

What's New?

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NEW VISTA HIGH SCHOOL

700 20th Street

Boulder, Colorado 80302

720-561-8700

<http://schools.bvsd.org/nvhs>

It is the cold and flu season, we are in need of boxes of tissues. Thank you!

Kirk's Comments

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Hello New Vista Families! I hope you all had wonderful winter breaks filled with quality family time. School is in full swing again and we are well into 3rd quarter. This has been a busy and important year for us already. As many of you know we have restarted our bond construction. Our kitchen is being remodeled and brought up to code, an elevator is being installed in our south-east entrance, and our auxiliary gym is being remodeled as well! Our school should not be impacted very much from this construction, it's all taking place away from classrooms, although there will be some extraneous noise on some days.

When the dust settles, hopefully in April, we'll have a functioning kitchen and lunch program, an ADA accessible campus, and a new multipurpose fitness area in the gym! Our bond afforded us the ability to remodel the gym, but we will need to fund raise the monies to purchase equipment; more on that later.

In addition to our bond work, second semester brings a few other changes to New Vista. First we're very pleased to welcome Hunter Chen back from his exchange program in Australia. Hunter is a valued member of the faculty, math team and Advisory. I know I speak for the whole New Vista community when I say, "Welcome back Hunter!"

Another addition to New Vista is our new Finish It program. We've implemented a supported, structured, tutoring and work time from 3:15 – 4:15 in our study center. We have two sections, one is Monday/Thursday, the other Tuesday/Friday. Each day

students will have the time, technology, and support they need to achieve success at New Vista. Students are selected for the class based on their quarter and mid-term grades. Students can also enroll if they're interested. Students receive .25 path credit for the class.

In other news, open enrollment is coming to a close. Our enrollment numbers are so important to our funding, especially in tight budget years like this one. Parents and students are New Vista's best ambassadors. If you know students who might be interested in our school, please encourage them to meet with me and take a tour of our facility. At present we have space available in ninth, tenth, and eleventh grades. Any increase to our enrollment will help mitigate budget cuts that ultimately impact your children's education.

As always, please feel free to email me at kirk.quitter@bvsd.org or call me directly at 720.561.8700 with any questions, concerns or feedback.

School Improvement Team (SIT)

Our school improvement team meets each quarter. We discuss school improvement at a variety of levels. At our last meeting we worked on implementing the recommendations from our site team review. We've discussed smoking policies, drug policies and attendance issues, and our school mission as well. Parent and student input and participation is essential to these meetings. Please get involved, we want your input!

Speaking of attendance, please make sure your student is at school, on time, everyday. School attendance is the number one predictor of success in high school. New Vista is an experiential, project based environment that relies heavily on student participation. When students miss school they miss opportunities to build on their prior knowledge, use our resources, interact with peers, and receive direct instruction. While the work may be able to be made up, the quality of learning still suffers.

Students who choose to skip, or ditch, school will receive detention hours to make up the class time that they missed. It is very important that students serve these hours. If students do not serve their detentions, they will have in school suspension.

Since New Vista, and BVSD, have standards based grading, students earn credit for the standards that they have mastered. Students who miss units or projects may miss the opportunity to demonstrate mastery of the standards, and therefore will not earn credit for them. Please review these policies with your students, so there won't be any surprises for them in the future.



A NOTE FROM THE ATTENDANCE OFFICE!

Please call your student in whenever he/she is absent for any reason.

Our Attendance/message phone number is **720-561-8702** 24 hours a day.

Leave your student's first and last name, date/time of and reason for absence, and your name.

Automated attendance calls for your student go home via a phone message and/or email message.

These messages are sent after 4:00 pm same day as the absence.

To avoid calls home, please call to excuse your student's absence on the same day the absence occurs.

Pre-arranged absences must be requested in advance using a "Extended Absence Request Form" and signed by a parent, all teachers and either Ivette or Kirk to excuse the absence. These forms are available on our website.

On the third day of an absence we are willing to ask teachers for homework, (shorter absences can be made up upon return). Please request homework by 8 a.m. when you call in to excuse your student. The office will let the teachers know and homework will be sent by email to the parent's email address, or ready for pick-up by 3:30 p.m. that same day, if requested. The easiest way for teachers is to email homework home.

Excused Absences are marked as absent, meaning even if you excused your student he/she still missed class and this may affect the grade or credit for one or all classes. Unexcused absences almost always lead to detention or ISS (see below). This will be reflected in Infinite Campus.



Dear Parents,

As part of our school goal to increase student achievement, we are working to improve attendance. Please know that we are concerned about any student's absences from school.

Our renewed attendance policy states that four or more unexcused absences lead to detention, and that unserved detention leads to **ISS (in-school suspension)**. While we need to apply consequences consistently, please know we count on you to address the primary issue, which is the importance of prompt and regular class attendance in your child's education. I am sure you recognize that frequent absences from classroom learning experiences disrupt the continuity of the educational process.

Since experience has shown that the benefit of regular classroom instruction is lost during an absence and cannot be entirely regained, we need your support to maintain our high expectations around attendance.

Thank you,
Ivette Visbal
Assistant Principal

Counselor's Corner



Hi Parents!

I hope your winter break was wonderful. It is hard to believe we are half way through the school year! Each month you should receive my "Counselor's Corner" newsletter via email, which is filled with opportunities and events available to your students in and around our community. We also post this information on the NVHS website. In hope of saving paper, from now on, I will only post the most important and time-sensitive information in this newsletter. If you have questions, please feel free to contact me.

Take Care,
Diane Mastromarino Jensen
NVHS Counselor

UP-COMING EVENTS

Join us for a special parent meeting at New Vista to hear: **What teens say about their experiences with drugs and alcohol.**

Thursday, January 19, 2012, 6 p.m.- 8 p.m. New Vista High School Study Center

Child care and sodas with light snacks will be provided

RSVP to chet.chavez@bvsd.org or by calling 720-561-8745

The Boulder Valley High School Counselors present... The Admission Game: An Interactive Presentation of the College Admission Process, featuring Peter Van Buskirk, Author of *The Admission Game*, Motivational Speaker and Former Dean of Admission
Feb. 6, 2012 at 6:30 at Broomfield HS, www.TheAdmissionGame.com

GAP YEAR FAIR

Thursday, February 16 6-8:30pm at Peak to Peak 800 Merlin Lafayette 80026

Saturday, February 18 1-4pm at the Denver Academy 4400 E. Iliff Avenue Denver 80222

For more information visit: <http://www.usagapyearfairs.org/index.html>

NAVIANCE

Many of you have heard about the Naviance, Family Connection website. Juniors and Seniors have been introduced to this incredible post-secondary planning and self-exploration tool. By the end of the school year, all students will be using this program. Parents of Juniors and Seniors, you will receive an email shortly so that you, too, can access this incredible resource. Parents of Freshman and Sophomores, you will receive this same email later this Spring, once your students have been introduced to the program. Naviance is a tool we will use more in the years to come in order to help students explore their interests and options, in hopes of contributing to a more thoughtful and meaningful path.

<http://connection.naviance.com/newvista>

Stay updated about our school, visit our website: <http://schools.bvsd.org/nvhs>

SUMMER OPPORUNITIES

Though it seems early to think about what you will doing over the summer, there are tons of programs ranging from international service work to pre-college coursework to art camps, and many have deadlines that will be coming up in the next few months. Check out the summer opportunities notebook in the counseling office, as well as Naviance.

COLLEGE ENTRANCE EXAMS

ACT: All Juniors will take the state-mandated ACT on April 24th. There is no registration needed for this test.

Study tips and other helpful information can be found at www.actstudent.org.

SAT: Register online: www.collegeboard.com.

PSAT: Students who took the PSAT received their scores prior to winter break. Please take advantage of the resources that are available to you: <http://www.collegeboard.com/html/demo/>

Prep**KAPLAN ACT/SAT PRACTICE TEST at NEW VISTA FOR ALL STUDENTS**

Saturday, February 11 9-11am

The practice test is proctored like an actual test, except your score won't go on record! Pick up a registration form in the counseling office. **Cost \$20.00. Scholarships are available. Please see Diane.** Parents and students are invited to pick up test results and attend a Test Strategies Seminar on Wednesday, February 29 from 6:30-7:30pm.

KAPLAN ACT TEST PREPARATION CLASSES AT NEW VISTA

Cost \$599. If enough students sign up, scholarships will be available. Dates: Thursdays and some Saturdays in March and April. See Counselor's Corner for more information. SIGN UP WITH DIANE.

JUST FOR PARENTS OF SENIORS

I know that helping your students plan for life after high school can be challenging. Please know that I am here to help, and also ask that you empower your students to take ownership of this process, to self-advocate, and ask questions directly. Cultivating these skills now will lead to greater success in the future.

Applications: Application deadlines are now! Remind your student that Transcript and Letters of Rec. request forms can be found in the counseling office. See Julie Ikler for transcripts. Cost is \$2 per transcript. Allow 15 working days for processing. REMEMBER TO ASK FOR LETTERS IN PERSON AND SAY THANK YOU! Allow at least 15 working days.

Financial Aid: It is time for your family to start filing your taxes so that you can apply for federal financial aid. Go to <http://www.fafsa.ed.gov/> to get started. Go only to this website as there are many other websites that look like the FAFSA website but charge a fee. Pay attention to the FAFSA deadline and other financial aid deadlines at the schools you are applying to. Some are as early as February! This can be an overwhelming process. [Www.studentaid.ed.gov](http://www.studentaid.ed.gov) has a lot of helpful information.

Need help filling out the FAFSA? Attend “College Goal Sunday,” on Feb 12th at Front Range in Westminster and at the Tivoli at CU Denver. Go to <http://www.collegegoalcolorado.org/>

Scholarships: If your student is planning on attending college, **now** is the time to apply for scholarships. Your student should visit the counseling office, access Naviance, and check in Counselor’s Corner for updated scholarship information and websites. Check in with Diane and Julie for help.

Colorado Opportunity Fund: PLANNING TO ATTEND A COLLEGE/UNIVERSITY IN COLORADO? Make sure you sign up for the Colorado Opportunity Fund! For more information on this process please visit www.collegeincolorado.org

Transition Year: (www.transitionyear.org) Whether you need help picking a school that is the best fit, are looking for tips on managing stress once on campus, or want guidance in making a smooth transition for a student dealing with an issue like depression, this site has the tools and information you need. The Transition Year is an online resource center to help parents and students focus on emotional health before, during and after the college transition. Check it out!

Parents Place

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, 2012.**

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.

Corpsmembers 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 Corpsmembers said of the experience. For more information or to download an application, visit www.BoulderCounty.org/YouthCorps.

Community Connections: A Student Resource Guide

BVSD's Community Connections: A Student Resource Guide may be found at www.bvsd.org/guide. The guide is filled with youth-oriented activities and services offered by individuals and organizations in the community. Categories include tutoring, athletics, health & support services, camps & classes, and the arts. Paper copies can be found at schools or you may request a copy in English or Spanish from Marla Riley at 720-561-5250, marla.riley@bvsd.org

New Vista Parents & Parent Support

Our Parent Advisory Committee (PAC) meets every third Thursday of the month at New Vista High School.

PAC website: <https://sites.google.com/site/newvistahighschoolpac/>

New Vista Parents Place website: <http://schools.bvsd.org/p12/nvhs/calendar/parentplace/Pages/Parents%20Place.aspx>

Please contact Susan M. Dimson for more information: createloveheal@gmail.com

Thriving During the Teenage Years

IF YOU THINK YOUR TEEN DOESN'T GIVE A HOOT...MAYBE HE CAN'T

By Dr. Michael Bradley

One of the frequent worries I hear from parents about their teens concerns what appears to be a frightening lack of empathy:

"Before she became a teenager Susan used to be the sweetest girl you could imagine. And now that her father has lost his job, she seems to care only about herself. She gets upset about the money worries but she seems to only be concerned with how this will affect only her. I tried to get her to see how distraught her dad is, and how he needs our love and support, but she just stares at me with these cold, blank eyes like she's some kind of sociopath or something. I can see she's listening, but I can't see any compassion for Bob [her father] or for her little brother. None at all! What happened to my sweet little girl?"

What happened was adolescence. New brain imaging studies confirm what many veteran parents have seen (and worried about) since forever, namely that teen brains are not neurologically capable of having adult levels of empathy. It's not that they like to be selfish; it's more because they lack the "caring wiring."

In a remarkable study from the University College London Institute of Cognitive Neuroscience, adolescent and adult brain imaging (via functional MRI's) were compared to see if there were any differences when their respective brains were confronted with empathy situations. When considering what they would do in some action decision scenario, the kids mostly went to a brain region called the superior temporal sulcus, the place where we all go to predict *only our own* future actions. The adults, however, fired up their medial prefrontal cortex, a vastly more sophisticated brain center. That gray matter (often referred to as the "seat of civilization" by neuroscientists) can do that uniquely human trick of worrying about how our future actions might affect other people.

Stay updated about our school, visit our website: <http://schools.bvsd.org/nvhs>

Young adolescent prefrontal cortexes are just beginning their most significant development to start to build higher-level *adult* capabilities such as empathy and compassionate decision-making (along with about a hundred other critical adult tools).

The best way to teach empathy is not to yell or punish for its lacking but to quietly model it with patience, tolerance, and love: *“Susan, I know Dad’s job loss is scary for you, and it’s only natural that you would think mostly about how this affects you. But please take a minute and try to also think about how Dad feels. He loves you so much and he’s so scared that this will hurt you and your little brother, who by the way, looks to you to see how he should handle his own fears. If you can try to show a little empathy for them, you might be surprised to see how caring about others is a weird and wonderful way of caring about ourselves.”*

Take care, and have an empathic day. Mike Bradley

Learn more about PEN by visiting their website at: www.parentengagementnetwork.org or by contacting Betsy Fox, New Vista Parent and PEN Senior Advisor, Lead Coach, at 720-563-7007, foxbetsy123@msn.com

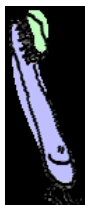
Calendar Information



January 4	-	3 rd Quarter Begins
January 11	-	2 nd Trimester Continues for Period 1
January 16	-	2 nd Quarter Grades Mailed Home
February 15	-	Parent Portal Open with 2 nd Quarter Grades
February 17	-	Martin Luther King Day (No Classes)
February 20	-	3 rd Quarter Progress Grades Mailed Home
February 21	-	Parent Portal Open: 3 rd Qtr Progress Grades
February 23	-	Regular Friday Morning
February 27	7:35am	Long Advisory (mandatory attendance)
March 6-7	8-12	President’s Day (No Classes)
March 6	1-3	Teacher Work Day (No Classes)
March 7	1-3	2 nd Trimester Ends for 1 st Period
March 9	-	3 rd Trimester Begins for 1 st Period
March 12, Monday	9:00am	CSAP Testing for 9 th and 10 th Graders
March 13 -14	8-12	shortened AM and PM blocks
March 13	PM only	Seminar
March 14	12:30	Last Day for 3 rd Qtr, regular Friday schedule
March 15		3 rd Quarter Exhibition Day
March 16	7:35 am	Mandatory attendance
March 26-April 3	-	No classes, Teacher Work Day
April 4		CSAP Testing for 9 th & 10 th Graders
		No classes, Teacher Work Day
		Workshops begin for 4 th Qtr
		4 th Quarter Begins
		3 rd Trimester Continues for Period 1
		4 th Quarter 1 st period begins
		Spring Break (No Classes)
		Regular Wednesday classes

Stay updated about our school, visit our website: <http://schools.bvsvd.org/nvhs>

This and That



Free Dental Care for Uninsured Kids!

Friday, February 3, 2012

Appointments are limited. Call today!

Give Kids a Smile Day

Dental Aid will provide free dental services to uninsured children under age 20. **Appointments are required!**

Boulder County Healthy Kids will also be on hand to help families complete their applications to receive free or low cost Medicaid or Child Health Plan Plus (CHP+) health insurance.



To schedule a dental appointment call Dental Aid

Boulder Longmont Louisville

303-499-7072 303-682-2619 303-665-8228

To see if your child qualifies for free or low-cost health insurance call Boulder County Healthy Kids 303-441-1589.



Student Bus Pass Sold at School

RTD bus passes are sold for \$39.50 each month September through May. Please make your check to **BVSD**. These passes are available the last school day of month and the first school day of the month, in the front office, during breaks only.



When Your Student is Sick

Please help your student to understand that when he or she becomes ill at school, he or she should report to the office/health room, and we will call a parent. A student should never call a parent and leave without going through this process.



Extended Absences from School

New Vista's block schedule and quarter system mean that extended absences, as for family trips, have a heavier impact for your student than they would in a traditional high school. Each day or week missed is the equivalent of two, and the highly participatory nature of our classes often means that class time simply cannot be replaced by a homework assignment and time missed will not be fine.

Stay updated about our school, visit our website: <http://schools.bvsd.org/nvhs>

If your student has an extended absence during a quarter, please consult with us ahead of time (filling out the required "Extended Absence Form" found on our website). If the trip cannot be planned to coincide with school vacations, the most advisable course of action may be to take the entire quarter off. With careful advance planning, credit may be obtained during such an absence by designing learning experiences for credit through Learning Unit Contracts (LUC's).

Special Education: Full Inclusion Model

At New Vista, students with disabilities are educated in the regular education classroom 100% of the time, always with their peers without disabilities. That means that our special education teachers are also teaching classes that include students with and without disabilities. Among the classes taught by our special education staff are: Writer's Workshop: Foundations, Making it at New Vista (a supported study hall), Gardening, Moving Ahead in Math, and Experiential Writing.

Support Groups

New Vista High School has a long history of providing its students with social and emotional support through voluntary support groups. These groups meet during the day and rotate through the schedule in order not to impact any one class. The groups are run by trained professionals including our counselor, Intervention Specialist, social worker, school psychologist. Students' participation is voluntary and confidential. If you do not want your student to participate in such a group, please contact Kirk.

Messages for your students

Unfortunately, we do not have the staff to permit us to deliver messages from you to your students. What we can do is write the message down on the message board outside the office. Students can find out what you're up to by checking the board each time they walk by. (And believe us; they walk by several times a day.)

Phone Access for Students

New Vista's phones are available for student use only on school business or to call home. The phone available for student use is located in the sitting area of the front office.



Exhibition Day is the morning of the last day of each quarter. This is an important educational and community event, and we ask that you do not excuse your student from this activity, even though classes are not held in the afternoon. Attendance at Exhibition Day is a mandatory advisory activity.

Selective Service

By law, virtually all young men must register at age 18. The consequence for not registering could be severe. Registration is required to qualify for Federal student financial aid, job training benefits and most Federal employment and can be done at New Vista. See Julie Ikler, Registrar

Student Clubs and Activities

New Vista's history is filled with a variety of student clubs and activities that are based on student interest. While we host several activities that are initiated by an adult, the majority of activities we have are student initiated clubs. Students can create their own club based on interests and passions that they have. If you have an idea, talk to Ivette about it and pick up an application form. We do adhere to district guidelines for student-initiated clubs but there's a lot of latitude for what you'd like to do. Please go to our website to see the latest list:

<http://schools.bvsd.org/p12/nvhs/programs/Pages/StudentClubs.aspx>

Making a Difference

Thank you to all who donated coats to the "Share-a-Program". Save you coats for next year's drive, we came in 4th this year. All coats donated went to the Boulder Valley Rotary Club, who distributed to the coats to the community.

Please Purchase Grocery Gift Cards!!!

Profits from the sale of grocery coupons support many programs in the school. We sell coupons for all major grocery stores in Boulder (King Soopers, Safeway, and SunFlower). You buy the coupons and have the same purchasing power you would without them. The profit comes from the store selling the coupons to us for less than their face value.

To buy gift cards: print grocery order from our website or contact Ann at 720-561-8704.

Target has a similar program if you use their charge card; just inform the check-out person what school you would like to receive a portion of your purchases. Office Depot gives 5% back to schools. Just give them the name of our school. They do the rest.

It is the cold and flu season, we are in need of boxes of tissues. Thank you!