



Summit News

January 15, 2010

Boulder Valley's First Charter School

Volume 29, Number 1

The School Calendar	
January	February
<ul style="list-style-type: none"> • Friday, 15th, End of 2nd Quarter and 1st Semester • Monday, 18th, Martin Luther King Day, NO School • Tuesday, 19th, Dedication of the New Gymnasium 8:10 – 8:40 am. • Thursday, 21st, Community Connections meeting, 8:30 am. • Thursday, 21st, Summit Science Fair, first round • Friday, 22nd, Science Fair Public Viewing, 8:00 am-3:00 pm. • Wednesday, 27th, Board Meeting, 6:30 pm, Summit Library 	<ul style="list-style-type: none"> • Thursday, 4th, Science Fair, Round 2 • Wednesday, 10th, Board Meeting, 6:30 pm, Summit Library • Monday, 15th, NO School, Presidents' Day • Friday, 19th, Community Connections meeting, 8:30 am. • Wednesday, 24th, Parent Teacher Conferences* (L - Z), 1:30 – 6:00 pm • Wednesday, 24th, Board Meeting, 6:30 pm, Summit Library • Thursday, 25th, Parent Teacher Conferences* (A - K), 1:30 – 6:00 pm • Friday, 26th, Professional Development Day, ½ day for students*
March	April
<ul style="list-style-type: none"> • CSAP testing, 2nd- 4th, 9th- 11th • Wednesday, 10th, Board Meeting, 6:30 pm, Summit Library • Thursday, 11th, Annual Community Meeting, 6:30 pm. • Friday, 19th, 3rd Quarter ends. • Monday, 22nd, Spring Break begins. • Monday, 29th, School resumes. • Wednesday, 31st, Board Meeting, 6:30 pm, Summit Library 	<ul style="list-style-type: none"> • Saturday, 3rd, Homework free weekend • Wednesday, 7th, Board Meeting, 6:30 pm, Summit Library • Sunday, 18th, Celebrate Summit, Boulder Museum of Contemporary Art • Wednesday, 21st, Board Meeting, 6:30 pm, Summit Library • Thursday, 22nd, Community Connections meeting, 8:30 am. • Friday, 30th, Summit Day, NO School
<p>* Conference and ½ Day Development Meetings Note: Summit students will be in class 8:00 – 12:15 pm.</p>	

FYI

School Lunch News

The BVSD Food Service is looking for student feedback on the lunches they provide. This is a chance for your student to have a say in the lunch program! Please encourage your child to participate in the survey – it takes only about 10 minutes and the Food Service is really interested in having feedback from as many students as possible. The link to the survey is below (or can be reached on the home page of our website in the Announcements box).

<http://www.surveymonkey.com/s/7L37GTQ>

We also want to make sure that everyone understands what happens when a student has no money left in his/her lunch account. Regardless of the account balance, a student will always be served one meal each day - this includes one entree, salad bar and milk. Our cafeteria folks will do their best to notify a student when the account balance is low. If a student is unsure of the balance, s/he can ask our cashier, Hongman, for the balance. Balances can also be checked on Infinite Campus. Occasionally students

ask for 2 lunches (typically on pizza days) but a student is only allowed to charge one lunch per day when s/he is out of money. Students will be told no for a second lunch if their account is empty.

National Junior Honor Society News

During the month of December, NJHS sponsored a Share-a-Gift drive. Our school donated 200 gifts to children and youth throughout Boulder County. Given the economic decline, many families are struggling to provide for their children. Our school community has helped to address this local need. Thank you for your support!

This month, NJHS is sponsoring a Dodgeball Tournament and Refreshment Sale, to celebrate the opening of our new gym. The tournament will be held on Friday, January 29th after school in the new gym. Students can get teams together and sign up outside the office during the week of January 25th. The participation cost is \$3 per person. Teams of five must be mixed gender and have at least one person from each grade. Proceeds will go to help with disaster relief in Haiti.

Student Council Update

Mark your calendars! Student Council is sponsoring a Rec. Night at the East Boulder Rec Center on Saturday, January 23rd, from 7:00 – 11:00 p.m. There will be pizza, swimming, dodgeball, climbing, basketball, friends and fun. Admission is \$10. Please see the permission slip included in this newsletter for more information.

If you would like to chaperone, please email Polly Dawkins at polly.dawkins@googlemail.com. Two shifts are available: 6:45-9:00 p.m. or 9:00-11:15 p.m.

Also, Student Council has been busy preparing for next week's Gym Dedication Ceremony. They've planned speeches and decorations. They also organized a cheer contest and naming contest for our Husky mascot, Hank. Congratulations to Erin Mooz and Lena Christianian for writing our school's cheer and thanks to all who submitted entries. Finalists were Tessa Peterson and Tonya Ingerson, and Clinton Davis and Jack McClellan with the 8th Grade Boys' Basketball team. If you want to hear the cheer, come to the dedication ceremony on Tuesday morning at 8:10 a.m.

Next week is Spirit Week! Tuesday is Summiteer Day, Wednesday is Alter Ego Day, Thursday is 60s/70s/80s Day, and Friday is Superhero Day. Students can dress up and show their school spirit.

Summit Students Headed to Regional History Day

The following students will be competing in the Regional History Day Competition at Front Range Community College on March 6:

Individual Website

Clifford Lester
Steffie Wong
Stefan Popescu
Chloe Pradeau

Group Website

Caitlyn Lee and Vivian Wang
Elizabeth Corona and Jina Signorelli
Brandon DeBella, Colton Stevens and Will Hunsaker
Quinn Conroy and Tai Koester

Historical Paper Category

Jessica Piper
Erin Strand
Kaetlyn Arant
Tessa Peterson
Laura Hutchinson
(Honorable Mention: Nicholas Gunther, Michelle Anderson)

Performance Category

Anna Balaguer

Documentary Category

Jack Hunsaker

Individual Exhibit Category

Liam Barstad
Rachel Perley
Emily Engelhardt
Emily Grubb
(Honorable Mention: Gwen Leifer, Grant Lurie, Michael O'Hearne)

Group Exhibit Category

Noah Mihelic and Sam Alipour-Fard
Evie Pyle, Jenny Aguilera, and Alyssa DeBella
Andrew Yi and Daniel Zekonis

Thank you to all the parents and volunteers who made Summit's History Day so successful this year!

Summit Calendar for 2010-2011

Summit's Board has finalized our calendar for the 2010-2011 school year, and the office will email a copy to all families soon. For planning purposes, Registration Day for all students and the first day of school for new students will be Friday, August 13, and the first day of school for all students will be Monday, August 16, 2010.

Consider joining the Summit Board of Directors

Dear fellow parents,

We are looking for a few dedicated parents to join Summit's Board of Directors. Board terms are two years; the next term begins June 1, 2010.

The Summit Board is directly involved with the governance of the school, and supports Mr. Finell and his staff in their efforts to deliver one of the best middle school education programs in the State.

You do not need board experience to be an effective member. Our board members bring a variety of skills to the governing of the school. Though there are no minimum qualifications, and we welcome all who are interested in joining us, the following are skill sets of particular benefit to the school:

- Law/legal
- Fundraising
- Data collection and analysis
- Education or Academics
- Public relations/communications

Election process - At the beginning of March, each Summit family will be mailed a ballot listing the prospective board members and written statements regarding their interest in serving on Summit's board. On March 11th at Summit's Annual meeting, faculty, staff, and parents will have the opportunity to meet the board candidates. Ballots will be due shortly after the March 11th meeting.

Please contact me, or any of my fellow board members with any questions. Our contact information is available at: <http://www.bvsd.org/schools/summit/board/Pages/Members.aspx>

You are always welcome to join us at an upcoming board meeting.

Many thanks,

Ali Gidfar, Chair, Summit Board of Directors
Agidfar.at.summit@gmail.com

Tools for Learning Update...

We wish to thank the following contributors to **Tools for Learning** since our last newsletter:

Anonymous (4)

Debbie and Tom Gould

Ron and Connie Harmon

Amy Howard and Scott Hunsaker

William and Julie Johns

Lynn Heilig and Jeffrey Kee

Elsie Marie Larson

Fusheng Sun and Lingling

Dong

Additionally, we would like to recognize the following companies that have supported our school this year through their matching gift programs:

Chubb & Son, Inc.

GE Foundation

W.W. Norton & Co.

Sun Microsystems

Toshiba

United Way

We greatly appreciate all of you that have already pledged your generous support to our annual campaign. Since we launched our annual campaign in September, 130 families have made donations to help us raise \$58,000 so far. Your TFL donations are more important than ever, because they will help us to cover an operating budget gap resulting from proposed cuts in state funding. We realize that some of our families are in a position to give more than others, so if everyone contributes we will be able to meet our annual goal of \$100,000. Please make your donation to **Tools for Learning** today and mail it to:

Tools for Learning
Supporters of Summit, Inc.
4655 Hanover Ave.
Boulder, CO 80305



Should you have any questions or wish to discuss your pledge, please contact our board representative at dhutchinson.at.summit@gmail.com or call Dita Hutchinson directly at (303) 499-9467.

Thank you for supporting our school!

2010 Summit Middle School Rec Night

All Summit students are invited to the 2010 Annual (sometimes) Night at the Rec. Center. There will be pizza, swimming, dodgeball, climbing, basketball, friends and fun. We hope that you can make it.

Date: Saturday, January 23rd
Time: 7 pm – 11 pm
Location: E. Boulder Rec. Center
5660 Sioux
Cost: \$10 includes entry, climbing wall, pizza and drinks
Forms due: Thursday, January 21st to the Summit office

If you would like to chaperone, please email Polly Dawkins at polly.dawkins@googlemail.com. Two shifts are available: 6:45-9:00 or 9:00-11:15.

The Rec. Night is a non-Summit Middle school sponsored event planned by Student Council and supervised by Summit parents but not part of Summit Middle School. For any questions on this event please contact: valerie.koch@bvsd.org

_____ has my permission to attend the Night at the Rec. Center. I understand that Summit Middle School is not responsible for any aspect of this event and it is outside of normal BVSD activities.

Please pay with cash or a check made out to Summit Middle School Student Council by January 21st.

_____ (\$10) included -or- _____ Financial assistance needed

We also need to have parents indicate how children will be picked up from the rec. center.

Please check off one of the following options for pick-up and sign below.

- I will pick up my child. I will make sure that I sign out before leaving.
- I authorize _____ to pick up my child. I will make sure that parent signs my child out before leaving.

Parent Signature

Date

Phone number(s) in case of emergency

Student's Name—printed

TOP TEN WELLNESS TIPS

Summit Wellness Leadership Group

This year's school climate goal focuses on helping students develop and utilize strategies for managing their work load and responsibilities. We hope our "Top Ten Tips" will promote healthy habits and happy students, and support you as parents as well.

1. **Take a deep breath.** Each time you do, your nervous system and body relax. You will also think more clearly. A breath provides space to pause and consider your best choice. A deep breath helps you to utilize the "smart part" of the brain (frontal lobe), as opposed to the amygdale which initiates the "fight or flight" response and increases the stress response.
2. **Change your way of thinking.** The Greek philosopher Epictetus wrote, "Man is not disturbed by events, but by the view he takes of them." It's not what happens but what we tell ourselves that makes the difference. A positive belief and attitude can shift your reactions and feelings to everyday events.
3. **Exercise.** Powerful neurochemicals and hormones are released in the stress response and as a result, muscles tense, heart rate and blood pressure increase, sugars and fats are released, digestion slows and there is an overall alarm reaction. Exercise provides your body with good chemicals that counter this response.
4. **Be pro-active.** Identify your goals as well as your challenges and act on them. Focus on solutions. Develop more effective time management strategies and routines that promote your success and growth. Do it.
5. **Enjoy yourself.** Make time everyday to enjoy pursuits that bring you happiness, whether reading a book, playing a game, walking in the woods, or singing a song.
6. **Develop personal resilience.** Stress is a fact of nature. Outside forces affect our lives. Develop perspectives that allow you to thrive despite smaller and bigger challenges that may occur. Challenges can either help us learn and grow or can cause us significant problems.
7. **Spend time with people you love.** Fairly simple and very powerful antidote to challenges.
8. **Accomplish a task.** Clean your room, bring in wood, mow the lawn, or help someone. You will experience a fulfilling sense of accomplishment.
9. **Stop worrying.** Worrying is unproductive and harmful to your health. Worrying can lead to ruminating and negative thought patterns. If you need to worry, set aside some time each day to do it. During the rest of the day, if you have a worry, put it aside till your "worry time." This will help reduce this tendency and promote good health and happiness.
10. **Establish consistency, structure, and routines in your life.** Regular and familiar patterns provide stability. Routines promote a sense of security as well as efficiency. And don't forget to make one of your routines organizing your room or your backpack.

Summit News

Summit News is the official newsletter of Summit Middle School, 4655 Hanover Ave.,
Boulder, CO 80305.

Mr. David Finell, Principal. Ms. Amanda Avallone, Assistant Principal.

Ms. Valerie Koch, Dean of Student Life.

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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 www.bvdsd.org/schools/summit

Janet Schultz, Editor, cojayhawks@aol.com

Some activities and events announced in Summit News are not sponsored or endorsed by Summit Middle School or the Boulder Valley School District.

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.

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://bvdsd.org/openenrollment/Pages/default.aspx>

BOARD OF DIRECTORS – 2009-2010 ACADEMIC YEAR

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