

# NEWSLETTER

## LETTER FROM THE PRINCIPAL

**DEAR TROJAN PARENTS, STUDENTS, AND COMMUNITY MEMBERS,**

### INSIDE THIS ISSUE:

Page 1  
Mr. Olsen's Letter

Page 2  
Choir & Student  
Council News

Page 3  
MBSA News

Page 4-5  
Athletics

Page 6  
Attendance Policy

Page 7-8  
Counseling

Page 9  
Yearbook News

Page 10-11  
Health News

I would like to welcome each of you to Longmont High School and the start of the 2014-15 school year. The start of each school year is very exciting and filled with energy. As students begin their classes and meet their teachers they will be taking another step towards their ultimate goal of graduation. Over the four years that students are in high school they have an opportunity to take 32 credit hours of classes. As an Honors and Advanced Placement Focus School, Longmont High School offers 20 Advanced Placement classes and Honors classes in all core content areas at all grade levels. We also have a partnership with the University Colorado Denver and offer seven classes through the CU Succeed Gold Program. Through this program students can earn college credit while taking the class at Longmont High School. Through the Advanced Placement Program students can also earn college credit by taking and passing the Advanced Placement Exam. Many of our graduates finished their high school career with a semester or more of college credit completed before they enter college.

We are excited about the implementation of our new Medical and BioScience Academy. We are fortunate to have a partnership with the University of Colorado Denver and a guaranteed acceptance agreement for our students graduating with a MBSA Diploma. We also have a partnership with Longmont United Hospital, and last year we had four seniors complete internships at Longmont United Hospital. Many local professionals also volunteer their time to be guest speakers in our Introduction to Health Careers class. The academic programs at Longmont High School will challenge students and prepare them for post-secondary educational success.

All students are highly encouraged to get involved in extra-curricular and co-curricular activities. Research shows that students involved in an extracurricular or co-curricular activities have higher grades and are engaged in school more than those who do not participate. There are many programs, teams, and clubs in which students can participate. We are proud that a large majority of our student population regularly participates and is involved in one or more extracurricular or co-curricular activity during the school year. This is the standard for our school and it speaks volumes about the teachers, programs, coaches, sponsors, and our students.

Attendance and being on time to class are very important factors in a student's success. The instructors develop extensive lesson plans for every 90-minute block. When a student misses a class or part of a class they miss valuable information. Parents are asked to know their child's schedule and the start times for each block and have students at school on time and ready to learn. Infinite Campus is the online program parents and students can access to monitor grades, assignments, and attendance.

Safety and security of our students and staff is our number one priority. We have a learning environment established with Respect as a priority. Respect for others, Respect for yourself, and Respect for the rules. For the safety of our school community, cameras are used in and around the building. Along with external cameras we have internal cameras in the hallways and common areas that provide surveillance to monitor the areas and help in the protection of our students and staff.

I invite each and every parent to be involved with Longmont High School and in the education of your students. We have many opportunities for parents to volunteer on committees, in booster clubs, and in other ways to support Longmont High. The School Improvement Committee meets monthly and I welcome any parent to join this important committee that oversees the school's academic goals. Many parents are involved in the music and athletic booster programs and we also have the Longmont High School Education Foundation. These organizations allow parents and families to volunteer their time or donate monetarily for the benefit of our school and our students. If you would like to be involved there is a volunteer form you can complete or you can call and speak with any of my assistant principals or myself for additional information.

I look forward to a school year filled with learning, successes, and memorable times for the student body of Longmont High School.

Sincerely,

Rick Olsen, Principal  
Longmont High School



## CHOIR NEWS

Longmont High School has eleven wonderful students auditioning for Colorado All State Choir. Our auditioning students are Taylor Chouinard, Damon McDowell-Givens, Hannah Cochran, Cynthia Mosness, Miranda Nabkel, Katy Constantinides, Sonia Fraser, ShayLee Bunkers, Emma Rowinski, Tobias Pettie, and Tyler Oliver. Best of luck on this rigorous audition!

---

---

## STUDENT COUNCIL NEWS

The Longmont High School Student Council will host our annual Homecoming events throughout the week of October 13th through the 18th. Monday through Friday of that week will be "Spirit Week" where we encourage all students and staff to "dress up" to celebrate the theme of that particular day. On Thursday, October 16th, the Homecoming Royalty will be honored at our afternoon assembly. The festivities continue on Friday, October 17th with the Carnival and BBQ starting at 3:30 PM near the "Walk of Fame" next to the tennis court. The Carnival features family- and kid-appropriate games put on by our student clubs and organizations. Dinner sales will start at 5:00 PM and will be of varying price. At the halftime of the Trojan football game, the Homecoming King and Queen will be announced, and we wrap it all up on Saturday, October 18th with the Homecoming Dance from 8:00 to 11:00 PM in the Main Gym. Ticket prices will be announced later and sold in the days prior to the dance. All students need their IDs and signed dance contracts to purchase tickets. Dance contracts will be available in the Counseling and Main Offices, as well as Mr. Barnes' room, 106. We hope you'll join us for all of these events as valued members of LHS and the Longmont community!

---

---

## MBSA News

### Mini Medical School

Starting on Monday, September 22, MBSA students are invited to attend a 7-week series of online lectures entitled "Mini Medical School" at Longmont High School. This unique learning opportunity is being sponsored by the University of Colorado School of Medicine. This series of video lectures offers an introduction to Medicine.

The course is based on a live, on-campus course that has been taught at the University of Colorado School of Medicine for 25 years. Each week we will discuss a different area of medical science: these modules are Anatomy and Physiology (2 weeks for these); Cell and Molecular Biology; Immunology; Infectious Disease; Neuroscience; and Cancer.

Any MBSA students and parents who are interested in attending these series of Mini-Medical School lectures are invited to join Mrs. Chou in room 202 at LHS on Mondays from 3:00-4:15 p.m. starting on September 22, and ending on November 3.

This opportunity is optional for MBSA students. Students are welcome to attend as few or as many lectures as they are able to. There is no commitment to attend all 7 lectures, but students who attend all lectures will receive a certificate and a prize!

Please contact Chris Chou ([chou\\_chris@svvsd.org](mailto:chou_chris@svvsd.org)) if you have any questions.

## Longmont Football Team recognized on the Today Show

On September 5th the football team was recognized on the Today Show to highlight the team's "Day of Service" that took place during the summer. The team was invited to attend the Sunday Night game against Indianapolis and the spot recorded by NFL Films was aired during halftime. NFL Films is planning on a compilation showcasing football teams from across the country to air before or during the Super Bowl.



Longmont Football Team at Mile High Stadium

**SPORT SCHEDULES CAN BE FOUND AT [www.trojanathletics.org](http://www.trojanathletics.org)**

## Winter Sports Registration Instructions

### Registration for Winter Sports will Open October 1st, 2014

Please pick up a Blue Emergency card in the Main office. This will need to be filled out and accompany a copy of your physical to complete registration.

**YOU MUST STILL BRING IN A COPY OF YOUR PHYSICAL TO KELLIE IN THE OFFICE**

#### Instructions to Register:

Go to the school District Website: [www.svvsd.org](http://www.svvsd.org)

Scroll down to Online Payments

High School Payment

Choose Longmont High School

Athletic Payments

Winter Athletics

Choose Sport

Register

Add your child and fill in the registration, you can pay online or in the office.

Hit Checkout

Hit Go to Checkout

Hit Continue

Hit Complete Order

**\*\*You must print out a copy of the receipt or save a copy to your phone to show in the office.**

When Registration is complete bring in your physical to the office, You will still need to fill out a Contract with Kellie in the main office. You will need to take the blue emergency card and the Pink Contract sheet to your coach.

#### **Cost per calendar year:**

1st sport - \$150.00

2nd sport - \$150.00

3rd sport - \$120.00

Family Max: \$500.00

**SPORT SCHEDULES CAN BE FOUND AT [www.trojanathletics.org](http://www.trojanathletics.org)**

# Attendance Policy

It is recognized that students miss school because of certain valid reasons. When this happens, only the parents/guardians should call the school the morning of the absence. **THE ATTENDANCE LINE IS 303-682-7385.** All absences must be reported within 48 hours after returning to school. Absences not explained within two days (48 hours) after returning to school shall be recorded as unexcused absences unless unusual or extenuating circumstances exist as determined by the principal. It is also important that appointments with doctors, dentists, etc. be scheduled outside of school time when possible.

## Excused Absences, Excused

### Tardies/Leaving Early:

- Illness (up to 3 days w/o doctor's note)
- Illness (over 3 days with doctor's note)
- Medical/dental appointment for student
- Take Your Child to Work Day
- School District sponsored events
- Religious observances
- Family emergencies/ hardship
- Absence required by a legal body or social agency (court, juvenile authorities, public health department, or police)
- Family funeral
- Funeral for a district student

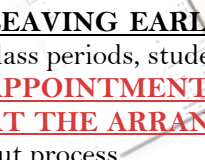
## Unexcused Absences:

- Sleeping In
- Parent running late/not able to get up
- Illness (over 5 days w/o doctor's note)
- Vacation without principal's prior approval
- Missing the bus/ car trouble
- Going to a parent's appointment
- No transportation
- Relatives/ friends visiting
- Care of siblings

## Homework Requests

**The district may require suitable proof regarding any of the above, including written statements from medical sources.**

Homework requests can be made by contacting the individual teacher via e-mail. Students may access individual teachers email address through the school's web page at <http://lhs.svvsd.org> and clicking on staff. When emailing a teacher, please put the Student's name in the subject box.



**LEAVING EARLY:** When students need to leave the building during the school day, thereby missing one or more class periods, students must sign out with the attendance clerk. **IF YOUR STUDENT HAS A SCHEDULED APPOINTMENT, PLEASE SEND A NOTE TO THE TEACHER ASKING PERMISSION TO LEAVE CLASS AT THE ARRANGED TIME.** The student then must take the note to the attendance clerk and complete the check out process.

**Pre-Arranged Absences:** When a student is aware that he/she will be missing school for more than two consecutive days, a pre-arranged absence form must be filled out one week prior to the absence (extenuating circumstances will be taken into consideration). The student must obtain the form from the attendance clerk and first have each teacher fill out and sign it and second, take it home and have a parent read and sign it. The student then turns the completed form in to the appropriate administrator for approval. If the student is failing classes, a parent contact will be made prior to the student pre-arranged form being accepted.

**School Related Pre-Arranged Absence:** If it is a school-related absence, the above procedure must still be followed. The final signature must be made by the appropriate sponsor and the sponsor turns in these forms one week prior to the absence. If the student is failing classes, a parent contact will be made prior to the student pre-arranged form being accepted.

# LHS Counseling

**Registrar:** Linda Westerlind: westerlind\_linda@svvsd.org. 720-494-3907

**Counselors:**

LR Powers (A-G): powers\_luther@svvsd.org

Lea Phillips (H-Pa): phillips\_jane@svvsd.org

Karen Mckay (Pe-Z): holmesmackay\_karen@svvsd.org

Elizabeth Fossum (9<sup>th</sup> grade): fossum\_maria@svvsd.org

**Intervention Specialist:** Abby Ruble: ruble\_abby@svvsd.org

**LHS Counseling Web Site:** <http://lhs.svvsd.org/academics/counseling>

## IMPORTANT DATES

### September

#### Senior Month

- 19<sup>th</sup> **Last day to register for PSAT** (10<sup>th</sup> and 11<sup>th</sup> grade)
- 23<sup>rd</sup> **District College Fair** at Skyline High School 6-7:30

### October

#### College Application Month

- 1<sup>st</sup> **Boettcher Scholarship speaker** in community room : Seniors and parents come listen to a Boettcher Scholarship winner about how to apply for and receive scholarships
- 9<sup>th</sup> **Common Application Bootcamp** 12:30-2:45: seniors get help in starting your common application. Meet in Library computer room
- 15<sup>th</sup> **PSAT:** all 10<sup>th</sup> and 11<sup>th</sup> graders can take this college entrance practice exam and juniors are eligible for the Nation Merit Scholarship
- 17<sup>th</sup> **Boettcher Scholarships due**
- 18<sup>th</sup> **National College Fair** 1:00-4:00 at Colorado Convention Center : 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> graders come visit with colleges from across the nation. Need to pre-register at [www.gotoncf.com](http://www.gotoncf.com)
- 22<sup>nd</sup> **Visual Performing Arts College Fair:** 6:00-8:00 Cherry Creek High school. 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> graders come visit with reps from Visual Performing Arts colleges. Need to pre-register at [www.gotopvafair.com](http://www.gotopvafair.com))
- 30<sup>th</sup> **Affording College Night**, 6:30 community room. 9<sup>th</sup>, 10<sup>th</sup> grade parents (and others interested) come hear from a National expert on financing college
- 31<sup>st</sup> **Concurrent Enrollment due** for Spring 2015 semester.

### November

- 17<sup>th</sup> **Daniel's Fund Scholarship due**([www.danielsfund.org](http://www.danielsfund.org))

**December**

TBD Scholarship Quick Start  
TBD ACT Prep

**January**

14<sup>th</sup> District Financial Aid Night, 6:00-7:30 at Skyline High School

**February**

8<sup>th</sup> College Goal Sunday  
Local St. Vrain Valley scholarships due  
18/25<sup>th</sup> FAFSA support meetings at parent conferences

**March**

25<sup>th</sup> Junior Parent College Information Night, 6:30 community room

**April**

28<sup>th</sup> State ACT, mandatory for all juniors  
Concurrent enrollment due for fall 2015  
Longmont High Scholarships due

**May**

1<sup>st</sup> National Admissions Candidate Reply Date

**Affording College Night: A Special Event for Ninth and Tenth Grade Parents**  
**October 30, 2014, 6:30 p.m. in the Community Room**

Ninth and Tenth Grade Parents (and any other interested LHS parents): Please plan to attend a special evening program to learn how to make college an affordable opportunity for your student! Our presenter will be Nancy Meislahn, Dean of Admission and Financial Aid at Wesleyan University in Connecticut and a national expert on college affordability; she will share her wealth of knowledge and expertise about what you and your student should be doing now to prepare to finance a college education. Please contact the Counseling Office if you would like to learn more.



## YEARBOOK NEWS

### Senior Photo Submission:

\*Senior photos should be submitted electronically: <http://www.hjeshare.com/eShare/Index.jsp>  
Longmont High School Code: 7344

\*All senior photos must be submitted on or before **December 12th**. Student ID photos will be used after that date.

\*Photos should be 300 dpi in resolution and saved as a JPEG file.

### Senior Dedications:

Please submit all senior dedication pictures through <http://www.hjeshare.com/eShare/Index.jsp> or upload photos and send them to [albert\\_rebecca@svvsd.org](mailto:albert_rebecca@svvsd.org) along with the written dedication.

Room for senior dedications is predetermined and granted on a first come, first served basis. Therefore, we cannot guarantee how long there will be space available. There will be updates regarding available space throughout the fall.

1/8 1 picture, 30 words \$50

1/4 2 pictures, 75 words \$100

1/2 5 pictures, 200 words \$200

\*Checks should be made payable to LHS.

### Yearbook Purchases:

Online through Herff Jones at: <https://www.yearbookordercenter.com> or at Longmont High School in the main office.

Prices are subject to change after January 1st.

\*Checks should be made payable to LHS.

<http://albertsenglish.yolasite.com/yearbook.php>

## HEALTH NEWS

Dear St. Vrain Parents and Guardians,

Communities across the United States are experiencing increased instances of respiratory infections resulting from a virus known as Enterovirus 68 (also referred to as Enterovirus D68). This virus, which affects millions worldwide, has re-emerged in the United States. Young children and people with asthma may be particularly vulnerable to Enterovirus 68.

It is possible that the respiratory symptoms are more acute among children than adults. Children, particularly if they suffer from asthma or other respiratory problems, might become so sick that they require a trip to the emergency room where they can be treated with breathing aids. The Enterovirus can appear in adults, but the symptoms typically are less severe.

**Symptoms of Enterovirus 68:** May appear as the common cold with characteristics of difficulty breathing, wheezing and fever.

**How Entrovirus 68 spreads:** Similar to a common - cold, coughing, sneezing, or touching person's belongings which may be infected by the virus or coming into contact with the nose or mouth.

**How to detect the Entrovirus 68:** Only through testing - if your child reports difficulty breathing, and especially if your child also suffers from asthma, parents should consult with a health care professional. The treatment or cure: Supportive hospital care - there are no anti-viral medications that are specific to Entrovirus 68.

**Schools and parents can help protect children and themselves by:**

1. Washing hands often with soap and water for 20 seconds.
2. Avoid touching eyes, nose and mouth with unwashed hands.
3. Avoid kissing, hugging and the sharing of cups and eating utensils.
4. Disinfecting frequently touched surfaces (toys, door knobs, table tops etc.)
5. Avoid close contact with persons who are sick.
6. Staying home when feeling sick.
7. Ensure vaccinations, including influenza, are up to date.

St. Vrain Valley School staff will also follow the above recommendations and keep a watchful eye on your children. Please contact your health care provider or physician if your child shows symptoms or you need further information.

Thank you for your support as we work together to provide healthy learning environments for our children.

Department of Communications

[303-682-7404](tel:303-682-7404)

## Noticias de Salud

Estimado Padres y Tutores de St. Vrain Valley Schools,

Comunidades de todo Estados Unidos están viendo un aumento de casos de infecciones respiratorias derivadas de un virus conocido como "Enterovirus 68" (también conocido como enterovirus D68). Este virus, que afecta a millones en todo el mundo, ha vuelto a surgir en los Estados Unidos.

Los niños pequeños y las personas con asma pueden ser particularmente vulnerables a Enterovirus 68. Es posible que los síntomas respiratorios son más agudas en los niños que en los adultos. Los niños, especialmente si sufren de asma y otros problemas respiratorios, podría llegar a ser tan enfermos que requieren un viaje a la sala de emergencias, donde pueden ser tratados con asistencia respiratoria. El Enterovirus 68 puede aparecer en adultos, pero los síntomas son típicamente menos severos.

**Los síntomas de Enterovirus 68:** Puede aparecer como el resfriado común con características de dificultad para respirar, sibilancias y fiebre.

**Cómo Enterovirus 68 se extiende:** Similar a un común - tos frío,, estornudar o tocar las pertenencias de la persona que pueden estar infectados por el virus o que entren en contacto con la nariz o la boca.

**Cómo detectar el Enterovirus 68:** Sólo a través de pruebas - si su hijo reporta dificultad respiratoria, y sobre todo si su hijo también sufre de asma, los padres deben consultar con un profesional de la salud. El tratamiento o la curación: tratamiento en un hospital - no hay medicamentos antivirales específicos para Enterovirus 68.

**Las escuelas y los padres pueden ayudar a proteger a los niños y ellos mismos a través de:**

1. Lavarse las manos frecuentemente con agua y jabón durante 20 segundos.
  2. Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Evite besos, abrazos y el intercambio de tazas y utensilios para comer.
4. Desinfección de superficies frecuentemente tocadas (juguetes, perillas de puertas, mesas, etc)
  5. Evite el contacto cercano con personas que estén enfermas.
  6. Quedarse en casa cuando se sienta enfermo.
  7. Garantizar vacunas, incluyendo la influenza, están al día.

Personal de St. Vrain Valley School también seguirá las recomendaciones anteriores y mantener un ojo vigilante sobre sus hijos. Por favor, póngase en contacto con su proveedor de atención de la salud o médico si su hijo presenta síntomas o si necesita más información.

Gracias por su apoyo mientras trabajamos juntos para proveer un ambiente de aprendizaje sano para nuestros hijos.

Departamento de Comunicaciones  
303-682-7404