

Boulder HighLights



Boulder High Parents' Newsletter

December 2011/January 2012 • No. 4

FROM KEVIN BRANEY, PRINCIPAL

Dear Students, Parents, and Friends of Boulder High School,

This newsletter edition brings us to the close of first semester and the beginning of the second. Second semester is a fresh start with New Year's resolutions to get/stay organized, keep on top of studies and assignments and rise to new challenges. Exciting times.

Speaking of success, I was reviewing our achievements thus far and wanted you to know how proud I am of our students. As I have mentioned before, last May 41% of our student body took one or more AP exams of which over 83% of the exams received a score of 3 or higher (possibly earning college credit). In the AP Scholars Program, we have 24 National, 1 State, 110 with Distinction, 36 with Honors and 96 Scholars. What is new is the College Board has recognized BVSD as one of fewer than 400 public school districts in the nation as an AP Honor Roll district—a district that has successfully broadened the pool of students taking AP courses while maintaining/improving the percentage of students scoring 3 or higher on the AP exams. Congratulations to all of our AP students and faculty. Additionally, BHS also has 4 National Merit Scholarship semifinalists. Our students also surpassed state and national SAT average scores in reading, math and writing and state and national average ACT composite scores. These numbers are impressive, especially when compared with other high schools.

When you have a chance, please visit our Facebook page and the Spotlight section of our website, www.BoulderHigh.com. We are using these sites in part to communicate and record the outstanding achievements of our students as they occur throughout the year. For example, you will see such recent achievements as in our Music program 16 BHS students were named to the Western States Honor Orchestra Festival—an unprecedented number of students from one school. Congratulations, too, to our fall student athletes who consistently give their all to their team, their sport and to us as fans. I admire their commitment and dedication to BHS. I believe all of these achievements reflect the united and successful support of our students by teach-

ers, staff, parents and community. I am looking forward to an exciting winter athletic season.

Recently, BVSD released the CSAP results. Individual results are available from our registrar, *Karen Benson*. I am proud of our faculty's efforts to utilize CSAP results and determine opportunities to enhance individual learning for our students. One area for continued focus during the 2011–2012 school year will be student performance in the reading CSAP assessment. Upon further scrutiny by our School Accountability Committee, our growth in reading as a whole needs to be accelerated. There is a collective effort across all departments to enhance reading strategies and learning and to pay particular attention to the differences between male and female readers. I look forward to continuing this conversation with staff over the course of the year and to engaging our PAC as well on this topic. The CSAP is changing somewhat for the 2011–2012 school year. The assessment tool is now called TCAP (Transitional Colorado Assessment Program) and differs from the CSAP by focusing more closely on the Colorado Academic Standards. The TCAP dates are March 6, 7, 13 and 14. We will provide specifics in February.

Our School Improvement Plan (SIP) is complete and available on our website. The plan outlines student learning goals, expectations, teaching methods and implementation plans. It also provides the strategies and focus for maximizing the student learning experience at Boulder High.

For those of you with 8th graders considering Boulder High for 2012–2013, I invite you to attend our Showcase Evening on December 1. We are also offering shadowing, tours and two Principal Coffees, information on which can be found on our website.

In January we start the countdown to graduation beginning with a senior meeting on January 23 at which time cap, gown and ring packets will be distributed (with orders to be collected on January 26 and 27).

Continued on next page

As you may know, there was a proposal to the School Board to change the August start dates due to heat/air conditioning concerns. The Board elected to stay with the start dates as scheduled. As a reminder, 9th grade transition day will be August 15 and all grades on August 16. Registration will be August 6 and 7. I hope this helps with your summer planning.

I look forward to seeing many of you at our second semester activities. Please keep in touch! I hope you have an enjoyable and restful winter break.

GO, PANTHERS!

Kevin Braney, Principal
kevin.braney@bvsd.org
720.561.5713

PARENT ADVISORY COUNCIL

Beautify Boulder High Digs In!

Thank you to PAC and 30 parents, students, and BHS supporters who enjoyed coffee, doughnuts, laughs, and lots of hard work in the dirt on October 16. These volunteers planted five new trees in front of BHS, weeded, spread mulch and planted hundreds of yellow and purple-flowering spring bulbs on the south side of the building. Special thanks to PAC Co-Chair *Marcella Setter* for organizing this event; parent *Scott Johnson*, owner of Earth Transformations Landscaping, for his trailer and Bobcat; and to Creekside Tree Nursery for deeply discounted big trees.

Know What's Going on at Your Teen's School

Come to the November 30 PAC meeting, 6 pm to 7:30 pm in the BHS library. You'll hear updates from the principal, counseling department, BVSD, and others. We don't mess around: We have a monthly agenda, firm ending time, and parent members who like to get things done. Priorities for the year are improving BHS-parent communications and beautifying Boulder High. Come share your thoughts on BHS.

Three Links for Parents

1. There's only one site parents need to go to for Boulder High schedules, events, news, contact info, and resources:
www.boulderhigh.com.
2. Check out the new one-page [BHS School Improvement Plan](#) for 2012.
3. Learn about the renowned [BHS Advanced Placement \(AP\)](#) program.

We want to hear from you!

If you have questions, feedback or would like to offer to help out in any way, please don't hesitate to email us at: chairs@bhspac.org

Marcella Setter and India Wood
PAC Co-Chairs
www.bhspac.org



Upcoming PAC Meetings

Wed., Nov. 30, 6 pm
Wed., Dec. 14, 6 pm
Wed., Jan. 25, 6 pm

Meetings are in the
BHS library

LETTER FROM THE SUPERINTENDENT

Open Enrollment

Boulder Valley School District
November 2011

Dear parent of a currently enrolled Boulder High School student,

For your information, the Boulder Valley School District Open Enrollment application period runs from November 28, 2011 through January 13, 2012. If you would like your child to attend a school other than the one he or she is currently enrolled in, you must submit an application online at <http://bvsd.org/openenrollment> or visit the Open Enrollment office no later than 4:00 pm, January 13, 2012. Applications received after that date means your student will be added to the bottom of any existing waitlist for that school and grade.

Please note that there are important changes in the Open Enrollment process starting this application period including:

- New notification of acceptance
- Earlier notification of waitlist positions

For more information regarding these, and other important changes, please view "Open Enrollment in BVSD: What's New This Year?" at: <http://www.bvsd.org/Documents/OEbrochure.pdf>.

Thank you,

Bruce K. Messinger, Ph.D.
Superintendent

Inscripción Abierta

Distrito Escolar del Valle de Boulder
Noviembre 2011

Estimado padre de un estudiante inscrito en Boulder High,

Para su información, el período de solicitud de inscripción abierta para las Distrito Escolar del Valle de Boulder será del 28 de noviembre de 2011 hasta el 13 de enero 2012. Si desea que su hijo asista a una escuela que no sea la que él o ella está inscrito/a, debe presentar una solicitud en línea en <http://bvsd.org/openenrollment> o visite la oficina de Inscripción Abierta antes de las 4:00 pm, del día 13 de enero de 2012. Las solicitudes recibidas después de esa fecha significan que su hijo se añadirá al final de cualquier lista de espera existente para la escuela y grado que este solicitando.

Tenga en cuenta que hay cambios importantes en el proceso de inscripción abierta a partir de este período de aplicación, incluyendo:

- Notificación de aceptación
- Notificación de las posiciones de la lista de espera más pronto de lo esperado.

Para más información acerca de estos y otros cambios importantes, por favor vea: "Inscripción Abierta en BVSD: ¿Qué hay de nuevo este año?": <http://www.bvsd.org/Documents/OEbrochureSPAN.pdf>

Gracias,

Bruce K. Messinger, Ph.D.
Superintendente

COUNSELORS' CORNER

Counseling Office

720.561.5351

Secretary:

Jonetta Roy

A – Db

Joanna Berman x2234

joanna.berman@bvsd.org

De – Herm

Claire Sandford x2232

claire.sandford@bvsd.org

Hern – Mc

Marc Goulet x2235

marc.goulet@bvsd.org

Me – Sb

Andrew Bloom x2231

andrew.bloom@bvsd.org

Sc – Z

Julie Malkinson x2236

julie.malkinson@bvsd.org

An Update from the Boulder High Counselors

Things your counselor can help you with:

- Postsecondary Options
- Academic Concerns
- Personal Issues
- College/Career Guidance
- Graduation Planning (Courses, Graduation Checks, etc.)

Counselor on Call

Monday through Friday from 9:00–11:30 am and 1:00–2:00 pm.

Monday	Tuesday	Wednesday	Thursday	Friday
Claire Sandford	Andrew Bloom	Julie Malkinson	Joanna Berman	Marc Goulet

Appointments

Students may make an appointment during a free period or after school. Parents may make an appointment by calling our office at 720.561.5351.

2011–12 ACT / SAT / AP Test Dates & Registration Deadlines

ACT		SAT		AP
Test Date	Regular Registration	Test Dates	Regular Registration	Test Dates
Feb. 11	Jan. 13	Jan. 28	Dec. 30	May 7–18, 2012
Apr. 14	Mar. 9	Mar. 10	Feb. 10	
June 9	May 4	May 5	Apr. 6	
		June 2	May 8	
Register online at www.act.org		Check www.collegeboard.com for registration dates		Testing schedule will be available on the Counseling website
Note: For testing and college applications, the code for Boulder High School is 060–115.				

COUNSELORS' CORNER

College Applications — Finishing the Application Process

Once you have submitted your college applications, either by mail or online, don't forget to have your transcripts and test scores sent! Your counselor will need:

- A stamped, addressed envelope for each school to which you are applying that is neither a Common Application (blue computer screen with red CA in the middle) nor electronic eligible (open blue computer screen)
- \$2.00 for each official transcript

If you need a letter of recommendation from your counselor, don't forget that we need to know 3-4 weeks before the due date so we have time to write it!

Also, be sure to have your test scores sent to your colleges. Many colleges require that you have your scores sent directly from College Board and/or ACT. Log onto www.actstudent.org or www.collegeboard.com for instructions on how to send your scores.

Requesting Midyear Grade Reports

Request midyear grade reports in January in the Counseling Office. Complete a request form and please provide a stamped, addressed envelope for each school that is neither a Common Application nor electronic eligible.

Obtaining Transcripts

To be considered official, a transcript must be mailed by a BHS counselor or the registrar. A transcript that is delivered by a student is considered to be unofficial.

Senior Diploma Application and Graduation Credit Check

Parents: Your senior should have completed a senior graduation credit check by now. If the credit check is not yet complete, have your senior sign up NOW to meet with his/her counselor before Winter Break.

Seniors: Remember to bring your completed Application for Diploma and your Release of Records form to your appointment.

Scholarship Information

Scholarship information may be accessed through the Naviance computer website. You can use your own password or sign in as a guest with the password **panthers**. On the left margin of Naviance, select **Scholarship List**. Don't forget to check this website frequently as new scholarships are added all the time. Another comprehensive list is located on the Boulder High School website under **Counseling**.

Attention: Juniors, Sophomores, and Freshmen!!

Course selection for next year is coming up in February. To enter your selections you must have an active Infinite Campus password. See Mrs. Roy in the Counseling Office if you need a password or assistance with your account.

Parents: If you need a password or assistance with your account, please e-mail *Jonetta Roy* at jonetta.roy@bvsd.org.

COUNSELORS' CORNER

A Grade-Level Guide to Naviance

9th Grade	Counselors are meeting with students during Freshmen Seminar classes throughout the year to work on the Career Interest Inventory and make a Game Plan. Students will select some careers and set some goals for their high school education in their Naviance accounts.
10th Grade	Students take a personality test (based on Myers-Briggs) which will provide feedback concerning their most likely career paths, college majors, and the colleges which offer these majors.
11th Grade	Counselors work with students to continue to develop college choices based on career paths/personality tests. In order to explore postsecondary options, students will examine Naviance functions such as "College Search," "Scholarships," and "Scattergrams" (GPAs and test scores plotted on a graph for every college to which Boulder High students have applied in the past three years).
12th Grade	Students utilize Naviance to finalize their list of colleges to which they will apply. As well, there will be several mandatory surveys for seniors to take during the spring semester.

STUDENT COUNCIL

Student Council has a lot planned for December and January!

Our recent **canned food drive** goods were taken to EFAA, and our turkey baskets were delivered to BHS families in our community.

Our **Winter Rally** will be on December 1. There will be teacher competitions as well as fun activities and news from our winter sports teams.

We will have a **free Pancake Breakfast** on December 9 for the entire school before school at 7:00 am in the cafeteria.

The **Winter Dance** is coming up on Saturday, January 28. This dance is for all students and is a Sadie Hawkins Dance; however, girls don't have to ask a date. A date is not necessary to attend the dance.

Our **Staff Appreciation committee** is planning a gift for every faculty member as an end-of-the-year celebration to thank everyone for the wonderful work they do at Boulder High.

Also, **Student Council will be going to elementary schools** in January to talk about leadership and stopping and preventing bullying.

Lastly, we would like to congratulate *Tate Moore* who was recently elected **State Student Council Vice President**.



Tate Moore

ADVANCED PLACEMENT

AP Scholar Awards

As noted in his letter, *Principal Braney* applauds the number of Boulder High AP Scholars. Below is an explanation of the AP Scholar Awards. The information is from the College Board AP webpage, www.collegeboard.com/student/testing/ap/scholarawards.html. The number of Boulder High students who received each award in May 2011 is noted in parentheses.

The AP Program offers several AP Scholar Awards to recognize high school students who have demonstrated college-level achievement through AP courses and exams. Although there is no monetary award, each scholar receives an award certificate, and the achievement is acknowledged on any AP score report that is sent to colleges the following fall.

AP Scholar (96)	Granted to students who receive scores of 3 or higher on three or more AP Exams.
AP Scholar with Honor (36)	Granted to students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more of these exams.
AP Scholar with Distinction (110)	Granted to students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams.
National AP Scholar (24)	Granted to students in the United States who receive an average score of at least 4 on all AP Exams taken, and scores of 4 or higher on eight or more of these exams.
State AP Scholar (1)	Granted to the one male and one female student in each U.S. state and the District of Columbia with scores of 3 or higher on the greatest number of AP Exams, and then the highest average score (at least 3.5) on all AP Exams taken.

After Prom 2012 — Committee Volunteers Needed!

On the night of April 28, 2012, the parent volunteer associations of Boulder, New Vista, and Fairview High schools will co-host **AFTER PROM 2012**. Close to 1000 students will enjoy a community-sponsored, safe, and fun-filled evening following the BHS and Fairview Junior-Senior Proms. It is our goal to insure that every student enjoys a memorable prom experience and arrives home safely. We are hoping many students will choose this party over others and would like to once again offer entertainment, games, activities and door prizes that continue through the night until 4:00 am. However, in order for the event to be a success, volunteer support is critical!

The committee meets once a month, commencing in January 2012 and ending in April. We are currently seeking committee chairs to run the following areas: Business Solicitations, Cafe, Decorations, Logistics, Publicity, Raffle Prizes, Safety/Transportation, and Clean-Up. It takes these committees to run this event, and without volunteer support we will be forced to cut some of the activities. Most of these committees are easy and we have plenty of past documentation. Please give it a try!

Please let Fairview mom *Penny Hill* (pennyhil@us.ibm.com or 303.887.5962) know if you are interested in any of these committees.

VISUAL ARTS

BHS Art Department is excited to introduce a new art class, AP Studio Art. It will be for those art students wanting to take their art to the next level and really explore their own art vision. It begins in the fall of 2012.

The portfolio students are showing their portrait paintings at the Ed. Center, and the foundations and portfolio students will be showing works during the orchestra "Carnival of the Animals" concert on Dec. 8. Also at the Carnival you can buy the new 2012 Fine Arts calendar.

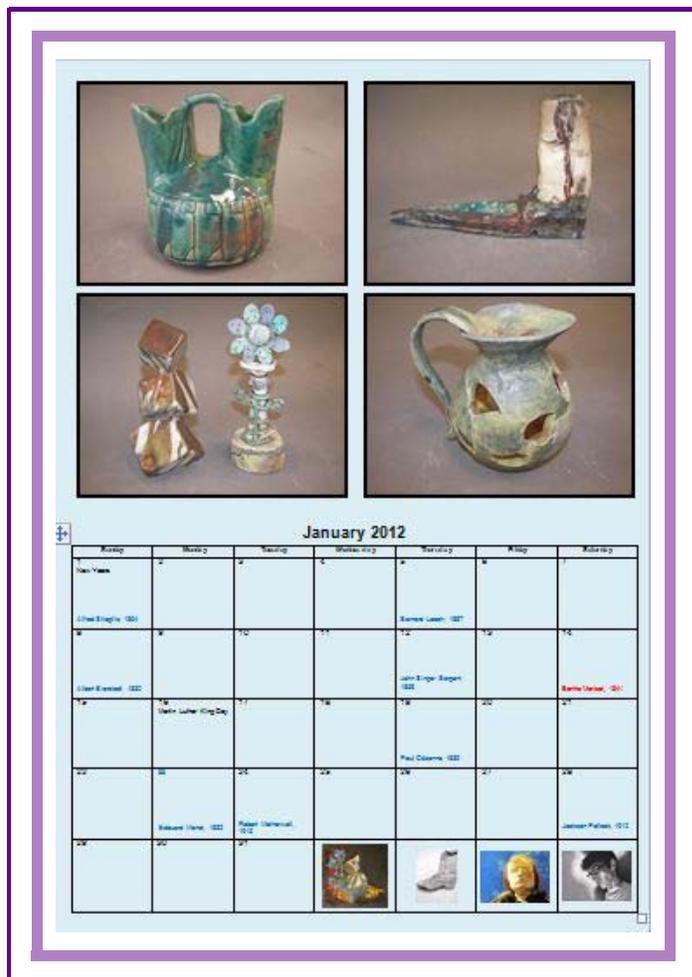
Our "MeTAL" sculpture has had such a welcome response in the art wing that student *Nicky Wiehe* designed a Panther fabricated out of the same metal material. Come check it out in the gym entry—it looks fantastic!

Boulder High School pottery students were thrilled to have the unique opportunity to show their work at the annual Boulder Potters Guild Show and Sale November 10–13 at the Boulder County Fairgrounds.

Looking for the Perfect Gift for Grandma, Mom or Dad? Beautiful, Meaningful and Inexpensive? The 2012 BHS Art Calendar will be available in December for only \$12.00. It will be full of innovative and inspiring paintings, drawings, photos and pottery produced by BHS Art Students. Pre-order by dropping your name and check to BHS or cash in an envelope in collection boxes in *Virginia Schick*, *Kate Villarreal*, and *Dave Blessing's* art rooms. Profits go to art-supply scholarship funds for BHS students.

We hope you'll check out our art-posts on the BHS Facebook page and the BHS website from time to time!

Interested in working on the calendar project to support the Visual Arts Department? Or maybe helping to set up the December 8 Art Show, to develop the new BHS Art web site, or to work on other projects to support the Visual Arts Department? COVA (Community of Visual Artists) consists of parents and community members and is open to anyone who would like to help out and be a part of the visual arts at Boulder High School! Contact COVA at tamah.matejka@centurylink.com (BHS parent *Tamah Matejka*).



INSTRUMENTAL MUSIC

Student Concerts

Please join us to celebrate the season and enjoy amazing performances by our BHS instrumental music students. You won't want to miss these concerts.

- **Winter Band Concert**
Tues., December 6, 7pm, BHS Auditorium
Wind Ensemble will perform the exciting "To Challenge the Sky and Heavens Above" by Robert W. Smith, and the very moving "Dum Spiro Spero" by Chris Pilsner (University of Northern Colorado graduate).
- **Winter Orchestra Concert**
Thurs., December 8, 7 pm, BHS Auditorium
Hear a few holiday favorites as well as wonderful standards of the classical repertoire, including Saint Saens' "Carnival of the Animals". Special guests *Nick and Helen Forster* of eTown will read poetry by *Ogden Nash*. What a treat to have these community-minded local celebrities join us. For more information about eTown please go to www.ETOWN.org

BHS Orchestra 3 to Perform at CMEA

After a rigorous audition process, Boulder High's A Piacere (Orchestra 3) has been selected to perform at the Clinic/Conference of the Colorado Music Educators Association (CMEA). This is the highest honor available to a high school performing ensemble in Colorado. Centennial Middle School Chamber Orchestra and the CU University Orchestra have also been selected. The coincidence of three Boulder orchestras selected during the same year is remarkable!

- **CMEA Preview Concert**
January 25, 7:30 pm, Macky Auditorium
Come to the CMEA Preview Concert and hear performances by all three selected Boulder orchestras. Free; donations suggested to help offset the cost of the trip.
- **A Piacere Performance at CMEA Conference**
January 27, 12:15 pm, The Broadmoor Hotel, Main Ballroom, Colorado Springs
Tickets are free, but must be reserved by mid-

November. Please contact *Dr. Mason* or *Tamara Nelson* to reserve your tickets.

BHS Offers Weighted Music Classes

Boulder High School has been selected by BVSD to run a pilot program for music students wishing to do significant extra work outside the minimum curriculum. Students wishing to participate in the program have registered and will be starting their programs soon.

IMPA Kicks Off Annual Instrument Drive

Each year IMPA reaches out to our community to raise funds to purchase much-needed musical instruments for our bands and orchestras. This year we hope to raise \$20,000 to fund the purchase of the following:

- Orchestra: full-sized 'cello – \$2,800; replacement strings for all instruments – \$1,500
- Band: tuba – \$5,250; bassoon – \$5,700; baritone saxophone – \$4,700

Please send your donation to *Cathy Faughnan*, IMPA Chair, 421 Indian Peaks Trail West, Lafayette CO 80026. Please make checks payable to IMPA with "Instrument Drive" in the memo line.

We also welcome the donation of new or gently used instruments in all sizes! Please contact *Cathy Faughnan* to make arrangements for instrument donations.

Bookmark Our Website

For more information about any of these activities, visit our website at

bvsd.org/schools/boulder/impa/Pages/default.aspx



Next IMPA Meeting

Tues., Jan. 17, 7pm
Band Room

CHOIR NEWS

Congratulations to Our All-State Winners!

Tilda Gross and *Ben Price* were selected for **All-State Jazz Choir**. This is the first year that BHS has had more than one student make it! This is a VERY competitive choir (only 16 students get chosen each year!). Their performance will be Saturday, January 28, 3:00 pm at the Broadmoor Hotel in Colorado Springs.

Bibi Vellandi, *Ellen Arkefeld*, and *Ben Price* were selected for **All-State Choir**. Over 1700 students in the state auditioned, and only 300 made it. Their concert will be Tuesday, February 7, 7:00 pm at the Wells Fargo Theater in the Denver Convention Center.

For more information and/or tickets to either of these concerts, contact *Susan Kullman*: susan.kullman@bvsd.org, 720.561.2230

Upcoming Events

December 1, 5:30 pm,
Band Room

Meet the Music Teachers

Prior to the BHS Showcase. ALL incoming 8th graders are invited to come and meet all the music teachers at BHS.

Tuesday, March 13, 7:00 pm,
First Presbyterian Church
Annex

BHS Choirs' Small Acts Concert

Come see each choir student share their compositions. There will be food and drink. Tickets are \$10. This is the choir programs' big fundraiser, so please come and support us.

April 19–21

Choir Trip to Grand Junction

This is in combination with the orchestra trip. More information to come later...

Glee Club

Glee Club is in full-swing. It is open to ANY BHS student regardless of experience, and meets every Monday, 3:30–4:30 pm, and Thursday, 3:00–4:00 pm. Please join us!

Thank You!

Wreath Sales were successful for Choir this year—we sold \$500 worth of wreaths. Thank you for your support!

PANTHER CLUB



Panther Club Meetings

Monday, December 12
BHS Library, 6 pm

Monday, January 9
BHS Library, 6 pm

The Panther Athletic Booster Club is a nonprofit organization that supports all BHS athletics. One of our key goals is to provide financial assistance to our athletic programs when their needs are not covered by the school district budget or by the individual teams' fundraising efforts.

We'd like to thank our dedicated Panther Club volunteers for all their hard work during back-to-school registration, for managing sports registration for several hundred athletes in the fall and winter and for selling spirit apparel during football games and at parent/teacher conferences. THANK YOU!

We would also like to thank our new members who have responded generously to our calls for help. December is a great time to join Panther Club. We are a 501(c)3, not-for-profit organization, which means that donations are 100% tax-deductible. For donations greater than \$120, donors can direct as much as 100% to their sport of choice. Members may join online with a credit card or download a membership brochure by visiting us at www.boulderpantherclub.com.

Go, Panthers!

ELECTION NEWS

Update of 2011 and Preview of 2012

November 1 was Election Day. Included among the ballot items were school board races and Proposition 103.

BVSD School Board

There are seven BVSD school board members. The three school board members listed below are Boulder High parents.

- Director District A, *Shelly Benford* — newly elected for a four-year term
- Director District B, *Lesley Smith* — has served two years of her final four-year term
- Director District D, *Sam Fuqua* — newly elected for a four-year term

Here is the link to the school board page on the BVSD website: www.bvsd.org/boe

Proposition 103

Proposition 103 was the only statewide measure on the ballot and was the only tax increase on a state ballot in the

nation this year. Boulder County voters generally supported the measure, but voters in the state rejected it. Prop 103 proposed returning state income and sales tax rates back to their 1998 levels for five years, with the new revenue going toward public education (preschool through 12th grade and college and vocational schools).

Election 2012 Preview

2012 is a presidential election year. The Iowa caucuses and New Hampshire primary are right around the corner. Below is a time line for the 2012 election in Colorado.

- February 7, Republican caucuses
- March 6, Democratic caucuses
Caucuses are often held in BVSD schools.
- June 26, Primary Election (moved from its traditional August date)
- November 6, General Election

PARENT ENGAGEMENT NETWORK PRESENTS

Thriving During the Teenage Years Identifying and Treating Teen Depression By Dr. Jan Hittelman

An important but often difficult topic is adolescent depression and suicide. Nationally, suicide is the third leading cause of death among youth ages 15–24, while in Colorado it is the second leading cause of death. Colorado also ranks first among all states for teen depression.

As disturbing as these statistics are, it is widely believed that they are underestimated, since many suicides and attempts go unreported. Fortunately for many, teen depression is a very treatable disorder. Depending on the particular individual, talk therapy, medication, or a combination of the two has been shown to be highly effective in treating depression. Unfortunately, it is estimated nationally that only 30% of adolescents with depression receive treatment. Surprisingly, research shows that many of these youth are from families with good communication. The challenge is that, in addition to the general signs of depression in adults (that is, feelings of sadness, changes in eating and sleeping patterns, loss of interest in once enjoyed activities, loss of energy, feelings of worthlessness or guilt, difficulty concentrating), the more subtle warning signs unique to children and adolescents are often missed. These include:

- Irritability, anger, hostility
- Frequent absences from school or poor school performance
- Lack of interest in spending time with friends or family

- Talk of or efforts to run away from home
- Social isolation, poor communication
- Extreme sensitivity to rejection or failure
- Reckless behavior
- Neglect of clothes and appearance

The good news is depression can be identified and treated, if the right resources and information are in place. Learn more by participating in the following FREE events.

TV Presentation: Teen Depression: The Good News

When: Monday, January 9, 7:00–8:30 pm

Where: Boulder Valley School District Board Room (6500 Arapahoe, Boulder), or watch live on Channel 22

Submit www.BoulderPsychologicalServices.com/

Questions: channel-22

More Info: www.BPSBoulder.com

Workshop: Understanding Self-Harm in Teens

When: Monday, January 30, 6:30–8:00 pm

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

Facilitators: Susan Denison & Jeffrey Kuhn, LCSW, LPC

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, 6:30–8:30 pm

First Presbyterian Church (1820 15th Street, Boulder)

Learn more about PEN by visiting their website: www.parentengagementnetwork.org or by contacting either:

Paula Nelson, PEN Chair (pjn6225@yahoo.com, 303.880.6030)

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

PARENT ENGAGEMENT NETWORK PRESENTA

Superando con éxito los años de la adolescencia Identificación y tratamiento de la depresión en adolescentes Por el Dr. Jan Hittelman

Un tema importante, a menudo pero difícil es la depresión y el suicidio de adolescentes. A nivel nacional el suicidio es la tercera causa principal de muerte entre jóvenes de 15 a 24 años, mientras que en Colorado es la segunda causa principal de muerte. Colorado también ocupa el primer lugar entre todos los estados de depresión en la adolescencia.

Tan inquietante como son estas estadísticas, se cree que están subestimadas, ya que muchos suicidios e intentos no se denuncian. Afortunadamente para muchos, la depresión en los adolescentes es una enfermedad muy tratable.

Dependiendo de la persona en particular, la psicoterapia, medicamentos o una combinación de los dos, ha demostrado ser altamente eficaz en el tratamiento de la depresión. Lamentablemente, se estima que a nivel nacional sólo el 30% de los adolescentes con depresión reciben tratamiento. Sorprendentemente, la investigación muestra que muchos de estos jóvenes provienen de familias con una buena comunicación. El desafío es que, además de los signos generales de la depresión en los adultos (es decir, los sentimientos de tristeza, cambios en los patrones de alimentación y de sueño, pérdida de interés en actividades que antes disfrutaba, pérdida de energía, sentimientos de ser inadecuado o de culpa, dificultad para concentrarse), las señales de peligro más sutiles únicas entre los niños, niñas y adolescentes a menudo son ignoradas. Estas incluyen:

- Irritabilidad, enojo, hostilidad
- Ausencias frecuentes a la escuela o mal rendimiento escolar
- Falta de interés en pasar tiempo con amigos o familiares

- Hablar o tratar de huir de la casa
- Aislamiento social, falta de comunicación
- Sensibilidad extrema al rechazo o fracaso
- Comportamiento peligroso
- Ropa y apariencia descuidada

La buena noticia es que la depresión puede ser identificada y tratada, si los recursos adecuados y la información están en su lugar. Aprenda más sobre este tema participando en los siguientes eventos GRATUITOS de la comunidad.

Presentación televisada:

Depresión en la adolescencia: Las Buenas Noticias

Fecha: Lunes 9 de enero, 7:00 – 8:30 pm

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

Mas información: www.BPSBoulder.com

Taller:

Entendiendo la autolesión en los adolescentes

Fecha: Lunes 30 de enero, 6:30 – 8:00 pm

Lugar: Biblioteca Meados (4800 Baseline Road, Boulder)

Facilitadores: Susan Denison & Jeffrey Kuhn, LCSW, LPC

Mas información: www.BPSBoulder.com

Próximo Evento de PEN HOPE

Dar esperanza e inspiración en el área de la prevención del suicidio y la depresión

Presentadores: HOPE Coalition & Colie's Closet

Jueves 26 de enero, 6:30-8:30 pm

Iglesia First Presbyterian (1820 15th Street, Boulder)

PARENT ENGAGEMENT NETWORK (continuación)

Infórmense sobre PEN en su página web: www.parentengagementnetwork.org o poniéndose en contacto con:

Paula Nelson, Presidenta de PEN (pjn6225@yahoo.com, 303.880.6030)

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.

GROCERY CERTIFICATE PROGRAM

The Holidays are Fast Approaching!

Consider buying grocery certificates as presents for the upcoming holidays. They make the perfect gift for parents, aunts and uncles, neighbors, or college-aged children. The BHS Make-A-Difference Club (MADC) purchases grocery certificates in bulk from participating grocery stores at 5% to 7% less than their face value. You then purchase these "gift" certificates from MADC at their actual value using a check or cash.

If you would like smaller denominations than \$100, first buy grocery certificates from BHS so that BHS receives a 5% discount. Then use those grocery certificates to buy smaller denominations of grocery certificates at the grocery store itself. If you are a business that would like to buy numerous gift cards for your employees, please contact me and I can do the legwork for you.

We also take monthly orders and we have neighborhood parent representatives who will **deliver your order to your door!** Orders are placed once a month via email to your area representative. It is easy to purchase on a regular basis and each month's order may be changed as you wish.

To sign up or for more information, please email me.

Renee Winklmann, chairperson
email: renee.winklmann@gmail.com
phone: 303.443.5558

NEED GIFT IDEAS?
BUY GROCERY CERTIFICATES

HELP RAISE MONEY
FOR BOULDER HIGH!

IT COSTS
NOTHING
EXTRA!

King Soopers	\$100 to \$500
Alfalfa's Market	\$100
Lucky's Market	\$50
Safeway	\$100
Sunflower	\$100
Vitamin Cottage	\$100



MAKE A DIFFERENCE WISH LIST

It Really Does take a Village!

Boulder High School is our Village. It is the community of learners, teachers, and support staff that create our incredible school!

BHS Make a Difference "Wish List" Needs Your Support

You will not be asked to sell anything, bake anything, or make anything.

The Make A Difference "Wish List" fundraiser is your opportunity to make a direct donation to a specific teacher, department, or any school program. Your entire donation will directly benefit students and staff at Boulder High School.

No donation is too small an amount to give, as your gift will be combined with other donations to support the enriching educational programs for all of our students! Please make a generous end-of-the-year donation to Boulder High School Make a Difference "Wish List". All donations dated December 31, 2011 or earlier will receive a 2011 tax receipt.

Several Boulder County companies have "Matching Gifts" programs. Please check with your employer, and if your employer has a matching program, please provide the required information with your personal donation.

Please accept my gift to Boulder High School — Make A Difference "Wish List"

Donor(s) Name(s) _____

for tax receipt

Student's Name _____

Address _____

Telephone # _____

Donation Designation _____

(optional)

Please make your tax-deductible gift payable to **Boulder High School "Wish List"**

Please mail this voucher and your donation to

Boulder High School "Wish List"

1604 Arapahoe Avenue, Boulder, CO 80302

Questions regarding Make a Difference? Contact *Dolly Dean*, parent coordinator, by phone at 303.257-2626 or email at dohdean@travelandsports.com

RIDE ON!

DECEMBER RTD BUS PASSES will be on sale in the Treasurer's Office during both lunch periods on Nov. 30 and Dec. 1 & 2.

Monthly passes for December are \$39.50. Checks should be made out to BVSD.

Boulder High will start selling a few Ten-Ticket Ride booklets again in January. They cost \$10.00, and checks should be made out to BOULDER HIGH SCHOOL.

JANUARY monthly passes and booklets will be sold on Jan. 4 and 5. FEBRUARY passes and booklets will be sold on Jan. 31 and Feb. 1 & 2. Boulder High has not yet been informed if there will be a price increase for 2012 monthly passes.

CALENDAR

For a full listing of events, go to the BHS website (<http://schools.bvsd.org/boulderhigh/calendar.aspx>)

DECEMBER

- 1 Showcase for prospective students & families, 6 pm
- 6 Band Concert, 7 pm, BHS auditorium
- 7 Principal's Coffee, 8 am, BHS library
- 8 Orchestra Concert, 7 pm, BHS auditorium
- 9 Pancake Breakfast for all students and faculty, 7 am, BHS cafeteria
- 13–16 Final Exams, 8:30–10:30, and 12:00–2:00
- 14 PAC Meeting, 6 pm, BHS library
- 19–31 **NO SCHOOL — Winter Break**
Students return to school on Wednesday, January 4
- 31 Deadline for Make A Difference donations if you want a 2011 tax deduction

JANUARY

- 1–3 **NO SCHOOL — Winter Break**
- 3 Teachers return
- 11 Principal's Coffee, 8 am, BHS library
- 13 Deadline to submit Open Enrollment applications
- 16 **NO SCHOOL — Martin Luther King, Jr. Day**
- 18 Parent Counselor Forum, 2:30, BHS auditorium
- 23 Senior Class meeting — cap, gown, and ring information
- 25 PAC Meeting, 6 pm, BHS library
A Piacere Orchestra Concert, with CU and Centennial MS, 7:30 pm, Macky Auditorium
- 28 Winter Ball

FEBRUARY

- 7 Course selection assemblies during the school day
8th Grade Course Selection Night, 6 pm
- 15 FAFSA (Financial Aid) Help Night, 6 pm, BHS library
- 20 **NO SCHOOL — Presidents' Day**
- 21 **NO SCHOOL — Teacher Work Day**
- 29 PAC Meeting, 6 pm, BHS library



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