



POUDRE HIGH SCHOOL

POUDRE SCHOOL DISTRICT

201 S. Impala Drive, Fort Collins, CO 80521
 Phone 970-488-6000 | Attendance 970-488-6002

I AM WHO I AM BECAUSE OF WHO WE ARE

IMPALA PRIDE BULLETIN

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Advertising in this newsletter does not imply recommendation or endorsement by Poudre School District

From PHS Administration

PHS Families,

For our seniors, this is the home stretch as they progress toward completing their high school careers and look forward to life beyond Poudre High School. Finishing strong is very important and these last few months can serve as a great launching point to a successful postsecondary journey. It is important that seniors meet with their counselors to ensure that they have all their credits in line and that they have taken care of all those pieces that need to be in place for their college or career planning.

For 9th, 10th, and 11th graders, this is the time to begin considering which courses they want to take in the upcoming school year. Counselors are available for guidance. Curriculum guides for students and parents are posted to *Poudre's Registration Website*. Poudre has a wealth of opportunities of which students can take advantage. Therefore, it's never too early to begin thinking about which classes are of interest and will support your student's chosen post-secondary path.

Please make note: The first week back from break is a 3-day week with no school on Monday, Tuesday, or Wednesday. Students' first day back is January 5th.

Stay in touch with Poudre High School using social media:

- Twitter: twitter.com/impalatweets
- Instagram: www.instagram.com/poudre_impalas/
- Facebook: www.facebook.com/Poudre-High-School-Official-284858671543939/

Once again, your involvement in your student's education is important and we want to partner with you to support your son or daughter in their work at Poudre High School. Please contact us or come in and visit if you have concerns.

Sincerely,
 PHS Administration

We understand the stress of caring for a sick child.

Our providers are here to help get your family on the fast track to healthy.

The Youth Clinic
 caring for our future generations

Pediatric Urgent Care
 OF NORTHERN COLORADO



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



REGISTRATION

FOR 2023-24 SCHOOL YEAR

Class Promo Fair and Registration Information

January 11, 2023

No Late Start!
Class Promo Fair
"How to enter requests"
classroom lessons

January 11-23, 2023

Select classes in Xello & meet with counselor as needed

January 23-27, 2023

Finalize classes with Counselors at assigned times



Wednesday, January 11th, will be a Class Promo Fair for all current 9th, 10th and 11th grade students as they register for courses for the 2023-2024 school year. Class Promo Fair will occur during the school day and will include opportunities to learn about course offerings, graduation requirements, college credit earning opportunities and work on a 4-year course plan that will guide student course selection. PHS will have an alternate bell schedule this day. Registration and course information is available on the [PHS Registration Website](#) under Poudre Counseling.

Please reach out to your student's counselor with specific questions and any assistance that may be needed. Appointments for the week of Jan 23rd-27th will be posted in the hallways, in the counseling google classrooms, and announced on Jan 11th for students to write on their hard copy of class options.

2023-2024 Class Promotion Fair

Time to think about which classes to take this fall at PHS for the 23-24 school year Impalas!

PHS will be hosting our 2023-2024 Class Promotion Fair on Wednesday, January 11, 2023. There will NOT be a late start on Wednesday, January 11, 2023 and there will be an alternative schedule for grades 9-11 and one for seniors. Students will learn about all the course opportunities that are available for the following school year at this event. Each student will meet with their counselor at the end of January to register for their classes for the 2023-2024 school year at PHS.

Please note the different schedule for seniors on that day. There is an earlier end time for first period and a later start time for second period. Seniors do not need to attend the Class Promo Fair on the schedule; it is only listed to reference the event.

Wednesday, January 11, 2023 Grades 9-11 Schedule			
Period	Hours	Start Time	End Time
Period 1 -		9:05 AM	10:35 AM
Class Promo Fair	0:35:00	10:35 AM	11:10 AM
Period 2		11:15 AM	1:00 PM
Lunch	0:55:00	1:05 PM	2:00 PM
Period 3		2:05 PM	3:05 PM
Period 4		3:10 PM	4:10 PM

Wednesday, January 11, 2023 Senior Schedule			
Period	Hours	Start Time	End Time
Period 1 -		9:05 AM	10:05 AM
Class Promo Fair	0:35:00	10:35 AM	11:10 AM
Period 2		12:00 PM	1:00 PM
Lunch	0:55:00	1:05 PM	2:00 PM
Period 3		2:05 PM	3:05 PM
Period 4		3:10 PM	4:10 PM

We are here for your child's health!

Schedule your school or sport physical today!

We have the COVID vaccine for your entire family.



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(303) MYSALUD

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2023 Graduation Times Poudre School District

Tuesday, May 16, 2023 - Timberline Church

General Education Diploma/OU 6:00pm

Wednesday, May 17, 2023 - Lincoln Center Performance Hall

PGA 10:00am
Polaris 3:00pm

Thursday, May 18, 2023 - Lincoln Center Performance Hall

PCA 10:00am
IB Convocation 3:00pm
Centennial High School 7:00pm

Friday, May 19, 2023 - CSU Moby Gym

Fort Collins High School 6:30pm

Saturday, May 20, 2023 - CSU Moby Gym

Poudre High School 9:00am
Fossil Ridge High School 1:00pm
Rocky Mountain High School 5:30pm



The Women's Clinic
of Northern Colorado

Schedule Your Appointment Today!

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

FAFSA APPLICATION WORK SESSION

Sign up to get help with filling out your FAFSA for college!

SCAN THE QR CODE AND COMPLETE THE FORM!

IT'S THAT EASY!

Be sure to complete the entire form so we can contact you!



Attention Current 9th grade students & families

High school credit earned in middle school

When a student transitions from middle school to high school, students who completed qualifying high school credit earning courses while in middle school, will see these courses and grades included on their high school course history in Student VUE/Parent VUE. These credits and grades are included in a student's high school transcript and grade point average.

Students/Parents may choose to NOT receive HS credit for qualifying middle school courses. Please review and consult with the student's high school counselor as needed. The window for declining HS credit begins the FIRST DAY of a student's ninth grade school year and ends the LAST DAY of a student's ninth grade school year. Counselors can work with you to complete the PSD High School Credit for Middle School Courses Opt-out Form

<https://www.psdschools.org/academics/curriculum-subject-areas>

Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com



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PSD Seal of Biliteracy

What: The Seal of Biliteracy is an endorsement given by Poudre School District in recognition of students who have studied and attained proficiency in reading, speaking, listening, and writing at a high level in English AND any another world language. The Seal appears on the diploma of the graduating senior and is a statement of accomplishment for future employers and for college admissions.

How: You can show proficiency in each language based on various standardized tests and/or proficiency tests.

English Requirements	World Language Requirements
<ul style="list-style-type: none"> ● 3 or higher on the AP English Exam ● 4 or higher on the IB English Exam ● 470 or higher on the Evidence-Based Reading and Writing portion of the SAT ● 17 or higher on the Reading portion of the ACT ● 18 or higher on the English portion of the ACT ● B or higher in an English Concurrent Enrollment course level 121 or its equivalent* <p>Additional skills demonstration alternatives for English Language learners:</p> <ul style="list-style-type: none"> ● Monitor status as proven by the ACCESS 2.0 test* ● Intermediate 4 or higher in each skill area of the English AAPPL exam 	<ul style="list-style-type: none"> ● 3 or higher on an AP World Language Exam 4 or higher on an IB World Language Exam ● Intermediate 4 or higher in each skill area of a World Language AAPPL exam ● B or higher in a World Language Concurrent Enrollment course level 212 or equivalent <p>Additional skills demonstration alternative for students proficient in a World Language not measured by the above tests:</p> <p>If WL test is not available:</p> <ul style="list-style-type: none"> ● Achieving a passing score on a CDE identified summative test in WL that is comparable in rigor to the AP test <p>If CDE identified test is not available:</p> <ul style="list-style-type: none"> ● LEA-created test or Body of evidence that demonstrates knowledge of the WL

For more specific information about qualifying scores or tests, talk to your counselor.

Who: Current seniors who can demonstrate proficiency in English and in a world language are eligible for the seal regardless of their native language. If you think you may be eligible and need more information, talk to your counselor.

- You may receive a letter before winter break that automatically qualifies you for the Seal of Biliteracy.

When:

- You MUST fill out a quick google form by **January 31, 2023** to be considered (<https://sites.google.com/psdschools.org/psdsealofbiliteracy/application?authuser=1>)
- You will receive a letter about your status (the letter will explain a proficiency test given at Poudre that you will need to take in the Spring)

Why: You will receive a cord at graduation, and the Seal of Biliteracy will be listed on your diploma and on your official transcript. It will also be a great marketing asset on college applications, scholarships, resume and employment.

Where to find more information: <https://sites.google.com/psdschools.org/psdsealofbiliteracy/home>



poudre yearbook

Why should I take Yearbook?

RECORD THE YEAR

Each week, staff will be asked to cover an activity, event, or person to feature in the book. Students will attend social and academic events, for free, and record the experiences of the students. Afterwards, they will process their pictures and turn their notes into captions and stories for the book.

DESIGN AND PUBLISHING

Students work together to create the theme look, colors, and design of the book. They use graphic design, photojournalism, and computer skills to turn their pictures and stories into dynamic and exciting pages in the book.

ADVANCE PHOTOGRAPHY

Students learn to take action shots, use angles and lighting, and capture the events of the year as they happen. Every week is a new opportunity to get great shots and interesting coverage. Students can even win awards and scholarships for yearbook photography.

21ST CENTURY SKILLS

Staff works in a fast-paced, energetic environment, working in key college and job skills, like management, writing, design, and marketing, while learning collaboration, responsibility, finance, and creativity.

How does Yearbook work?

Yearbook is a unique class where the results of your hard work is seen by thousands of people. At the end of the year, your homework becomes a souvenir of all the great events, personal profiles, and amazing stories of the PHS year. We work hard to document the whole story of the year, and everyone in the school. We take pictures, interview people, write stories, and get quotes. In addition, we learn design, publishing, marketing, and advanced photography skills. Yearbook definitely focusses on 21st century skills, like collaboration, creativity, working to deadlines, running a business, graphic art and design, and time management. That's why Yearbook looks really good on a college transcript and resume! The work involved in Yearbook often seems overwhelming to people, but we have streamlined the process so that most people only have one or two assignments a week. We can tailor your workload to your classes, jobs, teams, and other schedule issues. The staff works really well together to make sure everything gets done, even when people are busy.

Do I need experience?

All you need to be good in Yearbook is curiosity, enthusiasm, and dedication! We can teach you the photography, interview, and writing skills necessary to make a great book! Experience in these skills is great, but even if you are new, you can be doing great Yearbook work in no time!

What if I don't drive?

We want students from all grades, ages, backgrounds, and interests on the Yearbook staff. The more diversity in the class, the better story we tell! Often, we can tailor your assignments to your schedule and transportation, and there are always other staff members who can help you out. Together, we make a great team!

I want to work on the Yearbook, but I can't fit it into my schedule!

We have a couple of options for interested students without room in their schedules. Yearbook work can count for CAS hours for IB students, and non-IB students can earn credit for independent Yearbook work through Work-Based Learning. See Mr. Smith for more information on these options. If you want to work on the Yearbook, we can find a way to make it work!

Yearbook requires an application. See your counselor or Mr. Smith for more information.

2022



POUDRE TUTORERS



WHAT: LEADERSHIP OPPORTUNITY SUPPORTING LINCOLN MIDDLE SCHOOL STUDENTS ON THEIR ROAD TO ACADEMIC SUCCESS

WHO: 10TH-12TH GRADERS WHO ARE LOOKING FOR VOLUNTEER/ CREDIT OPPORTUNITIES AND WHO ENJOY HELPING OTHERS

NOT: JUST FOR STUDENTS WHO EXCEL IN EVERY CLASS, WE NEED ANY STUDENT WILLING TO PUT IN THE WORK AND SUPPORT PRODUCTIVE STRUGGLE

Please see Mrs. Thomas (104) or Mrs. Johnson (103) for more information
<https://bit.ly/PHStutorsFTC>



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2023 TEDx Speaker Announcement

TEDxMountainAve is proud to announce our 2023 speakers! We had applicants from all over the country--and even a few from outside the country. Each speaker has a unique idea that needs to be shared on the global stage that ties into our theme of "Unity". We hope you can join us for the live event at Poudre High School on March 30th.

Want to receive an email when tickets go on sale or to help keep this event free for PSD students? Check out our website for more information on how to get involved. <https://bit.ly/TEDxMountainAve>

Tickets will go on sale in late February. This event will be free for all PSD students and \$10 for General Admission. We will have a reception where the audience can continue conversations inspired by the talks, meet the speakers, and talk with the Leadership team. There will be complementary light refreshments provided at the reception.

Brooke Nicole

Brooke Nicole holds a Master of Public Health degree and is the bestselling author of *The Power Lies in You: an epic guide to regenerative self care*. While working with moms to live a regenerative life, Brooke also is a stay at home mom that has a secret obsession for triathlons, loves spending every moment with her family, and chooses every day to smile BIG while she still has teeth.

Nicole's talk will focus on The Colors of Unity. How eating foods of color brings us together.

Dr. Dan Tomasulo

Dr. Tomasulo is the Academic Director and core faculty at the Spirituality Mind Body Institute (SMBI), Teachers College, Columbia University, and is on the teaching staff at the University of Pennsylvania. He holds a Ph.D. in psychology, an MFA in writing, and a Master of Applied Positive Psychology from the University of Pennsylvania. He is a Review Editor for *Frontiers in Psychology, special section on Positive Psychology*, and has been honored by Teachers College, Columbia University, with their 2021 Teaching Award.

His most recent book, *Learned Hopefulness, The Power of Positivity To Overcome Depression*, is hailed as: "...the perfect recipe for fulfillment, joy, peace, and expansion of awareness" by Deepak Chopra, MD.

Dr. Tomasulo's talk will focus on how learned hopefulness changes how people can get back a sense of control in their lives and improve their well-being.

Hege Jacobsen

Hege Jacobsen is a career military officer of 20 years, a veteran, and has a master's degree in social science from Nord University in Tromsø, Norway. Growing up in the countryside in Norway, she spent her childhood in a quiet village focusing on school, gymnastics, and dancing. After joining the army at age 19, her service has taken her to various conflict areas in the world throughout her career, and she has more than 10 deployments and 5 years in total working in high-risk areas. In 2019, she decided to leave the army and became a full-time traveler, writer, and travel blogger. During the last 15 years of service, Hege worked extensively with communication across boundaries, as a mentor, liaison, teacher, and leader. As a result, she is passionate about sharing her idea about how our mindset determines how we communicate!

Jacobsen's talk will focus on how a traveler's mindset can conquer our bias and improve communication by opening minds and opening hearts.

2023 TEDx Speaker Announcement, continued...

Mel Z

Mel Z is a first-generation student and will be the first in her family to attend a four-year college. She is of Mexican descent and attends Poudre High School in Fort Collins, CO. She plans to pursue a career in engineering after she graduates from high school this Spring. She is dedicated to bringing light to the Latina community.

Mel's talk will focus on fighting the misogynistic culture present in many places to help Latinas unite and have their voices heard.

Milana Schaal

Milana Schaal, a bestselling author at 11, is a multicultural kid (American, Ukrainian, and Armenian) who inspires the world to contribute their skills and talents and help one another go after their dreams. Her dream is to open "Smoothie Shop," an excellent place for families to gather and enjoy. And her passion is to help animals find their home by opening an animal shelter. Out of her unwavering love for animals, Milana's dream is to have a pug and hedgehog as a pet.

Schaal's talk will focus on how kids do not have to wait to grow up to follow their dreams: they can impact and transform the world now.

Starr Hill

Starr Hill has been involved in education from an early age, beginning her teaching career in Poudre School District in 2001. Growing up off the grid in the mountains of central Colorado lent a unique lens to her curriculum and classroom designs throughout the years. While earning her MA, she taught full time for PSD. After spending six years with PSD at Cache la Poudre Middle School and Fossil Ridge High School, Starr moved to Denver so her husband could pursue a medical degree. Upon returning to Fort Collins a decade ago, she discovered Polaris Expeditionary Learning School, the perfect fit for her passions and experiences.

Hill's talk will focus on how school culture and climate is strengthened by allowing students and staff to be divergent, autonomous, and creative in their teaching and learning and being.

Tim Seelig

Tim Seelig is a conductor, speaker, author and educator. He is the Conductor Laureate of the San Francisco Gay Men's Chorus and Conductor Emeritus of the Turtle Creek Chorale in Dallas, Texas. Dr. Seelig holds four degrees, including a Diploma from the Mozarteum in Salzburg, Austria and Doctor of Musical Arts from the University of North Texas. He has seven books and DVDs on choral technique and his memoir, *Tale of Two Tims*, was published in 2020. He made his operatic debut in St. Gallen, Switzerland and had been conducting at Carnegie Hall and Lincoln Center for 30 years. He has conducted over 50 recordings which have been on Billboard Top Ten and iTunes Top Ten classical charts. His choruses have been the topic of three documentaries. The first PBS documentary was awarded the national Emmy for best documentary. The most recent had its world premiere at the Tribeca Film Festival, won the Audience Favorite and is streaming on Paramount +.

Seelig's talk will focus on coming out of your fear closet and begin living a life of courage and truth.

2023 TEDx Speaker Announcement, continued...

TEDx

Mountain Ave



Brooke Nicole

The Colors of Unity: How eating foods of color brings us together



Dr. Dan Tomasulo

Learned hopefulness changes how people can get back a sense of control in their lives and improve their well-being



Hege Jacobsen

A traveler's mindset can conquer our bias and improve communication by opening minds and opening hearts



Mel Z

Fighting the misogynistic culture present in many places to help Latinas unite and have their voices heard



Milana Schaal

Kids do not have to wait to grow up to follow their dreams: they can impact and transform the world now



Starr Hill

School culture and climate is strengthened by allowing students and staff to be divergent, autonomous, and creative in their teaching and learning and being



Tim Seelig

Coming out of your fear closet and begin living a life of courage and truth

Unified Sports

Unified Basketball will begin January 9th at 4:30pm in the small gym.

Open to Juniors and Seniors ONLY

Things to bring:

- Orange Card - See Mrs. Niesent
- Practice Clothes
- Good Attitude!

See you then!
Coach Miller

Congratulations Theater Students

Please congratulate these students on their great work at the CO Thespian conference in December. In addition to presenting their performance and technical work, they took part in workshops, attended master classes, met with college theatre programs, and watched performances from around the state. These students showed how Impalas are respectful, responsible, enthusiastic, and appropriate. We are very proud of their hard work and dedication.

These students received an Excellent for their events:

- Theo Kuehn – Scenic Design
- Andrew Lewis – Short Film
- Christine Pannell – Solo Musical Theatre
- Harper Skjerseth – Scenic Design
- Finn Vaughan – Solo Musical Theatre
- Mia Pulido – Scenic Design
- Gemma Broskie – Costume Construction
- Esme Oliva – Short Film
- Adia Spezza, Christine Pannell, Elena Replogle, Lucia Cruz-Rodenbeck, Robin Hessler, Suzie Matlock – Group Musical Theatre

These students received a Superior for their events and qualified to present at the International Thespian Festival in June:

- Noura Benessa – Costume Design
- Shannyn Knudsen – Costume Design
- Erin Hayhow – Scenic Design

Big thanks to Kari Armstrong, Laura Lenczycki and David Lonowski for coaching the students and helping them get ready.

Proud to be an Impala!

Art Show News

The Foothills Mall is hosting the annual PSD K-12 Creative Endeavors Art Show. Several Poudre High School students have art on display at the show. They will be on display until January 15th, 2023.

Library Book Returns

Return Library Books & Textbooks from First Semester

All library books checked out during the first semester were due December 21. Please encourage students to get those books returned as soon as possible. Also, all class novels and textbooks from first semester classes that have now ended should also be returned to the PHS Library. Students can check with PHS Library staff if they would like to see what books they have on their accounts. Thank you!

