



Berthoud High School

Parent Newsletter

Number 178

April - May 2011

A Message from the Principal

What every parent and student of BHS should know about Social Media: the internet has become the preferred way for teens to socialize and communicate. It has helped education and instruction in many ways, but it has also been the main reason for behavioral issues in my seventeen years in education. Cyber bullying has been the main disciplinary issue at BHS as it has at any other school.

According to bullyingstatistics.org, cyber bullying can actually take on many forms.

- Sending mean messages or threats via email or cell-phone
- Spreading rumors online or through texts
- Hurtful or threatening posts on social networking sites or web pages
- Posing as someone else online to hurt them, or another person
- Spreading unflattering photos of a person online or through cell-phones
- Sexting: circulating sexually suggestive photos or messages
- Over 50% of adolescents and teens have been bullied online; the same percentage have bullied others online
- More than 1 in 3 people have been threatened online
- Over 25% of teens have been bullied through their cell-phone or online
- Over 50% of adolescents and teens do not tell their parents if they are the victim of cyber bullying

At BHS, I would say that at least half of the kids who are bullied today *do not* tell their parents, which means the kids are dealing with the bullying themselves. Parents need to be aware what they can do to prevent, and deal with the bullying. Questions such as, "What is cyber bullying and how is it done?" "What are signs to look for that my child is a victim? That my child is a bully?" and, "How do I stop the bullying?" all need to be answered.

Parent tips for high school students: encourage students to think before they share personal information on-line. Opinions change daily for students at this age. Remind your teens that anything they post can be misused by someone else.

Remind students they aren't too old to ask for your help. There are things some kids can handle on their own, but sometimes, they just need help. Coming to their parents isn't being a 'child'; it's being responsible and safe.

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PROM 2011

Juniors and Seniors: Prom 2011 will be held on Saturday, April 30th from 8:00pm until midnight at The Fountains of Loveland. The address is 1480 Cascade Ave. Please park on the lower level next to the Event Center. The cost per student is \$30.00. Pictures will be available for free at the photo booth during the dance.

SENIOR GRADUATION CALENDAR

- April 15th Scholarship/Award Form and Survey Deadline
- May 17th **Senior Awards Night**—6:30 P.M.- **Please attend!**
- May 15th **Baccalaureate** in Auditorium – 7:00 P.M.
- May 18th **Pick up "Check Out Sheets"** in the front office-
Have fees paid and sheet signed by all 2nd semester teachers, Counselor, IMC, Athletics, etc. and turn into office.
- May 19th **TURN IN check out sheet** (signed by all S-2 teachers, Counselor, IMC, Athletics, etc.) into office. **Seniors will pick up their cap & gowns upon completion and return of their "Check out Sheet"**
- May 20th **Senior Breakfast** at Berthoud Community Center – 8:00 AM. * **RSVP to Ms. Rugg by May 13th** This breakfast is compliments of the Berthoud Area Senior Citizens.
- MANDATORY Graduation Rehearsal in BHS SMALL GYM. - 9:00 A.M.**
- May 21st **Graduation**– Max Marr Field – 9:00 A.M.
Seniors Report to the SMALL GYM – 8:15 A.M.



Evening With the Arts
Berthoud High School
4:30 - 8:00 p.m.
Friday, May 6, 2011

Schedule of Events

4:30 - 8:00 Visual and Applied Arts Show, 6th - 12th grades, main gym
5:00 - 6:15 B.H.S. Choir Concert, cafeteria
6:30 - 7:30 B.H.S. Forensics Team performs, cafeteria
6:30 - 7:30 B.H.S. Band Concert & Awards, auditorium

Please, come and support our young artists!

(Message from the Principal continued)

Some of the consequences for bullying/cyberbullying:

- In and Out of school Suspension for any number of days
- Behavior contracts and possible expulsion from school for a calendar year
- Police involvement & possible charges depending on the evidence and severity of the threats.
Loss of eligibility to participate in sports or other school activities

Online resources to review as parents & students:

- <http://www.stopcyberbullying.org> – tips for parents and students
- <http://www.onguardonline.gov/topics/net-cetera.aspx> - tips and resources
- <http://www.microsoft.com/security/family-safety/childsafety-steps.aspx>
- <http://kids.getnetwise.org/tools/> - resources and parental info.
- <http://www.prweb.com/releases/2011/02/prweb5056284.htm> - sample of software to monitor child's internet communications and Facebook, etc.

Secondly, BHS is working with Hays Market for the next five months for a 1% rebate for the school. Our first project is to help pay for the Robotics Team(s) that will qualify for the World Robotics Competition. Save your Hays receipts and turn them in to Ms. Rugg in the main office until Spring Break to help our school. Hays Market is also working on a reusable bag campaign that will help all of the Berthoud Schools, so be on the look-out for that... Thanks to Hays Market!!

Lastly, CSAP testing has been very successful. Although we had a handful of students not testing, I think those that tested did a great job. A special thanks goes out to the families that understand the testing is important. Thanks to Mrs. Boettcher and Mrs. Watchorn for the coordination and to our staff for proctoring the tests. We also gave out "free assignment" passes to reward students for the extra effort that they can use in a class they choose after testing.

Have a great, restful and safe Spring Break! *Mr. Garcia*

INDUSTRIAL TECH

The beginning woodworking class needs 2x4s. If you have used or new 2x4's in good shape please call Robb Sommerfeld to arrange for a drop off at the school. Call 970-613-7719.



ART DEPARTMENT

Yearbooks are no longer for sale. You may buy them at delivery for \$70, first come first served. Delivery is May 18th at 1pm. NO EARLIER. If you are not available to pick up your book on the 18th it will be available on the 19th in room 110. Only YOU or your parent may pick up your book. Siblings and friends will not be allowed to pick them up.

BHS Drama

Lions...and tigers...and bears! Oh, my! The BHS drama students are excited to present "The Wonderful Wizard of Oz" on April 14th, 15th, 16th at 7:30 p.m. and Saturday, April 16th also at 2:00 for our younger citizens. Tickets are available at the door prior to performances. Adults are \$7.00 and children 12 and under are \$5.00. Plan to attend this wonderful family event.

CHOIR NOTES

For all students involved in the theatre program this year at BHS - Thursday, April 28th, 2011 7:00 pm in the BHS Commons - put on your fanciest clothes and get ready for the First Annual TINYS!!! (Our own version of the Tony awards!) This will be a special night of drama awards and honors for the 2010-11 school year. Mark your calendar now!

The Bridge-Between Finale Concert 2011 – Friday, May 13th in the BHS auditorium at 7:00 pm. This free concert features performances by The Bridge-Between show choir and we will also honor our talented seniors - Marie Allison, Katie Kouns and Amelia Rael. Don't miss this special evening of wonderful music.

COUNSELING NEWS

FREE ACT FOR ALL COLORADO JUNIORS ON APRIL 27th!

The ACT assessment mandated for all Colorado juniors will take place at BHS on *Wednesday, April 27th*. All juniors should arrive by 7:25 am and be in their assigned classrooms promptly at 7:38 am. Students will be dismissed at approximately 11:30am. Remember students must bring two #2 pencils (NO MECHANICAL PENCILS) and their calculator. *Also, remind your student that cell phones or any other electronic devices will NOT be allowed in testing rooms.*

(This is a No School Day for all 9th, 10th and 12th Grades)

We encourage all juniors to put forth their best effort as this test may be used for college entrance, college class placement, scholarship awards, and practice for ASVAB. BHS is providing the following opportunities for juniors to prepare for the Colorado ACT Test:

- April 18th, 19th & 21st - Counselors will provide a strategy session during Modern America classes.
- Free ACT study materials are available in the BHS Counseling Office.

AP Test Dates and Location

When students take an AP class they are encouraged to take the AP exam in May. The exams are scored between 1 – 5 points each. Students who earn a score of 3 or higher can typically earn some kind of college credit. With the exam costing \$90.50 and a typical three credit class at CSU costing around \$700.00, one can see why taking an AP class can be advantageous. Some students scoring a 4 or a 5 have received up to ten college level

credits depending on the university they choose to attend. Even if a student does not elect to take the exam or does not pass the exam, they have been exposed to a great learning opportunity which will help them be successful on whatever post-secondary path they should choose. We heard back from some students who did not pass the AP exam, but were able to take and pass their college's pass out pass up exam therefore earning similar credits to those who did pass the AP exams. The learning that goes on in these classes is top notch!

All tests are tentatively scheduled to be administered at The Ranch with the exception of our AP Studio Art students and those requiring special accommodations. AP Studio Art portfolios will be collected at BHS and students receiving accommodations will be individually contacted regarding their testing time and location. Counselors will go into AP classes again in April to give students more information including times and directions to The Ranch testing location. Students MUST arrive prepared and on time for their AP tests. Students will be given permission forms for parent signatures as they will be driving themselves to the testing locations. Tests will begin promptly at the scheduled time as we will complete the mandatory pre-bubbling prior to each exam. Students who are late for the pre-bubbling will not be allowed in. Because this is a national test we are not allowed to make any exceptions. Students taking the exams will be marked with a school approved absence only for periods they will be missing.

<u>Test</u>	<u>Date</u>
AP Chemistry	Monday, May 2 nd at 7:15am
AP Calculus AB	Wednesday, May 4 th at 7:15am
AP Calculus BC	Wednesday, May 4 th at 7:15am
AP US History	Friday, May 6 th at 7:15am
AP Biology	Monday, May 9 th at 7:15am
AP Physics B	Tuesday, May 10 th at 11:30am
AP Physics C	Tuesday, May 10 th at 11:30am
AP English Lang & Comp	Wednesday, May 11 th at 7:15am
AP Statistics	Wednesday, May 11 th at 11:15am
AP Human Geography	Friday, May 13 th at 7:15am

*Students who have a conflict due to a high school athletic event or other extreme circumstance must come and see Mrs. Cline as soon as possible. We will do our best to help you sign up for the late exam, but cannot make any promises. College Board is VERY STRICT. The more time we have to work on this the better.

ACT and SAT Tests - At this time all juniors should have a list of the colleges that they are considering. Students must go online or call the colleges to see which entrance exams are required or preferred. We encourage all students to take their college entrance exams (ACT, ACT Plus Writing, SAT, SAT Subject Tests) more than once in order to get their best results and open doors for college entrance and scholarship opportunities. We suggest the May and June exams in order to have your best results before applying to colleges in the fall. The

first test dates available once students come back from summer break are not usually until October, which is too late for some scholarships and early college admissions deadlines. ***Be sure to review your junior folder for valuable post secondary information.***

National ACT/SAT Test Registration-You may access other test dates and deadlines and costs at the respective websites www.act.org and www.collegeboard.com. Information for both tests can also be obtained in the counseling office.

THANKS TO OUR VOLUNTEERS

We again wish to thank all our wonderful volunteers for coming in to help out in the counseling office, especially Marilyn Cook and Peg Donovan. We appreciate you!

NCAA Clearinghouse - Any student who is interested in participating in Division I or II college athletics NEEDS to register with NCAA during the spring of their junior year and meet eligibility requirements. You may register at www.ncaaclearinghouse.net. We recommend all students who plan to play college athletics become familiar with this website during their freshman and sophomore years. You need the BHS code of 060-095 to help navigate their system.

UNDERCLASSMEN AWARDS

Our Awards Ceremony for underclassmen will be held at **11:00AM on Wednesday, May 4th** in the BHS Auditorium. Invitations will be mailed home in April to those students receiving awards. We encourage parents and grandparents to plan to treat your student to a special lunch following the awards ceremony.

COLLEGE FAIR

Students & Parents Invited – Free to Attend!

Denver Spring College Fair - Sunday, May 1st

1:00 – 4:00 pm at Lakewood High School. Sponsored by: Colorado Council on High School & College Relations & Rocky Mountain Assoc for College Admissions Counseling.

Important Dates to Remember:

April 12th – FRCC Smart Start

April 18th, 19th, and 21st – Jr Classroom guidance for ACT Prep

April 27th – **State ACT Test for all Juniors.**

PLEASE MAKE SURE YOUR STUDENT

WILL BE IN ATTENDANCE ON THIS DATE.

April 27th - **No School for 9th, 10th & 12th Grades**

May 4th – Underclassmen Awards Ceremony at 11am

May 17th – Senior Awards Night at 6:30pm

May 23rd – **Graduation 9AM at Max Marr Field**

ATTENTION SENIORS

As you receive scholarship and award notification (whether you are accepting it or not) please update this information on Naviance. Naviance is where we

retrieve the information for both Senior Awards Night and the Scholarship Insert of the Commencement Program.

April-June 2011 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 then select scholarships. Then 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.

<i>Scholarship name</i>	<i>Deadline</i>	<i>Possible \$ Amount</i>
A. Patrick Charnon Scholarship 2010-2011	3/31	1500.00
Buick Achievers Scholarship Program 2010-2011	3/31	N/A
Colorado Education Assoc. Ethnic Minority Scholarship 2010-2011	3/31	\$1000
Colorado MESA Scholarship 2008	3/31	N/A
Denver Rocky Mountain Korean Lions Club 2008 Education Scholarship Awards	3/31	\$500
Health Careers Institute 2011 Summer Program	3/31	N/A
Janice M. Scott Memorial Scholarship 2010-2011	3/31	\$2500
Longmont Conservation District Scholarship 2010-2011	3/31	\$2000
LUH Foundation Healthcare Career Scholarship 2008	3/31	N/A
Nelnet Scholarship	3/31	\$5000
New Threats To Freedom Contest 2010-2011	3/31	\$5,000.00
Pinnacol Scholarship 2010-2011	3/31	N/A
Questbridge 2008 College Prep Scholarship	3/31	variable
US Bank Internet Scholarship 2010-2011	3/31	\$1000
4-H Scholarship - 2010-2011	4/1	\$1,000
Alpha Delta Kappa Future Teacher Scholarship 2009	4/1	\$500
CALSS Gwendolyn S. Duran Memorial Scholarship 2008	4/1	1000
Cardiac Kids Scholarship 2010-2011	4/1	\$1,000
College America Scholarships 2008	4/1	\$8000
Colorado Association of Wheat Growers Scholarship 2010-2011	4/1	\$1,000
Colorado Press Association 2010-2011	4/1	500.00
Delta Kappa Gamma Scholarship	4/1	N/A
Kristi Visocky Memorial Scholarship 2010-2011	4/1	\$2000
RBC Dain Rauscher Colorado Scholarship 2008	4/4	\$5000
Robert Byrd Honors Scholarship 2008	4/4	\$1500 per yr
Sharrie Olsen Memorial Scholarship 2010-2011	4/4	\$1000
TEA Scholarship 2010-2011	4/4	N/A
GEMS - Gender Equity in Math & Science 2010	4/5	\$1,000
RYLA Rotary Youth Leadership Awards 2010-2011	4/6	N/A
Margaret Olson Memorial Scholarship 2010-2011	4/8	\$500.00
LaRaza Youth Leadership Scholarship 2008	4/11	\$1000
Colorado Meningococcal Disease Video Campaign	4/12	\$500.00
ITT Technical Institute's 2011 High School Scholarship	4/13	\$2000
Alexander Hamilton Citizenship Achievement Award 2011	4/15	\$500.00
American Legion Legacy Scholarship 2010-2011	4/15	N/A
College of Idaho Visionary Scholars Program 2010-2011	4/15	40,000
Education is Freedom Scholarship 2008	4/15	\$2000
Gwendolyn S. Duran Memorial Scholarship 2010-2011	4/15	\$1000
National Association of Women in Construction 2011 Scholarship	4/15	\$1000
Stein Fjell Community Scholarship	4/18	N/A
Cibrowski Family Foundation Scholarship 2010-2011	4/20	\$2500
Rhonda Zoellner Martinez Scholarship	4/20	\$1000
Greeley Stampede Foundation Scholarship 2010-2011	4/21	\$1,000 min.
Mikkelson Foundation Scholarship 2010-2011	4/22	\$3000
The Louisa Preston Scholarship	4/22	41000
Loveland Junior Golf Scholarship	4/24	\$1000
Avn Rand The Fountainhead Essay Contest 2010-2011	4/26	10,000
American Legion Colorado Boys State 2010-2011	4/30	N/A
ASAP/Union Bank & Trust Scholarships	4/30	\$1000
Healthy Lifestyles Scholarship	4/30	N/A
Justin L. Bauer Memorial Scholarship 2010-2011	5/1	N/A
RMWEA Scholarships 2010-2011	5/1	\$1000
Keppra Family Epilepsy Schol. Program 2010-2011	5/2	5000
Avn Rand We the Living Essay Contest 2010-2011	5/5	3000.00
Justin Bauer "Let Us Never Forget" Scholarship	5/6	\$250
American Pride Co-op - Cole Kugel Scholarship 2010-2011	5/15	\$1000
Delta Chi Scholarship	5/15	\$500
President's Award for Civic Excellence	5/15	\$1000
Kit Faraqher Memorial Scholarship 2010-2011	5/21	\$2500
Al's Formalwear Salute to Education Scholarship 2010-2011	5/31	2000
Science Education Scholarships 2008	5/31	\$1500
Leona Stanford Vollintine Charitable Trust 2010-2011	6/1	N/A
TKE Outstanding Leader Scholarship	6/20	\$500

BHSSE: Continuing to Make a Difference in the Community

By: Lauren Sawinska, BHS Class of 2011

After giving away five scholarships to last year's graduating seniors, the Berthoud High School Scholarship and Endowment committee is determined to reach out to even more students this school year. To accomplish this, a group of BHS students as well as local advisors are asking for contributions of any amount from local residents and businesses. The money they collect will not only benefit the graduating Class of 2011 but also future BHS graduating seniors. A student committee chooses deserving senior recipients before graduation. The amount remaining at the end of this school year will be added to an endowment fund in hopes of continuing to provide local students with scholarships to help offset ever-increasing college costs. Tax deductible donations for this program can be sent to Berthoud High School, c/o BHSSE, 850 Spartan Ave., Berthoud, CO 80513. For more information, please contact Jennie Koolstra at trout@eandjfishfarm.com. Thank you for supporting BHS students.

NATIONAL HONOR SOCIETY

The National Honor Society is an organization that promotes recognition for students who reflect outstanding accomplishments in areas of scholarship, character, leadership and service. Mrs. Ballard is the faculty sponsor for the BHS Chapter. Meetings are held on the 1st and 3rd Friday of each month during lunch.

Berthoud's NHS sponsors two major group service projects each year. During the fall semester, the group sponsored the "Giving Tree" for needy children, and during the spring of 2011 will dance the night away with senior citizens at the "Senior Prom" on April 15, 2011 at the Owl's Roost from 7:30-10:30pm. NHS once again conducted a successful "Penny Wars". The generous students at BHS warred with copper and silver to the amount of \$1257. These monies were donated to Zack Payne Dunkleberger, to help with medical, travel and food expenses while they travel to Children's Hospital for cancer treatments. The NHS students want to thank each of you for your generous contributions. Mrs. Brandvold's class won the pizza party once again this year. Congratulations to that class for their great work in challenging each of us toward greater generosity.

The qualifications to be considered for election to membership to NHS by the faculty are as follows:

New members for National Honor Society will be selected in late March and early April. To be eligible, students must be at least a 2nd semester sophomore, hold a 3.5 cumulative GPA (4.0=A), and have attended Berthoud High School for at least three semesters. Students who qualify will be sent an application form on which they may list activities. Students who submit an application will be voted on by the entire faculty on the

basis of their character, leadership, and service. Students are given a rating of one to four on the qualities as defined below:

SERVICE

- a) Willingness to render any service to the school and community when called upon
- b) Willingness to do committee or staff work
- c) Readiness to show courtesy by assisting visitors, teachers, and students

LEADERSHIP

- a) Demonstrates leadership in classroom or organization work
- b) Demonstrates leadership in promoting school or community activities
- c) Successfully holds offices or positions of responsibility
- d) Exemplifies positive qualities and attitudes

CHARACTER

- a) Meets pledges and responsibilities to the school promptly
- b) Demonstrates highest standards of honesty and reliability
- c) Cooperates with school regulations
- d) Demonstrates concern for others

Overall, students must have at least one outstanding rating and two above average ratings. A committee of 5 faculty members meets to review the nominees and make the final decision. Students must maintain a GPA of 3.5 or above or they will be placed on probation for one semester, and then dismissed if the 3.5 is not attained.

All members are re-evaluated each year on all categories and they must meet the rating requirements each year to maintain membership.

The formal induction ceremony for the class of 2010-2011 will be on Monday, April 18th, 2011 at 7:00 p.m. in the commons of BHS. Current members and new inductees will meet in the IMC at 6:45p.m.

Teen Time!

The Berthoud Library wants to invite you to Teen Time on *April 8th* from 5-8pm. This session is entitled - **Brick Building** – Bring Legos or share and build something amazing with friends. And then on *May 13th* – **Dance Party** – Enjoy cultural food, music, & games to gear up for summer!

BHS GRADE REPORTING SCHEDULE

2010 – 2011 2nd Semester

REMINDER: REPORT CARDS ARE NOT MAILED HOME. EVERYTHING IS AVAILABLE ON YOUR PORTAL ACCOUNT.

GRADING PERIOD	DATE	REPORT CARDS ON PORTAL:
2 nd Semester Final Grades	Friday, 5/20/11	Week of 05/24/11

NEW FRCC Program

SMART START at Front Range Community college will occur in the 221 Computer Lab, Tuesday April 12th during 7th and 8th period. If you plan to attend Front Range Community College as a 2011 BHS graduate, representatives from Front Range Community College will be at BHS to help you complete the required paperwork and accuplacer testing. Please contact Mrs. Ballard for more information. There will be a sign up sheet in the counseling office with Mrs. Lindstrom and listen to the announcements after Spring Break for more information about SMART START at Front Range Community College

Tips from the Health Office For a FUN & SAFE Summer

Sun Safety Tips

It's natural to enjoy all kinds of outdoor activities! The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help prevent serious skin damage—and possibly skin cancer—later!

- ❖ Keep in mind the sun is strongest from 10am and 4pm.
- ❖ Wear clothing that's dark and tightly woven.
- ❖ Wear a wide-brimmed hat and sunglasses.
- ❖ Remember that UV rays bounce off sand, snow, concrete, and water.
- ❖ Do not use tanning beds.
- ❖ Keep very young children (6 mos. or less) out of the sun.
- ❖ Sunscreens need to be applied liberally and evenly over all exposed areas.
- ❖ Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad-spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- ❖ For children, the SSA recommends sunscreen with an SPF 30 or higher.
- ❖ Apply sunscreen before going out & reapply often.
- ❖ Reapply sunscreen after swimming, perspiring, and toweling off.
- ❖ Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- ❖ For people with thin or thinning hair, apply sunscreen to the scalp as well.
- ❖ And remember stay in the shade whenever possible!

For more information, check out www.sunsafetyalliance.org

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 girls' lacrosse, girls' soccer, boys' lacrosse, wrestling and girls' 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
- *Is confused about what to do
- *Forgets plays
- *Is unsure of game, score, or opponent
- *Moves clumsily
- *Answers questions slowly
- *Loses consciousness
- *Concentration or memory problems
- *Confusion
- *Balance problems or dizziness
- *Shows behavior or personality changes
- *Double or fuzzy vision
- *Nausea
- *Headache
- *Can't recall events prior to hit
- *Can't recall events after hit
- *Feeling sluggish
- *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. Call your child's physician and explain what 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/ she should be taken to the emergency department immediately. For more information please go to:

www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm

Parents the Anti-Drug

Teens are abusing some over-the-counter (OTC) drugs, such as cough and cold remedies, to get high. Many of these products are widely available and can be purchased at supermarkets, drugstores, and convenience stores. Many OTC drugs that are intended to treat headaches, sinus pressure, or cold/flu symptoms contain the active ingredient dextromethorphan (DXM) and are the ones that teens are using to get high. When taken in high doses, DXM can produce a "high" feeling and can be extremely dangerous in excessive amounts.

Over-the-counter drug abuse also occurs with laxatives, diuretics, emetics, and diet pills, as teens try to achieve an idealized weight. Young people may start taking just a few diet pills but then graduate to full addiction and dependence. Ephedrine, caffeine, and phenylpropranolamine are just some of the dangerous and addictive substances found in diet pills. Herbal, sometimes referred to as "natural", weight loss products can be just as dangerous as diet pills. All of these substances act as stimulants to the central nervous system and much like speed, can have serious and potentially fatal side effects.

Is your teen using OTC drugs to get high? Signs and symptoms of abuse may include:

Short-term effects

Impaired judgment, nausea, loss of coordination, headache, vomiting, loss of consciousness, numbness of fingers and toes, abdominal pain, irregular heartbeat, aches, seizures, panic attacks, psychosis, euphoria, cold flashes, dizziness, and diarrhea.

Long-term effects

Addiction, restlessness, insomnia, high-blood pressure, coma, or even death.

Where do teens get them?

In many parts of the country, teens can easily buy OTC cough and cold remedies at any supermarket, drugstore, or convenience store where these products are sold. They can also get them from home, or order them over the Internet. And even if they do not order OTC drugs online, they can surf the Web to find information and videos on what drugs to try and mix together. For more information, check out www.theantidrug.com

NON-DISCRIMINATION STATEMENT FOR THE THOMPSON SCHOOL DISTRICT

Thompson School District is an equal opportunity educational institution and will not discriminate on the basis of religion, veteran status, marital status, race, color, national origin, gender, sex, sexual orientation, age, or disability in its activities, programs or employment practices. The prohibition against sexual harassment includes a prohibition against harassment based on religion, race, color, natural origin, age, sex, disability, sexual orientation, veteran status or marital status. For information regarding civil rights or grievance procedures, contact the Executive Director of Human Resources, 800 S. Taft, Loveland, CO 80537 (physical address) or 2890 N. Monroe, Loveland, CO 80538 (mailing address), (970) 613-5000 or the Office of Civil Rights, U.S. Department of Education, Region VIII, Federal Office Building, 1244 North Speer Blvd., Suite 310, Denver, Colorado 80204, (303) 844-5695.

BHS Athletic Booster Club Needs Officers!

The BHS Athletic Booster Club is in need of a Vice President for the 2011/12 school year.

The BHS Athletic Booster club is a charitable organization run by parent volunteers. The Club provides ongoing financial support to BHS Athletics. Without this support we would not have the items needed to run great programs. The Club also organizes fun events and activities throughout the year, as well as running concessions for all events!

Please Join Us

New ideas are always welcome.

Anyone interested is asked to attend the next meeting on Monday, April 4th at 7pm, or contact Lore Ruebesam – luebesam@skybeam.com

Dear Parents,

It's once again that time of year to ask for your membership dues for the 2011/12 school year.

As many of you are already aware the Berthoud High School Athletic Booster Club is a charitable organization (501C-3) that provides direct support to our high school athletic program. We are a volunteer run organization, that encourages Parents and Businesses in our community to support BHS Athletics. We also encourage high academic excellence by providing two BHS athletes with college scholarships each year. Our support to athletics is year round. Your \$20.00 membership dues, keeps athletics running at BHS.

Please support your Kids by supporting the Athletic Booster Club

This school year we have provided almost \$20,000 to the many different programs listed below:

Girls Tennis	Cheerleading	Boys Basketball	Girls Basketball	Baseball
Track	Volleyball	Boys Soccer	Football	Softball
Cross Country	Girls Soccer	Sr. Nights	Homecoming	

Keep BHS Athletics Strong - Your support doesn't go unnoticed!

BHS Athletic Booster Club

Contact Booster Club Officers – www.bhspartans.org - Boosters Tab

BHS Athletic Booster Club Sponsorship Form

Name _____ Address _____

Contact

Name _____ City _____ Zip _____

Phone _____ Email _____

◇ BHS Booster Club Membership - \$20+ - Make your vote count.

◇ Early Membership Supporter Level - \$150+ - Includes membership, and two (2011/12) Adult Athletic Passes (passes are currently valued at \$91.00)

List your sponsored sports for a higher % of concession stand nights.

The more parents you get as members the more opportunity for your team!

_____, _____, _____, _____

Donation Only \$ _____ Total Amount Donated

\$ _____

All donations are tax deductible minus the value of the Athletic Passes (\$90) gift in accordance with the IRS regulations

**Checks Payable to BHS Athletic Booster Club - Mail to: BHS Booster Club
850 Spartan Ave
Berthoud, Co 80513

April / May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
www.bhs Spartans.org for current updates, opponents & times of events. BB = Baseball; GT = Girl's Tennis; GG = Girl's Golf; GSo = Girl's Soccer; GG = Girl's Golf; TF = Track & Field; VB = Volleyball			Remember – dates and times of sporting events are subject to change without notice. Check with your student for correct information.		1 Spring Break	2 TF:A:9a
3	4 PlayRehearsal:3:30p BB:H:4p GSo:H:5/7p AthBoosterClub:7p VB:OpenGym:5p	5 WritingLab:6a PlayRehearsal:3:30p BB:A:4p GT:A:3:30p APEMtg:7p CheerTryouts:6:30p	6 GG:H:1p GG:A:JV:8:30a TF:H:3p SpdBoosters:1:30p CheerTryouts:6:30p Stubble Volleyball	7 PlayRehearsal:3:30p BB:A:4p GT:H:3:30p GSo:H:5/7p CheerTryouts:6:30p WritingLab:3:30p ChessClub:5p	8 BB:H:4p GT:A:TBA GSo:A:4p CheerTryouts:6:30p SpdBoosters:3:30p	9 BB:H:11a/1p GT:A:TBA TF:A:9a CheerTryouts:9a
10	11 PlayRehearsal:3:30p GG:A:11a VB:OpenGym:5p	12 WritingLab:6a PlayRehearsal:3:30p BB:A:4/6p GT:A:3:30p GSo:H:7p	13 PlayMatinee:2p SpdBoosters:1:30p	14 GG:A:8a BB:H:4/6p GT:A:3:30p TF:A:3:30p WritingLab:3:30p SpringPlay:7:30p ChessClub:5p	15 GG:A:9a GT:A:TBA SpdBoosters:3:30p SpringPlay:7:30p	16 BB:A:11a/1p GT:A:TBA TF:H:9a
17	18 GG:A:11a VB:OpenGym:5p NHSInduc:7p	19 WritingLab:6a BB:H:4/6p GT:A:3:30p GSo:A:4/5:30p APEMtg:6p MrSpartan/MissBHS:6:30p	20 R2J BOE Mtg:7p	21 WritingLab:3:30p GG:A:11a BB:H:4p GT:H:3:30p GSo:H:5p/7p ChessClub:5p	22 GT:A:TBA TF:A:3:30p	23 BB:A:11a/1p GT:A:TBA
24	25 GG:A:9a VB:OpenGym:5p APEMtg:6p	26 WritingLab:6a BB:H:4p GT:A:3:30p GSo:A:4p/5:30p DancingwTchrReh:3:30p	27 ACT Test:All JUNIORS at 7:30a BB:A:3:30p/5:30p Teacher Apprec:6p	28 WritingLab:3:30p GG:H:8a BB:A:4/6p ChessClub:5p	29 DancingWTeachers:7a	30 BB:H:11a BHS PROM:8p
1	2 VB:OpenGym:5p AthBoosterClub:7p	3 WritingLab:6a GG:A:8:30a BB:A:4p	4 GG:A:1p UC AwardNight:11a	5 WritingLab:3:30p BB:H:4/6p GT:A:TBA GSo:A:4p/6p ChessClub:5p	6 GT:A:TBA Evening With the Arts: 4:30p	7 TF:A:9a
8	9 GG:Regionals:9a VB:OpenGym:5p Band/OrchConc:7p	10 WritingLab:6a	11 GSo:A:TBA AthAwardNight:6:30p PwdrPuff:6:30p	12 WritingLab:3:30p GT:A:TBA	13 BridgeBtwnCon:6:30p GT:A:TBA TF:A:2:30p	14 End of Year Dance:8p BB:TBA GT:A:TBA GSo:A:TBA
15 Baccalaureate: TRA	16 VB:OpenGym:5p	17 SrAwardNight:6:30p	18	19 GSo:A:TBA TF:A:TBA	20 BB:TBA TF:A:TBA Last Day of School	21 BB:TBA GSo:A:TBA TF:A:TBA Graduation:9a
22	23 GG:State:8:30a	24 GG:State:8:30a GSo:A:TBA	25	26	27 BB:TBA	28 BB:TBA
29	30	31				