

# Summit News



Volume 33, Issue 2

January 20, 2012

## Summit Calendar

### January

January 23	Late Start, class begins at 9:00 am (Collaboration Time)
January 25	Board meeting, 6:00 pm, Library

### February

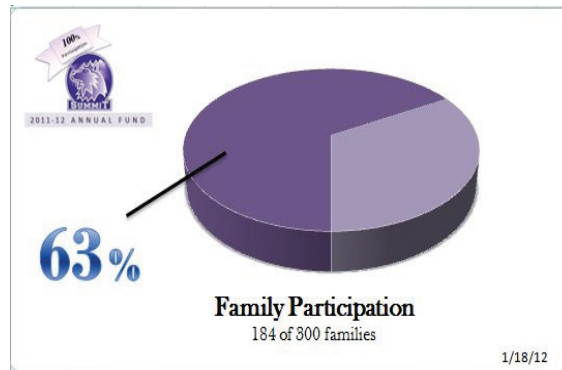
February 3	Summit Talent Show, 5:00 pm, Cafeteria
February 8	Board Meeting, 6:00 pm, Library
February 10	Family Bingo Night, 5:00 pm, Cafeteria
February 13	Late Start, class begins at 9:00 am (Collaboration Time)
February 16	Parent/Teacher Conferences, I-Z, 1:30—6:00 pm
February 17	Parent/Teacher Conferences, A-H, 1:30 pm—5:00 pm
February 20	President's Day, no school
February 21	Summit is in Session!
February 22	Board Meeting, 6:00 pm, Library
February 27	Late Start, class begins at 9:00 am (Collaboration Time)

#### Inside this issue:

<i>2012 Annual Fund</i>	2
<i>Family Bingo Night</i>	3
<i>Summit Wins ReNew Schools Competition</i>	4
<i>Recruiting Board Members</i>	4
<i>Summit Annual Community Meeting</i>	4
<i>NJHS News</i>	5
<i>Parents Needed to Help Teachers</i>	5
<i>From the Summit Health Room</i>	6
<i>Concert Invite</i>	7
<i>Parent Engagement Network</i>	8

## 2011-12 Summit Annual Fund

Only **10 days left** in our “**100 days for 100%**” fundraising drive –  
Join the **184 families** that have donated to Summit this year!



**Help Summit reach 100% - make your donation today.**

**Cash/Check:** Drop off or mail your donation to Summit  
Attn: Annual Fund, 4655 Hanover Ave, Boulder CO 80305  
Checks payable to - Supporters of Summit, Inc.

**Online:** Go to [www.bvsd.org/schools/summit](http://www.bvsd.org/schools/summit) to make a secure online donation

**Please remember, every gift makes a difference; our goal is to have every family participate!**

*Thank You to Summit's most recent donors*

### Individual Donors

Carol Achatz and Tom Morris	Tom Feireisen and Harma Drenth	Robert Kuhn	James Smith
Gail Arant	Nicola Ferrell	Dennis Kyle	Jennifer Stein
Gwyn Barley and Paul Bousquet	Thomas Ferrell	David and Christy Lapp	Fusheng Sun and Lingling Dong
Maria Nerea Basterra	Tina and Roberto Fontillas	Mary Lippi	Clarissa Weiant
Dianne Buchholz	Meghan Guerin	Maureen McCarthy	James Wilczak
Connie Compos	John Hess	Avi Purkayastha	Brad and Leanne Wilsted
Geraldine Dellinger	Alan Jagolinzer	Ann and Matt Roan	
Shannon Derby	Clay and Trish James	Kristin Sankko	
Brad Derthick	Richard and Louise Jobson	Kavintha Sarangarajan	
Peterson Family	Ganghyeok Kim	Denise Simpson	

### Corporate and Matching Donors

Boulder Philharmonic Orchestra	Boulder Ballet	Cardinal Industrial Finishes	Encana
Injoy Productions	Oracle	Sorensen Family Foundation	Sterling Rice Group

Save the Date!!



## Family Bingo Night

Come support our school while enjoying an evening of fun, family, friends, food and prizes!

**Friday, February 10<sup>th</sup> 2012**  
**5:00 - 7:00 pm**  
**Summit Cafeteria**

We need volunteers - if you can help, please contact:

Mina Comailian at [mina.comailian@gmail.com](mailto:mina.comailian@gmail.com)

Bingo Planning Committee meetings in the library conference room:

January 31, 8:00-9:00 a.m.

February 6, 8:00-9:00 a.m.

Please join us if you can, we'd love to see you!

Thank you!

Summit Community Connections

## Summit Wins ReNew our Schools Competition

The 2011 ReNew Our Schools competition has concluded.

And the winners are.....

**Greatest percentage of energy reduction within (and overall) the City of Boulder- Summit Middle School**

Greatest percentage of energy reduction outside the city of Boulder- Erie High School

Next greatest percentage of energy reduction overall- Horizons K-8

Each of these schools will receive an award valued up to \$25,000 to make renewable energy or energy conservation changes to their school!

Wow! Great job Mr. Garcia, Mr. Goettsche, all the students in NetZero who worked so hard on this project!

Go Summit - and go green!

## Recruiting New Board Members

Are you, or is someone you know, interested in serving on the Summit Board next year? This year, we will have five board vacancies, with three current board members seeking re-election. The Board is especially interested in the following skill sets: a lawyer licensed to practice in the State of Colorado; people with experience in education, finance, general management, non-profit fundraising and marketing, data analysis, or technology; and those who have served on other boards. Board members serve for two-year terms and are actively involved in the following areas: Committee on Trustees, Finance, Development, Strategic Planning, Personnel, Communications, Academic Affairs and Technology. Board meetings are held on Wednesday evenings in the school library, usually twice a month.

Please contact any of the current [board members](#) and/or David Finell, Principal, if you are interested in pursuing a board position. We welcome all who are interested to attend the next board meeting scheduled for Wednesday, January 25th at 6 p.m. in the school library.

Thank you!

Committee on Trustees

Sue Kunz, Committee Chair – [skunz.at.summit@gmail.com](mailto:skunz.at.summit@gmail.com)

## Summit Annual Community Meeting

Mark your calendars - this important meeting will take place on Wednesday, March 14th, at 6:30 pm in the Library. In addition to hearing an update on the school, community members will have a chance to meet and ask questions of potential board candidates. All members of the Summit community are encouraged to attend.

## NJHS News

NJHS is getting ready for a whole new set of projects for the next semester. We have accomplished so much already and are looking forward to many more months of community service and fun.

Our first project of the New Year will be a gingerbread house raffle. Williams Sonoma was kind enough to donate a pre-assembled, completely edible gingerbread house which NJHS is raffling off at the price of \$1 per ticket. 100% of the proceeds from the sale will go towards sending toothbrushes and toothpaste to vulnerable children and orphans in Africa.

NJHS will also be making meal packets for homeless people in the Boulder area. Included in the packets will be crackers, fruits, and other foods to help those in need.

Coming up in February is Wear Red Day. Wear Red Day is a nationwide event organized by the American Heart Association. On February 14<sup>th</sup>, all Summiteers are encouraged to wear red and support those with heart disease. In addition to wearing red, NJHS will also be holding a raffle to raise money for all those suffering from heart disorders. We will donate the funds raised to the Denver Children's Hospital cardiac unit.

Thank you! -The NJHS Officers

## Parents Needed to Help Teachers

Did you know that in addition to preparing lessons, teaching, grading, running clubs, coaching, and a myriad of other tasks each week, Summit teachers and staff also do their share of supervision duties?

If you are looking for an easy and meaningful way to assist your child's wonderful teachers, please consider volunteering to cover a teacher's supervision duties before or after school. Hopefully this is a convenient time for parents bringing students to school or picking them up at the end of the day. Please join our two wonderful parent volunteers (Ann Hyde and Shannon Derby) who supervise at Tantra on Monday, Tuesday and Wednesdays after school. We are looking for more help on Tantra, and supervision in the main parking lot every day.

Training will be provided on how to supervise effectively.

If you can help even one day per week before school (7:40 – 8:00 a.m.) or after school (3:05 – 3:20 p.m.) please let the Summit Office know by calling (720)-561-3900 or e-mailing: [summit.office@bvsd.org](mailto:summit.office@bvsd.org).

Thank you!

David Finell, Principal

## From the Summit Health Room



### Guidelines for Keeping Your Student Home

**The beginning of any infectious illness is usually the time it is most likely to spread to others. This is also the time your student is probably feeling unable to participate in class. In order to keep everyone healthy, we ask that you observe the following guidelines and keep your student home if s/he exhibits any of the following:**

**Fever, vomiting, or diarrhea:** Your student should remain home for **24 hours** after symptoms end without the use of fever-reducing medication.

**Colds / respiratory viruses:** Keep your student home at the beginning of a cold. This is also the time when one is most infectious and least likely to feel well enough to participate in class. When s/he feels better and no longer has frequent sneezing and cough, it is permissible to return to school.

**Strep throat:** Your student may return to school after taking the antibiotic for **24 hours**, and feeling better.

**Chicken pox:** Your student should stay home until there are no new lesions and all existing lesions have scabbed over.

**Eye:** Bacterial and some viral eye infections must be treated by a health care provider before the student returns to school. If antibiotic therapy is prescribed, the student must remain home for **at least 24 hours after treatment has begun**.

**Open sores on skin:** All skin lesions must be covered by a bandage or clothing during the school day. This may include impetigo, ring worm, scabies, and other fungal, bacterial or viral skin infections.

**Generalized skin rash:** Any student with an undiagnosed skin rash must consult a health care provider for diagnosis and/or treatment before returning to school with a note from the health care provider.

**Head lice:** Your student may return to school only after treatment with lice treatment.

***A student will be sent home from school if s/he has any of the above conditions and/or has a temperature of 100°F or more taken orally or on the forehead/temple, or 99° if taken axillary (under arm).***

PLEASE JOIN US FOR A  
 SPECIAL PERFORMANCE  
 BY THE BOULDER HIGH  
 SCHOOL AND CENTENNIAL  
 MIDDLE SCHOOL ORCHES-  
 TRAS ON WEDNESDAY  
 JANUARY 25<sup>TH</sup>  
 FROM 7:30 - 9:00 PM  
 AT MACKY AUDITORIUM

Both Orchestras have been invited to attend the Colorado Music Educators Conference (CMEA) set for January 27-28<sup>th</sup> at the Broadmoor in Colorado Springs. This is one of the highest honors a school can receive. This special "preview" concert will showcase the works they will be performing at that event. Please help honor our students and their amazing accomplishment by attending.

The concert is free and open to the public, however all donations will benefit the Boulder High and Centennial Instrumental Music Programs.

Special thanks to the University of Colorado and their Music Department for donating this spectacular venue!



**CENTENNIAL MIDDLE SCHOOL ORCHESTRA**

**Anne Paulu, conductor**

- Soon Hee Newbold - *Lion City*
- Susan H. Day - *Night Voyage*
- Igor Stravinsky - Themes from *The Rite of Spring*
- Leigha Amick - *Melodies of the San Juan*
- Modest Moussorgsky - 'Hopak' from *The Fair at Sorochinsk*

**BOULDER HIGH SCHOOL ORCHESTRA**

**Katharine Mason, conductor**

- Peter Hope - *Momentum Suite for Strings*
- Felix Mendelssohn - *Sinfonia No. 10 in b minor*
- Edward Elgar - *Sospiri*, Op. 70
- Villoldo/Naughtin - *El Choclo: Tango Criollo*
- Camille Saint-Saëns - *Le Carnival des Animaux*

ENJOY A SPECIAL PERFORMANCE BY THE UNIVERSITY OF COLORADO GRADUATE STRING QUARTET FROM 6:45-7:30 WHILE YOU ENJOY COFFEE AND DESSERT IN THE LOBBY OF MACKY.

**Contact Information:**  
 CU Presents Box Office  
 303-492-8008  
 Email: [musictix@colorado.edu](mailto:musictix@colorado.edu)  
 Macky Auditorium - CU Campus, 1595  
 Pleasant St. Boulder CO 80303

## 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](http://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](http://www.BPSBoulder.com)

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#### 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)

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Learn more about PEN by visiting their website: [www.parentengagementnetwork.org](http://www.parentengagementnetwork.org) or by contacting Paula Nelson, PEN chair ([pjn6225@yahoo.com](mailto:pjn6225@yahoo.com), 303-880-6030) or Betsy Fox, PEN Lead Coach, ([foxbetsy123@msn.com](mailto: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](mailto:jan.hittelman@gmail.com), or by phone: 720-217-3270

## Summit News

Summit News is the official newsletter of Summit Middle School  
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Summit News is e-mailed to the parents of enrolled students. Others are added to this list upon request.

Summit News is available at  
<http://bvsd.org/schools/summit/newsletters/Pages/default.aspx>

Scharmin Dorostkar, Editor  
Please email submissions to  
[summit.office@bvsd.org](mailto:summit.office@bvsd.org).




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## SUMMIT MISSION STATEMENT

- *To provide a rigorous, academic curriculum that promotes high levels of student effort and academic achievement.*
- *To foster high self-esteem through stimulating intellectual challenge and meaningful academic accomplishment.*
- *To inspire in students a lifelong love of learning, a desire for self-development and good citizenship.*
- *To create a community of peers who value scholarship, academic achievement, and creativity.*
- *To serve as an excellent preparation for students intending to study in rigorous college preparatory high school programs, including International Baccalaureate and Advanced Placement.*

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## ENROLLMENT IN SUMMIT

Summit Middle School is a tuition-free, public charter school in the Boulder Valley School District (BVSD) serving grades 6, 7 and 8 through mixed-age classes grouped by ability, interest, motivation, developmental level and mastery of previous material, and taught by teachers who are specialists in their subject areas. Prospective students register through the District's open enrollment process. Please go to BVSD's Open Enrollment link for more information:

<http://bvsd.org/openenrollment/Pages/default.aspx>

## BOARD OF DIRECTORS 2011-2012 ACADEMIC YEAR

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**Shelley Sapsin**, Secretary, [ssapsin.at.summit@gmail.com](mailto:ssapsin.at.summit@gmail.com)  
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