



Broomfield High School

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

Volume 51, Issue 8

April 2010

From the Principal's Desk:

Dear Broomfield Parents:

In the past few months, the staff has been involved in discussions regarding the 2010-2011 budget and the impacts that would be felt at Broomfield High School. I have gathered input from staff and various parent groups to make decisions for our school. The district asked that I prepare budgets for three different targets: 2.25% cut, 5.25% cut, and 8.25% cut. At this point in time, the district is indicating that we, at the schools, will be looking at the least cut (2.25%) for next year. As we move into the hiring season and preparations for next fall, I would like to share with you the current status for Broomfield High School.

Prior to the 2.25% cut, the following major changes were made:

Description	09-10 Information	10-11 Information
Projected Enrollment	1375	1408
Student/Teacher Ratio	25.4 to 1	26.4 to 1
Assistant Principal	2.314	2.0
Regular Teacher Allocation	54.13	53.33
Special Education Para FTE	10.875	6.504

You can see that due to our increased enrollment figures for next year and increased student/teacher ratios, both our teacher allocations and para allocations dropped slightly. Appeals have been made regarding teacher and assistant principal FTE and we have received additional support in both areas. I am currently working with staff to address both teacher and para changes. The impact on the classroom would have been much greater if our projected enrollment had not increased from this current year. My goal is to minimize the impact all these budget cuts will have on our students and staff in the classrooms.

Our entire budget (including salaries) for next year is \$5,736,253. The 2.25% cut amounts to \$132,037. The following cuts were submitted to reach the 2.25% goal (Target 1):

- 0.4 Teacher (2 sections)
- 0.5 Paraprofessional
- 6 Student Activity Contracts
(Extra Duty Contracts for staff)
- 6.5 Intramural Contracts
- 0.2 Media Tech
- 0.5 Clerical
- 0.4 Campus Monitor

(See Ramsey, Page 2)

“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
Fax: 720-561-5390
Counseling: 720-561-5384
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www.bvsvd.org/schools/broomfieldhigh

The Parent Council Newsletter is published monthly by B.H.S. Parent Council and B.H.S. 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.

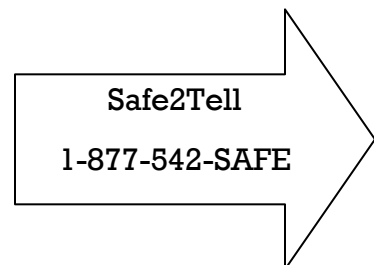


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Ramsey Cont.

\$4,000 cut in Library Budget
\$20,928 cut in SRA (School
Resource Allocation – our
operating budget – 12% cut)
\$3,543 cut from individual
department budgets (10% cut)

If you have specific questions
regarding these cuts or how
services will be delivered next
year, please contact me.

While we are already planning
for next year, I want to report on
some of the projects currently in
place this spring. Last spring, we
began our "Beautification Brick
Project" to support our newly
renovated areas. With the funds
from our brick project, tables,
benches and trash cans are being
purchased for our courtyard and
front entrance. Our first order of
bricks is currently in place in the

courtyard and with this beautiful
weather, I expect our second
order of bricks to be laid soon.
With graduation right around the
corner, a great way to honor your
senior could be with a
personalized brick in our
courtyard. The funds raised will
be used to continue to update our
building with additional plants
and ground cover in the
courtyard, new paint for the
existing structure, and other
projects to maintain our new
facility. An order form is
enclosed - if you would like a
certificate to give as a graduation
present, please let us know.

These next few weeks will fly by
and graduation and final exams
will be here quickly. If we can
help in any way, please do not
hesitate to let us know. Email me
at ginger.ramsey@bvsd.org or
call me at 720-561-5375.

Sincerely,

Ginger Ramsey
Principal

JAM OPEN HOUSE

Come see what BHS parents have
been doing all year to keep our
students safe after Prom.

**JAM Open House, Saturday, April
24 from 8:00-10:00 p.m.**

Enjoy the creativity and total
transformation of the school and
bring the Family!

SENIOR PARENTS!

This is your absolute last chance
to turn in your senior poster to
the office for inclusion in the
Senior Hall at JAM on Saturday,
April 24. Don't let your student be
the only one without a poster!

LIBRARY HAPPENINGS

Broomfield graduate and author
Phillip Jones came to our library
and classrooms on Friday, April
16 to talk to students about the
writing process and his novels
from the fantasy series Worlds of
the Crystal Moon.

April is National Poetry Month.
Take time to revisit one of your
favorite poems or perhaps write
one of your own.

Please check your student's
Infinite Campus record for library
fees and fines. If you have any
questions about these, please call
720-561-8219 to speak to the
library staff.

Eagle Flight Celebration

For the past seven years,
Broomfield High School has
hosted a celebration in which the
students, faculty, and staff have
the opportunity to say good-bye
to our graduating seniors. During
the course of the celebration,
members of the graduating class,
as well as faculty members, are
selected to speak. The faculty
members give a farewell address
to the graduating class, and the
selected senior speakers share a
parting message to the returning
classes. To conclude the event,
juniors, sophomores and
freshmen are advanced to their
new position as seniors, juniors
and sophomores. The event
concludes when the seniors pass
through the faculty to say
farewell.

This year's celebration will be
held on Wednesday, May 19 in
Eagle Gym. **Only students,
faculty and staff are invited to
attend as this is the only**

opportunity for those attached with the school to say good-bye to our graduates. This is our special way of saying farewell to those students who have been a very important part of our lives.

Senior Awards Night – Thursday, May 20, 2010!

Senior Awards Night will take place on May 20, 2010 at Broomfield High School at 7 p.m. This event honors our graduating seniors who have received special awards and scholarships. Please join us in honoring our deserving students. We are asking the honored seniors to sit on stage to be recognized. Students should wear attire appropriate to the occasion.

*Seniors: If you have received awards/scholarships, whether you will accept them or not, please bring copies to the Counseling Office. This information is also collected for district-wide data, so it is important that we receive accurate information.

BUSY SPRING FOR STUDENT COUNCIL

Student Council is having a very busy spring.

- We are in the middle of a fifth period "Pennies for Patients" drive. All of the money collected goes to the Leukemia and Lymphoma Society.
- We have the first "Battle of the Bands" scheduled for April 29 in the auditorium.
- Our annual Movie Night is scheduled for May 7.

- On Friday, April 30 we will be providing a catered lunch for our teachers.
- We also just completed elections for next year's Executive Board. The winners are Tyana Medema, Head Girl; Alex Evans, Head Boy; Hernan Blas Aquino, Secretary; Jessica Eatmon, Treasurer.

Mark your calendar to join us in some of our spring events.

ART DEPARTMENT HAS NEW WEBSITE!

The Broomfield High Art Department is proud to announce that we now have a website at www.broomfieldhighart.com.

The purpose of this web site is to visually celebrate the artistic achievements of Broomfield High Art Students. *"We, as an art department, have always wanted to be able to display more of our students artistic accomplishments, and now with the help of this website we hope to make this a reality."*

Thank you for your continued support of the Arts.

NATIONAL HONOR SOCIETY

National Honor Society members are busy this semester with tutoring, babysitting for parent meetings, and recycling. Community activities include set-up for the Bal Swan Ball, working as marshalls at the City Race on April 11, and sponsoring a blood drive at BHS. Upcoming events are the Bolder Boulder race on Memorial Day when we join with

BHS Blue Crew and the Key Club to work a water station, and we are putting a team together for Relay for Life in June. Our school and community truly benefits from the work of these dedicated students.

The following students were selected to be inducted into the Broomfield High School National Honor Society on Wednesday, April 21 at 6:30 p.m. in the BHS auditorium. Family and friends were invited to attend this important celebration.

Nicole Axalan
Hernan Blas Aquino
James Bradbury
Julie Brandenburg
Alexandra Briggs
Paige Crooks
Sarah Denton
Ross Donaldson
Brooke Ericson
Megan Fanning
Quynce Grenis
Joseph Han
Whitney Hull
Jenna Jarvis
Karin Jones
Wesley Jones
Emma Leenerman
Chris Maddock
Kelli Marquardt
Nick Martella
Scott Murrow
Katie Nehf
Kristian Niemi
Westin Obenauer
Elise Princehouse
Meagan Prins
Veronica Rael
Austin Reece
Eric Saperstein
Bailey Schnoor
Ryan Schwark
Kate Sumerfield
Kyle Sumerfield
Samantha Valliere
Kate Wallerius
Veronica Wegrzyn
Jessica Wright

UNDERCLASS AWARDS ASSEMBLY – Tuesday, May 25, 2010

An Awards Assembly for underclassmen will be held Tuesday, May 25, 2010 at 2:15 p.m. in the BHS Auditorium immediately following our seventh period final exam. We ask students who are receiving awards to please dress accordingly. Please join us to recognize our students.

YEARBOOK REMINDERS

Parents:

The 09-10 yearbook will be distributed to students starting May 13 during Tutor Time. Please make sure your student takes care of school fines prior to that date, so we can get the book into his or her anxious hands on that date. There could be a delay in receiving the book if students have unresolved fees/fines. Please check Infinite Campus for fines.

Students who have not ordered a yearbook will receive a postcard in the mail explaining one final opportunity to purchase a book. This can be done online at jostensyearbooks.com or in our library with a check for \$65.00 payable to Jostens. No orders will be taken after April 30. We will order only about 30 extra books this year, so please don't wait until May 13 to purchase.

THANK YOU!

Thank you to all parents who attended Parent Teacher Conferences in March. We appreciate the effort you made to communicate with us regarding your students. Please feel free to

email or call teachers whenever you have questions about your student's progress.

Thanks to Sarah Spencer, the Parent Council, and all the parent volunteers who provided dinner for us during conferences. As always, the food was delicious and very much appreciated.

We wish to thank Stacey Baker for her organizational skills and parents who contributed food donations for students before our CSAP and ACT testing days. Your efforts undoubtedly help our students to do their best.

In addition, our thanks go to Stacey Baker for organizing the receptions for our many student awards events this year. We appreciate the additional opportunity for parents and students to celebrate a job well done.

ORCHESTRA NOTES

Submitted by Megen Princehouse,
Orchestra Association President

The Broomfield High School Orchestra Program welcomed Edgar Meyer and Mike Marshall to the school for a lecture/demonstration and benefit concert on April 17. The Symphony Orchestra opened the show with George Gershwin's *Rhapsody in Blue* and an original overture commissioned from composer James Clemens. A silent auction was held during the concert. All proceeds will be used in support of the Orchestra Instrument and Activities Fund.

Mark your calendars for the All-City Festival, to be May 11 at 7 pm in Eagle Gym. Performing in

the festival will be the fifth grade and seventh grade orchestras from all Broomfield schools, along with the high school symphony and band. This is a very popular event, so come early if you want a seat.

The final concert of the year for the Orchestra Program will be Tuesday, May 18, at 7 pm. The evening will include an Awards Program for all orchestra students and featuring some special awards and letters. Seniors will be recognized at that time with a rose ceremony.

Come out on one or all of these dates to hear some great live music and to support your local student musicians.

SLB Students Were Rushed to the Hospital

The Student Leadership Broomfield students spent the morning of Friday, April 2, at Exempla Good Samaritan Hospital. The students met Stan, a trauma patient who fell down the steps at home when he stumbled while rushing to get things together to take his pregnant wife to the hospital for delivery. The baby is fine and Stan will recover nicely. Actually, Stan is iStan, a wireless human patient simulator used by the hospital for training and demos to illustrate how to process, diagnose and treat patients efficiently and effectively. The mannequin realistically moves, breathes, talks, lives, and dies. iStan talks so that the medical staff can diagnose his problems and stabilize him. The students also heard presentations about medical careers, ER and OR

procedures, imaging, respiratory, laboratory, pharmacy, rehab, children's unit, and prenatal.

Following lunch, SLB went to Trans Martial Arts for an afternoon of strenuous workout that helped them learn about confidence building, character, basic defensive techniques and leadership qualities to believe in yourself to overcome obstacles in life and achieve success.

If you have any questions about the Student Leadership Broomfield program, please contact James Greene in our Counseling Department.

ATTENTION SENIORS OF 2010!

Seniors – Once you have made your final decision as to what college you will be attending, please complete your information in the “Final Destination” notebook in the Counseling Office. The Counseling Office maintains documentation about senior's postsecondary destinations. We appreciate your help with this effort.

College/Scholarship

Applications: Please allow one week for processing applications once you have turned them in to the Counseling Office. Remember there is a \$2.00 fee for each transcript. On the scholarship applications, check the due date and turn in one week prior to this date.

Final Transcript Destination:

Your college will require a final transcript, which is not sent automatically. Please enter your information in the “Final

Destination” notebook in the Counseling Office.

Future Transcript Requests: If you are 18 years old, transcript requests are your responsibility. Please do not ask your parents to have a transcript sent for you, as they are no longer legally responsible for signing the records form. If you are away from home and need a transcript sent, please send us a letter detailing the destination, year of graduation and your signature. This will save time and eliminate frustration.

Don't Forget to Complete Your Senior Survey on Naviance!

Thank you and good luck with your future educational plans!

STUDENTS NOT RETURNING 2010 – 2011 SCHOOL YEAR

Parents, if you know that you will be moving over the summer, please send an email to our registrar (heather.trujillo@bvsd.org) to let her know where your student will be attending next year. Thank you!

SELECTING A COLLEGE WHERE TO START?

Selecting a college can feel like an overwhelming task. Here are a few ideas to get you started.

- Read your mail. You are probably receiving a lot of mail from schools by now. Read as much of it as you can, but remember that this information is to sell you on their school. Try to remain objective.

- Search colleges using Naviance. Students have registered and have accounts. Access the site at connections.naviance.com/broomfieldhs
 - Talk to friends and family about their college experiences.
 - Write down what you want and need from a school. Do you want a large, public university or a small, private school? Do you want to play a particular sport or participate in a specific activity? Would you be more comfortable in an urban or suburban setting? How much tuition can you afford?
 - **Visit campuses.** This is extremely important to get the “feel” of a school and there is no substitute for being there. When you visit, make sure the admissions office knows that you were on campus. Schedule an appointment if possible. Takes notes as you visit. Go to a class and talk to current students. View other campus buildings, such as the residence hall rooms, cafeteria, computer labs, the library, etc.
-
-

Information for the Senior Class of 2011!

As your junior year comes to a close, it is important that you begin to plan for your senior year and the college application process. To assist with this process, here are some guidelines to help you along.

Checklist for College Aps

There is a “blue form” in the Counseling Office for transcripts. Please have the form signed by a parent and returned to the Counseling Office. The cost is \$4.00 for the initial transcript which covers the first and final transcript that is sent. All additional transcripts are \$2.00.

1. The college application form should be filled out completely and neatly.
2. Be sure that you have signed your application.
3. Proof your essay for spelling and grammar errors.
4. Please attach your college application fee check to your application if applicable. (Most on-line applications accept credit cards.)
5. If you are applying online, some colleges will have you print out a page to be brought to the Counseling Department to be completed. Additionally, please fill out a white half sheet form and print the name and address of the school to which you have applied if the school is out of state.
6. Please bring in a stamped, addressed business sized envelope to send your transcript and/or application. Many application packets include a prepaid envelope.
7. Allow 5 – 7 business days for your application to be processed.

JUNIORS, BEGIN YOUR COLLEGE VISITATIONS NOW

When you have your college choice down to a precious few schools, how do you make that final decision? According to FastWeb, you need to consider many factors some obvious and others not so obvious. Visit as many campuses as you can this summer!! Keep the following in mind during your visit:

Obvious

- College cost. What is the difference between financial aid packages?

- How much does housing cost?
- What is my actual cost? What about lab fees, fees to add/drop a course, transportation home, computer/internet fees, parking, security deposit, etc.
- What is the average increase in tuition and other costs?
- Does your college offer the program you want?
- What is the quality of academic resources, such as the library, equipment, computer labs, etc?
- What kinds of career planning services are available?
- What student organizations are on campus?
- What meal options are available?

Not So Obvious

- How easy is it to switch majors?
- What percentage of students graduates in four years?
- What is the retention rate?
- Do you need a car?

WRITING YOUR PERSONAL ESSAY FOR COLLEGE

Summer is the perfect time to write your personal essay. Here are some pointers to get started:

Do

- Tell your story. Your essay is the only place on your application that can tell what

makes you different from everyone else. Reveal what cannot be deciphered from your transcript or extra-curricular activities.

- Be simple, sincere and straightforward. An essay that works on an emotional level is generally more engaging. If you are curious, creative, resourceful or humorous, let that shine through in your writing.
- Try writing about something other than success. How you manage a challenge or disappointment often gives information about the type of person you are. If you need to address discrepancies on your transcript, this is the place to do it.
- If a question is asked, answer the question. If the application doesn't give a specific topic, ask yourself "what does this college need to know about me?"
- Plan ahead. This is not the time to rush.
- Let others edit and re-edit your work.

Don't

- Do not repeat information that is already on the application. If you have great grades, do not talk about what a good student you are. Admission counselors complain that this is the most common error that students make. Do not give a "grocery list" of accomplishments.
- Try not to sound like a thesaurus unless that is the way you typically speak. Try to avoid clichés.

- Avoid anything overly controversial. This is particularly true if you do not know the climate of the school.

**Freshman Parent
Orientation
for
Parents of Incoming Ninth
Graders
in 2010-2011**

BHS Parents, if you know any incoming ninth grade parents, would you please pass this information on to them? We'll send a postcard invitation and ask the middle schools to share the information, but we would also appreciate your help. Thanks!

The BHS Administrators and BHS Parent Council would like to invite parents of next year's incoming ninth graders to

**A Night of "Fact and Fiction"
(Freshman Parent Orientation)**

on Monday, May 10, 2010

at 7 p.m.

in the BHS Auditorium.

- What is BVSD 360/Blue Crew?
- What do freshmen do the first day?
- What is the BHS attendance policy?
- Is there a dress code at BHS?
- What is a "block day"?
- What is open campus?
- How does Mary register for sports?
- How does John change a class?

Come find out everything you always wanted to ask, but didn't know who to contact.

**IMMUNIZATIONS
UPDATE**

Tdap vaccine is required for all 10th, 11th, and 12th grade students. In January letters were sent out to those who are non-compliant on any immunizations. If you received a letter indicating your student was non-compliant on immunizations please refer to the information on immunization clinics below or get in touch with your physician. If you have any questions about your son or daughter's immunizations, feel free to call the Health Room at 720-561-8247.

IMMUNIZATION CLINICS:

The following is a schedule of immunization clinics offered through the Boulder County and Broomfield County Public Health Departments. Please call for an appointment.

Boulder Public Health Dept.
3481 North Broadway
303-413-7500
Wednesdays, 1 – 6:45 p.m.

Longmont Public Health Dept.
529 Coffman Street (second floor)
303-678-6171
Mondays, 1 – 6 p.m.

Broomfield Public Health Dept.
6 Garden Center
720-887-2200 (by appt. only)
Tuesdays, 9 a.m. – 4 p.m.
Thursdays, 8:30 a.m. – 4 p.m.

Warmer weather brings bees and insects. Be sure to talk to your students about eating outside and covering their drinks. Let's prevent as many bites as possible.

**SUMMER CLASSES
AVAILABLE – SAT PREP
AND DRIVER'S ED**

Is your teen taking the SAT this fall? BVSD Lifelong Learning is offering SAT Prep classes this summer.

We also have Driver's Ed classes available all summer long. Please see details below.

SAT Prep Class

Mon-Thu Jun 21-24
4 Sessions 12:30-3:00pm
Boulder High School
\$185

**SAT Prep: Small Group
Intensive**

(only 2 spaces left)
Mon-Thu Jun 14 - 17
4 Sessions 1:00-4:00pm
Community Montessori, Boulder
\$365

Driver's Ed

Classes will meet at Boulder Driving Academy in Boulder. Classes cost \$195 and scheduled from 8:30am-4:30pm.

June 1 – 4	July 12 - 15
June 7 – 10	July 19 - 22
June 12 – 20	July 31-Aug.8
June 14 – 17	Aug. 2 - 5
June 28 – July 1	Aug. 9 - 12
July 6 – 9	

Also offering classes at Monarch
June 21 – 24
July 26 – 29

Register and view all class dates at www.bvdsd.org/LLL or call Lifelong Learning at 720-561-3768.

FINAL EXAMS AND END OF YEAR CHECK-OUT

Reminder: Upon completion of final exams, seniors **will** continue to attend classes and are given an opportunity to study for their upcoming exams. **Seniors are expected to attend classes through Thursday, May 20, 2010.**

Notes from the Administration: Parents, if you have concerns about the number of finals your senior will have on Monday or Tuesday, please contact Mrs. Ramsey at ginger.ramsey@bvsd.org. Thank you.

The end of the school year is a very busy time for all of us here at Broomfield High School as we're sure it is for all families. As you begin making plans for the summer, please make note of the following:

- **No final exams will be given prior to their assigned dates.** Any students missing an exam will be required to make up their exam(s) upon their return to town.
- Students have the responsibility of attending check-out. For seniors to get their cap and gown they will need to have all signatures in place. Ninth thru eleventh grade students will check out on Thursday, May 27 at 11 a.m. **No early check-out is available for students in these grades.**

If you have any questions concerning these or any other year-end events, please call the school at 720-561-8100 for additional information.

Final Exam Schedule and Important Dates For Seniors Second Semester 2010

Test Dates

Friday, May 14

Departments to be tested:

Language Arts
World Languages
P.E. / Health

Monday, May 17

Science
Social Studies
Industrial Tech
Fine Arts

Tuesday, May 18

Math
Business
Computer Science
Consumer and Family Studies

Wednesday, May 19
(No block schedule)

Eagle Flight
No exams

Thursday, May 20
(No block schedule)

2:00 p.m. Make-up exams
Senior check-out
7:00 p.m. Senior Awards Night

Friday, May 21

10:00 a.m.	Graduation rehearsal	Auditorium
11:30 p.m.	Cap and gown distribution	Student store lobby
12:00 p.m.	Senior picnic	Northmoor Park

Saturday, May 22

8:00 p.m. Graduation Elizabeth Kennedy Stadium

Reminder: Upon completion of final exams, seniors **will** continue to attend classes and are given an opportunity to study for their upcoming exams. **Seniors are expected to attend classes through Thursday, May 20, 2010.**

Broomfield High School
Final Exam Schedule Grades 9 - 11
Second Semester 2010
(Note: School begins at 7:45 a.m., May 24 thru May 27, 2010)

Monday, May 24, 2010

7:45	-	9:00	Tutor Time
9:05	-	11:05	Period 1 Final
11:05	-	11:55	Common lunch
12:00	-	2:00	Period 6 Final

Tuesday, May 25, 2010

7:45	-	9:00	Tutor Time
9:05	-	11:05	Period 2 Final
11:05	-	11:55	Common lunch
12:00	-	2:00	Period 7 Final
		2:15	Underclass Awards Assembly

Wednesday, May 26, 2010

7:45	-	9:00	Tutor Time
9:05	-	11:05	Period 3 Final
11:05	-	11:55	Common lunch
12:00	-	2:00	Period 5 Final

Thursday, May 27, 2010

7:45	-	9:00	Tutor Time
9:05	-	11:05	Period 4 Final
11:10			Underclass check-out
12:30			Make up exams, (Last day for students)

Friday, May 28, 2010 – Teacher workday and check-out– (No school for students)

Tuesday, June 1, 2010 – Grades due to Heather Trujillo by 3:00 p.m.

Tuesday, June 8, 2010 – Second semester report cards mailed home (Tentative)

SUPER KIDS - - - Spring, 2010

The Super Kids program was established to recognize students who quietly impact the school with their positive force. The students are nominated by faculty and staff at Broomfield High School to receive these awards. It is important to all of us to acknowledge special effort and achievement. We salute these students for their cooperation, desire and hard work. It is with great pride we say these students are the strength of this school. Congratulations to the following students who were honored at a Super Kids Recognition Night on April 12, 2010:

Laura Aderman
Katherine Adler
Kellie Aldridge
Nathan Aragon
Amanda Ardito
Lyndsey Babcock
Stephanie Babcock
Ashley Baldwin
Tia Barnes
Kelly Baum
Elizabeth Belton
Anthony Bradford
Julie Brandenburg
Jenna Brennan
Alexandra Briggs
Morgan Browning
Megan Brunson
Leeland Butkovich
Abby Carlson
Jill Carlson
Luke Carpenter
Jovanna Catano
Anthony Caviness
Rose Chipman
Joshua Clarke
Kathleen Cook
Hannah Deardorff
Jessica Diamond
Nicholas
DiMichele
Jon Donaldson
Krystal Doran
Taylor Dorans
Nicholas Duclos

Cody Ehrlich
Sarah Fabrizio
Kylie Fernandez
Katherine Ferris
Luis Figueroa
Zoe Fisher
Alisha Flanagan
Brooke Forland
Lucio Fraire
Dante Frascona
Gloria Fuhrman
Zane Garcia
Misael Garcia
Rodriguez
Dylan Gardner
Alec Gentry
Rebekah George
Jesse Goldwire
Gabrielle
Gonzales
Travis Guilliams
Courtland Hacker
Nicholas Halliday
Jeremy Hansen
Elizabeth Hardy
Vincent Hauser
Conner Holtgreive
Matthew Horner
Tiffany Huff
Samantha Hunter
Dylan Janvrin
Jenna Jarvis
Erik Kaiser
Bradley Kane

Melissa Kite
Amber Kline
Katelin Knudsen
Austin Krahl
Kimberly Kreeger
Zachary Lane
Katalena Laufusa-
Duncan
Robert Lehmann
Xia (Cindy) Lin
Julie Lowrance
Michael Lund
Emily MacCabe
Emma Madura
William McShane
Michael Mesdag
Dylan Metz
Kelly Michie
Kathryn Middel
Katzenmeyer
Paige Mino
Lisa Mitchell
Blake Monheiser
Myranda
Monheiser
Jared Muir
Mitch Myhra
Eduardo Neidig
Alexandria Nelson
Zachary Nero
Noemi Olivas
Colton Orban
Merima Ortas
Maren Philip

Meagan Prins
Alexis Robinson
Kelsey Rogers
Kyle Rogers
Rebecca
Rosenblum
Jeremiah Runtsch
Bailey Schnoor
Shawn Sibley
Jake Sigmond
Rinki Singh
Jordan Sisson
Farid Srouji
Therese Srouji
Austin Stoner
Katharine
Sumerfield
Ashley Susuras
Christian Tapia
Jeffrey Tapia
Que Le (Rita) Tat
Sarah Thomas
Kayley Thompson
Lauren Toone
Caitlin Updyke
Kyle Vineyard
Jeremiah Vogt
Katerina Vuletich
Louis Ward
Veronica Wegrzyn
Scott Weiss
Adam Wolinski
Mai Yang

Parent Engagement Network presents:
Thriving During the Teenage Years
A Time of Reflection
By Dr. Jan Hittelman

As we raise our school-age children, the “seasons” of the school calendar affect us more profoundly than the January to December calendar. The beginning of the year is the fall, with the winter holidays and New Year providing us with a chance to regroup for the remainder of the school year. Then we move into the final stretch with all the pressures to get it done, culminating in the spring. And at last the summer to catch our breath and prepare for the cycle to repeat again. Perhaps because we’re simply so exhausted, many of us underutilize the opportunity of summer.

As another school year comes to a close, we have the opportunity to reflect on our children’s academic, social and emotional growth. During this less-stressful time, we can celebrate all that went right and have supportive and caring conversations about what we need to work on next year and how we might go about it. Having these challenging discussions over the summer can be so much more effective than in the heat of the moment. Now we have the time to more fully consider alternative strategies and encourage our children to be active participants rather than simply lecturing to them. The more they are thinking about, participating in, and contributing to the conversation, the more responsibility they will take in following through; especially if we do a good job in first acknowledging what went well and not taking our children’s accomplishments (e.g. passing all of their classes, etc.) for granted.

In addition to processing the academic and behavioral ups and downs of the year, the summer is a time when we can also attend to emotional and relationship issues with our children. As parents it is so easy to focus on the battles (e.g. getting homework done, going to bed on time, etc.) and lose the war (strengthening our relationships). During this time of potential “truce” we can try and heal some of our wounds and focus on strengthening our emotional bonds and sense of family. Like the Pat Benetar song ‘Love is a Battlefield’, family life can feel like a battlefield as well.

A good place to start is to simply express your feelings of love and caring for your children without adding any “buts”. Let them know that while there may have been some challenging times, your relationship is all-important and you’re there to support them moving forward. The summer is a special time. Use it as a springboard into a stronger relationship with your children and a chance to be proactive in preparing for a successful new school year.

UPCOMING PEN EVENTS:

8th ANNUAL PEN CELEBRATION LUNCHEON
Sparking Youth and the Community to Thrive
Presenter: Corey Benard Jones

Monday, May 3rd
11 am-1pm

Spice of Life Event Center
5706 Arapahoe, Boulder

Learn more about PEN by visiting their website: www.parentengagementnetwork.org or by contacting Paula Nelson, PEN chair ([pnj6225@yahoo.com](mailto:pjn6225@yahoo.com) 303-880-6030) or Eugenia Brady, PEN Co-Chair (eugenia.brady@bvsd.org 720-561-5150).

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 la Adolescencia
Un Tiempo de Reflexión
Por el Dr. Jan Hittelman

Mientras criamos a nuestros niños, las “estaciones” del calendario escolar nos afectan más profundamente a nosotros que el calendario de enero a diciembre. El principio del año es el otoño y las fiestas de invierno y de Año Nuevo nos ofrecen una oportunidad para prepararnos para el resto del año escolar. Después pasamos a la recta final, con todas las presiones que ésta conlleva para terminar lo empezado, culminando en la primavera. Y por último llega el verano para poder recuperar la respiración y prepararnos para que el ciclo se vuelva a repetir. Quizás sea que estamos tan fatigados que muchos de nosotros no nos aprovechamos lo suficiente de la oportunidad del verano.

Según se va acercando otro nuevo año escolar, tenemos la oportunidad de reflexionar sobre el crecimiento académico, social y emocional de nuestros niños. En este momento de menos estrés, podemos celebrar todo aquello que salió bien y tener conversaciones que apoyen y respalden lo que necesitamos hacer el próximo año y cómo deberemos hacerlo. Tener estas difíciles discusiones durante el verano puede ser mucho más efectivo que tenerlas en la pasión del momento. Ahora disponemos de tiempo para considerar de lleno las estrategias alternas y animar a nuestros niños a que sean participantes activos en vez de simplemente sermonearles. Cuanto más piensen, participen y contribuyan en la conversación más responsabilidad asumirán para seguir adelante; sobre todo si hacemos buen trabajo de reconocer primero lo que salió bien y no dar por hechos los logros de nuestros niños (ejemplo, aprobar todas sus clases, etc.).

Además de procesar los altibajos académicos y de conducta del año, el verano es un momento para atender los temas emocionales y las relaciones con nuestros hijos. Los padres parecen encontrar más fácil centrarse en las batallas (ejem., hacer las tareas, irse a la cama, etc.) y perder la guerra (fortalecer nuestras relaciones). Durante este tiempo de “tregua” potencial, podemos intentar sanar algunas de nuestras heridas y centrarnos en fortalecer nuestros lazos emocionales y nuestro sentido de familia. Como la canción de Pat Benatar ‘Love is a Battlefield’ (*El Amor es un Campo de Batalla*), la vida de familia puede parecernos a veces un campo de batalla.

Un buen lugar donde empezar es expresar simplemente sus sentimientos de amor e interés por sus hijos sin añadir “peros”. Háganles saber que aunque haya habido tiempos difíciles, su relación es lo más importante y que están ahí para apoyarles en su camino. El verano es un tiempo especial. Úsenlo como plataforma para fortalecer su relación con sus hijos y como oportunidad para ser proactivos para prepararse para un nuevo año escolar lleno de éxitos.

PROXIMOS EVENTOS:

8ª COMIDA ANUAL DE CELEBRACIÓN DE PEN
Despertando el Éxito de la Juventud y de la Comunidad
Presentador: Corey Benard Jones

Lunes, 3 de mayo
11 am-1pm

Spice of Life Event Center
5706 Arapahoe, Boulder

Infórmese sobre PEN en su página web: www.parentengagementnetwork.org o poniéndose en contacto con Paula Nelson, Presidente de PEN (pn6225@yahoo.com 303-880-6030) o con Eugenia Brady, Copresidente de PEN (eugenia.brady@bvsd.org 720-561-5150).

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.