

Boulder HighLights



Boulder High Parents' Newsletter

December 2012/January 2013 • 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.

Speaking of success, I was reviewing our achievements thus far and wanted you to know how proud I am of our students. Last May, Boulder High administered 1,452 AP exams in 29 subjects; 82 percent of the exams received a score of 3 or higher (possibly earning college credit). We are proud to have 27 National AP Scholars, 115 AP Scholars with Distinction, 48 AP Scholars with Honors and 98 AP Scholars. As I mentioned last year, the College Board has recognized BVSD, along with fewer than 400 other public school districts, 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!

Our School Improvement Plan (SIP) is complete and will soon be 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.

One outcome of this work has been a focus on supporting student success on the ACT, which as you know, can be a significant component of the college admission process. Last year BHS implemented a practice ACT session the month before the exam for all

juniors free of charge. This practice session was then followed by an informational session the next week for parents and students to receive individualized feedback on their performance and links to a variety of free resources based upon their needs. Partly because of this effort, BHS saw a full one-point increase in our school's composite ACT score.

This January, after receiving support from both the School Accountability Committee (administration, faculty, and parents), as well as Governance Team (faculty, parents, students), I have elected to implement a more in-depth practice experience for our juniors in January. This will require a schedule change that will impact everyone (please see the modified schedule on the next page). It is my hope that with several months of lead-time and an opportunity to share practice-test score information — not only with students and parents as we have in the past, but also with faculty — we can continue to build upon this success. Thank you for support of this change in advance.

For those of you with 8th graders considering Boulder High for 2013–2014, I invite you to attend one of the Principal Coffees at 8:30 am in the library on December 6 and January 10.

In January we start the countdown to graduation beginning with a senior meeting on January 22 at which time cap, gown and ring order packets will be distributed. Final information regarding the graduation ceremony will be provided at that time. Tentatively, we are considering moving up the 9:00 am start to 8:30 am.

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. Please be certain that you find the time to participate in the process. On the BVSD website there is information regarding the three proposed calendars as well as means to provide feedback; the strengths and concerns for each. Also, know that any changes to the BVSD calendar will not alter start dates for fall athletics as these dates are determined by CHSAA.

I look forward to seeing many of you at our activities second semester. 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

Week of Jan. 14 – Special Schedule for ACT Practice Exam

Note: Monday, Tuesday, and Friday of this week, regular schedule.

Wednesday, January 16		
65-minute classes		
Collaboration Time:	8:00–8:55	
Period 1:	9:00–10:05	
Period 3:	10:10–11:15	
Period 5:	11:20–11:50 (Lunch A)	11:55–1:00
	11:20–12:25	12:30–1:00 (Lunch B)
Period 6:	1:05–2:10	
Period 7:	2:15–3:20	

Thursday, January 17	
Juniors only in am for ACT practice exam	
65-minute classes	
Practice ACT:	8:00–11:40
Lunch:	11:45–12:00
Period 2:	12:35–1:40
Period 4:	1:45–3:20

COUNSELORS' CORNER

Counseling Office 720.561.5351

Secretary: *Jonetta Roy*

A – Cam

Joanna Berman x2234
joanna.berman@bvsd.org
(in the office M, Tu, Th)

Can – Da & Mah – Mart

Victoria Valencia, x2310
victoria.valencia@bvsd.org
(in the office M, W, Th am)

Db – Herm

Claire Sandford x2232
claire.sandford@bvsd.org

Hern – Mag

Marc Goulet x2235
marc.goulet@bvsd.org
(in the office M–W & F 10–4,
Th 8–4)

Maru – Sel

Andrew Bloom x2231
andrew.bloom@bvsd.org

Sep – 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 am (10:00 am on Wed.) to 2:00 pm.

Monday	Tuesday	Wednesday	Thursday	Friday
Victoria Valencia (am) Joanna Berman (pm)	Julie Malkinson	Marc Goulet	Claire Sandford	Andrew Bloom

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.

2012–13 ACT / SAT / AP Test Dates & Registration Deadlines

ACT		SAT		AP
Test Date	Regular Registration	Test Dates	Regular Registration	Test Dates
Feb. 9	Jan. 11	Jan. 26	Dec. 28	May 6–17, 2013
Apr. 13	Mar. 8	Mar. 9	Feb. 8	
June 8	May 3	May 4	Apr. 5	
		June 1	May 2	
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 email *Jonetta Roy* at jonetta.roy@bvsd.org.

A Grade-Level Guide to Naviance

9th Grade	Counselors are meeting with students during classes throughout the year to work on the Career Interest Inventory, College Game Plan, and Four-Year High School Course Plan. Students select some careers and set some goals for their high school education in their Naviance accounts.
10th Grade	Counselors are meeting with students during classes throughout the year to work on their personality test (based on Myers-Briggs) and update their College Game Plan and Four-Year High School Course Plan. The personality test provides 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 examine college essays and 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 use Naviance to finalize their list of colleges to which they will apply. Also, there will be several mandatory surveys for seniors to take during the spring semester.

Grocery Certificates

Dear BHS Families,

Thank you for supporting BHS MADC (Make a Difference Committee) through your grocery store purchases at King Soopers and Safeway! We look forward collecting even more throughout the holidays.

Also, we are pretty confident that Lucky's will rejoin our program with new reloadable cards starting in the New Year. We will let you know when that program kicks off.

Lisa Lesniak

Grocery Certificates for BHS

grocery.cert.ljl@gmail.com



Congratulations to Impact on Education Winners

Many thanks to Impact on Education for the following awards:

- *Virginia Schick* won a \$600 Impact on Education Innovation Grant. It funds “Curators + Artists + Critics = Gallery” to provide small stipends for art students to assist in the creation of an art gallery. With the assistance of mentors, a diverse group of teens will gain first-hand knowledge of work in the field as curators, artists and critics.
- *Stephany Green’s* barrel entitled “Abstract Artist” won First Place by the September 15 close date of the Impact on Education “voting with dollars” contest.



Vacant Lot Dump Competition

Twenty-four BHS art students created art from recycled materials with professional artists in the “Vacant Lot Dump” art competition. Details can be found at <http://www.mmdnewswire.com/scrapsisters-vacant-lot-dump-120955.html>

Pottery Students Learn About Dushanbe

Pottery students have enjoyed getting to know Boulder’s sister city, Dushanbe, Tajikistan, this fall. Thanks go out to the Boulder History Museum for the loan of their trunk of artifacts from that corner of the world. Students created their own teacups and were welcomed at The Boulder Teahouse, where they enjoyed tea and scones, along with the opportunity to draw and receive a history

lesson of Boulder’s Teahouse. Many thanks to the Boulder Teahouse for their generosity.

One Million Bones Project

Pottery and photo students spent a day in a collaborative art project along with Casey Middle School and University Hill Elementary School participating in the “One Million Bones Project,” <http://www.onemillion-bones.org>. The goal of this social art project is to have artists, students and activists make one million hand-made bones. The bones will be tallied and sent to the National Mall in Washington, DC, to be installed as an artistic statement and reminder of the millions of people displaced and killed by ongoing genocides, most notably in Burma, Sudan and the Democratic Republic of the Congo. The students were privileged to hear first-hand from a Sudanese refugee about her experiences. The project ended on an upbeat note, with a beautiful cake celebrating *Georgia O’Keefe* whose birthday coincided with our collaboration day. O’Keefe’s work often depicted bones.

Boulder Students Attend Art Shows

BHS art classes attended the Open Studios art show at the Boulder Public Library.

The Art Department would also like to acknowledge BMoCA (Boulder Museum of Contemporary Art) for hosting all of our art students on a tour of their recent show.

“Becoming Vincent Van Gogh” at the Denver Art Museum is a must-see! <http://www.denverartmuseum.org/exhibitions/becoming-van-gogh>

The Art Department Faculty, along with theater teacher Chris Sweeney, recently traveled to the Santa Fe University of Art and Design. Our goal is to increase awareness of the variety of art schools available to our students as well as to provide counsel on career paths in art.

For More About Boulder High Art

Check out the Boulder High Art website: <http://www.boulderhighart.com>

The O-Zone is seeking math and science tutors. Both Boulder High students and community members are encouraged to sign up at www.boulderhightutoring.com or call *Jeff Santee* at 720.561.2244 for more information.

CHOIR

Congratulations to *Ben Price* and *Maya Musial* for making All-State Jazz Choir call-backs, and to Ben Price for making All-State Jazz Choir. This is Ben's second year in a row to represent BHS and is quite an honor, since only 16 students are in the choir.

Congratulations to *Ben Price*, *Bibi Vellandi*, *Zoe Plait*, *Emma Scholz*, *Sarah Chicoine*, and *Alaina Brown* for making All-State Classical Choir. Ben, Bibi, and Zoe will be participating in the Mixed Choir, while Sarah, Alaina, and Emma will be in the Women's Choir. This is a record number of students for BHS.

Congratulations to *Aria* and *High Altitude* for their performances at Metro State University's Choral Celebration and at CU-Boulder's Madrigal Festival in November. They performed well and represented BHS well.

Upcoming Events

- Winter Choir Concert – Thursday, December 13, at 7:00 pm in the BHS auditorium. Free and open to the public. Come hear holiday music from around the world.
- Possible Trip to Chicago in March. Parents, be looking for information about a possible trip March 22–25, 2013.



Aria Choir at Metro State University Choral Celebration

INSTRUMENTAL MUSIC

Student Concerts

We hope you were able to celebrate the season and enjoy amazing performances by our music students at the Winter Band Concert on December 4 and the Winter Orchestra Concert on December 6. Please join us for the Jazz Concert on December 11 at 7:00 pm in the BHS auditorium.

Congratulations to BHS violinist *Lindey Hoak*, winner of the 13th annual BHS Concerto Competition! Seven outstanding candidates competed, heard by a distinguished panel of judges, on Friday, November 16, 2012. Lindey, a freshman, will be performing the Concerto in C Major, by *Dmitri Kabelevsky*, with the BHS Orchestra 3 in our May concert. Way to go, Lindey!



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. These funds are our primary source of moneys for the purchase and repair of musical instruments and musical equipment for the Boulder High Instrumental Music Program which includes Symphony, Chamber, and Orchestra 3; Concert Band and Wind Ensemble; Landmark, Unlimited, and Boulder Jazz Bands; as well as ensembles and Drum Line.

Our goal this year is to raise \$12,000 from IMPA families, local businesses and from the broader Boulder community. We already have \$2,000 in pledges toward our goal; please help us raise the remainder of the much needed \$10,000 for our bands and orchestras! Please send your donation to *Julie Ascarrunz*, IMPA Chair, 440 Wellington Ave., 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 Julie Ascarrunz, jaz.ascarrunz@gmail.com, 303.387.2511, to make arrangements for instrument donations.

Bookmark Our Website

For more information about any of these activities, visit our website at <https://sites.google.com/site/bhsimpa>

Next IMPA Meeting

Tues., Jan. 15
7:00 pm
BHS library

Important School Calendar Survey

Please let BVSD know your opinions on the school calendars under consideration for future years. Go to <http://bvsd.org/frontnews/Pages/Calendar-Development.aspx>

MODEL UNITED NATIONS



The Boulder High School Model United Nations team attended their second conference of the year on November 9 & 10. The comprehensive multi-day conference was hosted by the University of Colorado and attended by high school delegates from across the state. Boulder High delegates participated in councils ranging from specialized historical and future Security Councils to General Assemblies discussing complex humanitarian issues. Additionally, beginner delegates learned to write resolutions, integrating their own ideas into potential solutions for difficult international problems, an integral part of Model United Nations.

Boulder High had many award winners!

Beginner General Assembly Social, Cultural, and Humanitarian Committee:

Best Delegation, Triple Crown:

- Democratic People's Republic of Korea: Jack Daly 9, Yunyu Lin 9

Resolutions Passed:

- Democratic Republic of the Congo: Jesse Dessau 9, Emilia Van Buskirk 9
- United States: Brenn Anderson-Gregson 9

Beginner United Nations Environmental Programme:

Best Delegation, Triple Crown:

- Netherlands: John Harrington 9, Dylan Kempton 9

Best Position Paper, Triple Crown:

- Brazil: Sheila Ghorbani-Elizeh 11, Gillian Kopp 11

Resolutions Passed:

- India: Casey Lingelbach 11, Brian Long 11
- Russia: Arnoldo Chavez 10, Ray Rutherford 10
- Saudi Arabia: Michael McClurg 9
- Switzerland: Anne Isaacs 10, Liz Miller 10

Intermediate General Assembly Disarmament and International Security Committee:

Distinguished Delegation, Triple Crown:

- Australia: Joshua Efe 11, Ben Spitz 11

Intermediate General Assembly Special Political and Decolonization Committee:

Best Position Papers, Triple Crown:

- Egypt: Eliza Cornell 11, Bailee Mulholland 11

Intermediate Security Council:

Distinguished Delegation, Triple Crown:

- United Kingdom: Chris Kiley 11

Advanced Historical Security Council:

Resolutions Passed:

- Brazil: Jax Gordon 10, Hunter Schoech 10
- New Zealand: Samuel Alipour-fard 10
- Rwanda: Kara Hartig 11, Annemarie Parsons 11

Advanced Future Security Council:

Best Delegation, Triple Crown:

- Democratic People's Republic of Korea: Bryce Anderson-Gregson (Secretary-General) 11, Ethan Doyle 11

Best Position Paper, Triple Crown:

- Netherlands: Vamshi Aruganda (Officer) 11, Riker Morss 11

Most in Character, Triple Crown:

- Afghanistan: Kevin Winseck 10

The Triple Crown is awarded to delegates who write and pass a resolution in council and also win an award. This high achievement requires excellence, determination, and true United Nations spirit. Congratulations to the CU award winners!

The MUN team meets every Wednesday during lunch. New members are welcome.

- A lunch meetings are held in room 2206.
- B lunch meetings in room 2226.

Congratulations!

*Boys Soccer
5A State Champions*

*Mountain Bike Team
State Champions,
third year in a row*

AVID: Advancement Via Individual Determination

What did you do during your Thanksgiving break?

Boulder High AVID students helped six BHS families in need by making and delivering to them a wonderful Thanksgiving dinner. Thanks to Whole Foods for generously donating the cooked turkeys.



Pictured left to right: Henry Martinez, Pradibya Shrestha, Ian Dorado, Mariana Rodriguez, Sergio Lemos, Maritza Roman, advisor Jennifer Douglas-Larsson, Elsy Segovia, and Brenda Romero

WIDA-ACCESS Test

The WIDA-ACCESS test will be administered on January 23 and 24, 2013. It is for English Language Learners who meet certain criteria. Students and parents will be notified in December and January regarding the test.

WIDA is short for World-Class Instructional Design and Assessment. ACCESS is short for Assessing Comprehension and Communication in English State to State.

Where Students Save DOES Make a BIG Difference

Getting your teen(s) into the savings habit, helping them learn to budget and manage their money, as well as spend wisely and use credit responsibly are some of the most useful lessons you can teach them. Learning these money management skills can make for a smoother financial road for students regardless of the economy.

As parents, we teach our children important life skills such as manners, responsibility, eating right, exercising, etc. Unfortunately, many parents overlook the opportunity of talking with their teen(s) and working with them to save regularly, develop a budget, spend sensibly, and eventually invest and build wealth for later life.

Some parents start their children's savings accounts by opening one for them at their bank. While this is a very common and convenient way to establish their savings, experts concur that it is NOT the best way to teach them money management skills that they can use later on in their life. In addition, and even more importantly, banks are well-known for charging fees for just about everything. Experts see bank fees escalating even faster in the coming years, with no end in sight, and that these service fees will continually erode away savings.

While bank customers are offered many hoops to jump through to help lower or eliminate service fees, we all know their rules continually change and over time bank customers will pay fees, pay higher rates when borrowing, and/or earn less on savings and investments to ensure increased banker profits. The point is, why let your children be subjected to these practices when a simple, easy, and viable solution is available?

Students can join the Panther Student Credit Union, sponsored by Boulder Valley Credit Union, with as little

as a \$5 deposit into their own Savings Account. The Credit Union will MATCH UP TO \$20 OF THEIR INITIAL DEPOSIT to help their savings grow even more. In fact, there are NO monthly fees to erode savings, and students can also open a FREE Checking Account with NO minimum balance requirements, and enjoy a FREE Debit Card. Furthermore, students can begin to establish credit in their own name and learn to use credit responsibly with a NO-annual-fee Educational Student VISA Credit Card.

The Panther Student Credit Union branch is located in the school's cafeteria and is open during the lunch period which allows students to learn money management skills BEFORE they graduate from high school. Students can keep their accounts open AFTER they graduate and access their accounts nationwide via the largest ATM and Shared Branching network in the country. In addition, online banking, mobile apps, and telephone services are available 24/7!

HELP the PAC (Parent Advisory Council): Parents and family members can join Boulder Valley Credit Union and enjoy the same professional-friendly service and lower fees as well. Boulder Valley Credit Union will make a donation to the PAC based on participating savings and loan balances. Why throw your hard-earned money away on bank fees when you can save more on all of your financial services AND help Boulder High School PAC? Visit www.bvcu.org or call 303.442.8850 today.

Steve Carr

Public Relations and Education Specialist

(Office) 303.415.3504

(Fax) 303.473.4394

PARENT ENGAGEMENT NETWORK PRESENTS

Thriving During the Teenage Years Unique Challenges for LGBTQ Youth By Dr. Jan Hittelman

Every two years, the Boulder Valley School District participates in the county-wide Youth Risk Behavior Survey (YRBS), developed by the Centers for Disease Control and Prevention (CDC), which provide reliable local data on risk behaviors among our high school students. A variety of risk factors are considered, ranging from wearing bicycle helmets to suicidal behavior. Within the population of high school students assessed, there are always certain subgroups that are at greater risk. One such group is teens that identify themselves as having a LGBTQ (lesbian, gay, bisexual, questioning) sexual orientation. In the most recent 2011 data, this unfortunate trend continues to be observed. Some examples are summarized in the chart below:

Health Behavior	Heterosexual Youth	LGBTQ Youth
Harassed on school property	25.5%	57.3%
Felt sad or hopeless	23.2%	60.2%
Seriously considered attempting suicide	12.0%	49.3%
Attempted suicide	4.7%	37.3%

You can download all of the local YRBS results by going to <http://www.bouldercounty.org/family/youth/pages/yrbresults-links.aspx>

Join us as we try to better understand the unique challenges that these youth face by participating in our next Pathways to Parenting Success televised event:

TV Presentation:

Challenges for Youth with LGBTIQ Sexual Orientation

When: Monday, December 17, 7:00–8:00 pm

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

Submit Questions: www.boulderpsychologicalservices.com/channel-22-form

More Info: www.BoulderBPS.com

Upcoming PEN Event PEN Open House – Colorado Gives Day

Tuesday, December 4, 4:00–6:00pm

Location: 95a Bistro, 1381 Forest Park Circle, Lafayette

Welcome: Rosalind Wiseman, author of *Queen Bees and Wannabees*

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 Los desafíos únicos para los jóvenes LGBTQ Por el Dr. Jan Hittelman

Cada dos años, el Distrito Escolar del Valle de Boulder participa en la Encuesta de Comportamiento de Riesgo de los Jóvenes del condado (YRBS, siglas en inglés), desarrollado por los Centros para el Control y Prevención de Enfermedades (CDC, siglas en inglés), que proporcionan datos fiables sobre conductas de riesgo entre los estudiantes de preparatoria locales. Se consideran una variedad de factores de riesgo, desde el uso de cascos de bicicleta hasta el comportamiento suicida. Dentro de la población de estudiantes de preparatoria evaluados, siempre hay ciertos subgrupos que se encuentran en mayor riesgo. Uno de esos grupos es que los adolescentes se identifican por tener una orientación sexual LGBTQ (lesbiana, siglas en inglés de gay, bisexual, cuestionándose). En los más recientes datos de 2011, esta desafortunada tendencia sigue continuando. He aquí algunos ejemplos resumidos en el siguiente cuadro:

Comportamiento de salud	Jóvenes heterosexuales	Jóvenes LGBTQ
Acosados en propiedad escolar	25.5%	57.3%
Se sintió triste o desesperado	23.2%	60.2%
Consideró seriamente suicidarse	12%	49.3%
Intento de suicidio	4.7%	37.3%

Puede descargar todos los resultados de YRBS locales, visitando <http://www.bouldercounty.org/family/youth/pages/yrbresults-links.aspx>

Únase a nosotros para tratar de entender mejor los desafíos únicos que enfrentan estos jóvenes participando en nuestro evento televisado de Caminos Exitosos para Criar a los Hijos:

Presentación televisada:

Retos para los Jóvenes con Orientación Sexual LGBTIQ

Fecha: Lunes 17 de diciembre, 7:00 – 8:00 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-form

Mas información: www.BoulderBPS.com

Próximo Evento de PEN Puerta Abierta – PEN – Día de Colorado Ofrece

Martes 4 de diciembre, 4:00 – 6:00 pm

Lugar: 95a Bistro, 1381 Forest Park Circle, Lafayette)

Bienvenida por Rosalind Wiseman, autora de *Queen Bees and Wannabees*

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

Paula Nelson, Presidenta de PEN ([pnj6225@yahoo.com](mailto: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 email a:

jan.hittelman@gmail.com, o por teléfono al: 720.217.3270.

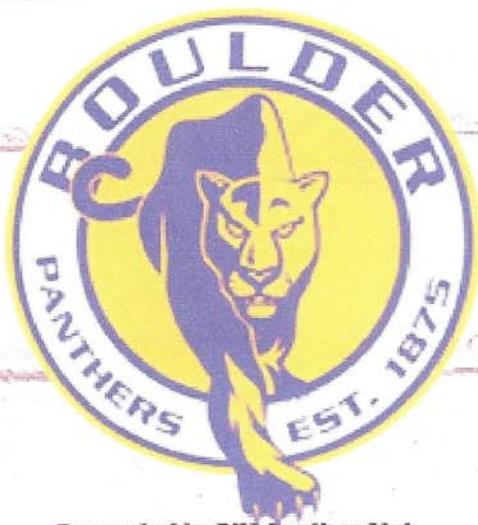
We'll never forget you at Boulder High.

Why? Because the path to the new Boulder High School Gym will be paved with engraved bricks with the names of recent graduates, past graduates and families that have been part of Boulder High's history.

Your contribution will go towards Boulder High sports activities and athletic equipment.

Get your order in NOW!
(There are only a limited number of bricks available)

• Order deadline: March 8th
Engraved bricks will be installed by graduation day, 2013



**Presented by BHS Panther Club,
We are a 501 (c) 3 non-profit organization
A portion of your donation is tax deductible**

Boulder High School Donor Brick
Please print clearly

Name _____
 Address _____
 City _____
 State _____ Zip _____
 Phone (____) _____
 E-Mail _____

Indicate number of bricks requested:
 (Select size & complete details at right)

_____ 4x8 X \$150 = \$ _____
 # _____ 8x8 X \$225 = \$ _____
 # _____ 12x12 X \$500 = \$ _____
 Check # _____ Total \$ _____

HOW TO ORDER:

1. Send form and check or credit card info:

BHS Panther Club
 Boulder High School
 1604 Arapahoe Ave.
 Boulder, CO 80302

Check payable to: BHS Panther Club

Credit Card: _____ Visa _____ MC _____
 # _____
 Exp. Date _____ 3-digit code _____
 Print name _____
 Signature _____

-OR-

2. Visit our website at:
www.boulderpantherclub.com
 and fill out the forms and pay with PayPal or
 your credit card.

How did you hear about the brick campaign?
 _____ Website _____ Newspaper _____ HighLights
 _____ News _____ Friend

Info: Diane McCarthy 720-253-8219
 momof4mgirls@aol.com

DEADLINE: MARCH 8, 2013

Individual Brick Paver* \$150 each 4”x 8”

Includes: Up to three (3) lines of engraved text, up to 20 characters per line (upper and lower case letters)
 Note: a character = a letter, a number, a punctuation mark, and/or space. Each line is centered.

Line 1																				
Line 2																				
Line 3																				

Family Brick Paver* \$225 each 8”x 8”

Includes: Up to five (5) lines of engraved text, up to 20 characters per line (upper and lower case letters)
 Note: a character = a letter, a number, a punctuation mark, and/or space. Each line is centered.

Line 1																				
Line 2																				
Line 3																				
Line 4																				
Line 5																				

Corporate Brick Paver or Family/Group Paver \$500 each 12”x 12”**
Corporate: Up to two (2) lines of engraved text, up to 30 characters per line (upper and lower case letters)
 and Company Logo.**

Family/Group: Up to ten (10) lines of engraved text, up to 30 characters per line (upper and lower case letters)
 Note: a character = a letter, a number, a punctuation mark, and/or space. Each line is centered.

Line 1																				
Line 2																				

*Photocopy form as needed for additional brick orders or for additional lines.

**Company Logos: must be submitted in a high quality digital file (ai, cdr, .eps VECTOR FILE) or black & white camera-ready-art for suitability and approval. Price includes 30 minutes of art time for building logo stencil. Additional time will be billed at \$50 per hour for bitmap files (.jpg, .gif, .pdf, or .doc files) or low resolution hard-copy artwork.

All text will be reviewed for acceptable content.

RIDE ON!

JANUARY RTD BUS PASSES will be on sale tentatively in the Treasurer's Office, right after the morning final exam on Dec. 20.

FEBRUARY passes will be sold during both lunch periods on Jan. 31 and Feb. 1 & 4.

Monthly passes are \$39.50, and checks should be made out to BVSD.

CALENDAR

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

DECEMBER

- 6 Principal's Coffee, 8:30am, BHS library
Orchestra Concert, 7pm, BHS auditorium
- 11 Jazz Concert, 7pm, BHS auditorium
- 13 Choir Concert, 7pm, BHS auditorium
- 14 Pancake Breakfast for students, serving until 7:30am, free, BHS cafeteria
- 17–20 Final Exams, 8:30–10:30am and 12–2pm
- 21 Make-up Final Exams and Teacher Work Day
- 24–31 NO SCHOOL – Winter Break**
- 31 Deadline for Make A Difference donations if you want a 2012 tax deduction



JANUARY

- 1–7 NO SCHOOL – Winter Break (Teachers return January 7. Students return January 8.)**
- 10 Principal's Coffee, 8:30am, BHS library
- 16 Special Schedule – Periods 1, 3, 5, 6 & 7
- 17 Practice ACT for juniors only, 8–11:40am
Special Schedule – Periods 2 & 4 only, 12:35–3:20
- 18 Deadline for BVSD Open Enrollment applications
- 21 NO SCHOOL – Martin Luther King, Jr. Day**
- 22 Senior Class Meeting – cap, gown, and ring info
- 26 Sadie Hawkins Dance, BHS cafeteria
- 30 PAC Meeting, 6pm, BHS library

FEBRUARY

- 5 Course Selection Night for incoming 9th graders, BHS auditorium
- 10 College Goal Sunday to get help with FAFSA (financial aid), 1–3pm, various locations; see www.collegegoalcolorado.org for more information
- 18 NO SCHOOL – Presidents' Day**
- 19 NO SCHOOL – Teacher Work Day**
- 20–22 Spring Sports Registration
- 26 Parent-Teacher Conferences—A–K, 4–7:30pm
- 27 PAC Meeting, 6pm, BHS library
- 28 Parent-Teacher Conferences—L–Z, 4–7:30pm

Nancy Stevens & Celeste Landry, Co-Editors • boh.highlights@bvsd.org