



Centaurus High School

10300 South Boulder Road
Lafayette, CO 80026

**The Pre-Engineering Focus School
&
International Baccalaureate Diploma**

Dear Warrior Parents,

Congratulations to all of our students, and especially the graduating Class of 2013. I know they will continue to thrive in their future college and career goals. I will miss the Class of 2013, but I am excited to see how they will impact their world, as they have already made a special place in the hearts of our community. They will always be friends of Centaurus High School! The Class of 2013 Graduation Ceremony is May 18th, 6:00 p.m. at Warrior Stadium.

On April 2, 2013, the U.S. Department of Education (USDOE) visited Centaurus High School to conduct a case study on our students' achievements. Centaurus High School was one of only twenty high schools across the nation selected by the USDOE. We received this recognition because of our students' high achieving TCAP scores, ACT scores, increased graduation rates, decreased dropout rates, increased attendance rates, and our overall efforts to personalize learning for students. Our students are thriving, and I am very proud of their academic achievements and their ability to care and support each other.

As students enter summer, it's important for them to have time to relax and enjoy themselves, as well as stay active physically and academically. There are many school activities that occur all summer long, and through our partnership with the local YMCA, students can find many opportunities to stay involved. Summer time is also a good time to build students' college applications and participate in community or international volunteer work. If you would like additional information on how to keep your student active during the summer, please contact the counselors' office at 720-561-5354.

Thank you for all of the support and time you have given to Centaurus High School to make our students thrive! I am honored to be a part of our wonderful school and community!

Sincerely,

Rhonda Haniford

May 2013

Issue 7

Estimados padres de familia Guerrero,

Felicitaciones a todos nuestros estudiantes, y en especial la clase que va a graduar de 2013. Sé que va a continuar creciendo en sus metas del futuro de la universidad y profesionales. Echaré de menos la clase de 2013, pero estoy emocionada de ver cómo van a impactar su mundo, como ya lo han hecho un lugar especial en el corazón de nuestra comunidad. Ellos siempre van a ser amigos de Centaurus High School! La Ceremonia de Graduación de al clase de 2013 es 18 de mayo, a las 6:00 pm en Guerrero Stadium.

El 2 de abril de 2013, el Departamento de Educación de EE.UU. (USDOE) visitó Centaurus High School para realizar un estudio de caso sobre los logros de nuestros estudiantes. Centaurus High School fue una de las veinte escuelas secundarias de todo el país seleccionado por el USDOE. Recibimos este reconocimiento debido a nuestros estudiantes alcanzar altos puntajes de TCAP, resultados de ACT, el aumento de las cifras de graduación, disminución en los índices de deserción escolar, el aumento de las cifras de asistencia, y nuestros esfuerzos globales para personalizar el aprendizaje de los estudiantes. Nuestros estudiantes están prosperando, y estoy muy orgulloso de sus logros académicos y su capacidad de atención y el apoyo entre sí.

Cuando los estudiantes entran verano, es importante para ellos tener tiempo para relajarse y disfrutar de sí mismos, así como mantenerse activo física y académicamente. Hay muchas actividades escolares que se producen durante todo el verano, ya través de nuestra asociación con la YMCA local, los estudiantes pueden encontrar muchas oportunidades de mantenerse involucrado. El verano es un buen momento para construir aplicaciones de los estudiantes universitarios y participar en la comunidad o en el trabajo voluntario internacional. Si desea obtener más información sobre cómo mantener a su estudiante activo durante el verano, por favor póngase en contacto con la oficina del consejería en [720-561-5354](tel:720-561-5354).

Gracias por todo el apoyo y el tiempo que ha dedicado a la Escuela Centaurus para que nuestros estudiantes prosperan! Me siento honrado de ser parte de nuestra maravillosa escuela y comunidad!

Atentamente,

Rhonda Haniford

• **PRINCIPAL:** RHONDA HANIFORD

• **ASSISTANT PRINCIPALS:** JOHNNY FERNANDEZ GREG COCKING

• **ASSISTANT PRINCIPAL/ ATHLETIC DIRECTOR:** PAUL ROPER

PHONE: 720-561-7500 **FAX:** 720-561-5368 **ATTENDANCE:** 720-561-5358

EVENTS – SEMESTER 2	DAY	DATE	TIME	DETAILS
Senior Meeting – spring	Wed	April 24	8:35 – 9:35 AM	Auditorium
Deadline to enter award and scholarship information in Naviance	Friday	May 3	3:30 PM	All awards and scholarship are announced at the Academic Awards Night
Graduation speeches – due to Counseling Office	Friday	May 3	3:30 PM	Details available at Senior Meeting
Graduation speeches – tryout schedule posted in Counseling Office	Mon	May 6		
Graduation speeches – tryouts	Tues	May 7		
Academic Awards Night	Wed	May 8	7:00 PM	Auditorium
Senior Breakfast	Mon	May 13	6:30 – 8:00 AM	Student Ctr. Sponsored by StuCO. Seniors will <u>not</u> be excused from Period 1 to attend.
Pick up Graduation Checkout form in Counseling Office	Mon	May 13		Begin Graduation Checkout
Yearbook Distribution & Signing Party	Tues	May 14	6:00 – 8:00 PM	Student Center
Finals for Grade 12	Wed	May 15		Periods 1/3/5/7 (Late Start/Block Day)
All Sports Banquet	Wed	May 15	6:00 PM	Student Center
Finals for Grade 12	Thurs	May 16		Periods 2/4/6/8 (Block Day)
Senior Countdown	Thurs	May 16	2:59 PM	Commons
Graduation Checkout	Thurs	May 16	Due to Counselors by 4:00 PM	Seniors must complete all steps listed on the Graduation Checkout form in order to pick up Cap & Gown on Friday
Senior Campout	Thurs	May 16	TBD	Details available at Senior Meeting
Rite of Passage and Cap & Gown Distribution	Friday	May 17	TBD	Details available at Senior Meeting
Graduation Rehearsal & Picnic	Friday	May 17	TBD	Warrior Stadium. Details available at Senior Meeting
Graduation	Sat	May 18	6:00 PM	Warrior Stadium – graduates must arrive by 5:00 PM (one hour early)
Diploma Distribution	Sat	May 18	Immediately after Grad	Gym



Counseling Corner May 2013

Website - For Counseling information please refer to the Centaurus Website:
<http://schools.bvsd.org/centaurushigh/>

Academic Awards & Scholarship Night

The Academic Awards & Scholarship Program will be on Wednesday May 8th at 7 p.m. in the Auditorium. We will be presenting certificates to students who have received any awards or scholarships. Seniors who have received special recognition should enter their scholarship award amounts in Naviance and provide photocopied verification of the award/scholarship/recognition to Mrs. Ruiz in the Counseling Office no later than Friday May 3rd. Invitations will be given to any students who are to receive an award.

ACT/SAT Test Dates Current Juniors interested in going to college should take the ACT or SAT. You can register online for SAT at www.collegeboard.com and for the ACT at www.actstudent.org Upcoming SAT/ACT dates are:

SAT TEST

June 1, 2013

REG. DATE

May 2, 2013

ACT TEST

June 8, 2013

REG. DATE

May 3, 2013

Concurrent Enrollment for Fall of 2012

Students who are interested in pursuing rigorous academic courses beyond what is available at CHS may apply to enroll in college level courses during their junior and senior years. See Sarina Gonzales in the Coun-

Summer School Opportunities

Summer is a great time for students to catch up or get ahead on their high school educations. BVSD offers several options for earning credits during the summer break:

Credit Recovery Courses

These are for students who would like to retake classes that they have taken before but did not get enough (or any) credit due to receiving a D or F grade. Arapahoe Campus Summer School (located at 6600 East Arapahoe Road in Boulder) is the primary physical location for students to take Credit Recovery Courses. These courses are also offered online through BVSD Online Summer School. A limited number of seats are available in the Summer Horizons program at CHS. Please see your counselor if you are interested.

Full Semester Courses

For students who would like to free up some room in next year's schedule, a wide variety of other courses are also available through BVSD Online Summer School and at Fairview and Centaurus high schools.

The Family Learning Center

Another summer school option is at The Family Learning Center which (in partnership with BVSD) offers online classes in a structured environment that provides students with high speed internet access, small group instruction and one-on-one tutoring. This alternative summer school site is located at 3164 34th Street in Boulder.

For more information about summer school go to www.bvsd.org and click on the Summer School Link in the middle of the page.

College Opportunity Fund

The College Opportunity Trust Fund, created by the Colorado Legislature, provides a stipend to eligible undergraduate students who are Colorado residents for tuition purposes. The stipend pays a portion of your total in-state tuition when you attend a Colorado public institution or a participating private institution.

The application to apply for the stipend is currently available at https://secure.collegeincolorado.org/home/cof/college_opportunity_fund.aspx. For more information on this process please visit this website. All Colorado residents should apply for the College Opportunity Fund in order to offset the entire cost of tuition at each college. Students 13 years of age and older may apply now.

Things to do the summer before senior year:

If you are a parent of a student in the class of 2014 this will be his/her last summer as a high school student! You are probably wondering where the last three years of high school went and thinking about how fast time flies! As new rising seniors, students have an exciting, but very important year ahead of them and it will go by faster than you know it. Encouraging your student to take a little time out of his/her summer fun to get organized will help ensure some stress associated with the college entrance process is alleviated and your student can enjoy next year even more. Here are

1. Study Up for ACT or SAT:

Every CHS student takes the ACT in the spring of their junior year. Now that they know what to expect they will likely want to take at least one more time in the early fall to try to improve their scores. Don't let the tests sneak up on them! Encourage your student to set aside an hour a week to study now so they will be well-prepared come test day.

2. Visit College Campuses:

Some of you will be doing a lot of traveling this summer. Try to squeeze a visit to a college campus into your trip itinerary. Nothing gives a student the feel for the college more than being on the campus. Walk around, talk to any students who are there for the summer and see if your son or daughter could picture themselves attending this school.

3. Narrow Down College Options:

Now that they've gone on a campus visit (hopefully) and gathered all the information, it's time to get his/her list down to the schools they will actually be applying to. Parents and students need to have an open and honest conversation about this list. This is the time to not only express concerns but also hear your student's side- after all he/she will be the one actually attending the school! Remember: You want a mix of schools that he/she could definitely get into, schools he/she could probably get into, and schools he/she would like to get into.

4. Get Started on [College Applications](#):

The last thing you want for your son or daughter is to miss out on going to their dream school because they missed the application deadline. Encourage your student to take the list of schools he/she plans to apply to and find out what the application deadlines are and whether or not the schools accept the common application. Be sure to flag early action & early decision deadlines in your brain because these dates will quickly approach once the school year starts. Helping your son or daughter get this organized will help tremendously.

5. Create a Resume:

Documenting objectives in the college application process along with achievements in school, extracurricular activities and work will give students a strong tool for marketing themselves. They can use this document as a basis for applications, as well as give it to admissions officers at college interviews or include it when applying for [college scholarships](#). Working on this together will help make sure students don't leave out any important accomplishments- parents tend to remember these milestones more than their students!

6. Secure College Recommendations:

Most students will likely need a few recommendations from teachers and other adults who can vouch for them and their accomplishments. Help your student think about people who know him/her well and who can represent him/her favorably. Students should give recommenders at least three to four weeks to write their recommendations and fill out any required paperwork. Having these done early will help ensure students have them handy when needed to apply for colleges and scholarships.

7. Start Your [College Essays](#):

This summer, students should at least write a draft for their college essays. The purpose of the college essay is to show the school how well you can communicate in writing, how you think and to reveal a bit about your personality that the

AVID

As the AVID school year is ending, we have many items to celebrate. All of this year's graduating class will be attending a four year university. Three of our sophomores will be joining IB next year. Over half of the upper-classmen have taken an advanced, AP or IB class during this school year. All of our tutors were CU students; one was even a CHS IB graduate. And we have increased our program for next year by ten students. A quarter of our AVID students attended the TED Conference in Denver. All of our PA groups have worked hard for our community. The groups have created a book on stopping animal cruelty with others from Kentucky; others have collected old pieces of technology, worked for a more inclusive culture at CHS and on supporting all immigrants living in the US. Each year our AVID students work hard to gain access to college by taking rigorous course work and supporting our community.

As the seniors are graduating within the month, we (Ms. Lohr, Mr. Oliver, Mr. Reichert and myself) wish them well on their academic journey.

If you have questions about AVID, please contact me, Maggie Sullivan (maggie.sullivan@bvsd.org)

FORENSICS

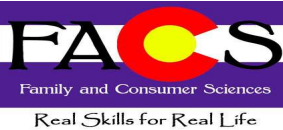
We competed in our National Qualifying Tournament on April 5-6 at Northridge High in Greeley. The team competed very well. It was a grueling two-day competition; Siena Ruggeri and Chase Jackson made it to the semi-finals in Public Forum Debate. Overall this year, the team did very well. We grew by several members. It has been a great season. We look forward to an even better season next year. Thank you to all who supported the team this season.

Social Studies Department

Happy spring from the Social Studies Department! In our final quarter of school this year our classes are focusing on modern history, as well as preparing for Advanced Placement, and International Baccalaureate exams. We wish success to all assessment and exam takers! As the summer approaches and arrives, please encourage your students to follow and discuss current events in the newspapers and on the internet and television to further their social studies knowledge.

WORLD LANGUAGES:

Centaurus Spanish students have been busy this year! Lower Level students have been learning the basics of the language through music, games, projects and the mini series "Mi Vida Loca", filmed in Spain. Upper Level students have been fine tuning their Spanish skills through creative writing and projects and watching authentic TV shows and movies. All students have been exposed to culture through the celebration of holidays such as Día de los Muertos by trying traditional foods and creating poems and artwork.



This year is the second year that Centaurus FCCLA will be represented at the state conference! Students have been working hard on their projects including; culinary skills, fashion design, career investigation, recycled clothing, and health and wellness. They will be demonstrating their skills in family and consumer sciences and competing April 11th and 12th at the Marriott in the Denver Tech Center.

FCCLA Mission

To promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life through: character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation.

Business and Marketing

After a successful year, Business students are preparing to attend the FBLA State conference in Vail, Colorado, April 21-23. Our Annual 3v3 Basketball Tournament was a big success -- thanks to all who came out and watched!

Marketing students will be attending the DECA International Career Development Conference in Anaheim, California, April 24-28. This is the first time in several years that Centaurus has qualified students for this conference, and we are very excited.

ELD

We received scores in April for the ACCESS test of English that English Language Learners took in January. If you have any questions about the meaning of results, please contact Julie Ascarrunz (julie.ascarrunz@bvsd.org) or Maggie Sullivan (margaret.sullivan@bvsd.org).

Students work all year to increase their fluency in reading, writing, listening, and speaking. Then, during the summer they often will only have the opportunity to practice speaking and listening to a little bit of social English with their friends. In order to continue all the growth in English that has happened during the school year, it is important that English Language Learners (like ALL students) continue to read and write during the weeks they are not at school. Lafayette Public Library has bilingual staff that will be helpful in finding books and other reading material. Also, newspapers and magazines in print or on line are a good source of reading material. Don't let all the learning and work that happened over the summer slip away! Make sure your student reads every day!

LIBRARY & TAG:

Parents, Teachers and Students can nominate a BVSD Educator who has influenced TAG in our community.


Honored Educators

The annual **BVGT Honored Educator Awards** are given to people who have made a broad impact in the gifted community in the Boulder valley area. The first awards were given in August 2012.

Nominations are now open for the **2013 BVGT Honored Educator Awards** for teachers, educators, administrators or professionals who have had an influence on gifted education in the Boulder area. Deadline for nominations to be received is April 26. Honored Educator Awards will be announced in May.

[2013 BVGT HONORED EDUCATOR NOMINATION FORM](#)

(see Ms Shorter in the Library)



French and Spanish students, ages 14-19, will be arriving in the Denver/Boulder area for short stays with families beginning in June. **Would you like to host a student this summer?** I am looking for families who are available for 2-6 week home stays. Because the students arrive at different intervals throughout the summer, I can look for a student who will match the interests and schedule of your family. Most students will have a class, internship or volunteer opportunity to keep them busy for part of their day. All families will receive a weekly stipend for hosting a student. Contact joyweinstein@gmail.com/303-442-3112.



Bowling Event to Raise Funds for Sister School in Africa

No library. Goats wandering through your classroom. No desks. What would you think if your school could be described like this? Well, that's how our Sister School in Africa used to be until Centaurus and other schools in the U.S. started raising money to make changes. Now, thanks to schools like CHS, there is a library, there are walls to keep out the goats, and students have desks. There are still many needs to be met (like hiring more teachers) so we are planning a fun fundraiser at the Coal Creek Bowling Center from 1:00-4:00 on Friday, April 19th. The cost is \$10 with 80% of that money going directly to our Sister School. There's no school that day so come and bowl with your friends and help your peers in Africa see their dreams of a high quality education come true. For more information, email your Sister School Sponsor: terry.fostvedt@bvsd.org.

Engineering :

Introduction to Engineering students have been busy designing and building chicken coops, dog houses, cat condos, and the occasional meerkat mansion. Did you know that Paris Hilton paid \$375,000 for her dog's backyard dog house? Also, we have paid tribute to the "Flat-Pack" leader of the world, IKEA with a flat-pack design which focused on efficiency and simplicity of design and assembly. Meatballs anyone?

Civil Engineering students recently built homemade water filters in response to a presentation by CU doctorate students on water pollution in villages near the Amazon River. Some teams were able to clarify muddy water down to a rate acceptable by even U.S. standards! Students will be doing soil surveys and are continuing to improve their architectural library renovation designs using Revit Architecture software.

Biotech Engineering students recently finished a study on heart diseases and cardiovascular implants. They took a look at their own EKGs and compared them with heart EKG scans that have heart disease. Their look inside the human body will continue with our final project this semester. We are studying tissue mechanics, endometriosis, and laparoscopic surgery. Students will be designing a large-scale prototype of a robotic device that can be inserted into a model of a human cavity. Students will need to drive the device around with a wireless controller, maneuver through the body cavity, take a biopsy of "diseased tissue", and drive back to the incision point, all while using a remote camera and computer monitor.

Computer Integrated Manufacturing is taking the skills learned throughout the course to build two class-wide manufacturing systems. One class has separated into two large teams to manufacture play-dough, then stamp it into the shape of a coin. The other class has separated into three large teams: a graham cracker processor, a frosting maker, and a cookie assembler. Each large team has a project manager but all students will work in smaller subgroups of two to design and program their own robotic system to accomplish their specific task within the larger process. When all is finished, the process will be fully automatic and the students will have had the experience of working with a large team of people towards a common goal.

And the seniors... So far, 35 have been accepted to university engineering programs for next year! The list of schools includes the U.S. Air Force Academy, Rensselaer Polytech, CU-Boulder, Colorado State, Wyoming, Colorado - Mines, Nebraska, and many more. The Senior Design students are putting the final touches on their projects to have them ready for the CU Engineering Design Expo on Saturday, April 27. It is located near the ITLL and opens to the public at 12:00. IB Design Technology students are submitting their Major Design Projects and preparing for their final exams in May.

The Centaurus Engineering Academy has had a great year! Thank you to students for all your hard work and to parents for all your support! Have a great summer and see you next year!



An Evening of One-Acts

Friday, May 3rd at 7 pm in the Centaurus Auditorium

Tickets are \$6 for adults and \$4 for students and seniors

Every year, the Dionysus Theatre Company's senior theatre students who have been in the program for at least three years have the opportunity to try their hand at directing. This year Tori Goodgion, Alesa Philbrick, and Ruby Dickson will be directing plays, all of which are comedies. You will also be treated to some improvisation, directed by theatre director Theresa Collins. It will be an entertaining evening for all who attend!

For more information about the plays, contact director Theresa Collins at 720-561-7527 or by email: theresa.collins@bvdsd.org

International Baccalaureate Spring News

Congratulations to the current IB Seniors!

All are accepted to great universities and here are just a few : University of Colorado, University of Denver, Colorado School of Mines, Princeton University, Colorado State, Loyola Marymount University, Santa Clara University, George Washington University, Montana State University, Brigham Young University, Penn State, University of Michigan, University of Rochester, Brandeis University, Belmont University, University of Texas, Lawrence University, St. Olaf College, Rensselaer Polytechnic Institute, Florida Institute of Technology, Macalester College, Lewis and Clark College, Cornell College, Connecticut College, Western State University and many more!!!

These IB graduates will enjoy *academic scholarships* and a *readiness for university study unparalleled* in comparison with students in any other course of study. IB DP students are 21% more likely to be admitted into 10 of the most prestigious universities including Harvard, Princeton, Yale and Stanford. This has proven to be true for our CHS IB classes. The IB Diploma is a qualification highly recognized and respected by universities!

We are also proud to celebrate with the many CHS IB graduates who are now graduating from university. Some are finished with their undergraduate studies a year early and beginning their post-graduate programs of study. Congratulations to all! Watch for their stories and more on the CHS IB Facebook site this summer!

May brings IB senior celebrations of the culmination of two years of critical thinking, writing, managing time and learning through direct experience (CAS). Not only will these seniors complete six exams with several days of exams for each of the six but they will have completed 100 hours of Theory of Knowledge, 150 hours of community service and action, and their 4,000 word research Extended Essay. Stop and talk to one of these students and you will see the amazing confidence, skilled language, and evident passion for learning that they portray. It has been a joy watching them grow!

IB Senior Dinner

Watch for more information about the IB Senior Dinner in late May in your email and from your IB senior. We'll also post more news about our seniors here in July

Welcome to the new IB class of 2015!

CHS welcomes 31 juniors into the IB Class of 2015. This adds to our 37 members of the IB Class of 2014 to put our Diploma Programme at 68 along with our Pre-IB program that is 100+ strong. These students have chosen to challenge themselves and to take advantage of the 24+ college credits available to them by earning the IB Diploma. If you'd like to know more about this program and all of the other advantages of the IB Diploma, please contact the IB Office by email: susie.mitzelfeld@bvsd.org or by phone: 720-561-7556.

SPERO Foundation, founded in 2012 by IB grads Megan Valentine and McKenna

Asakawa

Thank you to all students who participated in the recent fundraising efforts to provide clean water to the world. IB Senior Maya Fohrman leads the group and arranged for some great entertainment by many CHS IB Diploma candidates and many others! Bravo for caring for others and bravo to their sponsor, IB Math HL teacher, Rachelle Lieberman for arranging this opportunity for all!

Little Shop of Horrors Hurrah!

Thanks to the entire cast and crew of the spring musical at CHS. 41% of the cast were IB Diploma candidates along with the many members of the construction, props, costumes and publicity crews! Let's not forget the guest appearance by IB Assistant, Beth Schmid!! Great entertainment was enjoyed by all!

Parent Engagement Network presents:

Thriving During the Teenage Years

The Dangers of Legal Drugs

By Dr. Jan Hittelman

Recently, voters in Colorado approved the legalization of Marijuana. While the potential impacts of this decision continue to be debated, one likely result will be the perception on the part of many adolescents that because it's legal that means it's also safe. Ironically, two of the most lethal drugs on the planet have been legal for years; cigarettes and alcohol. No two drugs can claim a higher death toll, let alone the other physical and emotional consequences of chronic tobacco and alcohol use. Another quickly emerging substance abuse concern centers around prescription medications. It is increasingly common for adolescents to experiment with highly addictive and dangerous prescription drugs, often found in the family medicine cabinet. Here too, many adolescents have the potentially deadly misperception that because it's legal, it's not dangerous. As parents, it is critical that we initiate conversations with our adolescents about these legal but lethal drugs. Research is clear that the likelihood of teens engaging in any at-risk behavior is dramatically reduced when parents have these discussions on a regular basis.

To learn more about the devastating impacts of these legal drugs and how to keep children safe, tune in to the next televised Pathways to Parenting Success presentation:

Tobacco, Alcohol, and Prescription Medication: Legal & Lethal

When: Monday, May 20th, 7:00-8:00pm

UPCOMING PEN EVENT:

PEN 11th Annual Celebration Luncheon

Moving from Knowledge to Wisdom with Julio Olalla

Tuesday, May 7, 11:00am-1:00pm

Spice of Life Event Center (5706 Arapahoe, Boulder)

\$10 adults, youth free

Free interpretation

Learn more about PEN by visiting their website: www.parentengagementnetwork.org or by contacting Paula Nelson, PEN chair (pjn6225@yahoo.com, 303-880-6030) or Betsy Fox, PEN Lead Coach, (foxbetsy123@msn.com, 720-563-7007).

Dr. Jan Hittelman, a licensed psychologist, is Director of Boulder Psychological Services and the Founder of the Boulder Counseling Cooperative. Questions or comments for this monthly column can be sent via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270

Parent Engagement Network presenta:

Superando con éxito los años de la adolescencia

Los peligros de las drogas legales

Por el Dr. Jan Hittelman

Recientemente, los votantes de Colorado aprobaron la legalización de la marihuana. Mientras que los impactos potenciales de esta decisión siguen siendo objeto de debate, un probable resultado será la percepción de muchos adolescentes que debido a que sí es legal significa que también es segura. Irónicamente, dos de las drogas más letales del planeta han sido legales durante años, los cigarrillos y el alcohol. No hay dos medicamentos que puedan reclamar un mayor número de víctimas, por no hablar de las otras consecuencias físicas y emocionales del uso crónico del tabaco y del alcohol. Otro problema de abuso de sustancias emergiendo rápidamente gira en torno a los medicamentos recetados. Cada vez es más común que los adolescentes experimenten con medicamentos recetados altamente adictivos y peligrosos, a menudo se encuentran en el botiquín familiar. También en este caso, muchos adolescentes tienen la idea errónea potencialmente mortal que porque es legal, no es peligroso. Como padres, es importante que nosotros iniciemos conversaciones con nuestros adolescentes acerca de estas drogas legales pero letales. La investigación es evidente en que la probabilidad de que los adolescentes que participan en un comportamiento de alto riesgo se reduce drásticamente cuando los padres tienen estas discusiones de forma regular.

Para obtener más información acerca de los impactos devastadores de estas drogas legales y cómo mantener seguros a los niños, vea la próxima presentación televisada de Caminos exitosos para criar a los hijos:

Tabaco, alcohol y medicamentos recetados: Legales y letales

Fecha: Lunes 20 de mayo, 7:00-8:00 p.m.

Lugar: Véalo por el Canal 22, electrónicamente en vivo y en directo en BVSD.org, o únase a la audiencia del estu-

PRÓXIMOS EVENTOS DE PEN:

Almuerzo de la 11ª Celebración Anual de PEN

Pasar del conocimiento a la sabiduría con Julio Olalla

Martes 7 de mayo, 11:00 a.m. – 1:00 p.m.

Spice of Life Event Center (5706 Arapahoe, Boulder)

\$10 por adulto, jóvenes gratis

Interpretación gratis

Infórmese sobre PEN en su página web: www.parentengagementnetwork.org o poniéndose en contacto con Paula Nelson, Presidenta de PEN (pjn6225@yahoo.com 303-880-6030) o con Betsy Fox, Entrenadora Líder de PEN (foxbetsy123@msn.com, 720-563-7007).

El Dr. Jan Hittelman, es un psicólogo licenciado, Director de Boulder Psychological Services y Fundador de Boulder Counseling Cooperative. Pueden enviar sus preguntas o comentarios sobre esta columna mensual por e-mail a: jan.hittelman@gmail.com, o por teléfono al: 720-217-3270.

Hands-on Financial Education for Students

The average student who graduates from high school today is at a financial disadvantage. We're not talking about **money**. This deficit is a **lack of financial knowledge and hands-on experience**. Studies show that many high school students lack the basic skills to responsibly manage their personal finances. They are unable to balance a checkbook, use credit sensibly, and simply have no understanding of the basic financial principles involved with earning, saving, investing and spending wisely.

Boulder Valley Credit Union has stepped up and is working with Centaurus High School to help parents provide their student(s) with the unique hands-on learning opportunity to help teach students about managing their money. BVCU sponsors the Warrior Student Credit Union located in the Student Center/Fish Bowl that enables student members the convenience to make deposits and access their money during their lunch period 3 days a week. The credit union also offers a no annual fee Educational Student Credit Card to help students learn how to use a credit card under their parents supervision BEFORE they graduate high school to help reduce the chances misusing credit cards when they turn 18 and move out on their own. BVCU is well-known for its low financing rates, straightforward terms, and education for young adults seeking to finance their first vehicle.

Savings Accounts require a \$5 minimum balance and there are no minimum balance requirements for Checking Accounts. In addition, there are no monthly fees to erode account balances. A FREE Debit Card can accompany the Checking Account that can be used in over 30,000 in-network CO-OP ATMs nationwide without incurring a sur-charge.

Students can also use any of 5,000+ Shared Branch locations nationwide when they travel or move away to college. Many account services can also be completed online or via our mobile apps at no cost 24/7. Accounts are federally insured up to \$250,000 by NCUA (the National Credit Union Administration) for peace of mind.

You can help the Centaurus High School PEN (Parent Engagement Network)

Parents and other family members are invited to join **Boulder Valley Credit Union** to enjoy low-cost financial services throughout life. Refinance high-cost credit and mortgage balances and shed high cost bank fees once and for all. The credit union makes a generous donation to the PEN based on everyone's participation. Turn to **Boulder Valley Credit Union** to help lower your costs of financial services and help the PEN. Joining is easy and membership is beneficial. Call [303.442.8850](tel:303.442.8850) or visit www.bvcu.org for more information.

NOTE: There is still time for graduating seniors to complete BVCU's **college scholarship application**. A brochure/application form can be picked up through counseling office or online at bvcu.org/scholarship. Deadline is April 12, 2013. Questions? Please call [303.415.3504](tel:303.415.3504) or email warrriors@bvcu.org

On Tuesday, April 23, all high school Juniors in the State of Colorado will take the American College Test (ACT) as directed by Colorado Department of Education. Whether a student plans to go to college immediately after his/her Senior year, or a year or two down the road, these test scores will be part of a student's transcript and can be used in the college admissions process. Centaurus students have traditionally scored above the State average on the ACT. In addition to being of significant benefit to the student, the scores from this test appear on Centaurus' State Report Card.

Please make every effort to ensure that your Junior is in attendance on April 23. If your child is absent on that day, he/she will only have one additional opportunity to take the ACT. The make-up test will be given on Tuesday, May 7, 2013. This is the only make-up date offered by the State. Please note that May 7 is a regular school day for all but those Juniors who need to make up the ACT; the Juniors taking the make-up test will miss their morning classes on that day and will be responsible for completing any missed assignments from those classes.

On April 23, students in Grades 9, 10, and 12 will begin classes at 12:55. The class schedule for the week of the ACT appears below.

CENTAURUS HIGH SCHOOL

ACT CLASS SCHEDULE

APRIL 2013

Monday, April 22: Regular Day Schedule (eight periods) for all students

Tuesday, April 23:

7:10 – 7:50	Pancake Breakfast – Grade 11 only
8:00 – 11:55	ACT – Grade 11 only
12:00 – 12:50	Lunch (50 minutes)
12:55 – 1:55	Period 1 (60 minutes)
2:00 – 3:00	Period 2 (60 minutes)

Wednesday, April 24:

7:30 – 8:30	Period 3 (60 minutes)
8:35 – 9:35	Advisory (60 minutes)
9:40 – 10:40	Period 4 (60 minutes)
10:45 – 11:45	Period 5 (60 minutes)
11:50 – 12:50	Period 6 (60 minutes)
12:55 – 1:55	Period 7 (60 minutes)
2:00 – 3:00	Period 8 (60 minutes)

Thursday, April 25: Regular Day Schedule (eight periods) for all students

Friday, April 26: Regular Day Schedule (eight periods) for all students

PARENT DONATION FORM:

CENTAURUS HIGH SCHOOL

PARENT DONATIONS

Parents who wish to send donations to Centaurus High School may send or bring Tax-deductible gift donations to the CHS Treasurer. You may indicate how you would like your donation to be utilized. Some of our needs include: improvement of technology, Science equipment and materials, calculators for Math, Music, Theatre, and Journalism equipment and materials, support for the LINKS program, and individual students' needs.

We greatly appreciate your support and assistance!!!

Donor's Name _____

Address _____

City _____ State _____ Zip _____

Amount _____

How you would like your donation utilized _____

_____ I would like to be acknowledged for this gift in the school's newsletter.

_____ I wish to remain anonymous.

Please return to:

Centaurus High School

10300 South Boulder Road

Lafayette, Colorado 80026

Attention: Suyapa Koeller, Treasurer

Centaurus High School
10300 South Boulder Road
Lafayette, CO 80026

