

ARAPAHOE CAMPUS

THE BUZZ



SEPTEMBER 2008
6600 E. ARAPAHOE RD.
BOULDER 80303

OFFICE LINE 303.447.5220
ATTENDANCE LINE 303.447.5036
FAX LINE 303.447.5258

FROM THE PRINCIPAL'S DESK

Welcome,
Arapahoe Campus starts out the year with the administrative union of Boulder TEC and Arapahoe Ridge High School. Since January of 2008, a visioning team has been busily planning a philosophical shift that will attempt to close the achievement gap for students in Boulder Valley School District.

The Vision Team consisted of administration, counselors, teachers, students and community members from across the district. Last spring brought an unveiling of a three ringed diagram that represents a framing of how students' needs may be met for graduation through cross walking and strategies for a technical certification used as a vehicle to the world of careers and work.

For the most part, you will not see changes in class offerings and technical classes. We believe that what we have developed in the previous years has not been in vain. Rather, we are looking for ways for students to maximize their time at

Arapahoe Campus while earning an education that will serve each student in the 21st Century.

Our new assistant principals are Kady Haisley, who comes to us from Fairview High School, and Theo Robison, who comes to us from Adams 12 and also Adams 50. Mrs. Haisley served on the visioning committee. Larry Akiyama is our new counselor and he comes to us from Monarch High School. Mr. Akiyama will be serving Arapahoe Campus and brings a tremendous background in facilitating students. Kurt Levasseur will serve as the Career and Technical Education Representative for Boulder Valley, which means he will service the district's high schools in their technical programs. Kurt was formally the Dean of Students at Boulder TEC. The administrative team is eager to serve the Arapahoe community.

With our new vision, Arapahoe Campus would like to invite parents and guardians to participate in making our school the best high school option. Please become in-

involved in your student's education by volunteering to serve on committees as they arise. Right now we need a parent to represent us on the District Parent Council. This is a very important committee as it provides BVSD with input from the parents' perspective. If you are interested in serving in this capacity, please contact the school and I would be happy to visit with you regarding the details.

Another important committee is a school based committee called the School Improvement Team. This team assists with the development of the School Improvement Plan and therefore has a great deal of input into the educational direction we will take while your student attends school. This team meets on the second Monday of each month from 3:00 until 4:00. Please contact the office if you are interested in one of these positions.

Sincerely,
Joan Bludorn
Principal, Arapahoe Campus

NEWS

Welcome Back!

The high school's schedule for fall 2008 is as follows:

BLOCK 1: 7:50—9:10

BLOCK 2: 9:15—10:35

Skinny: 10:40—11:10

Lunch: 11:15—11:45

BLOCK 3: 11:50—1:10

BLOCK 4: 1:15—2:35



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COUNSELING CORNER WITH MR. AKIYAMA



The Arapahoe Campus has a new counselor; his name is Mr. Larry Akiyama. He comes to us from Monarch High School in Louisville. Mr. Akiyama has a long history with the Boulder Valley School District. He began his counseling career at Casey Junior High School/Casey Middle School and then moved on to counseling at Monarch High seven

years ago. Prior to coming to Boulder, he coordinated the Coop-G Program at Aspen High School, working with students interested in working part-time during the school day in career areas of interest to them. He is very excited about being here on the Arapahoe Campus and working with all of our students. Please stop in and say hello. To schedule

an appointment to discuss your son/daughter's academic, social, personal, and/or career goals, please contact Mary Parrish at 303-447-5220.

Note: The counseling office has moved into a new office located in the Administrative Complex across from the cafeteria.

INTERVENTIONISTS REPORT...

CHRISTINA HART AND JULIE GRAFF COLLABORATE AT ARAPAHOE CAMPUS

By Christina Hart, MA, LPC
Intervention Specialist

Dear Parent,

This letter is designed to acquaint you with the services of the Boulder County Prevention and Intervention Program. The Boulder County Prevention and Intervention Program (BCPIP) was founded in 1987 to provide effective school-based prevention and intervention services focused on strengthening students' skills and abilities to deal with problems, issues and temptations, as well as to make decisions in a healthy/productive way. The partnering agencies in this program include Boulder County Public Health, the St. Vrain and Boulder Valley School Districts, the cities of Boulder and Longmont, the town of Lyons, and the Mental Health Center of Boulder County, Inc.

The primary focus of the BCPIP is to provide counseling, and prevention services in

close collaboration with school staff. These services include: mental health and substance abuse assessment; brief solution-focused counseling; team mobilization to provide support after a school/community trauma; referral of students/families to community agencies and follow-up to the referral; coordination of community services offered on-site at schools; consultation with school staff for prevention and intervention planning; training students to work with and help other students; group counseling to help students deal with problems/issues in small groups; youth leadership; presentations for parents; classroom presentations; and training for faculty and staff.

The program staff consists of masters or doctorate level prepared counselors, psychologists, and social workers, referred to as Interventionists. Interventionists work for The Mental Health Center of Boulder County, Boulder County

Public Health, or the City of Boulder, and are not school district employees. The BCPIP program philosophy is to involve parents whenever possible. You should also know that as mental health professionals, Interventionists follow Federal Law which outlines confidentiality guidelines. Anyone over the age of 15 is protected by this regulation and may seek services on their own. Anyone under 15 must first obtain parental consent to seek services. The guidelines specify that any information received by an Interventionist is confidential unless the student (aged 15 or older) or a parent or guardian gives specific permission to disclose the information. Therefore, school personnel, including the principal, will not have information regarding your child's work with the Interventionist unless specific permission is given. Excluded from this protection is information that discloses the intent

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"THE INTERVENTIONISTS FOR THE ARAPAHOE CAMPUS ARE CHRISTINA HART AND JULIE GRAFF AND YOU CAN REACH EITHER OF THEM BY CALLING THE MAIN ARAPAHOE CAMPUS PHONE NUMBER 303-447-5220."



PARENT ENGAGEMENT NETWORK PRESENTS: THRIVING DURING THE TEENAGE YEARS GROWING AS PARENTS

By Dr. Jan Hittelman

For parents of middle and high school students, efforts to help their children achieve in school can often seem like a recipe for disaster. Due to adolescent development, all the ingredients are in place: impulsivity, questioning authority, desire for independence, and raging hormones + school! It's a roller coaster ride for most families.

The most difficult challenge for parents is often making the shift from control to advice. When our children are young we are able to exert a significant amount of control over their behavior. As they move through adolescence, those techniques are less and less effective. This is because the task of adolescence is to individuate, to become an independent adult. This necessitates separating from parental control in order to develop self-control, to learn by experimenting and making mistakes, to develop an internal set of values, morals, and identity. Consequently this is a very challenging phase of development for adolescents and their parents. Shifting from control to advice recognizes your child's developmental task and allows the parent to maintain and strengthen their relationship and influence.

In order to be more effective with your adolescent, consider the following suggestions:

Show Respect: part of the shift to adolescence is the subjective experience of

no longer being a child, yet having parents continue to treat you as a child. The reality is that on a physiological and developmental level they are at the very early stages of adulthood. In addition, if you don't show your adolescent respect you will have difficulty getting respect from them.

Be a Good Listener: Even before you give advice, you first want to give your adolescent every opportunity to share their feelings, viewpoints, even if you strongly disagree. There's always time to give advice later.

Use Empowerment: Give your adolescent more say over matters that concern him/her. Provide an opportunity to "try it their way" with the understanding that if it's not successful, other strategies will be necessary. Barring unsafe situations, it's important for them to learn by their mistakes as well as their successes.

Connect Privileges with Effort: Consider linking privileges (e.g. curfew, driving, bed time, etc.) with accomplishing agreed upon tasks (e.g. school performance, chores, etc.)

Don't Sweat the Small Stuff: More than ever you need to choose your battles, otherwise the battles will be endless. In addition, utilizing the strategies above will minimize the number of potential battles that you will have.

A common battleground for parents and adolescents is school. With the shift

from control to advice, comes the premise that your adolescent needs to take ownership of their schoolwork. It should be made clear, for example, that if an adolescent wants parental help with school, it is their responsibility to request it. The ideal time to make this shift is during middle school, but it's never too late. Our parenting strategies must grow and mature as our children grow and mature.

Dr. Jan Hittelman is a licensed psychologist and Director of Boulder Psychological Services, LLC. What's your opinion? Questions or comments for this monthly column can be sent to: 1527 Pine Street, Suite B, Boulder, CO 80302, via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270.

Learn more about PEN by visiting their website at: www.parentengagementnetwork.com or by contacting Betsy Fox with the Boulder County Healthy Youth Alliance at 303-441-3981.

Upcoming PEN Event:

September 4th
"How Are All The Children"
9:00am - 12:00pm
7th Annual PEN Kick-off
Lafayette Library (775 W. Baseline)

Opening Remarks: Dr. Chris King
7:00pm - 9:00pm

YRBS Update: Leisha Conners Bauer
Monarch H.S.

PEN National Speaker: Carol Carter
(329 Campus)

INTERVENTIONISTS REPORT... (CONT'D FROM PAGE 2)

to harm oneself or others, an incident of child abuse/neglect, or sexual assault.

Intervention staff are placed at most secondary schools in the St. Vrain and Boul-

der Valley schools. The Interventionists for the Arapahoe Campus are Christina Hart and Julie Graff and you can reach either of them by calling the main Arapahoe Campus phone number 303-447-

5220. For questions about the program call Kathryn Coleman, Administrative Supervisor at 303-441-4045 (city of Boulder schools only).

BREAKTHROUGH ARTS PRESENTS FREE SCHOOL ARTS CLASSES ... FALL 2008 SCHEDULE

MONDAYS

BREAKDANCING

Learn top-rocks, the six step, the coffee grinder, maybe even windmills. Whatever your level, enhance your skills. Don't forget to bring your own music to class.

Sam Moritz

DATES: Mondays 9/8 to 11/11 4:00 to 5:30 pm

LOCATION: Community Arts Building / September High School

MUDSLINGERS POTTERY

Learn hand building exercises as well as wheel pottery. Workshop is open to individuals of all skill level. Participants will learn to make functional and sculptural pieces. Space is limited so please call and reserve your space in the class!!

John Hansen, local artist

DATES: Mondays 9/8 to 11/10 4:00 to 6:00 pm

LOCATION: Mudslingers Pottery Studio, 820 Main St. #1, Louisville

URBAN DESIGN/GRAFFITI ART

The graphic arts have had an undeniable affect on the contemporary design industry. Emphasis will be placed on mastering the basic fundamental skills behind the creation of a well-composed, colorful, communicative series of images, created in a unique style developed by the artist. In this course we will explore the strong characteristics that inspired a generation to create a movement so unique and raw that it became a visual language giving voices to those who may have never been heard before. Students will have the opportunity to apply the concepts they have been experimenting with in their black-books on a large scale, using aerosol spray-paint, like graffiti writers worldwide do.

Ayinde "Kreate" Chong, BA Hons Interactive Arts

DATES: Mondays 9/9 to 10/28 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

TUESDAYS

ADOBE FLASH ANIMATION

Look Out! Adobe Flash is taking over the world!

Learn how to make digital animation for websites, video games, and more. Flash is not just reserved for the Web, companies like Cartoon Network have produced award winning 2D animated shows using this awesome software. If you enjoy using computers and have a strong desire to learn some of the basics, come join us in exploring the many uses of Flash before it takes over the world.

Perry Towle

DATES: Tuesdays 9/9 to 11/11 4:00 to 6:00 pm

LOCATION: Computer Lab / September High School

BELLY DANCING

Learn the most beautiful and ancient form of dance. Have fun while learning to move your body smoothly, gracefully, and elegantly.

Taya Matoy professionally dancing for over 10 years

DATES: Tuesdays 9/9 to 11/11 4:00 to 5:30 pm

LOCATION: Kakes Dance Studio, 2115 Pearl Street

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BREAKTHROUGH ARTS PRESENTS: FALL 2008 SCHEDULE (CONT'D FROM PAGE 4)

NATURAL HIGHS

This course teaches how drugs and alcohol are only substitutes for healthy ways to experience "the real thing." In this class you will learn healthy alternatives to drugs/alcohol that work intelligently with our body, mind, and emotions. We will discuss the brain chemistry of substance abuse, recovery, and sobriety so you can make informed choices. This class will introduce "Natural Highs Strategies" that support rather than destroy our brain chemistry, and will show how meditation techniques, art, and ritual can serve to access altered states in healthy ways. The class includes an optional weekly AcuDetox treatment which is an innovative acupuncture treatment to the ears that promotes stress management, natural relaxation, and decreases cravings for drugs and alcohol.

Avani G. Dilger, MEd, MA, LPC, ADTR, CACIII, Certified Addiction Counselor, Licensed Professional Counselor

Rachel Fisher, MSOM, L.Ac, Licensed Acupuncturist

DATES: Tuesdays, 9/9 to 10/28 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

WEDNESDAYS

STAINED GLASS KALEIDOSCOPES

Release your creativity through the art of stained glass, and see the world through a kaleidoscope of color. In this class, students will develop all the basic skills needed to make their own stained glass kaleidoscopes. This course will teach practical knowledge of tools, materials, and techniques. No previous experience required.

Joy Chapman, BFA, local artist and teacher

DATES: Wednesdays 9/10 to 10/29 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

ART OF BILLIARDS

Billiards can provide an outlet for any anyone who would like to master a cool physical skill. Learn how to line-up the perfect shot using patterns, variations, and your imagination. Join other teens after school to participate in an activity that is played in every corner of the world. The skills you learn will last you a lifetime.

Mike Stengel

DATES: Wednesdays 9/10 to 11/12 4:00 to 6:00 pm

LOCATION: Odd Fellows Lodge, 1543 Pearl St. Boulder

GRAPHIC DESIGN WORKSHOP

Learn what it takes to make it in the graphic design industry. We will start by learning the fundamentals of design work through Adobe Illustrator and Photoshop. Over the course of the session we will work our way towards putting together a whole layout with InDesign. Space is limited so please call and reserve your space in the class!

Ayinde "Create" Chong, BA Hons Interactive Arts

DATES: Wednesdays 9/10 to 11/12 4:00 to 6:00 pm

LOCATION: Computer Lab / September High School

MODERN DANCE

This class will focus on breath, energy, and the physics of movement. The movement will include some floor work while finding efficient transitions into easy inversions. Students will gain a sense of fluidity, momentum and power.

Jessica England, Breakthrough Arts Coordinator

DATES: Wednesdays 9/10 to 11/12 4:00 to 5:30 pm

LOCATION: Community Arts Building / September High School

THURSDAYS

HIP-HOP DANCE

Learn how to listen for beats, work as a team, and improve on your dance skills. Get your heart rate up by learning fun routines that could be seen in music videos.

Kim Dobbins

DATES: Thursdays 9/11 to 11/13 4:00 to 5:30 pm

LOCATION: Community Arts Building / September High School

BREAKTHROUGH ARTS PRESENTS: FALL 2008 SCHEDULE (CONT'D FROM PAGE 5)

COOKING WORKSHOP

Learn the basic uses for certain foods, as well as help develop your imagination to create enticingly new dishes. Discover how to make handmade chocolates, bread, ice cream, and food from all around the world. Eat what you make at the end of every class.

Peter Kelly

DATES: Thursdays 9/11 to 11/13 4:00 o 6:00 pm

LOCATION: Whole Foods, Superior

SCREEN PRINTING

This class will take you through the basics of the screen printing process with an emphasis on textile printing. We will cover multiple methods and ideas of screen making and the printing process. The class is intended to give you the knowledge to begin making your own clothing and prints. The class will consist of preparing your own screen by hand and screen printing paper and t-shirts.

Omi Benson, local artist

DATES: Thursdays 9/11 to 10/30 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

FRIDAYS

ULTIMATE FRISBEE

Come cultivate your Frisbee skills with us as we explore the many different ways to throw a disc. We'll learn how to throw and catch forehands, backhands, overhands, hammer throws, and many other styles of tosses. If we have the personnel and the ambition, this class can become an Ultimate Frisbee team and face off against other schools and clubs in the area. So, come discover some of the surprising and challenging ways to throw and catch a disc!

John Dunn UMass Intramural Ultimate Frisbee Champion, 2002

DATES: Fridays, 9/12 to 10/31 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School

THE ART OF SPIN: TABLE TENNIS

Learn to improve your hand-eye coordination and have fun doing it! Learn the art of spin by studying the sport of Table Tennis. We'll do drills that will help you understand how to apply spin to the ball, return spin, and increase your overall enjoyment of Ping Pong. Plus, you'll be able to impress all of your friends with your new skill. All levels welcome!

Daniel Beliveau Mathematics Teacher

DATES: Mondays 9/8 to 10/27 3:30 to 5:30 pm

LOCATION: Community Arts Building / September High School



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BREAKTHROUGH ARTS PRESENTS

FALL 2008 SCHEDULE (CONT'D FROM PAGE 6)

FALL 2008 REGISTRATION FORM

STUDENT NAME _____ M / F

GRADE _____ AGE _____ BIRTH DATE _____

SCHOOL _____

ADDRESS _____

EMAIL _____

HOME PHONE _____ CELL PHONE _____

PARENT'S NAME _____

CLASS NAME(S) _____

Questions?

Joy Chapman, Director of Arts

joy@septemberschool.org

303-443-9933 or

Jessica England, Breakthrough Arts Program Coordinator

bta@ymcabv.org / 303.443.4474 ext. 4650

Class Information Hotline:

303.443.4474 x4651

Join the BreakThrough Arts Teen Advisory Board! Do you want to organize teen events, fundraisers, and workshops? Wouldn't it be fun to hang out with teens that have varying interests? When you join the Teen Advisory Board you will work with other teens to arrange a fundraiser for teen programs, work with the Boulder Skate Team to help run events at the Boulder Skate Park, create a haunted house for the YMCA's Halloween Party, and organize the teen area of the Boulder Creek Festival. Looks great on your college applications and resumes! You must be 14-18 to join the board. If you are interested please call 303-443-4474 ext. 4650 or email bta@ymcabv.org.

These innovative after-school classes are brought to you by **September High School**, the longest running independent high school in the city of Boulder. We are conveniently located downtown, just a few blocks from the Walnut Street bus station. Our extensive on-site facilities include: a photo processing lab, a dark room, a mixed media art studio, a ceramic studio, a dance and performing arts studio, and a fully equipped music room. All of our classes have been carefully designed to appeal to teens—and our class size maximizes individual attention. We offer a healthy and creative space for all young adults in our community that are interested in reawakening their love of learning ... even after school.

Breakthrough Arts is a program of the YMCA of Boulder Valley, providing a safe, drug-free environment for teens during the high-risk after-school hours. We help teens find their passion, develop their creativity, build developmental assets, and create lasting connections with their community by offering free after-school arts activities five days a week on an ever-growing variety of youth selected topics. Over 3000 youth have been directly impacted by the BreakThrough Arts program since its inception in 1998.

The YMCA of Boulder Valley is an association of people of all ages, abilities and ethnic groups who are united in a common effort with a worldwide fellowship, putting the principles of caring, honesty, respect and responsibility into practice to enrich the quality of spiritual, mental and physical health for all. Providing quality programs that are affordable and value based, that embrace the concepts of physical, spiritual and emotional health and that dramatically improve the lives of young people is a vital part of the YMCA's mission. Originally chartered in 1874, and re-chartered in 1955, the YMCA of Boulder Valley has been serving the youth of Boulder County for over 50 years.



ARAPAHOE CAMPUS HIGH SCHOOL

6600 E. Arapahoe Rd
Boulder, CO 80301
Phone: 303.447.5220
Fax: 303.447.5258
Attendance Line 303.447.5036

“The Best Alternative”

WE'RE ON THE
WEB AT:
**SCHOOLS.BVSD.
ORG/ARAPAHOE/**

Newsletter Editor: Jenifer Farrell
jenifer.farrell@bvsd.org

IMPORTANT CALENDAR DATES SEPTEMBER 2008

September 1

Labor Day

September 8

S.I.T. Meeting
3:00-4:00 PM

September 10

Hearing and Vision Testing

September 18

Parent/Teacher Conferences
3:15-6:30

September 19

No School for Students—
Professional Development Day



A REMINDER FROM THE ATTENDANCE OFFICE:

Students will not be excused for tardies in the morning or throughout the day. Tardies due to physician appointments will be excused only with a note from that physician. The date must match the date of the tardy or absence.

Absences due to illness are excused, however, after 3 days of illness; a physician's note must be presented to the attendance office. Please feel free to contact the attendance office if you have any questions at 303.447.5036.