

Berthoud High School

Parent Newsletter

Number 180

October-November 2011

To the BHS Community,

Thanks for a great start to another year at BHS. Our students have come back to us focused and ready to learn. Our assessment data was very good overall, being the highest performing school in the district, but we have identified several areas of improvement for this year. Thanks to our staff for working hard for your children. We have a new Math intervention program developed by our math department in an effort to identify struggling students, or students with learning gaps, early and provide individualized support in a math lab setting. Teachers will assign students to Math Lab based on criteria such as previous CSAP scores, performance on pretests, identified learning gaps and by various assessments given throughout the year. This placement is dependent on how well the student does on the computer-based diagnostic program and with the intervention teacher. Once the gaps have been addressed, or the performance in the intervention class is at acceptable levels, the student is removed from that intervention class. We hope that this will be a great success for students that need it.

We are looking for **Volunteers** for SAAC-School Accountability and Advisory Committee for this year (9th grader parents especially) and we meet on the second Wednesday of each month in the IMC for about 90 minutes. It is a great opportunity to learn more about the school and to provide input and question anything about BHS. There will also be several rewards for your service that will be given throughout the year. We are looking for someone that might be able to volunteer their time and tutoring skills in the area of Biology to team up with a parent willing to assist students in Chemistry. Give Mrs. Boettcher or myself a call if you are interested in helping out. I would like to send out a special thanks to Greg Carter for volunteering to tutor students in math for the second year in a row! Thanks to the BASH for their amazing fundraising for our schools for a third year in a row. I am amazed at what this Berthoud community can accomplish to help our students.

First six weeks grades are starting to establish themselves so please keep up on your son or daughters progress and contact our teachers for any

assistance or with questions. I hope our new 9th graders are getting used to high school life and expectations. They have done a great job as a group in their transition. Thanks to all of the parents!

A final thank-you goes out to our parents and students for helping us be proactive and address bullying concerns early on this year. We appreciate your patience, understanding and action as we work to eliminate this from happening to any of our Spartans. National Stomp out Bullying Day is October 3rd and here is a website with more information.

<http://www.stompoutbullying.org/index.php>

We have continued to establish our NO PLACE FOR HATE student organization and their focus will be on CyberBullying prevention with awareness and activities throughout the year.

Sincerely, Mr. Garcia.

PARENT / TEACHER CONFERENCES Oct 4th, 5th, and 6th

This semester BHS Parent /Teacher conferences will be held AFTER school on Tues., Wed., and Thurs., Oct., 4th, 5th and 6th from 3:30 to 8:10. Friday, Oct. 7th will be a day OFF for students and teachers will work on grades, lesson plans, etc. Conferences will be held in the COMMONS and possibly the IMC.

Parents invited to learn about district

Parents are invited to learn about the workings of Thompson School District at Thompson 101, Oct. 3 at Bill Reed Middle School from 6:30-9 p.m. The event is sponsored by the Board of Education. The evening will include information tables from 6:30-9 p.m.; breakout sessions from 7-7:30 and 8:30-9.; and a Board of Education candidate forum from 7:30-8:30.

Information topics include open enrollment, transportation, nutrition services, family engagement, program services such as special education, gifted education, getting involved and more. Breakout sessions include school finance, math curriculum, a district overview, district choices, school safety and data and assessment.

Refreshments will be available for sale through a school fundraiser and child care will be provided.

Guys and Dolls The BHS Fall Musical Production

What: A musical about the unlikely romance between an urban missionary and a slick Broadway gambler. Set in Times Square circa 1940, the cast features 43 talented Berthoud HS and Turner MS students.



When: Thurs. Nov. 17th, Fri. Nov. 18th and Sat. Nov. 19th at 7:30 pm Also on Sat. Nov. 19th at 2:00 pm.

Where: Berthoud High School Auditorium

Tickets: On sale starting Nov. 1st in the Berthoud HS office during school hours. Tickets are \$8.00 in advance or \$10.00 at the door.

Fall Choir Concert Tues. Oct. 11, 2011

The BHS choirs will present a free concert in the auditorium beginning at 7:00 pm. Students should report at 6:30 pm to warm up in the choir room. All four BHS choirs will be performing – the Mixed choir, Women’s choir, Bridge-Between show choir and the men’s acappella group, the SparTones!

Beginning at 5:30 pm that same evening the show choir will be hosting a Taco Bar dinner in the Commons area. Tickets are 5.00 in advance from your favorite show choir member or 6.00 at the door. Come and enjoy a yummy dinner before the concert and support your local show choir at the same time!

Counseling goes Wiki

Juniors, Seniors, and parents you should visit the new BHS Counseling Wikispaces Page. Here you will find important counseling documents, including the Self-Assessment Form that Seniors should complete for their Senior Interview. Also, NEW to this page is the College Planning section. A Beyond BHS bulletin will be posted every two weeks that give Juniors and Seniors College Highlights and Tidbits. The Wikispaces Page can be accessed through the BHS School Website. The website is www.bhscounseling.wikispaces.com or the school site is www.berthoudhighschool.com/

Industrial Tech & Robotics

The Construction classes could use 2x4s.

The robotics club is always looking for sponsors. Private or company sponsors are welcome. Your company name will be put on a robot that will be seen by hundreds of local people at competitions. If any robot makes it to Nationals or Worlds then hundreds of thousands of people could see the company name. The last 2-3 yrs we have had teams at both Nationals and Worlds. Both are broadcast.

Please contact Mr. Sommerfeld at 970-613-7719 if you can help with either of these needs.

Painting Sponsorships to Raise Funds for the Arts

Parents and community members will have an opportunity to sponsor a painting by the late Lu Haskew to be placed at their favorite school at a special fundraiser for the Thompson Education Foundation on Thursday, Nov. 17 from 6-8 p.m. at Café Vino, 426 N. Lincoln Ave., Loveland.

Proceeds will be placed into an endowment to support the arts in the schools. Lu Haskew was an artist and former teacher in the Thompson School District. She passed away in 2009. Her son, Denny, a sculptor, has donated a framed painting for each school within the Thompson School District.

Patrons may sponsor a painting, much like bricks are sponsored for new facilities. One painting will be hung at each of Thompson’s schools (including current charters). The sponsor’s named will be included on a plaque that will also honor Lu and her son. The paintings and the schools they will go to will be displayed at the event.

Sponsorship of paintings, valued from \$400-\$4,000, is \$500 for elementary schools; \$750 for middle schools and \$1000 for high schools. Cost of the event is \$15, which includes a beverage and appetizers. For more information visit www.thetef.org. To RSVP, call 970-613-5074.

From the Thompson Education Foundation, cultivating educational opportunities in the Thompson School District.

COUNSELING OFFICE NEWS

Dates to mark on your calendar:

Oct. 5th – PLAN Test for all sophomores – no fee.

All other students will attend regular classes.

Oct. 6th – 1st ACT Prep Class at BHS. IMC @7pm

Oct. 12th – PSAT Test at BHS – The PSAT is full at BHS – If your student wants to take it but hasn't yet signed up, they will have to take it at another school.

Oct. 26th – ASVAB Test for juniors and seniors interested in going into the military will be from 1:30pm to 4:30pm. There is no charge. This is also a good aptitude test for any student wanting help knowing where their strengths lie. Sign up in the counseling office.

Nov. 1st – 6:30-8:30pm AP/STEM/PLTW

You will receive information on specialty programs offered at BHS.

Nov. 18th & 21st Freshman Classroom Guidance

Nov. 15th - 17th – Counselors meet with students registered for Honor's Diplomas.

PLAN TEST

The PLAN Test will be administered on Oct. 5th to all sophomores in our school district free of charge. It

is a practice test for the ACT, which is the test that students take to get into colleges and receive financial aid. It also has an interest inventory component that is designed to see where your student's current interests align on the World of Work Map. Furthermore, it is a useful tool for the staff at BHS, as data is collected from our students indicating the academic areas where assistance is needed. We usually get the results back in the beginning of second semester, and we interpret and discuss your student's results with you at our PLAN Interpretation Night in early February. Please watch for that date in the next newsletter. We will also be sending a letter home.

Honors Diploma - The counselors will meet with juniors who are candidates for receiving an Honors Diploma on November 15th through 17th.

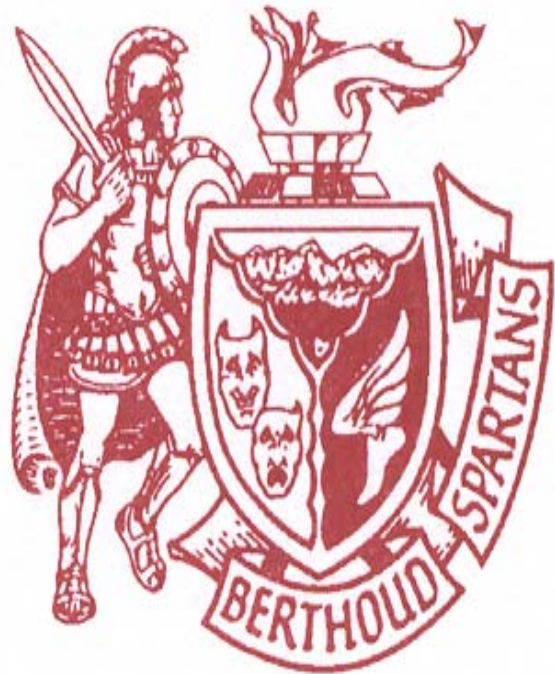
SENIOR INTERVIEWS - The counselors are currently conducting their fall Senior Interviews with every senior student. During these interviews we conduct a credit check to ensure that all seniors are in the classes they need to complete for graduation and college entrance. We also discuss your students' plans after high school and provide them with resources and tips on how to get prepared. Your senior also registered for their FAFSA PIN, their

College Opportunity Fund account, and logged on to Naviance to review how to request transcripts, sign up for college visits, research college admissions requirements, and much more information.

ACT/SAT National Tests

You may check ACT Test dates and register online at www.act.org, or you may pick up a registration packet in the counseling office. For information about SAT Test dates and online registration, go to www.collegeboard.com

We encourage all students to take their college entrance exams (ACT, ACT Plus Writing, SAT, SAT Subject Tests) more than one time in order to get their best results and open doors for college entrance and scholarship opportunities.



Spartans - Apply for College now!

The counselors want to remind parents that we encourage seniors to complete and submit college applications by November 1st. It is important that each student check with the colleges and universities that they are interested in to ensure that they are aware of the application deadlines for those schools. Some schools do have application deadlines prior to November 1st.

Check out the next page for College Visit information, College Fair information, and Scholarship Deadlines.

College Visits at BHS – Check out the bulletin boards by the IMC and the Counseling office for upcoming visits by various colleges.

The **Out-of-State College Fair** will be held at Poudre High School on October 11th beginning at 6pm.

The **Greater Denver College Fair** will be October 15th at Douglas County High School from 10am-2pm

College Application Month

October is College Application Month! Prepare your college applications using CollegeInColorado.org. It is a very helpful tool and you can participate for a chance to win a \$1,000 scholarship. Here are some suggestions to break applying down into manageable goals:

Week 1: Narrow down your options and connect careers to a program.

Week 2: Prepare your resume & request letters of recommendation.

Week 3: Write your essays and personal statement.

Week 4: **APPLY!!**

For more information on College Application Month go to: CICCollegeAppMonth.org.

GRADE REPORTING SCHEDULE 2011 – 2012 1st Semester

| GRADING PERIOD | DATE | REPORT CARDS AVAILABLE ON PORTAL: |
|--|------------------|-----------------------------------|
| 1 st Semester Progress Report | Monday, 10/24/11 | Week of 10/24/11 |
| 1 st Semester Final Grades | Friday, 1/6/12 | Week of 1/09/12 |

Scholarship Deadlines

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

To check out the listings below click on the link above to sign into your Naviance website account and select scholarships. Then just click on the scholarship name to go to their website. There are also numerous scholarships/ awards that don't have specific deadline dates listed on Naviance with websites (just click on the link for all the information you need) or necessary application information. **The deadline for the Wendy's High School Heisman is October 2nd, 2011. Go to www.wendysheisman.com for more information.**

| Scholarship | Deadline | Possible \$ |
|--|----------|---------------------|
| Wendy's High School Heisman Scholarship 2011-2012 | 10/2 | N/A |
| PEO Star Scholarship 2011-2012 | 10/12 | \$2,500 |
| National Youth Leadership Forum on Medicine 2011-12 | 10/14 | N/A |
| United States Senate Youth Program 2011-2012 | 10/14 | \$5,000 |
| Horatio Alger Scholarship 2011-2012 | 10/30 | N/A |
| Coca-Cola Scholars Program 2011-2012 | 10/31 | \$10,000 - \$20,000 |
| Boettcher Scholarship 2011-2012 | 11/1 | N/A |
| Michigan State University Scholarships 2011-2012 | 11/1 | N/A |
| Prudential Spirit of Community Awards 2011-2012 | 11/1 | \$1,000 |
| Ron Brown Scholar Program 2011 - 2012 | 11/1 | N/A |
| Voice of Democracy Essay Contest 2011-2012 | 11/1 | N/A |
| Sullivan Leadership Award 2011-2012 | 11/15 | N/A |
| Boston U. Scholarships 2011-2012 | 11/20 | N/A |
| Americanism Essay Contest 2011-2012 | 12/1 | 10,000 bond |
| AXA Achievement Scholarship 2011-2012 | 12/1 | \$10,000 |
| Boston Univ. Trustee Scholarship Competition 2011-12 | 12/1 | N/A |
| Brayman Beach Scholarship Fund 2010-2011 | 12/1 | 5,000 |
| Duke/Univ of NC Robertson Scholars Program 2011-12 | 12/1 | Full tuition |
| McKelvey Foundation 1st Generation Education | 12/1 | 12,000.00 |
| Portland State Univ. Out-of-State Opp. Schol.2011-2012 | 12/1 | 8,000 |
| Rollins College Denver Area Scholarship 2010-11 | 12/1 | 5000 |
| ROTC Air Force 2009-10 | 12/1 | N/A |
| U.S. Air Force ROTC 2011-2012 | 12/1 | N/A |
| Elks Natl Found. Most Valuable Student Schol.2011-12 | 12/2 | \$4,000-\$60,000 |

Immunizations aren't just for kids.

Recommendations for Adolescent immunizations are emerging, partly due to a resurgence of conditions/ illnesses that Adolescents and Adults were once thought to have immunity against. This immunization schedule contains information about immunizations that are currently recommended nationwide for adolescents- particularly if they didn't get them when they were younger or plan to attend college. Please contact the school health office or your student's health care provider if you have questions regarding immunizations and/or when and where to get them.

Recommended Immunization Schedule for Persons Aged 7 Through 18 Years—United States • 2011

For those who fall behind or start late, see the schedule below and the catch-up schedule

| Vaccine ▼ | Age ► | 7–10 years | 11–12 years | 13–18 years | |
|---|---------------------------|--------------------|------------------------|-------------|--|
| Tetanus, Diphtheria, Pertussis ¹ | | | Tdap | Tdap | Range of recommended ages for all children |
| Human Papillomavirus ² | see footnote ² | | HPV (3 doses)(females) | HPV Series | |
| Meningococcal ³ | | MCV4 | MCV4 | MCV4 | |
| Influenza ⁴ | | Influenza (Yearly) | | | Range of recommended ages for catch-up immunization |
| Pneumococcal ⁵ | | Pneumococcal | | | |
| Hepatitis A ⁶ | | HepA Series | | | Range of recommended ages for certain high-risk groups |
| Hepatitis B ⁷ | | Hep B Series | | | |
| Inactivated Poliovirus ⁸ | | IPV Series | | | |
| Measles, Mumps, Rubella ⁹ | | MMR Series | | | |
| Varicella ¹⁰ | | Varicella Series | | | |

Concussion Facts

- It is estimated that over 140,000 high school athletes across the United States suffer a concussion each year. (Data from NFHS Injury Surveillance System)
- Concussions occur most frequently in football, but girl's lacrosse, girl's soccer, boy's lacrosse, wrestling and girl's basketball follow closely behind. All athletes are at risk.
- A concussion is a traumatic injury to the brain.
- Concussion symptoms may last from a few days to several months.
- Concussions can cause symptoms which interfere with school, work, and social life.
- An athlete should not return to sports while still having symptoms from a concussion as they are at risk for prolonging symptoms and further injury.
- A concussion may cause multiple symptoms. Many symptoms appear immediately after the injury, while others may develop over the next several days or weeks. The symptoms may be subtle and are often difficult to fully recognize.

What are the signs and symptoms of a concussion?

- | | | | |
|--|-----------------------------------|--|-----------------------------------|
| *Appears dazed or stunned | *Moves clumsily | *Balance problems or dizziness | *Headache |
| *Is confused about what to do | *Answers questions slowly | *Shows behavior or personality changes | *Can't recall events prior to hit |
| *Forgets plays | *Loses consciousness | *Double or fuzzy vision | *Can't recall events after hit |
| *Is unsure of game, score, or opponent | *Concentration or memory problems | *Nausea | *Feeling sluggish |
| | *Confusion | | *Feeling foggy or groggy |

What should I do if I think my child has had a concussion?

If an athlete is suspected of having a concussion, he or she must be immediately removed from play, be it a game or practice. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Parents and coaches are not expected to be able to "diagnose" a concussion, as that is the job of a medical professional.

However, you must be aware of the signs and symptoms of a concussion and if you are suspicious, then your child must stop playing;

When in doubt, sit them out!

All athletes who sustain a concussion need to be evaluated by a health care professional who is familiar with sports concussions. You should call your child's physician and explain what has happened and follow your physician's instructions. If your child is vomiting, has a severe headache, is having difficulty staying awake or answering simple questions he or she should be taken to the emergency department immediately.

Please go to www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm for more information.

October/November 2011

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|
| Dates & Times of sporting events are subject to change w/o notice. Sports Legend: A = Away H = Home V=Varsity; JV=Jr. Varsity; C=Freshman FB = Football CC = Cross Country SB = Softball BSo = Boy's Soccer VB = Volleyball Parent/Teacher Conferences are October 4th thru 6th from 3:30-8:10pm | | | | | 1 FB:C:A:Skyline:3:15p BSo:H:Frdrk:V:10,JV:11:30a |
| 3 Musical Rehears:6:30p FB:JV:A:FiMrgn:4:30p FB:C:A:Skyline:3:15p SB:A:WeldCtrl:V-4, JV-6p | 4 Band Practice:6p Musical Rehears:6:30p Math Tutoring:7pm:102 CC:A:DaktaRdgnv:3:30 BSo:A:WeldCtrl:V-4p,JV-5:30p VB:V:A:PlatteVal:C-4:30,JV-5:30p,V-6:30p Parent/Teacher Conf: 3:30-8:10p | 5 Parent/Teacher Conf: 3:30-8:10p | 6 Musical Rehears:6:30p FootballDinner:5p:Com FB:C:A:SlvrCrk:3:30p SB:A:Strasburg:V-4,JV-5:30 VB:H:Eaton:C-4:30,JV-5:30,V-6:30p Parent/Teacher Conf: 3:30-8:10p | 7 FB:V:A:SlvrCrk:7p BSo:H:V:FrnrCht:4p No School | 8 Band Practice:8a CC:A:LeagueMt:10a BSo:A:TVHS:V-10a,JV-11:30a |
| 10 Musical Rehears:6:30p FB:JV:H:SlvrCrk:4p | 11 Band Practice:6p Musical Rehears:6:30p Math Tutoring:7pm:102 Fall Choir Concert:7p VB:A:UnivSchls:C-4:30, JV-5:30,V-6:30p | 12 SAAC Mtg:3p BSo:H:V:BritnChrt:4p | 13 Musical Rehears:6:30p FootballDinner:5p:Com FB:C:H:Rsvlt:4p VB:H:HighInd:C-4:30,JV-5:30,V-6:30p | 14 FB:V:H:Rsvlt:7p | 15 Musical Rehears:9a CC:A:Wiggins:10:30a |
| 17 Musical Rehears:6:30p FB:JV:A:Rsvlt:4p BSo:H:V:MtnVw:6p | 18 Band Practice:6p Musical Rehears:6:30p Math Tutoring:7pm:102 BSo:A:V:ComChristian:6p VB:A:WeldCtrl:C-4:30, JV-5:30,V-6:30p | 19 VB:A:TVHS:C-4:30, JV-5:30,V-6:30p | 20 Musical Rehears:6:30p FootballDinner:5p:Com CC:A:3ARegionals:3p FB:C:A:Erie:4p BSo:H:SlvrCrk:JV-4,V-7p VB:H:Mead:C-4:30, JV-5:30,V-6:30p | 21 FB:V:A:Erie:6:45p | 22 Band Practice:8a Musical Rehears:9a |
| 24 DistrictStarLab:7:30a FB:JV:H:Erie:4p | 25 DistrictStarLab:7:30a Musical Rehears:6:30p Math Tutoring:7pm:102 | 26 DistrictStarLab:7:30a | 27 DistrictStarLab:7:30a Musical Rehears:6:30p FootballDinner:5p:Com FB:C:H:MtnVw:4p VB:Districts:TBA | 28 FB:V:H:MtnVw:7p | 29 Musical Rehears:9a CC:A:COState:9a |
| 31 Musical Rehears:6:30p FB:JV:A:MtnVw:3:30p | NOVEMBER 1 Band Banquet:6p Musical Rehears:6:30p Math Tutoring:7pm:102 | 2 | 3 Musical Rehears:6:30p VB:Regionals:TBA | 4 FB:V:A:Skyline:7p | 5 Musical Rehears:9a |
| 7 Musical Rehears:6:30p FB:JV:A:Skyline:4p | 8 Musical Rehears:6:30p Math Tutoring:7pm:102 | 9 SAAC Mtg:3p | 10 Musical Rehears:6:30p | 11 VB:State:TBA | 12 Musical Rehears:9a |
| 14 Musical Rehears:6:30p | 15 Musical Rehears:6:30p Math Tutoring:7pm:102 | 16 Musical Rehears:5p | 17 Fall Musical:7:30p | 18 Fall Musical:7:30p | 19 Fall Musical: 2p & 7:30p |
| 21 | 22 Math Tutoring:7pm:102 | 23 | 24 | 25 | 26 |
| Thanksgiving Break | | | | | |
| 28 | 29 Math Tutoring:7pm:102 TMS WinterChoir Concert:7p | 30 | | | |