



# 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

Principal  
**Kathy Mackay**

Assistant Principal  
IB Director  
**Cori Hixon**

Assistant Principal  
Athletic Director  
**Carey Christensen**

Assistant Principal  
Assessment Director  
**Bryan Kiel**

Assistant Principal  
Activities Director  
**Kendall Wilson**

Dean of Students  
**Kevin Faw**  
**Nick Holley**  
**Daryl Soloman**



Advertising in this newsletter  
does not imply recommenda-  
tion or endorsement by Poudre  
School District

### From PHS Administration

Poudre Parents,

October brings with it cooler temperatures, changing colors, and a sense of accomplishment as we near the end of our first quarter, October 14th. We encourage parents and guardians to stay connected with their student's progress in classes by using Parent Vue, and supporting students in finishing the quarter strong! Students can relax and rejuvenate for the second quarter with a day off October 14th.

This month we also showcase some of our talented Poudre performing artists. On October 3rd we will host an instrumental concert at 6pm. And October 6th, we'll host a vocal concert featuring all of our choirs-- Impressions, Impalaphonics, Impromptu and Special Edition. We'll wrap up the month with our fall musical, Matilda. Performances are on October 28th, October 29th, November 3rd, 4th and 5th. If you have not yet seen a Poudre High School production, this is one you won't want to miss.

Sincerely,  
PHS Administration

**Well Care Visits are  
Time Well Spent**

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

 **The Youth Clinic**  
caring for our future generations

 **Pediatric  
Urgent Care**  
OF NORTHERN COLORADO



## PSAT

**WHO:** Primarily for any 11th grader considering college after high school, but 10th graders may also take it. Priority is given to 11th graders, so 10th graders will be wait-listed. **NOTE:** Due to changes to the PSAT exam, 9th graders can no longer take it.

**WHY:** Taking the PSAT will make 11th graders eligible for the National Merit Scholarship and is excellent preparation for the SAT college entrance exam.

**WHEN: Wednesday, October 12**

**Check-in 8:15am**

**Testing 8:30am – 12:30pm**

**WHERE:** Main Gym

**REQUIRED:** Regular and Late Registration takes place with Poudre's cashier, Mrs. Malm. Registration for the PSAT will take place Sept. 5 through Oct. 7, 2022, until 4:00 pm. The registration fee is \$20.00. It is to your advantage to register for the PSAT as soon as possible so that you can use the materials you will receive when you register to prepare for the exam. Late registrations will be available on a space available basis.

The opportunity to register for the PSAT ends on Oct. 7, at 4:00pm.

**HURRY:** We are limited to 100 test takers!!

**NOTE:** If you have special needs or a 504 PLAN, see your counselor ASAP. Unless you've completed the necessary special accommodations application and documentation process with College Board it is unlikely that you will be able to receive special testing accommodations!

**We are here for your child's health!**

**Schedule your school or sport physical today!**

We have the COVID vaccine for your entire family.



**Salud** (303) 697-2583  
Family Health Centers **(303) MYSALUD**

1635 BLUE SPRUCE DR | FORT COLLINS, CO


**OUR CARE IS DINO-MITE!**

MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL [saludclinic.org](http://saludclinic.org)

## Senior Meeting

Seniors, please save the date!

**Senior Class Meeting**  
Wed, Oct. 12 @ 8:50 am  
PHS auditorium



Josten's will return to PHS on Wed, Oct. 20 and Thurs, Oct. 21 during lunch to collect graduation orders from seniors. For questions, please contact Jen Backurz in PHS counseling, 970-488-6064 | [jbackurz@psdschools.org](mailto:jbackurz@psdschools.org)





## College Application Work Sessions

Sign up to get help on your College Application and/or have a counselor review prior to submitting them on the Colorado Free Application Days: Oct. 18-20



- Tuesday Oct. 4th Lunch Event Center
- Wednesday Oct. 5th Late Start Media Center
- Tuesday Oct. 11th Lunch Event Center
- Wednesday Oct. 12th Late Start Media Center

[Sign up for the sessions you will attend \(snacks provided\)](#)






The Women's Clinic  
of Northern Colorado

**Schedule Your Appointment Today!**

**CLICK IT**

Click on the Ads in this Newsletter

...to learn more about these great companies!

Mention this ad and enjoy 50% off your oil change



Find yours at

**Fort Collins**  
Dodge Chrysler Jeep Ram

224 W Harmony Rd | 970.632.9770 | fortcollinsJEEP.com

## 2022 Colorado Free Application Days (Oct. 18-20, 2022)



### Overview

Colorado's fifth annual Free Applications Day\$ will be held on **October 18 - 20th, 2022.**

If the college/university has **additional application documents** required as part of the application process (for example, high school transcripts, letters of recommendation, etc.) they can be submitted before or after Oct. 18 - 20 unless otherwise stated in their instructions.

### Instructions for Free Application Day\$ Fee Waivers by College/University

Almost all colleges and universities have application fee waivers for financial hardship during the entire year. As such, if you have a financial hardship and wish to submit your admission application before (or after) Free Application Day\$, contact the admission office at the college/university you want to apply to for more information. More information regarding this process for each college/university in Colorado will be posted soon!

Many individuals contribute to making this initiative a success, but a special thank you to all the high school counselors and frontline staff in the college admission offices across the state for your hard work on this program!



## Senior photo and other info.

### SENIOR INFORMATION & DEADLINES/CLASS OF 2023

MAKE SURE YOU PAY ATTENTION TO DEADLINES AND REQUIREMENTS.



### SENIOR PICTURES

Senior pictures are due by **October 21, 2022**. Pictures submitted after this deadline will not be printed in the yearbook. We will replace missing pictures with ID photos, if available.

The yearbook staff reserves the right to refuse your photograph if it is inappropriate, so please make good choices and use good judgment with your submissions.

Senior Pictures **MUST** fit the following guidelines:

- \* All clothing must be appropriate and fit the PHS dress code.
- \* No animals, vehicles, or hats in senior pictures.
- \* Pictures must have a vertical orientation. Horizontal photos will be cropped or rejected.
- \* Photos should be a focused headshot. Full body/distant photos will be zoomed in or rejected.
- \* Your vertical close-up must be in a 2.5x3.5 ratio with high resolution of at least 750x1050 pixels (300 DPI).

Upload your image [HERE](#).

Make sure to label the picture "[First][Last]SeniorPicture".

\* Senior Photos must be uploaded. There is no other submission process. Do not bring us hard copies, disks, or flash drives.

\* **Note:** Professional photographers may request a different due date. It is the student's responsibility to check with the studio and confirm that the picture was received on time.

### SENIOR QUOTES

Please submit a max. 25 word quote **with your picture by October 21st**. If you don't turn in a quote at this time, your spot will be left blank. No initials are allowed and your quote may be edited for length or content. ALL SENIOR QUOTES MUST INCLUDE AN AUTHOR! NO ANONYMOUS QUOTES!

### SENIOR BABY ADS

Senior recognition/baby ads can be purchased at [www.theyearbookcompany.com](http://www.theyearbookcompany.com).

\* Early-Bird Pricing Deadline: **October 21**

\* Final Deadline: **November 15**

**NOTE:** Baby Ads are NOT processed through PHS. Do not send baby ad info/materials to the school: they will not be put in the yearbook.

\*\* This information is also available at [Welcome... | Poudre High School](#) (programs, yearbook, seniors) and at <https://www.poudreyearbook.com/home>

**Be Awesome at Math & Science**

We're your secret weapon to crushing the SATs, ACTs and School. The best tutors with the best methods.

CONTACT HIGH 5 TUTORING NOW!  
High5Tutoring.com | angela@high5tutoring.com

**High 5 Tutoring**

We empower your student to achieve success

**CLICK IT**

Click on the Ads in this Newsletter

...to learn more about these great companies!

**Opportunities**

to start nursing or culinary pathways

**Food and Nutrition**  
(Age 16)

**Personal Care Provider**  
(Age 17 - will train)

**CNA**  
(Age 17 - will train)

**COLUMBINE HEALTH SYSTEMS**

[www.columbinehealth.com](http://www.columbinehealth.com)

## Student Info Updates in ParentVUE

### Need to update your student's information?

We encourage parent/guardians review and/or update their family and student information. Up to date contact information is important in order to receive communication from your students' school and Poudre School District. Updates can now be completed through ParentVUE.

Log into *ParentVUE*, click on the *Online Registration* tab on the top right corner of the screen, then in the drop down choose *2022-2023 Current Student and Family Data Verification*, complete updates there:



### SELECT REGISTRATION TO BEGIN

Please select the registration or data verification process you would like to begin: \*

2022-2023 Current Student and Family Data Verification

Begin New Registration >

If applicable, parents can upload a proof of address and updated immunization record. Please contact the PHS Registrar, Elizabeth Ogg, at [eogg@psdschool.org](mailto:eogg@psdschool.org) or (970)488-6076 with questions.

## Supporting our Schools



**Joe Mivshek**

Joe.Mivshek@KW.com

**kw** NORTHERN  
COLORADO  
KELLERWILLIAMS.

**970.420.7163**





## Health Office News

Hello families:

Those who work in the health office want to begin by wishing you the best of health during this school year! As many of you may have received a letter of non-compliance for your students' immunizations, we wish to make it easy for all families to have the needed information to finish this year's immunization process. If you have your child's updated immunization forms, you are more than welcome to email them to either our school nurse Barb Gomez at [bgomez@psdschools.org](mailto:bgomez@psdschools.org) or health tech Brian Harrison at [brharris@psdschools.org](mailto:brharris@psdschools.org). In addition, please feel free to email either Barb ([bgomez@psdschools.org](mailto:bgomez@psdschools.org)) or Brian ([brharris@psdschools.org](mailto:brharris@psdschools.org)) if you have chosen to upload your child's immunization records to Parent Vue, as Parent Vue will not notify them of the new record addition. Finally, you can utilize the following link, <https://cdphe.colorado.gov/vaccine-exemptions>, to connect with Colorado Department of Health and Environment for links to vaccine exemptions and more information regarding your students' immunizations. If you have further questions, please do not hesitate to reach out.

Poudre High Health Services



IB PARENTS

# MAY 2023 IB EXAM REGISTRATION

**October 21st juniors and seniors will register for their May exams. Information will be sent out shortly to your students to attend the information/registration session.**

Please be on the lookout for an email

## PSD Volunteering

PSD Schools welcome volunteers. Currently, the vision and hearing screenings are in need of volunteers. If you are interested in volunteering, please use this link to register:

[Volunteer Application](#)

Once registered as a volunteer, please follow the steps below to view volunteer opportunities:

1. Log in to your Volunteer Portal through this link: [Raptor Volunteer Portal](#)
2. When logged in, click on Events within the Navigation Menu
3. Review the details of the Event you wish to sign up for and click "Sign-Up".

Thank you for contributing your time and talent to PSD!



## Poudre Press

The Poudre Press launched this month as a student-run community news blog. With students writing exposés about community affairs while running blogs columns of their choice, the Poudre Press is being designed to be a resource by the community, for the community. You can check the website out at [poudrepress.com](http://poudrepress.com) and submissions are now open for art, music, writing, or anything else you would like to share with the community through the community submissions page. Email the team at [poudrepress@gmail.com](mailto:poudrepress@gmail.com) to submit to the paper!



## TEACHER CADETS

Teacher Cadet Program is an innovative approach designed to attract talented young people to the teaching profession through a challenging introduction to teaching. The program provides high school students insight into the nature of teaching, and the critical issues affecting the quality of education in America's schools.



### Program Overview

- Year-long Honors Course
- College Credit Opportunity\*
- Licensed Curriculum
- Aligned to Colorado Teacher Quality Standards

### Personal Development

- Develop Leadership Skills
- Build Presentation Skills
- Refine Interpersonal Communication Skills
- Expand Career Opportunities
- Earn Field Experience Hours

### Enrichment Experiences Active Learning

- Curriculum
- Classroom Observations
- Mini Teaching Experience
- Shadow Educational Professionals

### Career Opportunities

- Elementary/Secondary Teacher, Preschool Director, Special Education Teacher, Coach
- School Psychologist, University Professor
- Careers Related to working with children: Pediatrician, Counselor, Social Worker

This course will be offered for juniors and seniors at PHS (Quarter 3 and 4) and will be a concurrent enrollment course with Front Range Community College

**CONTACT** Jessica Thomas

[jessicat@psdschools.org](mailto:jessicat@psdschools.org) or your counselor for more information.

For more information: [www.TeacherCadet.cccs.edu](http://www.TeacherCadet.cccs.edu)



## eSports Info

The eSport's team at Poudre High School has kicked off its season. While the team as a whole is a community, each small group participates and competes on its own within its own event. A variety of games make up this year's competition season: Rocket League, League of Legends and Super Smash Bros Ultimate. Each event will bring its own new set of challenges to overcome, strategies to design and work around, and hopefully an even larger community to push our school to succeed as we face off against more teams starting this fall. At its core, eSports is about community, leadership, communication, and a drive to improve. The teams strive to push one another to grow and do better with each passing match and practice.

For more information contact Coach Morley.  
[imorley@psdschools.org](mailto:imorley@psdschools.org)

*\*Late breaking news: Poudre's team was victorious against Highlands Ranch High School after the 1<sup>st</sup> match of the season. Congratulations!*

## Poudre Choir's Fall Concert

### Fall Choral Concert

**What:** Choir Concert 7pm

**When:** Thursday, Oct. 6

**Who:** Poudre High School Choirs:  
Impressions, Impromptu, Special Edition & Impalaphonics

**Where:** Poudre High School Auditorium

**For More Details:** Contact the choir director David Lonowski at [dlonowski@psdschools.org](mailto:dlonowski@psdschools.org)



## Wrestling

**Required Wrestling parent meeting**  
**October 11th and October 18**  
**Please choose a meeting, 6:30-7:15**  
**Events Center, PHS**

## Food Pantry

**October Food Pantry Pop-Up dates,**  
**Thursday, Oct 6 and 20, from 5:15 to 6:45 PM**





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. Real Estate, Insurance, Lending career tour will be October 20, 2022.
2. ACE Mentor Trades Day in Denver is on October 21, 2022. We will be heading to Denver to learn all about architecture, construction, and engineering.
3. Design, Interior, and Architecture will be October 27, 2022. We will be visiting a local design firm and architecture firm.

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>

October's Work Based Learning Intern is Kara Richardson. Kara had an internship this past summer with an engineering firm in Loveland, Colorado. Kara is a focused, inquisitive, and determined student at Poudre High School. Kara also spoke to our Career and Technical Education Advisory Board about her experience. Thank you Kara!!





**Seniors!**

*PICTURES & QUOTES ARE  
DUE OCT. 21*

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**[www.poudreyearbook.com](http://www.poudreyearbook.com)**





Poudre High School Performing Arts

PRODUCTION OF

Roald Dahl's  
**Matilda**  
the **MUSICAL**

book **DENNIS KELLY**      music & lyrics **TIM MINCHIN**

FRIDAY  
**OCT 28**  
7:00 PM  
OPENING  
NIGHT

SATURDAY  
**OCT 29**  
7:00 PM  
EVENING  
PERFORMANCE

THURSDAY  
**NOV 3**  
7:00 PM  
PHS STAFF &  
STUDENT NIGHT

FRIDAY  
**NOV 4**  
7:00 PM  
EVENING  
PERFORMANCE

SATURDAY  
**NOV 5**  
2:30 PM  
CLOSING  
MATINEE

For tickets and info visit us at  
[www.poudretheatre.org](http://www.poudretheatre.org)





REMEMBER  
YOUR BOOKS!

All library books  
are due:  
October 13th!



**ESCAPE 970**

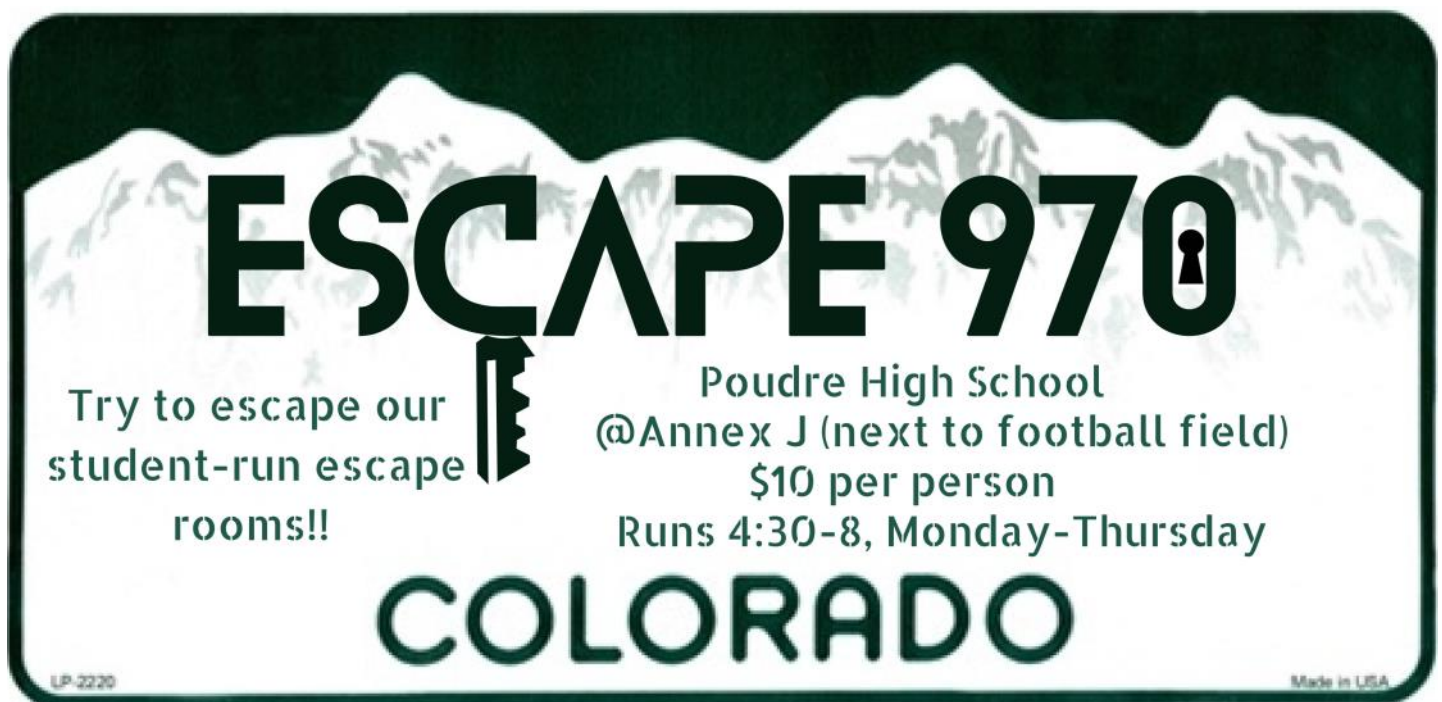
Try to escape our  
student-run escape  
rooms!!

Poudre High School  
@Annex J (next to football field)  
\$10 per person  
Runs 4:30-8, Monday-Thursday

**COLORADO**

LP-2220

Made in USA







**TEEN SELF-CARE FAIR**

Come learn new skills and take away multiple ideas of self care from talented presenters and volunteers

**ALL ARE WELCOME!**

Sunday Oct. 9th from  
domingo, el 9 de octubre  
11am - 4pm

**FREE EVENT**  
¡ENTRADA GRATIS!

Fort Collins  
MUSEUM OF DISCOVERY  
408 Mason Ct. Fort Collins, CO

Skateboarding Patinetas  
Free Food Comida Gratis  
Therapy Dogs Perros de Terapia  
Community Resource Booths  
Recursos Comunitarios  
Art Arte  
Aerial Skills Sedas Aéreas  
Poetry Poesía  
Yoga/Meditation Meditación  
Medieval Longsword  
Espadas de mano y media  
Music Música  
Parent Sessions  
Sesiones Para Padres

Register Here  
Register

**IMAGINE ZERO**  
working together to end suicide in northern colorado

**MUSEUM OF DISCOVERY**

**Alliance for SUICIDE PREVENTION**  
of Larimer County

**ARE YOU WORRIED ABOUT YOUR CHILD'S MOOD AND HEALTH?**

Researchers at CSU want to learn about preventing depression and type 2 diabetes in teenagers

Compensation is provided for teens to thank them for their time

**Eligible teens will participate in a virtual group program through CSU.**

**Inclusion Criteria**

- Age 12-17
- Have family members with diabetes
- Sometimes seem depressed or stressed

**Possible benefits to teens can include:**

- Feeling happier and less stressed
- Learning mindfulness-based or cognitive-behavioral skills
- Gaining knowledge about leading a healthier life
- Decreased risk of developing type 2 diabetes

To take part in this research study or for more information, please contact us at 970-286-5210 or email [breathestudy@colostate.edu](mailto:breathestudy@colostate.edu)

COMIRB # 20-2649 | PI: Lauren Shomaker, PhD | Mindfulness-Based Intervention for Depression and Insulin Resistance in Adolescents Research Study

## Reach Parents in Larimer County through our mobile-ready newsletters

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.

Advertise with The School Newsletter Company  
Joe Mivshek 970-420-7163 | [SchoolNewsletterCompany@gmail.com](mailto:SchoolNewsletterCompany@gmail.com)

