14. Thanks!

YA VIENEN LAS PRUEBAS TCAP DURANTE EL MES DE MARZO

Las pruebas TCAP comenzarán el martes 6 de marzo. Estas pruebas incluirán tres sesiones de lectura, escritura y matemáticas para los estudiantes en 9º y 10º grado. Adicionalmente, los estudiantes en 10º grado también tomarán 3 sesiones de ciencias. Los padres de estudiantes que tomarán las pruebas TCAP recibirán más información más cerca de las fechas de pruebas.

Los resultados de las pruebas que se den durante el mes de marzo llegarán a fines de agosto. Los padres recibirán los resultados de las pruebas TCAP directamente de la escuela.

Nota: Si usted quiere ayudar con el desayuno continental para los estudiantes, por favor póngase en contacto con Sra. Ramsey o Sra. Laging ginger.ramsey@bvsd.org or paulette.laging@bvsd.org. Necesitamos su ayuda en organización, la provisión de alimentos y para servir a los estudiantes el 6, 7, 13 y 14 de marzo. Gracias!

BVSD Parent Snapshot Surveys coming in February (online) and March (mailed)

BVSD surveys students, parents and staff each year in order to gather information that can be used to guide efforts to improve schools. The survey of parents is called the “Parent Snapshot Survey” and parents will be receiving it in the next few weeks. We hope all parents and guardians will take a moment to complete and return this survey. The more parents who participate, the more accurately the survey data will reflect parents’ perceptions and opinions. The survey results are reviewed by 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 school operations.

The Parent Snapshot Survey will be administered online for all parents who have provided an email address to their student’s school and who receive all communication in English. This supports a greener and more cost effective process by reducing the amount of paper used, mailing cost, and data entry required. We also hope this will increase the parent participation rate. Online surveys will be sent by email the week of February 6th to only **one** email address per household. If you don’t see an invitation in your “inbox,” please check other email addresses you have given the school.

If there is not an email address associated to your household or if your primary language is Spanish, you will receive a survey via U.S. postal service consistent with last year. Paper surveys will be mailed at the beginning of March.

Because the same survey has been given for several years, school staff and School Accountability Committees are able to study trends and patterns in responses. All of this information helps schools serve you in the best way possible.

En febrero (en línea) y marzo (enviadas por correo) llegarán las Encuestas Instantáneas para los Padres de BVSD

BVSD encuesta a los estudiantes, a los padres y al personal todos los años para poder reunir información que se pueda utilizar para guiar el trabajo para mejorar las escuelas. La encuesta de los padres es conocida como “Encuesta Instantánea para Padres” y pueden esperar recibirla en las próximas semanas. Esperamos que todos los padres y tutores tomen un momento para completarla y devolverla. Cuantos más padres participen en la encuesta, mejor reflejarán los datos sus percepciones y sus opiniones. Los resultados de la encuesta son analizados por el personal de las escuelas para determinar qué programas y procesos están funcionando y cuáles necesitan ser mejorados. Por consiguiente los resultados de la encuesta tienen un impacto significativo en las operaciones de las escuelas.

Una vez más este año, la Encuesta Instantánea para Padres se va a administrar en línea a aquellos padres que han proporcionado una dirección de correo electrónico a la escuela de sus hijos y que reciben toda la comunicación en inglés. Esto apoya un proceso más ecológico y barato al reducir la cantidad de papel utilizado, los gastos de envío y la entrada de datos necesaria. También esperamos que esto aumente la tasa de participación de los padres. Las encuestas en línea serán enviadas por correo electrónico la semana del 6 de febrero a **una** sola dirección electrónica por familia. Si usted no encuentra una invitación en su “bandeja de entradas”, por favor revise las otras direcciones de correo electrónico que proporcionó a la escuela.

Si no hay una dirección de correo electrónico asociada a su familia o si su idioma principal es el español, ustedes recibirán la encuesta por correo postal al igual que el año pasado. Las encuestas en papel serán enviadas a principios de marzo.

Debido a que se ha utilizado la misma encuesta desde hace varios años, al personal escolar y a los Comités de Responsabilidad Escolar les es posible estudiar las tendencias y los patrones en las respuestas. Toda esta información ayuda a las escuelas a servirles de la mejor manera posible.

HONOR ROLL (Fall 2011)

The students listed below were recently honored for their academic achievement at Broomfield high during the fall semester of this school year. Students must earn a GPA of 3.5 for the semester to appear on the Honor Roll. Students with an asterisk earned a 3.8 or higher GPA. Our congratulations to these students for their accomplishment.

Class of 2012:

| | | | |
|--------------------------|---|---------------------------|-------------------------|
| Aderman , Laura | * | Dorans , Danielle | Loesser , Kristi |
| Ahrens , Chaya | | Doyle , Zachary | * Looney , Rebecca |
| * Aimetti , Christopher | * | Duggan , Thomas | Loura , Kacie |
| * Allen , Kyle | * | Durney , Jacob | Maginity , Meghan |
| * Allred , Sierra | * | Ellis , Skyler | * Manigault , Miki |
| * Ardito , Alice | * | Finnegan , Patricia | * Mansur , Joao |
| Ariatti , Allison | * | Forsee , James | * Marquardt , Kelli |
| * Ayers , Timothy | * | Gallipo , Madison | * Martin , Lucas |
| * Baker , Savannah | * | Garcia , Alberto | * McClain , Jenna |
| * Baldwin , Kimberley | * | Gardner , Jacob | McNutt , Amy |
| Bartle , Samantha | | Gossett , Zoe | Mena , Claire |
| Baum , Kelly | * | Grenis , Quyncie | Middel-Katzenmeyer , |
| Bennington , Alec | * | Guilliams , Travis | * Kathryn |
| * Bergh , Nicholas | * | Hahn , Claudia | * Miller , Kaitlin |
| * Bingham , Zachary | * | Halgren , Sara | Milner , Ellie |
| Binuya , Nicole | | Hughes , Sarah | * Miltenberger , Ashley |
| Bolliger , Katerina | * | Jacobs , Emma | * Mitchem , Joseph |
| * Boschert , Nicholas | * | Jamison , Scott | * Mostek , Rachel |
| Briggs , Alexandra | * | Johnson , Kimberly | Namuth , Gabrielle |
| * Burchell , Jacob | * | Jones , Stanley | * Nelson , Joseph |
| * Campbell , Kayleen | * | Jones , Wesley | * Nguyen, Yung |
| Carpenter , Alexander | * | Kaiser , Chelsea | * Niemi , Kristian |
| Chase , Jasmine | | Kapatayes , Michael | * Obenauer , Westin |
| * Cherukat , Sneha | * | Kellett , Brianna | Oliver , Parker |
| * Clarke , Joshua | | Kelly , Erin | Parsons , Kyle |
| Cleavenger , Casey | * | Kemprowski , Austin | Pearson , Derek |
| * Crooks , Paige | * | Kimber , Jordan | * Pitchforth , Kellie |
| * Cunningham , Christian | | Klein , Cameron | * Prins , Meagan |
| * Currier , Katelyn | * | Kloeckner , Deborah | * Reece , Jackson |
| * Cymanski , Zachary | * | Kois , Rachel | * Reisch , Nicholas |
| D'Angelo , Julia | * | Kusick , Zachary | Reynolds , Chelsea |
| Davis , Ryan | * | Lamb , Colton | Rodriguez Diaz , Angel |
| * DeBoer , Taylor | * | Larsen , Eric | * Rupp , Dalton |
| * Decker , Mark | * | Laufasa-Duncan , Katalena | Ryan , Taylor |
| * Dickinson , Scott | * | Little , Brandon | * Ryneanson , Morgan |
| * Donaldson , Ross | * | Lockwood , Jackson | * Sackmann , Trevor |

- * Saunders , Nicholas
- Scheetz , Katarina
- * Schmitt , Marie
- * Sherman , Kelli
- * Skattum , Kory
- * Smith , Rachel
- * Spiegel , Luke
- * Stelling , Jonathon
- * Subry , Madison
- * Sumerfield , Katharine
- * Sutton , Isaak
- * Talarico , Jonathan
- * Tat , Quy
- * Templeman , Natalie
- * Thompson , Kayley
- Thorson , Casandra
- * van de Kamp , Sean
- * Vincent , Sarah
- * Wallerius , Katherine
- * Warner , Desiree
- * Wegrzyn , Veronica
- * Welsh , Nicholas
- Wiedmann , Jacob
- * Wilde , Matthew
- * Wolinski , Adam
- * Wright , Jessica
- * Yang , Anna
- * Yang , Mai
- * Zec , Brittney

- * Becker , Rose
- * Bellendir , Jacob
- * Bennett , Kacey
- * Besson , Ariege
- Biggerstaff , Alexa
- Bingham , Lianne
- * Birgen , Julia
- * Boyer , Johanna
- * Briggs , Alexandra
- Browning , Morgan
- * Burkhardt , Katrina
- Canaday , Nathan
- Cheng , Gow
- * Chrisman , Kathryn
- * Claussen , Breanne
- * Clouse , Lauren
- Coffman , John
- * Croell , Kathryn
- * Dattore , Eric
- * Dearnorff , Hannah
- * Dewey , Andrew
- * Diamond , Edward
- * Diamond , Kate
- * Disser , Nathaniel
- * Dorans , Taylor
- * Duffy , Shannon
- * Dye , Rachael
- * Eaman , Andrew
- * Elliott , Paul
- * Ericson , Parker
- * Estes , Hayden
- * Evans , Taylor
- * Fiscus , Clay
- * Fisher , Zoe
- * Forrey , Grace
- * Foster , Clayton
- * Gardner , Abigail
- * Gerbrandt , Daniel
- * Goering , Clark
- * Gossett , Alaina
- * Hacker , Miekenzie
- * Halbeisen , Kori
- Hanson , Paul
- Hayden , Carley

- * Hayden , Mariah
- * Hayden , Alyse
- * Ho , Cassandra
- Hoff , Robert
- * Holman , Jayde
- * Hull , Brandon
- * Jaqua , Alexander
- * Jeffers , Elizabeth
- * Jones , Natalie
- * Jukkala , Chad
- * Kihn , Evan
- Killian-Keup , Joshua
- * Klauck , Anne
- * Knudsen , Katelin
- * Krause , Chelsea
- * Ladtkow , Kelsey
- Latimer , Marco
- Leaf , Rebecca
- Lewis , Skye
- * Lewis , Tanner
- * Loesser , Mackenzie
- * Macrae , Tarren
- Manwaring , Morgan
- * Martella , Stephanie
- * Martinez , Monique
- * Martinsen , Andrea
- * Mathisen , Dale
- * McCulley , Frederick
- * McGinnis , Timothy
- McLean , Andrew
- * McShane , William
- * Mechelay , Matthew
- * Midanier , Michelle
- * Miknis , Courtney
- * Mino , Paige
- * Mitchell , Amanda
- * Moroze , Erin
- Movick , Emma
- * Nguyen , Sang
- * Normanleier , Saleena
- * O'Brien , Thomas
- * Oliver , Carolyn
- * Olofsson , Gustav
- Olson , Alexander

Class of 2013:

- * Admire , Bridget
- Alberts , Melissa
- Albrecht , Haylee
- Allen , Jerrica
- * Anderson , Marissa
- * Anthony , John
- Aragon , Nathan
- * Arko , Jayson
- * Babcock , Lyndsey
- * Bacalzo , Kyle
- Bailey , Brandon
- * Bausch , Brianna

* Orban , Colton
 * Pazol , Meredith
 * Pfeifer , Travis
 * Plane , Dylan
 * Price , Hannah
 * Prien , Brittany
 * Ramos , Alexa
 Reeb , Spenser
 * Reed , Ethan
 * Rhinesmith , Kevin
 * Rosenblum , Rebecca
 * Sabados , Rebekah
 * Scharf , Amy
 Schmidt , Rachel
 * Schroeder , Jared
 Septon , Rachael
 Sheinberg , Michael
 Sigmond , Jake
 * Simon , Erin
 * Skattum , Kyle
 Smith , Dylan
 * Snyder , Lauren
 * Stahler , Sean
 * Stirling , Jonathan
 Terasas , Kayla
 * Thai , Thomas
 * Van Tine , Kailee
 * Vogt , Jeremiah
 * Wallerius , Lauren
 * Wang , Chuan Kun
 Warren , Brady
 Weeks , Devin
 * Welty , Morgan
 * Whitemore , Matilda
 * Wilson , Alexander
 Witt , Emily
 * Wolfe , Ashley
 Woolley , Michael
 * Yeo , Nathan
 * Young , Abigail
 * Zimmerman , Hannah

Class of 2014:

* Armstrong , Cody
 * Arvinte , Maria
 Barton , Zachary
 Bergh , Andrew
 Berliner , Nicholas
 Bettis , Jocelyn
 Biesterfeld , Cole
 * Bragassa , Lauren
 * Brewer , Troy
 Broadhurst , Liam
 * Burnett , Bridger
 Campbell , Dayton
 * Campbell , Amanda
 * Campbell , Kelsey
 * Carlson , John
 * Carlson , Robert
 Casasanta , Sara
 * Cave , Nicola
 * Chase , Lauren
 Clark , Adam
 * Clements , Mikaela
 * Connors , Joseph
 Crawford , Erin
 * D'Angelo , Elena
 * Davies , Angela
 Davis , Alexandra
 * Degenhart , Rachel
 * Delevoryas , Peter
 Delgado , Jacob
 Derus , Riley
 * Dionigi , Alexandria
 * Djalilzadeh , Dorsa
 Dowdy , Ian
 Eafanti , Marisa
 * Eafanti , Joshua
 * Ellett , Kendra
 * Flores , Chiara
 * Forsee , Kaitlyn
 * Garner , Tyler
 * Gately , Margaret
 George , Skylar
 * Gharibyar , Edrisa

* Gibble , Benjamin
 * Gomez , Gregory
 * Gonzales , Ethan
 * Gorneault , McKenzi
 * Grennan , Zachary
 * Hahn , Andrew
 Haran , Ashley
 * Henehan , Samuel
 * Hicks , Emily
 Hill , Emma
 * Hoffman , Monica
 * Holbrook , Kyle
 Hopkins , Christine
 * Huey , Leah
 Hughes , Karli
 * Huh , Sharon
 Hull , Stacie
 * Hunter , Courtney
 * Hynek , Marie
 Icenogle , Drew
 Jacobs , Benjamin
 * Jamison , Brynna
 * Jaramillo , Joshua
 * Johnston , Nicholas
 * Jones , Kelsey
 * Kane , Aubrey
 * Kasen , Kathrine
 Kim , Faye
 Kimber , Alyssa
 * Koch , Cheyenne
 * Koch , Skye
 * Kochevar , Greyson
 * Kochevar , Karly
 Lee , Betty
 Leinberger , Luke
 * Leonard , Allison
 * Lineham , Jeremy
 * Long , Natalie
 * Lundahl , Megan
 * Madani , Kamran
 * Maes , Melanie
 * Malecha , Allyson
 * Malkan , Aditya
 * Marquardt , Kerri

Martin , Storme
 Martin , Laura
 * McCormick , Rachael
 * Metzger , Connor
 Miller , Haley
 * Mondragon , Mariana
 * Moon , Emma
 * Moran-Mounts , Amanda
 Morris , Jacob
 Morton , Bailey
 Morton , Hailey
 * Moschetti , Ciara
 * Nalezny , Lauren
 * Narang , Aditya
 * Nelson , Hunter
 * Nguyen , The
 * Nitchoff , Natalie
 * Obenauer , Monro
 * Ocampo , Ricardo
 * Olofsson , Fredrik
 Ortner , Alec
 Pierce , Maxwell
 * Platnick , Carson
 * Potanko , Chloe
 * Poulter , Lily
 * Pradhan , Sajesh
 Prins , Alexander
 Rademacher , Taylor
 Roberts , Madeline
 * Rohrbaugh , Cherokee
 Samson , Christine
 * Annmarie
 * Schmitt , Jonathan
 * Schoep , Alexander
 * Sevcik , Mija
 * Shriner , Isaiah
 Smyle , Ryan
 Snyder , Kristin
 * Squire , Kayla
 Staab , Lauren
 Stark , Brittney
 Stauffer , Nicholas
 * Steichen , Elise
 * Stephan , Kade

* Stobaugh , Hannah
 Stodden , Zachary
 * Stovall , Samantha
 * Tagawa , Kellie
 * Tigrek , Ismail
 * Trimble , Kathryn
 Tripp , Noah
 * Trujillo , Blake
 * Tunquist , Nathan
 * Wainwright , Chase
 * Walquist , Joshua
 Walton , Rowen
 Welty , Mikalya
 * Werner , Angela
 * Westdyke , Morgan
 * Williams , Madison
 Williamson , Joshua
 * Williamson-Lee , Jayne
 * Wilson , Zachary
 Wingfield , Jonathan
 Witt , Alex
 * Wood , Shivaun
 Wristen , Michael
 * Zissimos , Demetrius

Class of 2015:

* Abboud , Kathryn
 * Abel , Megan
 * Adamthwaite , Madison
 Alvarez-Chao , Daniel
 * Bacalzo , Nikka
 * Baker , Randall
 Baltzer , Adam
 Barella , Anna
 * Bausch , Matthew
 * Beu , Lane
 * Bezzina , Michael
 * Biggerstaff , Victoria
 * Blunn , Kaylee
 * Broadhurst , Grace
 * Bump , Amanda
 * Burkhardt , Kai
 Byers , Sydney

Byers , Megan
 * Carvo , Nicholas
 * Chapleski , Noah
 Chavez , Evan
 * Chavez , Kyra
 * Cheng , Rich
 * Clouse , Joseph
 * Conroy , Kallie
 * Cook , Larry
 * Corda , Ryan
 * Cousey , Benen
 * Currier , Kevin
 * Dalke , Sarah
 * Davis , Brooke
 * DeBruyne , Jenna
 * Decker , Sara
 * Degenhart , Nicholas
 * Dekrell , Alexis
 * Diamond , Gabrielle
 * Diamond , Grace
 Ditges , Cassilyn
 Donaldson , Evan
 * Dorato , Gabrielle
 Drake , Jonathan
 * Eck , Brian
 * Erichson , Graciana
 Fazio , Lee
 * Finnegan , Nora
 Frese , Robert
 * Fukushima , Janna
 * Gardner , Cooper
 Giacomina , Michael
 Giroux , Sophie
 * Gordon , Emily
 * Halbeisen , Ariana
 Hamilton , Carolyn
 * Hamilton , Bradley
 * Hansen , Darby
 * Haydon , Lorien
 * Hirt , Julianne
 Hiserodt , Laura
 * Hohensee , Alex
 Holter , Kyle
 Jankowski , Kennedy

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|---|----------------------|---|----------------------|---|--------------------------|
| * | Jaramillo , Ciara | * | Malik , Wardah | | Schmidt , Daniel |
| * | Jennett , Ryan | * | Malmstrom , Jordyn | * | Schmidt , Samantha |
| | Johnson , Corrynn | * | Manwaring , Keaton | * | Schroeder , Jordan |
| * | Jones , Melinda | * | Marquez , Alicia | * | Scovill , Talon |
| | Keller , Jennifer | | Mauer , Ashley | | Squire , Zachary |
| * | Kelly , Melissa | * | McCauley , Ryan | * | Tat , Ngan |
| * | Kenyon , Riley | * | McEldowney , Brandon | | Templeman , Jennifer |
| * | Kilwein , Larissa | * | Norris , Alea | * | Thibodeau , Dana |
| * | Kindle , Taylor | | O'Hara , Ashley | * | Trotter , Thomas |
| * | Kloosterboer , Jordi | | O'Hayre , Keeley | | Turner , Cameron |
| * | Knudtsen , Peter | * | Oliver , Thomas | * | Van De Pol , Regan |
| * | Kochevar , Sarah | | Parkin , Calvin | * | Weber , Ryan |
| * | Krahl , Krystal | * | Peters , Michaela | * | White , Eamon |
| | Lage , Austin | * | Peterson , Colin | | Whitsell , Blake |
| * | Lane , Madeline | | Poulsen , Tristan | * | Wilcox , Bryson |
| | Lanford , Andrew | * | Price , Aliyah | * | Wilson-Sandoval , Audrey |
| | Lee , Seaira | * | Quinn , Brooke | * | Wojkiewicz , Kaila |
| | Lehrer , Nicolette | | Rathmann , Kenneth | * | Wolf , Danielle |
| * | Lewis , Christian | * | Reeb , Parker | * | Xiong , Catalina |
| | Licht , Gabriella | * | Reed , Fallyn | | Yamaguchi , Isabelle |
| * | Loesel , Michael | * | Reichman , Joshua | * | Yanushonis , Kaylee |
| * | Loest , Emma | | Rosen , Ivy | * | Young , Hannah |
| | Lyons , Brianna | | Roylance , Jayden | * | Zerr , Kaitlyn |

Parent Engagement Network presents:
Thriving During the Teenage Years
The Teen Brain: A Work in Progress
By Dr. Jan Hittelman

Thanks to the development of Magnetic Resonance Imaging (MRI) technology, we have new important information regarding brain development in adolescence. Prior to this research, which has occurred over the last fifteen years, it was believed that brain development was for the most part completed in early childhood. In fact, there is a second period of profound brain development that occurs during adolescence. This process begins around age eleven and continues until the mid-twenties.

One of the last parts of the brain to develop is the Prefrontal Cortex. To better understand behaviors observed in adolescents, consider the functions of the Prefrontal Cortex: impulse control, setting priorities, planning and organizational skills, decision-making, empathy and insight.

We also now know that the changes in adolescent brain development have significant implications regarding substance abuse. Another brain pathway that is developing in adolescence connects the Prefrontal Cortex to the midbrain reward/pleasure system. Research shows that teens and adults process reward stimuli differently; adolescents react much more intensely to novel experiences, making these experiences (e.g. drug use, sexual behavior, etc.) more reinforcing. Unfortunately, there is also evidence that substance use can have much more devastating effects on adolescent brain development as compared to adults. For example, studies at Duke University show that alcohol use in adolescence results in larger impairments in learning and more widespread brain damage than in adults (White, 2001). In addition, "youth who reported first using alcohol before age 15 are more than five times as likely to report being an alcoholic compared to persons who first used alcohol at age 21 or older" (SAMSHA, 2004).

Coinciding with and mirroring the adolescent's profound changes in brain development are the significant psychosocial tasks of adolescence, which include: establishing an identity and a set of ethical and moral principles; reasoning and abstract thinking skills; developing autonomy (the shift from dependence to independence); heightened importance of peer acceptance; adjusting to increased school achievement demands; establish satisfying relationships with peers; and sexuality issues.

No wonder adolescence is such a wild ride for teens and parents alike!

Parent Engagement Network presenta:
Superando con éxito los años de la adolescencia
El cerebro adolescente: Un trabajo en progreso
Por el Dr. Jan Hittelman

Gracias al desarrollo de la imagen de resonancia magnética (MRI, por sus siglas en inglés), tenemos nueva información importante sobre el desarrollo del cerebro en la adolescencia. Antes de esta investigación, que se venía haciendo en los últimos quince años, se creía que el desarrollo del cerebro en su mayor parte terminaba en la primera infancia. De hecho, hay un segundo período de desarrollo cerebral profundo que se produce durante la adolescencia. Este proceso inicia alrededor de los once años de edad y continúa hasta mediados de los años veinte.

Una de las partes del cerebro que se desarrollan al último es la corteza prefrontal. Para comprender mejor los comportamientos observados en los adolescentes, tenga en cuenta las funciones de la corteza prefrontal: habilidades de control de los impulsos, de establecimiento de prioridades, de planificación y organización, de toma de decisiones, empatía y comprensión.

También sabemos ahora que los cambios en el desarrollo cerebral de los adolescentes tienen importantes implicaciones en relación con el abuso de sustancias. Otra vía cerebral que se desarrolla en la adolescencia conecta la corteza prefrontal al sistema del cerebro medio (mesencéfalo) de recompensa/placer. Las investigaciones muestran que los adolescentes y los adultos procesan los estímulos de recompensa de manera diferente; los adolescentes reaccionan mucho más intensamente a nuevas experiencias, reforzando estas experiencias (por ejemplo, uso de drogas, conducta sexual, etc.). Desafortunadamente, también hay evidencia de que el consumo de sustancias puede tener efectos mucho más devastadores en el desarrollo cerebral de los adolescentes en comparación con los adultos. Por ejemplo, estudios en la Universidad de Duke muestran que el consumo de alcohol en los adolescentes resulta en grandes deficiencias en el aprendizaje y daño cerebral más extensamente que en los adultos (White, 2001). Igualmente, "los jóvenes que declararon haber tomado alcohol por primera vez antes de los 15 años tienen cinco veces más de probabilidades de reportar ser alcohólicos en comparación con las personas que lo utilizaron por primera vez a la edad de 21 años o mayores" (SAMHSA, 2004).

Coincidiendo y duplicando los profundos cambios de los adolescentes en el desarrollo del cerebro son las importantes tareas psicosociales de la adolescencia, que incluyen: establecer una identidad y un conjunto de principios éticos y morales, razonamiento y habilidades de pensamiento abstracto; desarrollo de la autonomía (el cambio de dependencia a independencia); mayor importancia de la aceptación de sus compañeros, adaptación a las crecientes demandas de rendimiento escolar, establecer relaciones satisfactorias con sus compañeros y problemas de sexualidad.

¡Con razón la adolescencia es un período difícil para adolescentes y padres por igual!

Parent Engagement Network presents:
Thriving During the Elementary & Teenage Years
Time to Address Stress
By Jan Hittelman

Endocrinologist Dr. Hans Selye is credited with coining the term "stress" in his 1956 book entitled "The Stress of Life", which revolutionized our view of stress and its impact on the human body. Since then, research has shown a link between stress and a wide variety of serious health problems including: hypertension, strokes, heart attacks, diabetes, ulcers, neck or low back pain, and even cancer.

By simply being alive we are exposed to a variety of stressors, which can profoundly impact our quality of life. While we cannot avoid many of the things that we find stressful, we can learn to manage them in ways that will reduce the harmful effects of chronic stress. There are a variety of research-proven stress reduction techniques that are fairly simple to learn and with practice are highly effective. Mental health professionals commonly teach many of these strategies to their clients. They include:

- **Reduce over-scheduling.** If you're feeling overwhelmed with everything on your plate, try to reduce one or two nonessential activities. This may require learning how to determine what is truly essential.
- **Learn relaxation techniques.** From simple breathing techniques to visualizing yourself in a peaceful place, relaxation techniques can significantly reduce your stress level.
- **Muscle relaxation and exercise.** Simply tensing various muscle groups for 5-10 seconds followed by 10-20 seconds of relaxing those same muscles can significantly reduce muscle tension resulting from stress. Moderate exercise can also be a great stress reducer.
- **Be aware of your thinking.** We tend to place a lot of stress on ourselves based on our perfectionist, pessimistic, and generally negative thoughts. By trying to be more aware of our thinking and shifting to more rational, logical, positive thoughts (and keeping things in perspective), we can significantly reduce our subjective experience of stress. This can be easier said than done and professional assistance is often helpful.
- **Have fun!** We tend to undervalue simply having fun and enjoying time with friends and family. Imagine if we placed as much importance on recreation as we do on achievement. Not only would we be healthier, we would also achieve more.

Take the time to assess your level of stress as well as that of your loved ones. Reducing stress will positively impact your family's relationships and quality of life. To learn more about stress reduction, participate in this month's FREE Pathways to Parenting Success programs:

TV Presentation: Address Stress Now

When: Monday, February 6, 7:00-8:00pm

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

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

Workshop: Unwinding Your Teen

When: Monday, February 27, 6:30-8:00pm

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

Facilitators: Susan Denison, LCSW & Elizabeth Matthews, LPC

More info: www.BPSBoulder.com

UPCOMING PEN EVENT:

We Are All Special: The Gift: LD/ADHD Reframed

National Speaker/Author: Jonathan Mooney

Thursday, March 8, 6:30-9:00pm

Fairview High School (1515 Greenbriar Blvd., Boulder)

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.

Parent Engagement Network presenta:

Superando con éxito los años de primaria y de la adolescencia

Ya es hora para hablar del estrés

Por el Dr. Jan Hittelman

Al endocrinólogo Dr. Hans Selye se le atribuye haber acuñado el término "estrés" en su libro de 1956 titulado "El estrés de la vida", que revolucionó nuestra visión del estrés y su impacto en el cuerpo humano. Desde entonces, la investigación ha demostrado un vínculo entre el estrés y una gran variedad de problemas de salud graves, como: hipertensión, derrames cerebrales, ataques cardíacos, diabetes, úlceras, dolor de cuello o espalda, e incluso el cáncer.

Simplemente estando vivos estamos expuestos a una variedad de factores de estrés, que pueden tener un profundo impacto en nuestra calidad de vida. Si bien no podemos evitar muchas de las cosas que producen estrés, podemos aprender a manejarlos de manera que reduzcan los efectos perjudiciales del estrés crónico. Hay una variedad de investigaciones técnicas probadas para reducir el estrés que son bastante fáciles de aprender y con la práctica son muy eficaces. Los profesionales de salud mental normalmente enseñan muchas de estas estrategias a sus clientes. Estas incluyen:

- **Reducir el exceso de actividades.** Si se siente abrumado con todo lo que tiene en las manos, trate de reducir una o dos actividades no esenciales. Esto puede requerir aprender a determinar lo que es verdaderamente esencial.

- **Aprender técnicas de relajación.** A partir de técnicas de respiración simples para visualizarse en un lugar tranquilo, las técnicas de relajación pueden reducir significativamente su nivel de estrés.
- **Relajación muscular y ejercicio.** Simplemente tensando varios grupos de músculos por 5-10 segundos seguidos de 10-20 segundos de descanso a los mismos músculos puede reducir significativamente la tensión muscular como resultado del estrés. El ejercicio moderado también puede ser un gran reductor de estrés.
- **Esté consciente de su pensamiento.** Tendemos a poner una gran cantidad de estrés en nosotros mismos basado en nuestros pensamientos de perfeccionista, pesimista y negativos en general. Al tratar de ser más conscientes de nuestra forma de pensar y pasar a pensamientos más racionales, lógicos y positivos (y mantener las cosas en perspectiva), podemos reducir significativamente nuestra experiencia subjetiva de estrés. Esto puede ser más fácil decirlo que hacerlo y a veces, la asistencia profesional es útil.
- **¡Diviértase!** Tendemos a menospreciar el simplemente divertirnos y disfrutar el tiempo con los amigos y familiares. Imagínese si le diéramos tanta importancia a la recreación como al rendimiento. No sólo estaríamos más saludables, pero también lograríamos más.

Tómese el tiempo para evaluar su nivel de estrés así como el de sus seres queridos. Reducir el estrés tendrá un impacto positivo en las relaciones con sus familiares y su calidad de vida. Para obtener más información acerca de la reducción de estrés, participe en el programa de este mes de Caminos Exitosos para Criar a los Hijos, es GRATUITO:

Presentación televisada: Atienda el estrés ahora

Fecha: Lunes 6 de febrero, 7:00 – 8:00 p.m.

Lugar: Sala de conferencias de la Junta Directiva del Valle de Boulder (6500 Arapahoe, Boulder) o puede verlo en vivo por el canal 22

Envíe sus preguntas a: www.BoulderPsychologicalServices.com/channel-22

Para información adicional: www.BPSBoulder.com

Taller: Desarrollando a su adolescente

Fecha: Lunes 27 de febrero, 6:30 – 8:00 p.m.

Lugar: Biblioteca Meados (4800 Baseline Road, Boulder)

Facilitadores: Susan Denison LCSW, y Elizabeth Matthews, LPC

Para información adicional: www.BPSBoulder.com

PROXIMOS EVENTOS DE PEN

Todos somos especiales: El regalo: LD/ADHD reformulado

Ponente nacional/Autor: Jonathan Mooney

Martes 8 de marzo, 6:30-9:00 p.m.

Preparatoria Fairview (1515 Greenbriar Blvd., Boulder)

Infórmese sobre PEN en su página web: www.parentengagementnetwork.org o poniéndose en contacto con Paula Nelson, Presidenta de PEN (pjn6225@yahoo.com 303-880-6030) o con Betsy Fox, Entrenadora Líder de PEN (foxbetsy123@msn.com, 720-563-7007).

El Dr. Jan Hittelman, es un psicólogo licenciado, Director de Boulder Psychological Services y Fundador de Boulder Counseling Cooperative. Pueden enviar sus preguntas o comentarios sobre esta columna mensual por e-mail a: jan.hittelman@gmail.com, o por teléfono al: 720-217-3270.

BHS Adjusted Schedule for the Transitional Colorado Assessment Program

Monday, March 5, 2012

Traditional (7 periods) Schedule

Tuesday, March 6, 2012

| | | | |
|-----------------------|-------|---|-------|
| Continental Breakfast | 7:45 | - | 8:15 |
| TCAP exam | 8:30 | - | 12:35 |
| Lunch | 12:40 | - | 1:20 |
| Period 1 | 1:25 | - | 2:10 |
| Period 2 | 2:15 | - | 3:00 |

Wednesday, March 7, 2012

| | | | |
|-----------------------|-------|---|-------|
| Continental Breakfast | 7:45 | - | 8:15 |
| TCAP exam | 8:30 | - | 12:30 |
| Lunch | 12:35 | - | 1:20 |
| Period 3 | 1:25 | - | 2:10 |
| Period 4 | 2:15 | - | 3:00 |

Thursday, March 8, 2012 and Friday, March 9, 2012

Traditional (7 periods) Schedule

Makeup Exams given to students who missed any testing

Monday, March 12, 2012

Traditional (7 periods) Schedule

Tuesday, March 13, 2012

| | | | |
|-----------------------|-------|---|-------|
| Continental Breakfast | 7:45 | - | 8:15 |
| TCAP exam | 8:30 | - | 12:30 |
| Lunch | 12:35 | - | 1:20 |
| Period 5 | 1:25 | - | 2:10 |
| Period 6 | 2:15 | - | 3:00 |

Wednesday, March 14, 2012

| | | | |
|-----------------------|-------|---|-------|
| Continental Breakfast | 7:45 | - | 8:15 |
| TCAP exam | 8:30 | - | 12:30 |
| Lunch | 12:35 | - | 1:20 |
| Period 7 | 1:25 | - | 2:10 |
| Tutor Time | 2:15 | - | 3:00 |

Thursday, March 15, 2012 and Friday, March 16, 2012

Traditional (7 periods) Schedule

Makeup Exams given to students who missed any testing



Are Ya Feelin' Eagle Lucky?

Then Save the Date for the Eagle Sports Gala!

Benefiting Broomfield High School Athletics

Friday, March 16, 2012

6:00-11:00 p.m.

The Event Center at Church Ranch

Want early entry and time to bid on all those fantastic silent auction items? Then sponsor a table and get loads of benefits! Contact Athletic Director, John Long at john.long@bvsd.org