

ARAPAHOE CAMPUS

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# THE BUZZ

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HIGH SCHOOL



FEBRUARY 2009  
 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

Dear Parents, Students and Staff,

Our campus is truly experiencing history in the making. At the end of first semester the visioning committee presented timelines for the campus visioning plans. Finding a name for our campus will be the next big undertaking. Staff and students will be voting soon and results will be presented to the School Board in February. Signage for the campus will follow shortly after the new name adoption.

The district is piloting on-line classes this semester that will begin January 22. If you are interested in investigating the possibilities of an on-line opportunity at Arapahoe Campus, please see our Counselor, Larry Akiyama or any counselor at a Boulder Valley high school for details.

Registration for 2009-2010 classes begins soon. The Career and Technical Education Center, (CTE), is busy marketing programs to Boulder Valley high school students. We visit sophomore classrooms in the district's high schools and then invite students to tour the campus either through a guided tour during school hours or through attendance of an Open House

scheduled for March 7 and May 9, from 8:30-11:30 A.M. Please feel free to attend the open houses as we have administration and teachers on hand to answer questions concerning registration or programming.

Remember that conferences for the high school continue to be scheduled monthly. Dates and times are as follows: January 29, February 19, March 3 (Shared conferences with CTE), April 7, May 7, from 3:15-6:30 P.M.

As in previous years, Colorado Student Assessment Program, or CSAP, will be scheduled in March. Juniors and seniors in CTE will be encouraged to attend classes both in the morning and the afternoons because most high schools will not have regularly scheduled classes. This opportunity is made available to students that may be short hours for certification. Sophomores will alternate classes during testing days. For example, morning classes will be scheduled in the afternoon on the first day of testing and afternoon classes will be scheduled for the afternoon on the second day.

Graduation plans are underway for spring. We have three faculty members working on the

details: Corey Papasathis, Leonard Haddox and Deborah Dettloff. There are three major ceremonies that take place for our campus. The Chautauqua on Baseline is the venue for the CTE certification held on May 20. Whether your student earned a semester, one year, or two year certificate, all students are encouraged to attend this gala event. Next, the high school seniors host the White Rose Ceremony. This is an event where each senior is given the opportunity to give a short speech and present a white rose to someone who has made a significant difference in their education. The date for this event is May 21. Last and most importantly is the graduation ceremony that takes place in the auditorium at Monarch High School. We are expecting approximately 45 graduates and the date is May 23, at 10:00 A.M.

Typically, we have accepted donations for the expenses of these events. If you are interested in making a contribution make checks payable to Arapahoe Campus and specify which ceremony you would like to support.

Sincerely,  
 Joan Bludorn  
 Principal/Director  
 Arapahoe Campus

## NEWS

WE HOPE TO SEE YOU AT THE FEBRUARY TEACHER CONFERENCES — HELD ON FEBRUARY 19, FROM 3:15—6:30!



### INSIDE THIS ISSUE:

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## COUNSELING CORNER WITH MR. AKIYAMA

We are already well into the second half of the school year and many events have already happened or are going to happen on the Arapahoe Campus. For example, we welcomed a group of new students to our campus for 3rd quarter and have started bringing students from our District high schools in for tours of our TEC Programs. We will also begin the registration process of our current students this month and begin interviewing our new open enrolled students for the 2009/2010 school year.

**Sophomores and Juniors** thinking about taking part in one of our TEC Programs for the next school year — now is the time to turn in your application. All TEC Applications should be turned in by the end of February. Remember: Boulder TEC Programs fill up quickly since students from all of the area high schools are also applying for the limited number of seats in each program.

Boulder TEC applications can be picked up in the main office or from your counselor. The earlier it is completed and turned in, the better your chance is of getting into that TEC Program.

Note: Boulder TEC Applications require a parent signature. Students, once your applications are completed and signed, please return them to Mr. Akiyama in the Counseling Office.

**Seniors**, for many of you, believe it or not, your graduation is just around the corner, so now is the time to start your post-secondary education searches if you have not already done so. A great website for all students looking for information on careers, 2 and 4 year colleges, trade schools, financial aid, scholarships, plus much more is [www.collegeincolorado.com](http://www.collegeincolorado.com). In addition, seniors interested in applying for financial aid need to begin with completing the FAFSA on-line [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Once the FAFSA is completed and submitted, financial aid offices at the

post-secondary schools, community colleges, and universities can determine the amounts/types of financial aid a student would qualify for under their Financial Aid Guidelines.

Parents, senior graduation checks have just been completed and most seniors are now in their final semester of courses leading to their graduation in May. If you are not sure about the graduation status of your student, please contact Mr. Akiyama in the Counseling Office. His phone number is: 303-447-5229 or feel free to come in and visit with him when you are on campus.

CSAP Testing begins in early March for all sophomores. CSAP is scheduled for mornings of March 3-4 and 10-11. Each



year, our students have made impressive gains in their Reading, Writing, Math, and Science scores. We are confident that we can continue to show significant gains in test scores in all areas this year. Teachers have worked hard this year in preparing students for CSAP and we ask that parents continue to encourage their student to do their best and excel on the CSAP in March.

FYI, State ACT Testing is scheduled for all juniors April 22, 2009. More information about the State ACT will be in the next newsletter. Students interested in taking ACT Prep classes or SAT Prep classes the Boulder Valley School District's Lifelong Learning is now offering ACT and SAT Preparation classes on weekday evenings and on Saturdays at various locations throughout the School District. Juniors and seniors who have not taken the ACT or SAT should really consider taking one or both of these

preparation courses, they are well worth the cost of \$165.00 when compared to the cost of national test prep services. A brief description of the ACT and SAT Prep class description follows:

**ACT Prep:** Covering the English, Math, Science and Reading sections, this course provides the student with practice tests, instruction and test-taking strategies. Classes one through four cover a different subject area each night, and the fifth class consists of a review and final preparation for the exam. Boulder Valley High School Juniors take the ACT in the spring. Seniors who would like to improve their test score are advised to re-take the test in the fall.

**SAT Preparation:** Covering verbal and math skills, this class will help students maximize their performance on the SAT. The verbal review will teach students how to answer analogies and sentence completion questions quickly and correctly when the vocabulary is familiar and how to guess effectively when much of the vocabulary is unknown. Methods for improving reading speed and techniques for locating pertinent information in reading passages will be covered. Students will learn the most commonly-tested grammar issues for the writing section, as well as how to write an effective essay. Math concepts and skills will be reviewed. Instructors will discuss different reasoning processes. Strategies for maximizing test scores will be developed through practicing on actual SAT testing materials. Students must spend time out of class doing assigned work to achieve the greatest benefit from this course. The course fee includes a book. Scholarships are available.

If you would like more information about these classes or to register, please contact:

Julie Kurzawa, BVSD Lifelong Learning Registrar at 303-499-1125 x222, or online at [www.bvdsd.org/LLL](http://www.bvdsd.org/LLL).

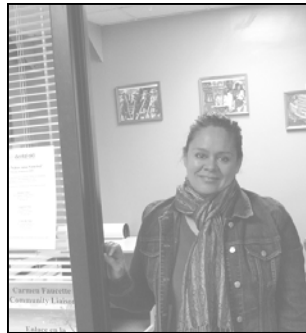
## HIGH SCHOOL HIGHLIGHTS:

### ARAPAHOE CAMPUS WELCOMES NEW COMMUNITY LIAISON, CARMEN FAUCETTE

By Carmen Faucette

Hello everyone, I would like to introduce myself. My name is Carmen Faucette and I am the new Community Liaison for Arapahoe Ridge Campus. I've had the pleasure to meet some of the personnel, faculty, students, and parents of ARHS over the past two weeks that I've been working here. It's been a good feeling to come back to BVSD after working in the private sector for a while. Recently I worked for Child

Find International (as a Cultural Mediator/Interpreter/Spanish/English Translator) located here at ARHS in one of the portables. Previously I



worked for Angevine Middle School also as a Community Liaison. I am looking forward to meeting all of you soon. Please stop by my office with any questions you might have. I'll be the link between administrators, teachers, students, parents, and community resources. To contact me you can reach me at 303-447-5501, call the main number 303-447-5220 and ask for me, or email me at [carmen.faucette@bvsd.org](mailto:carmen.faucette@bvsd.org).

### HIGH SCHOOL POLICIES ON HOMEWORK AND CREDIT RETRIEVAL CLARIFIED

By Mr. Robison

Dear students, parents and guardians — welcome from winter break!!! The first half of the year is over and we look forward to guiding your students through their education plan for the second half of the year. To develop a consistent understanding of the educational opportunity provided by Arapahoe Campus, we believe it is critical for our students and families to understand the unique learning environment we provide. Therefore, we would like to take the time to clarify two distinct advantages we offer our students.

First, Arapahoe Campus stresses interactive, hands — on learning. At times, there is a need for students to do individual work related to in class

projects and assignments at home. Students are expected to complete such work in a timely and thoughtful way, meeting the timelines established by the individual teacher. Teachers will share their individual homework policies with their students, covering expectations, deadlines, and the weight of a homework assignment on the student's final grade. If a student has a concern regarding homework, they should address their concern with the teacher assigning the homework.

Second, the Skinny class period is a unique opportunity for students to salvage required class credit. By completing a minimum of 3 credits in class, the student may opt to

finish or retrieve credits with a highly qualified teacher during a skinny class offered immediately after lunch. The expectation is that all students work to earn 5 credits each quarter in every required class. Students, parents and guardians need to be aware that not every core or required class is offered in a skinny every quarter. Because of this issue, the student's deficiency may result in a postponement of graduation. Please encourage your student to earn the maximum number of credits possible in every class to avoid several loss ends and credit retrievals.

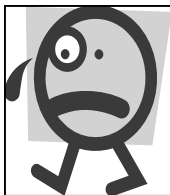
If you have any questions regarding these guidelines please contact Joan Bludorn, Principal, Arapahoe Campus, at 303-447-5220.

“IF A STUDENT HAS A CONCERN REGARDING HOMEWORK, THEY SHOULD ADDRESS THEIR CONCERN WITH THE TEACHER ASSIGNING THE HOMEWORK.”



## INTERVENTIONIST SHARES: ADOLESCENT DEPRESSION

By Christina Hart, MA, LPC  
Intervention Specialist



We have come to expect a certain degree of moodiness from adolescents. The teenage years are tremendously challenging as adolescents experience a wide variety of feelings and emotions. At what point, however, does adolescent moodiness progress into depression? What are the signs of teen depression? Should suicidal threats be taken seriously? What kind of help is available for depressed adolescents and their families?

In determining whether adolescents are experiencing typical moodiness or clinical depression, we assess for significant changes in behavior that negatively affect performance in at least two of the following settings: school, social, work, and home. To be considered clinical depression, the behaviors must exist for at least a two-week period. For example, a teen who fails one exam but rebounds and passes the next most likely will not be considered to be experiencing depression. However, a student who's grades drop significantly in one or more classes may need to be considered for an evaluation for depression. In distinguishing moodiness from depression, it is important to assess for changes in all life settings as drastic changes in one setting may reflect environmental effects and may not be indicative of depression.

Researchers have identified some signs and symptoms that can indicate the presence of depression. These indicators include, but are not limited to, the following: changes in appetite, irritability, increase/decrease need for sleep, low self-esteem, excessive guilt, lack of motivation, withdrawal from previously enjoyed activities, sadness, substance use/abuse, difficulty concentrating, hopelessness, problems with authority, and suicidal thoughts or actions. The pres-



ence of these indicators are significant when they represent a drastic change from previous behavior.

Sometimes teen depression can lead to thoughts or attempts of suicide. Unfortunately, the rate of suicide for young people ages 15-24 has nearly tripled since 1960. When teens threaten suicide, either directly or indirectly, the threats should always be taken seriously. Teens often struggle to see an end to a temporary problem and may view suicide

as their only solution. Some warning signs of suicidal behavior include giving away possessions, previous suicide attempt, depression, obsession with death, overwhelming sense of guilt, shame, or rejection, and abrupt changes in personality, to name a few. If an adolescent appears to be suicidal, seek help immediately from a mental health professional.

The good news is that depression can be treated effectively. Some treatment options include individual, group, or family counseling, medication, or a combination of these. The most important step in treating adolescent depression is recognizing that your teen is struggling. When you determine that treatment is indicated, review your insurance plan for behavioral health benefits. Utilizing providers on your insurance plan is typically the most cost-effective means of accessing treatment. Sometimes, it may be necessary to interview a few providers before you find one that meets the needs of your teen and your family.

If you are concerned about your teen or have further questions about adolescent depression, please feel free to contact one of the school counselors or the intervention specialists.

Christina Hart, M.A.  
Intervention Specialist

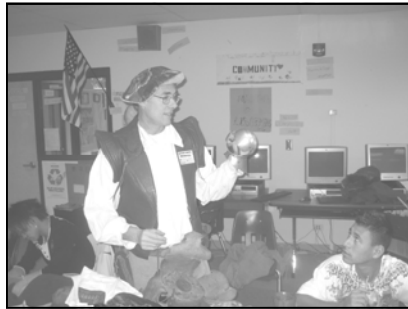
“AT WHAT POINT, HOWEVER, DOES ADOLESCENT MOODINESS PROGRESS INTO DEPRESSION? WHAT ARE THE SIGNS OF TEEN DEPRESSION? SHOULD SUICIDAL THREATS BE TAKEN SERIOUSLY? WHAT KIND OF HELP IS AVAILABLE FOR DEPRESSED ADOLESCENTS AND THEIR FAMILIES?”

## FOCUS ON THE FACULTY: MR. HUNTER INVITES EXPERT ON MIDDLE AGES TO CLASS

On Thursday, January 15, Mark Hoge visited Mr. Hunter's ESL 2 World History class. Mr. Hoge is the director of a Boulder-based interactive role playing adventure camp for children and teens. He presented artifacts and objects to talk about life in the Middle Ages with students.

Roubeen Almokhtar, a student in Mr. Hunter's class,

commented, "I think this presentation was good because it helped the students to understand. When you see the



things from the Middle Ages in front of you, it helps you to remember the word." Students were highly engaged by

Mark's dynamic presence and the uniqueness of the old styles of clothing and personal objects, listening for information about what type of person in Middle Ages society would have used the objects, what they were used for, and how they were made.

## UPDATE FROM THE DIVERSITY LIAISON

We have successfully completed the Latino Youth Conference, African American Youth Conference, American Indian Youth Conference and

the Safe Schools Coalition Conference in February. There will be another Latino Youth Conference in the spring so be on the look out for that.

Please, contact Ms. Stephanie Spofford for applications if you are interested for the remaining conferences of 2009 or next year.



## STUDENT TEACHER WELCOMED TO MS. SOUCEK'S LANGUAGE ARTS CLASSES

The high school at Arapahoe Campus welcomes Ms. Maloney this semester, who is currently doing her student teaching with Ms. Soucek. The student teaching is part of her Master's program in Education, required to get a teaching certificate in the state of Colorado. Ms. Maloney started student teaching with Ms. Soucek in January and will be here until the end of April. Some students may recognize her as a familiar face because she worked as a substitute for the past year and a half, and spent a lot of time on

this campus.

Ms. Maloney chose this campus because she likes the atmosphere and the small classes. The smaller class size



allows her to get to know the students better. She chose to be a teacher after 20+ years in the restaurant business; her

favorite part of that industry is training because she loves teaching people. She also loves languages and writing, and believes that language is such an important tool for everyone. She believes that, "being able to express yourself through words, written or spoken, is such an important part of life... I also loves the culture that comes with language." Ms. Maloney's Bachelor's degree is in Linguistics -- the study of language as a whole -- and she also speaks French and Italian.

## PARENT ENGAGEMENT NETWORK PRESENTS: *THRIVING DURING THE TEENAGE YEARS* WHEN THINGS GET CRAZY WITH YOUR TEEN

By Jan Hittelman

Parents often ask me to recommend books on teenagers. I am usually reluctant as most books that I've read have elements that are contrary to my training and experience. There's one author who is an exception to that rule, Dr. Michael Bradley. Several years ago he wrote the book "Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind". In this award-winning book, Dr. Bradley helps parents understand the relationship of new information on teen brain development and its relationship to teen behavior. He then goes on to offer sensible effective parenting strategies to deal with issues like substance abuse, anger, and sexual behavior.

In his newly released book entitled: "When Things Get Crazy with Your Teen: The Why, the How, and What to do Now", Dr. Bradley goes deeper into specific issues including body-image, behavioral issues, school

challenges, health issues, socialization, and more. In addition, he offers a wealth of effective parenting strategies to address these issues.

There will be an opportunity to see Michael Bradley in person later this month. Dr. Bradley will be in Boulder as part of a combined fundraiser for two local nonprofits: September School (SeptemberSchool.org), the oldest independent high school in Boulder County and a new nonprofit, the Boulder Counseling Cooperative (BoulderCounseling.org), which provides low cost counseling services for middle and lower income individuals and families.

On Friday evening, February 27<sup>th</sup>, there will be a gala reception followed by a presentation by Dr. Bradley based on his new book at the Unity Church in Boulder.

On Saturday morning, February 28<sup>th</sup>, Dr. Bradley will be

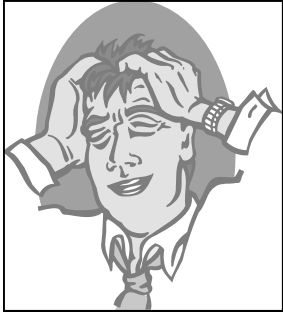
providing a workshop for parents entitled "For Crazy Parents of Crazy Teens: Solving Problems While Loving Your Child" at September School.

Please join us for these PEN-sponsored events. For ticket information, call September School at 303-443-9933.

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Learn more about PEN by visiting their website at:

[www.parentengagementnetwork.org](http://www.parentengagementnetwork.org) or by contacting Betsy Fox with the Boulder County Healthy Youth Alliance at 303-441-3981.

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](mailto:jan.hittelman@gmail.com), or by



### Upcoming PEN Event:

*Don't Take It Personally*

*A Parent's Guide to Surviving Adolescence*

*Author: John Davis, LCSW*

**February 12<sup>th</sup>, 9:00am – 11:00am**

**BVSD Conference Center**

(6500 Arapahoe, Boulder)

**February 12<sup>th</sup>, 7:00pm – 9:00pm**

**Angevine Middle School**

(1150 West S. Boulder Rd, Lafayette)

## NOTE FROM THE SUPERINTENDENT: NEW THRIVE NEWSLETTER ATTACHED

Dear Parents ~

Here is the first issue of our new newsletter for parents -- "Thrive Update."

Produced by members of the BVSD community and local experts, this newsletter's purpose is to empower parents by providing scientifically valid knowledge that supports healthy youth development.

I am grateful to the group of people who came together to make this happen. The managing co-editors are Leisha Conners Bauer, Boulder Healthy Youth Alliance, and Dr. Jan Hittelman, Boulder Psychological Services. The publication manager is Marsha Moritz, co-founder of PEN, BVSD's Parent Engagement Network. The layout design

was created by Allison Metz, BVSD Communications Specialist, and the copy was edited by Maela Moore, BVSD Communications Manager. Contributors include Lisa Cech, BVSD Coordinator for School Climate, and Briggs Gamblin, BVSD Director of Communi-

cations and Legislative Policy.

Please take a moment to read this new publication and let me know what you think.

Thank you.

Chris King  
Superintendent

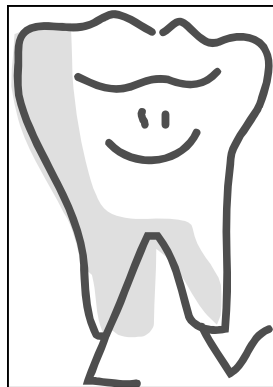


"PLEASE TAKE  
A MOMENT  
TO READ  
THIS NEW  
PUBLICATION  
AND LET ME  
KNOW WHAT  
YOU THINK."

## GIVE KIDS A SMILE! FREE DENTAL WORK GIVEN ON FEBRUARY 6

Dental Aid, Inc. is offering exams, x-rays, cleanings, and other dental treatment at **no charge** to uninsured children and youth 18 years old and younger on Friday, February 6, 2009. To schedule an appointment, please call one of the following clinics:

Boulder Clinic  
4155 Darley Avenue, Suite C  
Boulder, CO 80305  
303-499-7072



Longmont Clinic  
1715 Princess Drive  
Longmont, CO 80501  
303-682-2619

Louisville Clinic  
877 South Boulder Road  
Louisville, CO 80027  
303-665-8228

Space is limited, so call after  
January 15<sup>th</sup>, 2009!

## NEW YEAR = NEW WARMTH FOR YOU AND YOUR FAMILY

“LEAP PAYS THE HIGHEST BENEFITS TO THOSE WITH THE HIGHEST HEATING BILLS AND LOWEST INCOMES BY FAMILY SIZE. APPLICANT INCOME CANNOT EXCEED 185 PERCENT OF THE FEDERAL POVERTY INDEX, WHICH EQUALS A MAXIMUM INCOME OF \$3,184 PER MONTH BEFORE TAXES FOR A HOUSEHOLD OF FOUR PEOPLE.”



Nothing is more comforting than a warm house during the cold winter months. However, comfort is not the only reason to keep your home warm in the New Year. A poorly heated house can be extremely harmful to the well being of children and senior citizens, those most vulnerable to health problems caused by cold temperatures.

Children and senior citizens lose body heat more easily than adults and are more likely to have preexisting conditions that are aggravated by cold. Children and seniors also tend to have low defenses, leaving them more susceptible to colds, the flu and pneumonia. The Low-income Energy Assistance Program (LEAP) can help prevent these issues by assisting families with their expensive heating bills through the cold winter months.

“While some adults may be able to withstand colder temperatures in the home, children and the elderly may not be as strong or healthy,” said LEAP director Todd Jorgensen. “This is why it so important to keep a house warm. LEAP can help families cover heating costs, making sure that the home is safe for all of its inhabitants.”

LEAP pays the highest benefits to those with the highest heating bills and lowest incomes by family size. Applicant income cannot exceed

185 percent of the federal poverty index, which equals a maximum income of \$3,184 per month before taxes for a household of four people.

The anticipated average LEAP benefit for 2007-2008 is approximately \$316 per family.

LEAP applicants must provide a copy of valid identification and a completed affidavit indicating that they are lawfully present in the United States with their applications to the program. Applicants must also be responsible for paying heating costs, either to a utility company, or to a landlord as part of rent. Currently, El Paso, Arapahoe, Adams, Pueblo, and Jefferson County are the LEAP offices receiving the largest amount of applications this year.

While LEAP provides assistance paying for heating bills, there are additional ways to keep yourself and your family warm and safe. The Center for Disease Control (CDC) offers the following tips you should know to prevent cold-related health and safety problems:

- If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly.
- If you don't need extra ventilation, keep as much

heat as possible inside your home. Avoid unnecessary opening of doors or windows. Close off unneeded rooms, stuff towels or rags in cracks under doors, and close draperies or cover windows with blankets at night.

- Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages or broth to help maintain your body temperature.

- Extreme cold can cause water pipes in your home to freeze and sometimes rupture. When very cold temperatures are expected:

- ~ Leave all water taps slightly open so they drip continuously.
- ~ Keep the indoor temperature warm.
- ~ Improve the circulation of heated air near pipes. For example, open kitchen cabinet doors beneath the kitchen sink.

Applications for LEAP are accepted anytime between November 1 and April 30 of each year. For more information about LEAP, please call 1-866-HEAT-HELP (1-866-432-8435) or visit [www.cdhs.state.co.us/leap/index.htm](http://www.cdhs.state.co.us/leap/index.htm) to view the most current program application requirements.

This page will be for the BRAIN-  
STORM FLYER



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Fax: 303.447.5258  
Attendance Line 303.447.5036

“The Best Alternative”

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

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

## IMPORTANT CALENDAR DATES FEBRUARY 2009

### February 9

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

### February 16

No School for Students or Staff

### February 19

Parent/Teacher Conferences  
3:15-6:30

### February 23

No School for Students — Professional  
Development Day

### February 24

BVSD Board Meeting  
6:00

### March 3-4 and 10-11

CSAP Testing for Sophomores

### March 23—27

No School—Spring Break



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## A REMINDER FROM THE ARAPAHOE CAMPUS 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. Please press 1 for Boulder TEC and ARHS attendance.