



# POUDRE HIGH SCHOOL

POUDRE SCHOOL DISTRICT

201 S. Impala Drive, Fort Collins, CO 80521

Phone 970-488-6000 | Attendance 970-488-6002

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I AM WHO I AM BECAUSE OF WHO WE ARE

## IMPALA PRIDE BULLETIN

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does not imply recommenda-  
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School District

### From PHS Administration

Parents and Guardians,

November reminds us to be thankful for our friends, family and community. Our motto at Poudre is "I am who I am because of who we are." An amazing display of this concept of Ubuntu happens each year, starting in late October and culminating in early December at Poudre's "Feed Our Families" food drive.

Last year, over 400 Poudre students, staff, parents and community members collected enough food to make more than 1,600 food boxes which were shared with Poudre families and the Poudre community. This food is distributed to around 1000 families from Poudre as well as our feeder schools. Along with the families associated with our community, we put together "Pay it Forward" boxes. Our families are asked to assist a family outside the school community with an additional box of food we provide them. Poudre High School considers this food drive a "Hand up, not a hand out." If you are interested in receiving food or know someone in our school community that would benefit from our Feed Our Families food drive, please email Lisa Mahler before December 4<sup>th</sup> at:

[lmahler@psdschools.org](mailto:lmahler@psdschools.org).

Over 250 teachers, students and community members come together to assist with distribution. On the day of distribution emotions run high. It's a joyous time to assist the people directly at our school who are in a time of need. Our distribution day provides the enthusiasm and fun of a combination of the Fish Market in Seattle and Gunther Toody's restaurants in Colorado. This year Distribution Day occurs from 8:30am-12:30pm, Saturday, December 10<sup>th</sup> at Poudre High School. There are a few ways you can get involved. Students can sign up for a canning shift to collect donations at grocery stores using this link: [tinyurl.com/PHScanning22](https://tinyurl.com/PHScanning22)

The sign-up includes important information about how to go canning as well as updated safety measures we are using this year. Another way you can stay involved is being mindful when you shop. If possible, please buy a little bit more and donate it to the PHS students collecting items outside local grocery stores. Cash/Check/Online donations are also welcome and will be used to purchase fresh food for our families.

As always, we are grateful to be a part of this Poudre family. "I am who I am because of who we are. We are Poudre"

PHS Administration



**Worried something is wrong?**

they're behavior is very odd  
**THEY SEEM UNUSUALLY AGITATED**

These may be symptoms of psychosis and it's more common than you think. We provide support to youth (15-29) experiencing FEP (first episode psychosis).

Find out more:  
[SummitStoneHealth.org/ascent](http://SummitStoneHealth.org/ascent)

**ASCENT** SUMMITSTONE HEALTH PARTNERS

# Poudre High School Education Elevated

*Come see for yourself!*

POUDRE HIGH SCHOOL PREVIEW NIGHT  
 TUESDAY, NOV. 1 AT 5:30PM

WE INVITE YOU TO COME FOR A FIRST- HAND LOOK AT WHAT ELEVATES EDUCATION AT POUDRE HIGH SCHOOL. LEARN ABOUT INTERNATIONAL BACCALAUREATE, PATHWAYS IN TECHNOLOGY EARLY COLLEGE HIGH SCHOOL, CONCURRENT ENROLLMENT, AND ALL OF THE ACTIVITIES AND ATHLETICS OFFERED AT POUDRE!

LEARN MORE: [WWW.PHS.PSDSCHOOLS.ORG](http://WWW.PHS.PSDSCHOOLS.ORG)



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# ADVANCED MANUFACTURING P-TECH INFO SESSION

**7:00PM**  
11.1.22



**LEARN MORE ABOUT THE  
ENGINEERING AND DESIGN PATHWAY  
AND OUR P-TECH PROGRAM**

201 S. Impala Drive, Fort Collins, CO 80521

**Hello!**  
Incoming and Current 9th Graders and their families are invited to an Information Session to learn more about the Pathway and about the Poudre P-TECH, Early College High School Program where you can earn an Associate Degree from Front Range Community College - FOR FREE!



**WE CAN'T WAIT TO  
MEET YOU!**



**LEARN MORE HERE:**



## School of Choice Information

Instructions on using the new application system and school options, are available on the PSD School Choice Process web page.>>

**988**  
**24/7 Crisis & Support**



**Are you up to date with 988?**

In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. This number went into effect on July 16th, 2022. For support, more information, resources, and 988 toolkit please click [here](#), or on the picture above.

**Sponsorship space in this newsletter is extremely affordable!**

Reach parents in your local community and a significant portion of your investment goes back to the school!

**Want to sponsor this school?**

Please contact Joe Miyshak at [SchoolNewsletterCompany@gmail.com](mailto:SchoolNewsletterCompany@gmail.com)  
or  
(970) 420-7163.

## Well Care Visits are Time Well Spent

**Schedule Your Child's Next Well Care Visit Today**



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## Scholarship Honors

Poudre High School students were awarded academic honors from **College Board's National Recognition Programs** because they excelled on College Board assessments and in their classrooms. These National Recognition Programs grant underrepresented students' academic honors that can be included on college and scholarship applications and connect them with universities across the country, which allows them to stand out during the admissions process. Colleges and scholarship programs identify students awarded National African American, Hispanic, Indigenous and/or Rural/Small Town Recognition through College Board's Student Search Service.

Please congratulate the following Poudre High School students:

Ana Meschievitz-Roman	Phoenix Wall
Daniel Gutierrez	Sophia Bennett
Kira Osborne	Sophia Rose Kirby
Pablo Kulisheck-Lopez	

### National Merit Scholarship Program

Poudre High School students who took the PSAT/NMSQT in April 2022 have been recognized by the National Merit Scholarship Program.

Henry Johnston was selected as a National Merit Semifinalist. He is one of 16,000 students who will continue in the National Merit Scholarship Program.

Although Commended Students do not continue in the competition for National Merit® Scholarships, they are recognized for the exceptional academic promise demonstrated by their outstanding performance on the qualifying test used for program entry. Commended Students are in the top 34,000 high scorers.

Congratulations to:

Annika Beighey  
Auden Fremstad  
Theo Kuehn  
Parker Volesky



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## PHS Winter Sports 2022-23



**Orange** "Permit to Practice" cards will be issued for the winter season starting Monday, October 24<sup>th</sup>, Monday thru Friday at Mrs. Niesent's desk in the front office. You must have an orange card to start tryouts on November 14<sup>th</sup>.

To receive an **Orange Card**, submit your physical to Mrs. Niesent starting Oct. 24<sup>th</sup>, proof of payment and complete online registration at <https://www.psdathletics.org>  
 Select high school, then HS online sports registration  
 Online Registration opens Oct. 24<sup>th</sup>  
 Schedules can be found at [www.frontrangeleague.org](http://www.frontrangeleague.org)

### **Athletic Participation Fee:**

<u>PHS Students</u>	<u>Charter/ Home or Private School Students</u>
\$190.00 per sport, no family max	\$285.00 per sport, no family max

Payment of athletic fee is required in order to receive an Orange Card. **YOU WILL NOT BE ALLOWED TO PARTICIPATE IF YOUR FEE IS NOT PAID IN FULL BEFORE TRYOUTS!** If a student athlete is not offered a spot on a team, the athletic fee will be reimbursed in full. Students who meet federal guidelines for the free or reduced lunch program will have the participation fee waived.

### **Eligibility**

Eligibility will be checked at the beginning of each season. Eligibility is determined based on previous semester grades earned. Athletes identified as failing two or more classes during the previous semester will be ineligible for sports until the regain date. All sports have different regain dates.

PHS checks athletic eligibility on a weekly basis. Athletes identified as failing two or more classes will be declared ineligible and will lose one week of eligibility beginning on the following Monday through Saturday.

For any questions with regards to eligibility, contact Michele Niesent (970)488-6014 or [nmichele@psdschools.org](mailto:nmichele@psdschools.org)

### **Communication**

Check for updates at [www.frontrangeleague.org](http://www.frontrangeleague.org) and select Poudre.  
 Please follow the athletics website for updates as well: <https://poudre.schoolteams.com/>  
 Follow us on Instagram: @poudreathletics  
 Follow us on Twitter at: <https://twitter.com/HsPoudre>

We use social media for many updates and celebrations so please follow us!

### **Michele Niesent**

Poudre High School Athletic Administrative Assistant  
 (970)488-6014 / [nmichele@psdschools.org](mailto:nmichele@psdschools.org)

*Continued...*

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## PHS Winter Sports 2022-23, continued...



### **Boy's Wrestling**

**Coach:** Barrett Golyer 488-6047, C: 217-8425 [bgolyer@psdschools.org](mailto:bgolyer@psdschools.org)  
**Informational Meetings 10/11 or 10/18 – 6:30pm PHS Events Center**  
 Pre-Season Open Mats Wed & Fri 4:30 – 6:00 Until 11/4/22  
 Pre-Season Camp 11/7-11/10 4:30 – 6:15pm  
 1<sup>st</sup> Official Day of Practice 11/14

### **Girl's Wrestling**

**Coaches:** Desiree Kendall 970-817-0157 [dkendall@psdschools.org](mailto:dkendall@psdschools.org)  
 Joshua Beck 970-566-2122 [joshuab@psdschools.org](mailto:joshuab@psdschools.org)

- Parent meeting: Oct. 26, 6pm PHS Events Center
- Preseason Open Mats: T/TH 4:45 – 6:15 pm @ Poudre Wrestling Room
- Preseason Camp: Mon – Thurs, Nov 7th - 10th, 4:45 - 6:30 pm, Friday, Nov. 11, 9-11am (Not required but HIGHLY encouraged).
- First Official Practice: Monday, Nov 14th, 6:30 – 8:15 pm
- No experience required! Come try out an amazing sport! Do not hesitate to reach out with any questions.

### **Boy's Basketball**

**Head Coach** - Jeff Brubaker. [jbrubak@psdschools.org](mailto:jbrubak@psdschools.org)  
 Please email coach for more details including open gym times.  
**First Official Day of practice 11/14/22**

### **Girl's Basketball**

**Coach:** Kevin Faw      **Email:** [kfaw@psdschools.org](mailto:kfaw@psdschools.org)

Pre-Season Weights and Open Gyms: Happening Now! We are normally going 2-days/week. Please send Coach Faw an email to be added to our TeamSnap for schedules. Anyone is welcome to attend.

Pre-Season Skills Camp:

- Oct 31st-Nov 3rd from 6:30-8:30pm
- Nov 7th-10th from 4:30-6:30pm
- Everyone is welcome and encouraged to attend!

1st Day of Tryouts:

- Monday, November 14th from 6:30pm-8:30pm

### **Nordic Skiing**

Kyle Steitz [coachkylesteitz@gmail.com](mailto:coachkylesteitz@gmail.com)      Website <https://psdnordicski.weebly.com/>

**Informational meeting-** November 3<sup>rd</sup> 7:00 pm at PHS events center  
**First official practice starts Monday, November 7th**

### **Girls Swimming**

**Coach:** TBA    1<sup>st</sup> Official Day of Practice 11/14/22 Contact [carevc@psdschools.org](mailto:carevc@psdschools.org) for more information.

### **Unified Basketball**

**Coach:** Wendi Miller 970-488-6204 [wendim@psdschools.org](mailto:wendim@psdschools.org)

1<sup>st</sup> day of Practice January 5<sup>th</sup> at 4:30

Informational meeting only Juniors and Seniors only as Partners

Practices start the week of January 9<sup>th</sup>, Time and Location TBA

*Continued...*



## PHS Winter Sports 2022-23, continued...



### Ice Hockey

Head Coach: Riley Nelson [rileyn@psdschools.org](mailto:rileyn@psdschools.org)

**Parent Information Meeting:** Wednesday, October 26 at 6:00 pm at NOCO Ice Center, 7900 N Fairgrounds Ave, Fort Collins, CO 80528

**Tryout Dates and Times:** *Dates and times are subject to change*

*All tryouts will be at NOCO Ice Center, 7900 N Fairgrounds Ave, Fort Collins, CO 80528*

Monday, November 14th - 7:15pm - 8:15pm

Wednesday, November 16th - 8:15 pm - 9:15 pm

Thursday, November 17th - 7:30 pm - 8:30 pm

Friday, November 18th - 6:00 pm - 9:00 pm

Saturday, November 19th - 7:00 pm - 8:45 pm



Supporting our Schools



**Joe Mivshek**

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## FFA

This year the Poudre FFA has had some exciting events happen already and we have lots coming up as well. The month of October was full of leadership conferences for our members. Some of our first year members attended the B.I.G Conference at the Greeley Fairgrounds. First year members got the chance to find out more about the organization and meet other Colorado FFA members and our Colorado State Officers! Members also attended the Fall leadership Conference where they focused on leadership skills with other members throughout the state. The chapter had its annual Pumpkin Carving and some great pumpkins were carved. Members were divided into teams and had to carve their pumpkins into a group theme.

The Poudre FFA Chapter has some exciting plans for the end of October. Selected members are going to Indianapolis, Indiana, with 64,000 other FFA members in the nation for the FFA National Convention. October 25-29 Members will be having a blast learning about FFA and meeting so many other members. November 2nd we have our Chapter Speaking Contest, we are very excited to see our first year members reciting the FFA Creed, and older members present their speeches to judges. The top two members in each contest will represent the chapter in the District Speaking Contest November 15th in Windsor, Colorado.

We are excited about our new and improved Fall Feast Event. This year FFA members and their families will be sharing the fall feast with local families in need. The chapter is excited to have educational material about Ag at the event as well as share in a feast.

Even if you don't have an Ag Class until next semester, you are still able to participate in any of the FFA events. Also, we love to meet new people and give them any important information about upcoming events. If you have any questions for us, ask any FFA members, Ag teachers or Officer Team members.





## Study Abroad

### Study Abroad Information:

**SUMMER STUDY ABROAD WITH SCHOLARSHIPS:** We have an opportunity for our students (current freshmen-juniors) to travel abroad next summer at a free or discounted rate with the [CIEE High School Summer Abroad program](#). In addition to past students, we have current students in the building who have participated, including major scholarship winners. If your student is interested, they can attend an application help session on Thursday, November 3, during lunch in room 110. If you have questions, please direct them to Ms. Austin at [eaustin@psdschools.org](mailto:eaustin@psdschools.org).



## Work-Based Learning

**POUDRE SCHOOL DISTRICT**

Work-based Learning is a class students can take and get high school elective credit for working at a job, internships, and apprenticeships. To see what's currently available, students can log into their Xello account, click the "Explore Options" in the center of the page, next scroll down and look for the area on the bottom right corner "Opportunities" and click "Let's Go". You will see all jobs, internships, apprenticeships and more regarding Work-based Learning opportunities.

If you have any questions, please feel free to reach out to me, Wendy Tomaschow, Work-based Learning Coordinator at Poudre High School. My email is [wtomasch@psdschools.org](mailto:wtomasch@psdschools.org) and my work cell number is 970-661-2909.

### Upcoming Career Tours (field trips):

1. Construction CON, November 2, 2022 at The Ranch, Budweiser Events Center.

Please copy the link and paste into a browser to see all that we have planned for this year's career tours and request to be contacted to attend the tour. <https://forms.gle/z85MFFMZKKUhZmu7>

November's Work Based Learning apprentice is Kaeden Knaebel. Kaeden is an apprentice at Neuworks Mechanical. Kaeden has been a dry plumbing apprentice with Neuworks since the summer of 2021. Kaeden absolutely loves his apprenticeship and looks forward to continuing in the construction trades field after high school. Kaeden also spoke to our Construction Career and Technical Education Advisory Board about his experience. Thank you Kaeden!!