

House of "PRIDE"

Louisville Middle School

1341 Main Street
Louisville, CO 80027

February 2012

P
Positive

R
Respect

I
Integrity

D
Determination

E
Empathy

INSIDE THIS ISSUE:

Principal and Assistant Principal Message	1
Counselor Corner	2
Conferences	2
Yearbook & Library News	3
TaG & Band News	4
Athletics	5-7
Honor Roll	8-9
Youth Corps & Box Tops	10-
PEN	12-13
LMS Visitor Procedure	14
King Sooper Info	14-15

Adam Fels, Principal

Ginny Vidulich, Assistant
Principal/Athletic Director

David Auday, Counselor

Jen Jaworowski Counselor

Main Office - 720-561-7400

Fax—720-561-7401

Student Services -
720-561-7408

Dear LMS Parents:

Thank you for a great first semester and the beginning of 2012. As we continue our second half, we'd like to keep you informed about our ongoing school improvement process. This year the entire Boulder Valley School completed goals in line with the State of Colorado Unified Improvement Plan. The full test of our progress toward Federal No Child Left Behind (called AYP—Annual Yearly Progress) can be found at www.schoolview.org/performance.asp. Click on the Boulder Valley link and all of the menu of Boulder Valley School District school will come up.

This year one of our primary academic focus areas is reading, and for that we have implemented many strategies as well as taken advantage as new supplemental curriculum such as PRE-AP Springboard in 7th grade Language Arts, and *Approaching Literature* text in Advanced 8th grade Language Arts. Thanks to our Parent Greeters (helping us with all the paper work) we are also doing three “ Aims web” reading checks and six grade-leveled “Jamestown” Critical Reading Assessments for all 600 students, as a way to review growth during the year. These and other LMS strategies can be found online at the LMS website.

In February we'll publish our mid-year progress report on our key improvement strategies. Included in this newsletter are the names of LMS students achieving a 3.75 GPA for the fall semester. Congratulations to them! We also will be reviewing the GPA requirement for honor roll this spring and will include parents in that discussion at a School Accountability Committee Meeting. We will publish that date in the bulletin and through school messenger.

This Semester has already picked up steam, and we are proud that our kids have done so well as the rigor has intensified. We are looking forward to a strong finish and hope to see you at our many spring events.

Best Regards,

Adam Fels
Principal

Ginny Vidulich
Assistant Principal

COUNSELOR CORNER

LMS has officially received the TCAP Testing for the spring of 2012. TCAP will be held on Tuesday, March 6, Wednesday, March 7, and Thursday, March 8 from 11:55 a.m. until 2:25 p.m. and again on Tuesday, March 13, Wednesday, March 14th and Thursday, March 15 from 11:55 a.m. until 2:25 p.m. Please refrain from scheduling appointments during this time. Students who miss these TCAP testing times will need to make up the test at a later date.

Additionally, our normal class schedule will be different for these 6 days. Testing class schedules will be made available in an e-mail at a later date. Check the bulletin and the student services website for updates. Additionally, please visit our website which has all of the activities, assemblies, and other pertinent information. You can access the website directly off the LMS website <https://sites.google.com/site/studentpirates/>

David Auday
david.auday@bvsd.org

and Jennifer Jaworowski
jennifer.jarowski@bvsd.org

CONFERENCES ARE COMING.....

Mark your calendars for spring conferences:

A-H Thursday , Feb. 23 4:30 - 7:30 pm
I-P Tuesday, Feb. 28 4:30 - 7:30 pm
O-Z Thursday, March 1 4:30 - 7:30 pm

*Students are to attend conferences with their student planner in hand and their parents, of course!

ADDRESS UPDATES

If your address has changed and you have **NOT** notified the Student Services, please do so ASAP at 720-561-7408 or email lynn.manders@bvsd.org. To update your records, we will need proof of address such as a current Xcel Energy bill, current rental agreement or closing papers to complete the update.

**ATTENDANCE PHONE
NUMBER
720-561-7402**



YEARBOOK

Looking for
Photos

Yearbook Staff Always on the Lookout for Parent Submissions

Did you get a great shot of your child at the orchestra concert? Maybe you took an awesome photo at one of the basketball games or the choir concert? Yearbook is always looking for photos of Louisville Pirates. We are not able to get to every event and rely on photos from parents to get the complete picture of life as a Pirate.

Please send any photos you would like to contribute to john.hall@bvsd.org.

If you have a disc or flash drive full, you can send them with your child, and I will download them immediately and return it. The Yearbook Staff is also looking for photos of LMS Pirates in interesting places doing interesting things. We are looking to showcase student life outside the school environment. If your student has travelled to an exotic destination or does a unique activity or sport outside of school, we'd like to feature it in the yearbook. In past years we've had photos of ice skaters, gymnasts, climbers, horse jumpers, camel riders, cavers, dancers, and motorcycle daredevils. We would love to add a photo of your child to that list.

Mr. John Hall
john.hall@bvsd.org



Library Media Center News

- **Noodle Tools**, an online note-taking program, has come to LMS. Eighth grade students in the ALA block have begun using this program. Other classes and grade levels will be introduced to it soon. Have your student see Ms. Fitzgerald if he/she is interested!
- **Library Media Center Hours:** Open during school with extended hours on Monday afternoons and Friday mornings. Other extensions, as needed, for those heavy homework days. Check out all the good resources on the Louisville Middle School Library Page: http://teachers.bvsd.org/diane_fitzgerald/library/index.html
- **National History Day Links:** The National History Day link off of the Library Web Page will be useful to 8th grade students participating in NHD. Please feel free to stop by the LMC for help or to ask questions. http://teachers.bvsd.org/diane_fitzgerald/library/nhd2.htm
- **Homework help:** Louisville Middle Media Center is pleased to host "The Crow's Nest", operated by YMCA Teens. Come in after school on Tuesday, Wednesday, & Thursday, until 4:30 pm for homework help. [http://www.calendarwiz.com/calendars/calendar.php?crd=librarycal&cid\[\]=12075&&PHPSESSID=252f0d37c8cf02b0d85ec37548b81766&js_enabled=1&winH=666](http://www.calendarwiz.com/calendars/calendar.php?crd=librarycal&cid[]=12075&&PHPSESSID=252f0d37c8cf02b0d85ec37548b81766&js_enabled=1&winH=666)
- **Lunch Passes:** Students who want to read or do homework may come in during lunch. Some days may not be available, depending on classes scheduled in the media center. Stop by the library *before* lunch and ask for passes.
- **Book Club:** We have read and talked about many books first semester. Students may join anytime. We meet twice-a-month on Tuesday mornings. Check the student activities calendar for the correct dates
- **If you have questions:** Call or email Diane Fitzgerald. (720) 561-7426 or diane.fitzgerald@bvsd.org

T.a.G. and Enrichment News

Lego League wrapped up its season in November with the culmination of events at Monarch High School. We had students present their project on food contamination, participate in activities demonstrating how they can work as a team, and showcase their Lego Mindstorm programming skills by sending their own Robot through a variety of tasks. It was a fun and exciting experience and one that we hope to repeat again next year!



Brain Bowl is ramping up for their competition in January at Monarch High School. Our teams of 6th, 7th, and 8th graders are working to strengthen their teams as they work together to complete questions regarding history, geography, literature, math and sports related questions.

Janet Wilson

janet.wilson@bvsd.org

The TaG Cafe is a great success. We meet every Monday morning where TaG Learners can come and visit with each other, brainstorm ways to solve problems, and socialize. In the Spring Semester we will be bringing in some guests to facilitate the development of social/emotional skills during the Cafe. Be sure to encourage your TaG learner to stop in.

Steven Shaw
steven.shaw@bvsd.org

BAND NOTES

All of the LMS Bands did a *fantastic* job at their winter concert! It always amazes me what talented and hard-working kids we have here. Congratulations to our soloists; Ken Umezono, John Uchida, Ben Feaver, Emily Nicol, Jack Wilkinson, Tyler Perlmutter, Harris Dietz, Bryan McCarty, Jonas Asner, and Jillian Shively all had excellent performances!

Upcoming concerts to look forward to:

- Swing Dance – February 10th at Louisville Middle School
- Buy your tickets now for this event that features the Monarch K-8, Eldorado K-8, Angevine, and the Louisville Middle School Jazz Band. There will be swing dance lessons, snacks, and of course some great music!
- Monarch High School 7th and 8th Grade Festival – February 1st
- Louisville Area 6th Grade Festival: Around the World – February 29th

Keep up the great work, LMS bands!

Mrs. Moricarty

LMS Athletics

BOY'S BASKETBALL



All of the 8th Grade Boy's basketball teams experienced a very successful seasons and will wrap up play before the Winter Break. The combined record of the four teams so far is was an impressive 27-1.

While a win-loss record is fun to keep track of and may be considered one measure of the program's success, there are other important individual skills and team goals that all coaches have been strived to instill and develop in all of our young student athletes.

These include:

- Using the sport of basketball to compliment the school's P.R.I.D.E.
- Using the sport of basketball to increase student's confidence and sense of self worth.
- Using the sport of basketball to develop a strong sense of commitment, responsibility and work ethic.
- Using the sport of basketball to encourage an understanding and appreciation for health and fitness issues.

Have some fun while learning to compete in interscholastic setting.

These are lifelong skills that we feel are very valuable to our student-athletes. Coaches also hope that their players learned a little bit about the game itself and acquired/honed the skills necessary to compete at whatever level of basketball they may chose to pursue in the future.

Please join us in recognizing the efforts and achievements of these student-athletes listed below. They have all worked hard this season to become better individuals and teammates and have consistently represented themselves, their families, and our school in a very positive and respectful manner.

Coach Auday's Team

Zach Berohn
Zach Davis
Jayden Durling
Carlo Kemp
Jack Lacy
Matthew Moran
Ahern Nelson
Evan Rice
Ryann Rice
Mac Rowan
Griffin Tobey
Aspen Bentley – Manager

Coach McKaig's Team

Jesse Epstein
Henry Harris
Ben Lavoie
Christian Martinez
Brian McCarty
Keegan McNamara
Jackson Spear
Hendrix Taylor
Aidan Vernon
Garrett Weaver

Clare Mackin - Manager

Coaches Mr. Mac and AMAC's Team

Harrison Abel
Cooper Affleck
Matthew Behrens
Tim Celano
Ben Hogan
Zach Langer
Jose Lopez
Sam Lopez
Andy Nelson
Devin Rafferty
Jordan Scheufele
Tierney Christiansen – Manager

Coaches Slade and Hill's Team

Alajandro Alvarez
Patrick Beasley
Sam Cast
en Fase
Michael Fruge
Andrew Kihn
Diego Ruiz
Austin Sehnert
Jackson Wittle
Paul Zidek

Jordan McClure - Manager

Girls Basketball



The Girls basketball team, coached by both Mr. McSwain's finished up a very successful season earlier in the Fall semester. Both coaches are extremely proud of the commitment, effort, and P.R.I.D.E. consistently exhibited by the following 8th grade ladies:

Miranda Beatley	Randi Dieter	Lauren Paswaters	Maddie Robbins
Erika Shapiro	Emily Trujillo	Isabel Waterbury	Faye Williams
	Tierney Christiansen - Manager		

Coach Auday was proud to be coaching the 8th grade girls basketball team. His team finished with a good record of five wins and three losses. With two games to go, we were three wins and three losses. Due to effort, determination, and skill the ladies took care of business and had two wonderful wins to finish the season. The team closed out the season with a huge win against Southern Hills. We came from an eight point deficit in the third quarter and won by three points. The Southern Hills Gym was packed, a great atmosphere for basketball but went home disappointed as the Pirates pulled through. All in all, the ladies worked hard, got better, and had a terrific year. Kudos to the following members of the team:

Aspen Bentley	Olivia Burgener	Ashley Chavez	Simone Fohrman	Brooke Jensen
Maggie Moline	Alaura Penz	Alexis Pollicita	Kate O'Neill	Jordin Simmons
	Alex Treat			

Coach Mischke's Louisville Pirates Girl's basketball team started off slow losing the first three games of the season, but quickly showed huge improvements and finished the season strong at 5-3. Along the way the girls defeated, Manhattan, Centennial, Broomfield Heights, Angevine, and Summit Middle Schools. The girls made drastic improvements and proved to be great teammates to each other. The girls' team included,

Claire Chadwick	Cate Daniels	Veva Francisco,	Anna Gstalder	Chloe Guslin
Danai Hirsh	Emily Hoffman	Kiana Junior	Clare Mackin	Emiko Patterson
Sierra Szeto.				

This team was so much fun to coach, and I wish them well in their basketball future.

Coach Dixon's 8th grade Lady Pirates Basketball team had an outstanding season this year. We won a big game against a tough Centennial team with a buzzer winning shot! All of the games the girls played hard and played with PRIDE. Coach Dixon was extremely proud of the improvement and commitment from her players throughout the season. Great Job to the following members of the team:

Ellie Cameron	Charlotte Crist	Ashley Doolittle	Brittany Gallichio Foushi
Sinead Heaney	Mason Noteboom	Abby Pelsmaeker	Emmy Strongwater
Mia Volpone	Mariah Wagner	Kendall Webster	
	James Deinst-Manager		

UTILIMATE FRISBEE

Ultimate Fans – We had another fun-filled season with Ultimate Frisbee this year. Close to 60 participants competed every day for a chance to show off their skill of the game. All players learned the essential throws and strategies along with all the rules of the game. This was the biggest group of young athletes to date and we can't wait until next year when we hopefully grow to even bigger numbers. The coaching staff would like to thank all players and those of you who didn't make it this year – we'll see you next year!! For those of you who made it out this year, we have to give big CHEERS to Mtn. Dew and we will see you next year as well.



Coach Crowder and Allen

Flag Football

Flag football was an exciting albeit short season. Practices were spent learning plays and developing team skills. Our LMS athletes really worked as a team and represented LMS with Pirates' pride at the two sites for the culminating event (Broomfield Heights Middle School and Angevine.) We won some games and lost others, but, all in all, LMS athletes seemed to have had a great experience!

Coach Hannum, Slade and Hussen

Greetings from the LMS Health Room

It is that time of year again when I run the "Immunization Compliance" report for our students.

There are many 6th grade students and a few 7th and 8th graders who show that they are **non-compliant** for their **Tdap** (Tetanus, Diptheria and Acellular Pertussis) immunization. This shot is due for most students **before** entering the 6th grade. Generally speaking, 5 doses of the DTAP (Diptheria-Tetanus-Pertussis combined) should have been administered by age 7. The 6th dose, **Tdap**, considered a Booster vaccine, needs to be administered upon entering the 6th grade, at about age 11 or 12.

If your student is showing non-compliant for Tdap or any other immunizations, I will be contacting you by letter asking you to bring your child compliant by getting the required immunization.

If you know your student has had an immunization, please get me a copy of the immunization from your provider and I will update their status.

Thanks you for your time regarding this very important BVSD requirement.

Debbie Chabon
LMS Health Room
720-561-7420
FAX: 720-561-7401

Louisville Middle School 1st Semester Honor Roll For the 2010-2011 School Year

6th grade 3.75-4.0 TERM 1 GPA

Mikayla A Aiken
Avery K Allen
Skylar P Anderson
Izabel V Antle
Lauren A Bertelson
Leah O Bivrell
Noah P Bladen
Elizabeth G Bolles
Karen M Buri
Adam P Chehadi
Emily E Chinowsky
Benjamin R Coatney
John E Coatney
Ingrid M Cooper
William J Crist
Spencer T Daake
Margaret S Daley
Andrew J Dasko
Jordan E Davis
Conor J Devery
Hannah R Dillon
Cyrus S Evans
Olivia L Fase
Natalie M Fitzpatrick
Henry S Fontaine
Avery A Golder
Hannah S Gorman
Kevin T Gorman
Paige M Grosser
Benjamin S Gygi
Elsie E Hattendorf
Carolyn E Hayes
Abigail E Hein
Elizabeth C Hogan
Remi S Hoops
Mack R Hummel
Emma J Hunt
Valerie R Jonas
Zackary T Jorquera
Samantha K Kalis

Tyler R Kemp
Carmen E Lighthiser
Benjamin Littell
Montana S Lower
Gabriella R Lukac
Gaia R Malin
Lily G Martinelli
Lauren A Mehrhoff
Michael F Moran
Kalen E Muus
Nikaela E Nelson
Alexis L Nissen
Hayley L Obremski
John Paul J Phillips
Brittany A Pickard
Owen N Pritchard
Michael C Robinson
Christian E Roch
Cole C Rowan
Max E Ryterski
Sean G Scanlon
Paul G Scheufele
Alden Schmitz
Corey A Schroeder
Courtney K Schumann
Lauren R Sheeks
Jillian A Shively
Kyra E Slovacek
William J Spong
Corinne Sweeney
Jessica P Teichman
Connor D Thomas
Hope L Ubel
Jonathan M Uchida
Emma C Ulbrich
Emma E Vernon
Matthew P Villany
John M Vincent
Adam P Voss
Mitchell P Waters
Tyler C Waters
Taryn D Weltzin
Hope E Widner

Alena V Wohl
Conrad J Zeman

7th grade 3.75-4.0 TERM 1 GPA

Nikolas J Alexenko
Maxine M Appel
Connor C Barber
Zachary J Bastres
Caroline P Bearce
Alexandra C Burgess
Viola A Burlew
Chloe G Carlstrom
Sophia G Chen
Reed J Coker
Colin G Crawford
Meghan R Davinroy
Bryan C Dumpert
Eva E Dunlap
Alexis L Engel
Jessica C Filben
Natalie H Finamore
Kyle G Gambino
Connor M Gigone
Rachel E Gooding-Lord
Ajit Govindarajan
James B Guthrie
Carmen A Harris
David J Harris
Audrey R Hesker
Kenyon R Hesker
Daniel J Hibl
Gregory E Hibl
Elyssa F Hofgard
Sarah K Holland
Alexandra B James
Alisha T Khanna
Kelsey L Koonce
Eleanor J Leh
Gustav R Light
Zach A Litoff
Nico J Magri
Mhairi J McAulay

Helena M McCormick
Sydney M McDonald
Kate T Nakasato
Joshua M Negrey
Jack G Nelson
Anna S Nickerson
Emily P Nicol
Joseph D Peoria
Anna Y Prior
Ali S Rami
Chance J Raynes
Madison A Risi
Allison M Roberts
Jennifer E Scroggs
Emma L Seidler
Sarah P Stockebrand
Nichele E Trujillo
Claire A Victor
Amber L Weissman
Margaret E Welch

**8th Grade 3.75-4.0 TERM 1
GPA**

Mina C Anderberg
Matthew P Bertelson
Alexander J Biffl
Maggie C Boyer
Ellie E Cameron
Timothy L Celano
Emma K Cooper
Charlotte E Crist
Catherine S Daniels
Kelsey R Dawson
Sara S Durham
Jesse C Epstein
Benjamin C Fase
Simone M Fohrman
Michael O Fruge
Emmalee A Harper
Henry T Harris
Addison L Hobbs
Jack M Hobbs
Emily A Hoffmann
Benjamin M Hogan
McCall J Hoops
Kiana J Junior
Josefina D Kender
Zachary B Langer
Katherine R Lippert
Brooks M Macdonald
Carys A McAulay
Bryan L McCarty
Margaret R Moline
Anna M Myra
Andrew R Nelson
Ryan A Nickles
Mason R Noteboom
Medha Patel
Raphael O Preston
Maclain S Rowan
Amy W Sahud
Austin D Sehnert
Erin I Smith
Emmy L Strongwater
Nicole S Szeto
Emily R Trujillo

Jamie E Turcotte
Kentaro Umezono
Anne-Marie Vincent
Cassidy M Waldrip
Leah H Waltrip
Isabel R Waterbury
Faye V Williams

Boulder County Youth Corps

Teens can apply for summer jobs with Boulder County Youth Corps

Boulder County residents ages 14-17 can now apply for summer jobs with the Youth Corps. Girls especially are encouraged to apply. Applications are available online and at counseling offices in schools. **The deadline to submit an application is Friday, March 30.**

The Youth Corps offers one of the best first job opportunities available in Boulder County. Up to 160 teenagers will be hired to work 30 hours a week, Monday through Thursday, from June 18 to August 8 on a variety of community service projects. Projects will include such activities as thinning forests, building trails, constructing fences and doing historic preservation and landscaping.

Corps members will earn a starting hourly wage of \$7.64, with the possibility of earning a \$100 bonus at the end of the program based on merit and strong attendance. Teens who have worked for the Corps in past years can earn up to \$8.14 an hour.

"Youth Corps was an awesome opportunity for me to learn new things about our environment and myself," one of last summer's Corps members said of the experience.

For more information or to download an application, visit www.BoulderCounty.org/YouthCorps.

PARA LOS BOLETINES ESCOLARES DE ESCUELAS INTERMEDIAS Y PREPARATORIAS DE FEBRERO Y/O MARZO DEL 2012: NOTEN QUE LOS PUESTOS ABREN EL 30 DE ENERO DE 2012

CONTACTO: Judy Wolfe, Directora del Programa de Youth Corps, 303-678-6104

Los adolescentes pueden solicitar trabajo de verano en Boulder County Youth Corps

Los residentes del Condado de Boulder entre 14-17 años pueden solicitar ahora trabajo en Youth Corps. En especial se anima a las niñas a que se presenten. Las solicitudes de trabajo están ahora disponibles en línea y en las oficinas de los consejeros de las escuelas. **El plazo para presentar las solicitudes es el viernes, 30 de marzo.**

Youth Corps ofrece una de las mejores oportunidades de trabajo disponibles en el Condado de Boulder. Hasta un total de 160 jóvenes serán contratados para trabajar 30 horas semanales, de lunes a jueves, desde el 18 de junio hasta el 8 de agosto, en una variedad de proyectos de servicio comunitario. Los proyectos incluirán actividades como deforestar los bosques, crear veredas, construir vallas y hacer restauración histórica y trabajo de jardinería.

Los miembros de los equipos empezarán ganando un sueldo de \$7.64 por hora con la posibilidad de ganarse una bonificación de \$100 al final del programa basada en mérito y buena asistencia. Los jóvenes que han trabajado con Youth Corps en años pasados pueden ganar hasta \$8.14 por hora.

"Ha sido un gran verano. Me lo pasé muy bien e hice muy buenos amigos. Espero regresar el año que viene", dijo uno de los miembros sobre su experiencia el año pasado.

Para más información o para descargar la solicitud de trabajo, visiten www.BoulderCounty.org/YouthCorps.

BOX TOPS FOR EDUCATION

All Parents: We are always collecting Box Tops for Education in P.E. class.

This easy fundraiser generates money for equipment used in Physical Education classes. The Physical Education department relies on this fundraiser for continuous equipment needs.



6th Grade Parents: Your child has a competition in gym class every month regarding which class can bring in the most Box Tops, so please send those in with them so they can earn a party. Congratulations to 2nd Period PE for winning December's Box Top competition..

Drop-off Locations: Main Office container next to the check-in window, Coach Allen's – Coach Dixon's – Coach Hill's mailbox. Remember to hand to your child on their way out the door.

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

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

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!

To learn effective communication strategies and gain a better understanding of your teenager's developing mind, participate in the next Pathways to Parenting Success workshop:

What: The Teenage Brain

When: Monday, January 23, 6:30-8:00pm

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

Facilitators: Dr. Elizabeth Olson

Cost: FREE

More info: www.BPSBoulder.com

UPCOMING PEN EVENT:

HOPE

Providing hope & inspiration in the area of suicide prevention and depression

Presenters: HOPE Coalition & Colie's Closet

Thursday, January 26, 6:30-8:30pm

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



**YOU ARE INVITED
TO
RESPARKING LMS PIRATE PEN
MEETING
ON
MONDAY, FEBRUARY 13**

Please join Adam Fels, Betsy Fox and Ralph Lippert at the **Resparking Pirate PEN** Event on **February, 13th from 8:30-9:30am** in the LMS library. Coffee and Danishes will be provided.

Do you wish to come together and be a part of the programs PiratePEN can offer at LMS to enrich our families, children, and our school? LMS is an energetic place. The sky's the limit with the direction and types of programs we could present at our school with your involvement.

Without additional parent involvement, it will not be possible to present any programs via PEN next year. We will be without a leadership team, as all parents will have graduated to other schools. Can you work with Adam Fels and other parents to keep this organization moving forward?

PEN is not about traditional meetings. Rather it's about coming together and getting to know each other, understanding our school community and family desires. We can then find programs and people to help us achieve our aims.

Hope to see you there.



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 ([pnj6225@303-880-6030](mailto:pjn6225@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.

LMS VISITORS AND VOLUNTEERS NEWS

Louisville Middle School wishes to provide a safe, secure environment for all our students. During the school day, all visitors and volunteers MUST sign in at the office and wear a badge while on school property, NO EXCEPTIONS. Please ONLY enter school through the main entrance and sign in with either the morning greeters or at the attendance window. Once you return your badge to the office and sign out, we ask that you leave schools property in a timely manner. Thank you for doing your part to keep our students safe by always wearing a badge while on school property.

King Soopers Reloadable Gift Card Program at LMS

This year LMS has started a new year round fund raising program through King Soopers. The program is easy, a great way to raise money for LMS, and all you have to do is shop or purchase fuel at King Soopers.

The program works like this:

- STEP ONE:** LMS purchases \$5 gift cards from King Soopers and sells them to parents and faculty members for face value.
- STEP TWO:** Parents and faculty members then **RELOAD** (add value to) their cards in any amount up to \$500, **BEFORE** grocery scanning begins (in a separate transaction) when they shop at King Soopers. After the clerk has finished scanning your groceries, pay with your newly loaded card. You do not need to reload your card every time you shop – only when the card’s balance is running low.
- STEP THREE:** LMS receives a 5% rebate from King Soopers on every dollar you load onto your card.

This program has raised **\$4,993.33** for LMS’s General Fund, supporting academics, sports, extracurricular programs and general purchases for our school. Over the last four months this program has averaged \$1250.00 in revenue for LMS since September 2011.

While this program supports LMS each month, it also makes life easier for you because:

- Cards are easily purchased at the front office and can be sent home with your children.
- Cards are easily reloaded at any King Soopers cashier or fuel station kiosk.
- Cards can also be used at Loaf and Jug and Shell fuel stations.
- Cards can be used to purchase over 100 gift cards available through King Soopers.
- Every time you reload your card, you are fundraising for your school with no additional effort.

So if you haven’t already purchased your King Soopers Card, it’s never too late. We sell cards year round and always have someone you can contact (even during the summer) with questions or concerns. We look forward to adding new Reloaders every day, so come join us and support our LMS Pirates every time you shop or fuel up at King Soopers!

Michele Crawford
Grocery Program Volunteer



December 30, 2011

Louisville Middle School
1341 Main St.
Louisville, CO 80027-1599

Dear caring friend,

Thank you so much for your generous gift of \$1,500.00 on 12/20/2011 to Wounded Warrior Project. I cannot thank you enough for your support of the truly deserving thousands of men and women who have been wounded in our current military conflicts.

Our work begins at the bedside of our severely injured servicemen and women as they undergo treatment and rehabilitation. It is hard to anticipate or imagine what challenges these returning brave men and women will have to face in 2012.

Only with your continuous support is WWP able to reach the thousands of wounded servicemen and women and provide comfort items, counseling, and rehabilitation to aid in the transition from a hospital bed to an independent and productive life.

WWP is dedicated to assisting this new generation of severely injured heroes. These men and women who have served with honor deserve our support. Again, I cannot thank you enough for your support.

Sincerely,

Steven Nardizzi
Executive Director
Wounded Warrior Project™

For more information on Wounded Warrior Project's programs, please visit woundedwarriorproject.org.

The full amount of your gift is tax-deductible under the Internal Revenue Code since the Wounded Warrior Project, a nonprofit organization under Section 501(c)(3), provided no goods or services of value to you in consideration of your contribution. We recommend you retain this letter as a receipt for your gift.

4899 BELFORD ROAD ★ SUITE 300 ★ JACKSONVILLE, FLORIDA 32256
woundedwarriorproject.org ★ (904) 296-7350



Sponsored by
the Boulder Branch
of the American
Association of University
Women and Seagate Technology

17th Annual Conference for girls in the 6th, 7th, and
8th grades

Learn about careers involving engineering, math, science
and technology through a day of hands-on workshops.

Find out what it 's like to be a veterinarian, a crime scene
investigator or even an astronaut.

At the University of Colorado, Boulder Engineering
Center

Saturday, February 25, 2012

10 am to 2:30 pm

Cost: \$15 including lunch*

Adult program on strategies for supporting girls '
academic success and paying for college

Adult program cost: \$20 including lunch

Registration is open:

<http://www.expandingyourhorizons.org/conferences/Boulder>

*Scholarships are available



LOUISVILLE FIRE PROTECTION DISTRICT

895 W. Via Appia

December 14, 2011

Louisville, CO 80027

303.666.65951 f: 303.666.7659

louisvillefire.com

"Our Family Serving Your Family"

Louisville Middle School
1341 Main Street
Louisville, Colorado 80027

Dear Louisville Middle School,

On behalf of the Louisville Fire Department officers, firefighters and staff, thank you for your generous donation of \$2,338.00 to the 9/11 Memorial. Your contribution was not only the largest one we received, but the most meaningful one as well. Our firefighters were moved by your dedication and personal commitment to bring this memorial to a reality.

We would also like to thank and commend Principal Adam Fels for his support and leadership. His vision of making this fundraising activity a learning opportunity that would benefit the students and the community was truly inspiring.

That said, I am pleased to report that with your help, we met our goal! Construction of the memorial should begin within the next 30 days and hopefully be completed by March. Thanks again everyone, and particularly the 8th grade students, for your support of the fire department. We appreciate it!

Best regards,

Tim Parker
Chief of Department

cc: Bruce Messinger, BVSD Superintendent
Adam Fels, LMS Principal
LFPD Board of Directors
LFPD Firefighters

;

3rd Annual LMS Souper Supper

Thank you to everyone who contributed to making the 3rd Annual LMS Souper Supper a huge success. We were able to raise \$5500 for the SEGA Girls School in Tanzania! Since SEGA just completed another phase of construction, including a new dormitory and new classrooms, our Souper Supper fundraiser dollars were used to furnish classrooms with desks and dorm rooms with beautiful beds!

The following was sent to LMS by Polly Dolan, the Founder of The SEGA Girls School:

"Thank you to all of the Souper Supper donors. It is amazing having their continued support and just look at the fruits of all of your efforts---see photos."

