

August 2020



IMPALA PRIDE Newsletter

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IB Director

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Assistant Principal
Athletic Director

Bryan Kiel
Assistant Principal
Assessment Director

Kendall Wilson
Assistant Principal
Activities Director

Luke Lefurge
Dean of Students A-K

Nick Holley
Dean of Students L-Z

From PHS Administration

Welcome Back to School

Welcome PHS families to the 2020-2021 School Year,

As we begin the 2020-21 school year, we want to first acknowledge the unprecedented time and challenges you and your families may have faced over the past 6 months. Truly, though, we are thankful and excited that we now have the opportunity to work with students once again.

The most important thing for you to know as you plan and consider the upcoming school year, is that we are excited to resume teaching, learning, and working with our students. And, we are committed above all to ensuring the safety and health of our students, staff, and families. This summer we've spent countless hours preparing our buildings and developing protocols to support social distancing efforts and keep staff and students safe. Teachers have devoted much of their summer to learning new technology and instructional practices to improve students' remote learning experiences.

Continued...



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From PHS Administration, continued...

Now, more than ever, we are reminded that as a school community, “I am who I am because of who we are.” Thank you for your patience and understanding as we work together to support a safe return to the academic school year.

Sincerely,
Poudre High School Administration

Beginning of the Year Activities

The official start date of school is August 24th for all students. This day will be a “No Backpack Day” and will focus on developing relationships between staff and students, as well as team-building activities among peers. “No Backpack Day” is an event that numerous schools across the nation have implemented in order to emphasize the importance of social/emotional health and wellness for students.

Historically, freshmen have had the first day of school alone as a class, but with the change of start dates and with starting remotely, all students will need a day to reconnect to their peers and teachers. More freshman transition activities will occur during Freshman Seminar classes on the 25th. Additionally, we will include some “meet and greet” with 9th grade teachers at Freshman Check-In on August 21st.

Continued...



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Beginning of the Year Activities, continued...

New Bell Schedule

As a way to minimize disruption and to ease transitions, we have shifted to a 4x4 block schedule similar to Rocky Mountain High School. This allows the students the opportunity to focus on fewer courses which should be more manageable in any phase of learning.

PHS Weekly Schedule	9:00 - 10:28	10:28 - 10:38	10:38 - 12:06	12:06 - 12:56	12:56 - 2:24	2:24 - 2:34	2:34 - 4:02
Monday	Period 1	10 Minute Passing	Period 2	Lunch	Period 3	10 Minute Passing	Period 4
Tuesday	Period 1	10 Minute Passing	Period 2	Lunch	Period 3	10 Minute Passing	Period 4
Wednesday	Period 1	10 Minute Passing	Period 2	Lunch	Period 3	10 Minute Passing	Period 4
Thursday	Period 1	10 Minute Passing	Period 2	Lunch	Period 3	10 Minute Passing	Period 4
Friday	Period 1	10 Minute Passing	Period 2	Lunch	Period 3	10 Minute Passing	Period 4


Important Dates:

- **August 19th at 6:00 PM: Virtual Freshman Parent Orientation**
- **August 20th at 6:00 PM: Parent Boot Camp**
- **September 16th at 6:00 PM: Virtual Back to School Night**
- **August 18th, 19th, 20th and 21st: Student Check-in**

Continued...

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Beginning of the Year Activities, continued...

PHS Fall Check-In begins soon! Each year students check IN at PHS to check OUT school supplies, take their school picture, get a parking pass, pay school fees, buy PHS gear, and more!

PHS Fall Check-In is August 18 – 21st 2020, COVID style.

What to expect?

- Friendly Poudre staff who are excited to see students' faces and give air high 5s!

What to wear?

- Comfortable clothing that you'd like to show off in your school picture!

Do I bring money?

- Not really, everything has a link online to pay.
 - **PSD School Pay** - <https://psdschools.schoolpay.com/>
 - **Studio 5 School Pictures** - <https://studio5schoolportraitsinc.onlinephotocart.com/prepay/26428645?code=PHSFC2020F>
 - **PHS Yearbook** - <https://www.poudreyearbook.com/>
 - **Apply for Free/Reduced Lunch** - <https://www.myschoolapps.com/Home/PickDistrict>

Do I need a water bottle?

- Not a bad idea, forecast is sunny and you can anticipate check-in to take *up to* an hour and ½ with COVID guidelines from Larimer County Health Department.

Do I need to know my schedule?

- Students' schedules should be available on ParentVUE/StudentVUE on August 17, 2020. If the student has access to their phone/internet, they can access it through StudentVUE.

Continued...

CONAHAN'S DRIVING SCHOOL

ConahansDrivingSchool.org



Register at 223-8900. Cost: \$415, due first day of class.

Register today for 2020-21 classes!

All classes are held at the Homewood Suites
on Harmony Road

August Classes, finish the classroom section in 5 days

- M - F, August 3 - August 7, 2020, 9:00am-3:30pm
- M - F, August 10- August 14, 2020, 9:00am-3:30pm

Sunday Sessions, 5 week course

- August 23 - September 27, 2020, 9:00am-3:30pm

Ask about our **certified home study program** on Flash drive/DVDs! Qualifies you for your permit and for insurance reductions. Complete at your own pace!

All courses include the 6 hours of behind the wheel instruction.

Must be 14.5 years old to register.

Beginning of the Year Activities, continued...

What if my student forgets something at Fall Check-In or can't make the designated day/time?

- Contact Jen Backurz – jbackurz@psdschools.org | (970) 488-6064

What if I have siblings in different grade levels?

- In an effort to minimize exposure and provide convenience for families, siblings may attend the same Fall Check-In time despite the grade level. Please note that Fall Check-In for 9th graders on Friday, August 21st will be a special event for those new incoming students.

For further questions, please contact Cindy Smith – cindys@psdschools.org | (970) 488-6000

Fall Check-In

2020				
	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	Aug. 18	Aug. 19	Aug. 20	Aug. 21
	Grade 12	Grade 11	Grade 10	Grade: 9
9:00	A-B	A-B	A-B	A-B
9:30	C-D	C-D	C-D	C-D
10:00	E-F	E-F	E-F	E-F
10:30	G-H	G-H	G-H	G-H
11:00	I-J	I-J	I-J	I-J
11:30	K-L	K-L	K-L	K-L
12:00	CLOSED Lunch	CLOSED Lunch	CLOSED Lunch	CLOSED Lunch
12:30	CLOSED Lunch	CLOSED Lunch	CLOSED Lunch	CLOSED Lunch
1:00	M/N/O	M/N/O	M/N/O	M/N/O
1:30	P/Q/R	P/Q/R	P/Q/R	P/Q/R
2:00	S/T/U	S/T/U	S/T/U	S/T/U
2:30	V/W/X	V/W/X	V/W/X	V/W/X
3:00	Y/Z	Y/Z	Y/Z	Y/Z
3:30				
4:00				

Counseling

Student schedules will be available to view starting on **August 17th** through StudentVue and ParentVue.

Schedule repairs will be offered to students starting on **August 17th** through an online request form on the PHS counseling webpage.

Schedule repairs will only be granted for the following reasons:

- Duplicate classes (ex: Two Chemistry classes)
- Class I did not register for (and was not listed as an alternate class)
- Incorrect level placement
- I completed coursework over the summer.
- I am not meeting a graduation requirement with my current schedule (SENIORS only)
- I want to drop a class (please know that you are not allowed to add a class, you can only drop, you also cannot go below 3 classes) ***11th and 12th grade students must take a minimum of 60 credits, 9th and 10th grade students must take a minimum of 70 credits.

*Add/Drop will be limited due to the extenuating circumstances surrounding COVID-19.
Any schedule repair for quarter 1 classes must be completed by August 28th.*

Counselor caseloads will remain the same as last school year for grades 10-12.

*If Rochelle Lenox was your counselor, Jazmin Rodriguez will now be your counselor

9th grade counselor is determined by Pathway as follows:

Agriculture and the Environment ~ Lauren Kiel, lkiel@psdschools.org

Entrepreneurship ~ Cassie Poncelow, cponcelo@psdschools.org

Health Sciences and Human Services ~ Jeff Schelly, jschelly@psdschools.org

Arts and Humanities ~ Jazmin Rodriguez, jazminr@psdschools.org

Engineering and Design ~ Matthew Miltenberg, mmiltenberg@psdschools.org

IB Pre-Diploma Program, A-K ~ Greg Piccolo, gpiccolo@psdschools.org

IB Pre-Diploma Program, L-Z ~ Kim Wilder, kwilder@psdschools.org

English Language Learners (ELA) ~ Alan Flores, alflores@psdschools.org

Continued...

This newsletter was published by The School Communications Agency

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 Agency**

Joe Mivshek 970.420.7163
Joe@SchoolCommunicationsAgency.com

Athletics

Sports will look quite a bit different this year. Please see the calendar below for the start dates.

Season	Sport	Practice	First Competition	Championship (Tentative)	Max Contests
Season A	Cross Country	8/12	8/15	10/17	7
	Boys Golf	8/3	8/6	10/5 & 10/6	198 holes
	Boys Tennis	8/10	8/13	9/25-9/26	See bulletin
	Softball	8/10	8/13	10/10	16
Season B	Basketball	1/4	1/7	3/6	16 (4A/5A); 13 (1A-3A)
	Ice Hockey	1/4	1/7	TBD	13
	Skiing	1/4	1/7	2/26	See bulletin
	Competitive Spirit	1/4	1/7	TBD	N/A
	Sideline Spirit	1/4	N/A	N/A	N/A
	Girls Swimming	1/4	1/7	TBD	7 + league
	Wrestling	1/4	1/7	3/6	7 duals + 7 days
Season C	Field Hockey	3/1	3/4	TBD	10
	Football	2/22	3/4	5/8	7
	Gymnastics	3/1	3/4	TBD	8
	Boys Soccer	3/1	3/4	TBD	10
	Unified Bowling	3/1	3/4	TBD	6
	Girls Volleyball	3/1	3/4	5/1	16
Season D	Baseball	4/26	4/29	6/26	16 (2A-5A); 13 (1A)
	Girls Golf	4/26	4/29	TBD	198 holes
	Boys Lacrosse	4/26	4/29	TBD	10
	Girls Lacrosse	4/26	4/29	6/23	10
	Girls Soccer	4/26	4/29	TBD	10
	Boys Swimming	4/26	4/29	TBD	7 + league
	Girls Tennis	4/26	4/29	6/11-12	See bulletin
	Track and Field	4/26	4/29	TBD	8
	Boys Volleyball	4/26	4/29	6/19	16
Activities	Student Leadership	Following a typical schedule.			
	Music	Following a typical schedule.			
	Speech - Festival	10/1		1/30	
	Speech - Tournament	11/1		3/20	

Transitioning to in person instruction

We have spent a great deal of time this summer preparing for in-person instruction. Below is a list of safety protocols we will implement upon students' return to school.

General Safety Protocols:

- Students must sign and acknowledge COVID safety protocol. Masks will be mandatory.
- Isolate groups of students from each other to limit the size of potential outbreaks, A/B groups.
- No lockers will be assigned.
- Check-out sheet for leaving room to support contact-tracing.
- Scheduled face covering breaks with social distancing outside or in well ventilated areas during the school day.



Safety Protocols During the School Day:

- Arrival:
Staggered arrival times with students entering different assigned exterior doors.
- Passing Periods:
Staggered dismissal times to limit congestion in the hallways. The building will be mapped out to create a “directional flow”.
- Lunch:
Staggered release and grab-and-go options. Social-distanced seat assignments.
- Departure:
Staggered class release times and assigned exit doors.



ParentVue/Student Vue FAQ

Poudre Impalas!

It's August and students and their families are excited to log into *ParentVUE* and *StudentVUE*. This year these tools will be incredibly important to stay connected to staff and to monitor students' academics and attendance.

"Is my kid doing their work? Do they seem like they are telling me the truth? Not sure which is more overwhelming, Remote Learning or a Global Pandemic."

Access and Activate ParentVUE Account

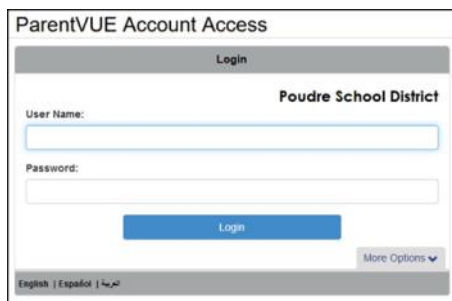
How to Log In and/or Activate your Account

1. On the Poudre School District website, links to ParentVUE are located on the [Parent web page](#) or [ParentVUE web page](#)
2. After clicking the "ParentVUE" button, click the "I am a parent>>" link.

ParentVUE and StudentVUE Access



3. If you've already activated your account, you can log in with your username and password.



4. If you are logging in for the first time, click "More Options," then "Activate Account."



Continued...

ParentVue/Student Vue FAQ, continued...

Activate your account

You will receive an email from Poudre School District with a one-time activation code shortly after you student is enrolled. If you don't receive an email, please contact your school.

If you've already activated your account, you can log in with your username and password.

Note: The activation process needs to be completed only once. However, if you have more than one child, you will not have access to his/her information until the Education Rights is set by the school for that child. For assistance or if you have questions, please contact your child's school.

Step 1: Read the privacy statement and click the "I Accept" button to acknowledge agreement.

Parent Account Activation

Step 1 of 3: Privacy Statement

Read through the following Privacy Statement and click the Accept button to agree to the privacy agreement.

ParentVue/StudentVue allows parent/guardians and students access to student information through a secure internet connection. Poudre School District will provide all parent/guardians of currently enrolled students access to ParentVue and will provide currently enrolled students access to StudentVue in order to monitor information and progress of a student in a confidential and secure setting. Poudre School District reserves the right to deny or cease access to ParentVue/StudentVue due to violation of stated use guidelines, court orders, or any other legal proceedings that limit availability of educational data.

1. Users must be parents/guardians with rights to access a student's educational records as provided for under the Family Educational Right and Privacy Act (FERPA)
2. Parent/guardians must provide a valid email address.
3. Users will be responsible for the security of the User Name and Password once issued.
4. Users will not attempt to access data or another account for which they have no

Clicking I Accept means that you agree to the above Privacy Statement.

1 I Accept Return to login

Step 2: Type your first name, last name and activation code exactly as they are stated in the email you received.

Parent Account Activation

Step 2 of 3: Sign In with Activation Key

Please enter your first name, last name and the 7 character authentication key (provided to you by the district), to activate your ParentVue account.

First Name

Last Name

Activation Key

2 Continue to Step 3

Step 3: You will be asked to create a username and password. Passwords are case sensitive, must consist of at least one number, at least one letter, and must be a minimum of six characters. Use the primary email provided in the activation email you received. Click "Complete Account Activation."

Complete Account Activation

Step 3 of 3: Choose user name and password

Welcome [] To complete your account activation you will need to create your username and password. Remember that passwords are case sensitive. Your password can consist of numbers and letters and must be a minimum of 6 characters in length.

User Name

Password

Confirm Password

Primary E-Mail

3 Complete Account Activation

Continued...

ParentVue/Student Vue FAQ, continued...

I am creating an account for the first time and ParentVUE is prompting me to enter an activation key. How do I get this?

I have already created an account in ParentVUE but can't remember my User Name and/or am still not able to log in. Help.

- Call: PHS (970) 488-6000
- Email:
 - Shel - rmorse@psdschools.org
 - Cindy - cindys@psdschools.org
 - Jen - jbackurz@psdschools.org
 - Carol - cyaussi@psdschools.org
 - Corryn - corrnp@psdschools.org
 - Roz - rlang@psdschools.org
 - Steve - sbutler@psdschools.org
 - PSD - covidtechhelp@psdschools.org

I am a current PHS student and my password has expired. How can I update my password so that I can log into StudentVUE?

- Email:
 - Roz - rlang@psdschools.org
 - Steve - sbutler@psdschools.org

More information can be found at <https://www.pdschools.org/ParentVUE>

Please email Shel Morse at rmorse@psdschools.org for any other questions you may have. We are excited to see students return at the end of this month! Our building is not the same without them.

Hope you and your family are healthy.

GO POUFRE!

Kathy Mackay
Principal
Poudre High School


“I am who I am because of who we are. We are Poudre.”



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STAYING HEALTHY

Tips for Virtual Learning

Jess Eaton M.S. | August 2020

ESTABLISH A ROUTINE



While this may only be a temporary situation, kids thrive on routines & knowing what to expect in life. Get ready in the morning just like you would a normal school day. Ring a bell or play a “pump up” song to signify the start of the school day.

Remember, your routine may be different than your neighbor’s or your routine last August. Do what works for you & your family during this time.

BE A ROLE MODEL



Our behaviors & attitudes influence how kids make sense of the world. They find balance from our stability. Engage in self-care. It will help your mental health but also show your children that is important to take care of oneself.

Show your kids that your attitude dictates how you react to setback & difficulty. Demonstrate to your kids that we can find ways to shine in difficult situations.

GIVE CHILDREN A SENSE OF CONTROL



Humans function better physically & emotionally when they have a sense of control over things in their lives. Help your children find areas in their life where they can have control & can make safe, reasonable choices during this uncertain time.

Even simple choices like deciding which room to study in or what fruit they want with their lunch can help reduce stress & provide hope. Furthermore, help them to set short term, achievable, & concrete goals to give kids something to work for & allow for a greater sense of agency. Empowerment is essential for our growing children.

GET ENOUGH SLEEP



Your routine should include a consistent sleep schedule. Sleep helps mood, memory, & thinking skills, which are all essential to a successful school day.

ALLOW FOR BOREDOM



While routine is good, don't feel the pressure to plan every second of your child's day. Allow for unscheduled time.

Creativity can flourish during moments of boredom. It can also give kids the chance to try something new & further empower them to make their own choices.

GET MOVING



Movement & exercise have far reaching benefits for our mood & physical health. It can calm our nervous system during stressful times & enhance self-esteem.

Make recess or PE a requirement in your day. If its rainy, turn on the music & have a dance party in between classes. Even a little bit can go a long way.

DRESS FOR YOUR DAY



Research suggests that simply getting dressed for your day can improve self-esteem & productivity, while giving you a sense of purpose!

ACKNOWLEDGE THIS IS DIFFICULT



Help your children identify & validate emotions associated with this situation. Naming emotions makes them less powerful. Be present & reflect their feelings. This conveys empathy & helps your children feel understood. Let them know that you may feel the same way.

You don't need to "fix" them but simply nurture them. Acknowledge that feelings & this situation are temporary & changing. Perspective is powerful. Like almost everything, this too shall pass.

FOCUS ON OPTIMISM, KINDNESS, & GRATITUDE



While it sounds hokey, engaging in positive thinking, participating in acts of kindness, & focusing on gratitude have tremendous benefits for physical & mental health. Research shows that these three magic ingredients in life improve sleep, overall happiness levels, self-esteem, & brain functioning. These skills are both teachable & contagious!

SOCIALIZE DAILY & SAFELY



Satisfying relationships lead to happier, healthier, & longer lives, so it is important to maintain friendships during this time. Focus on strengthening quality relationships; in other words, focus on those friends who leave you feeling happy & peaceful.

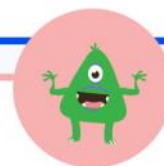
Get creative on ways to interact safely, whether it's through FaceTime or driveway distance gatherings. It is possible to socialize safely.

GO OUTSIDE







The simple act of being in nature can reduce anxiety & improve cognition. Have your children do their daily reading on the porch, take your dog on a walk, or simply lay in the grass for a short break in the day. Your brain & body will thank you.

BE SILLY & FIND THE FUN



Mary Poppins had it right when she said, "In every job that must be done, there is an element of fun!" Research supports that all people, not just kids, need fun, laughter, & play. Do what you can to elicit an extra smile or giggle each day, & I promise that everyone will benefit!

BACK TO SCHOOL CHECKLIST

-  Get back on a normal sleep schedule
-  Have a "family meeting" to discuss routines & expectations
-  Designate or set up a study area
-  Do something to build excitement related to the new school situation

