

# Palisade High School

January 2018



Daniel Bollinger, Principal

Jackie Anderson, Asst. Principal

Jennifer Smyth, Asst. Principal

Gregg Hawkins, Athletics/Asst. Principal

## IMPORTANT DATES

### Teacher Workday

January 8th

### Community Advisory Council Meeting

January 9th

### No school—Martin Luther King, Jr. Day

January 15th

### Saturday School

January 20th

8-11AM

### Booster Club Meeting

January 22nd at 6:00 in the PHS

**HAPPY  
NEW YEAR**

## A Message From Principal Dan Bollinger

### Bulldog Families~

Welcome back from what I hope was a wonderful holiday and much needed rest for everyone. Get ready for the remainder of the year...here we go! I know I will say this many times over, before we know it the end of the year will be here: tax time, FAFSA due, testing, and graduation. It is always very exciting to see all of our seniors gearing up for their next adventure.

This month I would like to focus on your children's struggles. I would challenge you to view these as gifts, an opportunity to coach your child; as a parent, embrace the struggle. There is no doubt that it is uncomfortable and sometimes very difficult to watch your child struggle. There are many quotes regarding the importance of struggles in life such as, "Struggles are required in life, because in order to stand up, you have to know what falling down is like". I constantly think about the factors that make a great employee, and one of those is not perfection. I will always challenge teachers to try different approaches to teaching and different approaches to learning. Struggling through change is not easy. I have received many phone calls from parents because their child has a C or a D in a class and is used to straight A's, they are not the starting athlete, not getting the amount of desired play time, or getting pulled from a game. We all know those parents. Too often they are blaming the teacher or coach, asking that the teacher be changed, their child pulled from the class, or complaining about the coach and wanting a change. If we take this approach as parents we cripple our children because we teach them to make excuses and even quit when times get difficult. Working through a struggle gives a person grit, perseverance, confidence, and teaches them the skills to work through situations. This is a real life skill that I can guarantee they will need and use to be successful adults. Please don't take that opportunity from them. I would like to encourage parents to embrace situations that cause struggle, coach your child through them, and celebrate their perseverance when they succeed.

I encourage all Palisade High School parents to come check out our Community Advisory Council meeting. The collaboration is meaningful and helps us to accomplish more than I would have hoped. We have a fantastic group of caring individuals with ideas that are good for all students. I am extremely grateful for the thoughtful nature of each member. Our next meeting is January 9<sup>th</sup>, where we will focus on the Unified Improvement Plan for Palisade High School.

It is important for our parents to know that we value their contributions to our Palisade High School community. We offer a number of ways for you to be a part of your student's high school career. Come give it a try.

Thanks,

Dan

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## Counselor's Corner

**Make 2018 the Year of the Sleep!** According to the National Sleep Foundation, teens need between 8-10 hours of sleep a night. Yes, a night! We find that many of our students report they only get 3-4 hours a night. While "catching up" on sleep over the weekend can seem like a good idea, research proves that it disrupts teens' biological clocks and can negatively affect the quality of sleep. Lack of sleep contributes to academic struggles, lower test performance, and certainly affects our teens' social interactions with their peers and families!

Please know that we discuss sleeping and healthy habits with our young Bulldogs. This includes encouraging them to truly unplug from their electronic world at bedtime and removing their phones from their pillows! We know this is a tough issue for teens and families alike so thank you for all you to do try to help your teen!

### COLLEGE ADMISSION TESTS – 2017-2018

State Mandated SAT date for ALL Juniors is April 10, 2018 at PHS- no registration necessary! Each PHS Junior will be taking the SAT on this date at the school.

To re-take the ACT or to register for an additional SAT:

Register online at: ACT-- [www.actstudent.org](http://www.actstudent.org) & SAT-- [www.collegeboard.org](http://www.collegeboard.org)

Next ACT test is Feb. 10<sup>th</sup> – registration deadline is Jan. 12<sup>th</sup>

Next SAT test is March 10<sup>th</sup> – registration deadline is Feb. 9<sup>th</sup>

### COLLEGE SCHOLARSHIPS

Naviance is being kept current and is an excellent source for scholarship information. Make sure you check your email for scholarship alerts.

Students should check Naviance frequently. Go to the college tab, scroll to the bottom of the page for scholarship list and search.

Check with the college you plan on attending for scholarships for which you may qualify.

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## **SENIOR PARENTS**

If your student is planning to attend college next year, you will need to help him or her fill out the Free Application for Federal Student Aid (FAFSA.gov). It is important to complete the FAFSA as soon as you can, since many colleges are planning to start processing financial aid packages in December. Make sure you go to the correct website, FAFSA.gov and NOT FAFSA.com. Filling out the FAFSA is free! Also make sure you select that correct college semester: Fall 2018. You will need your 2016 tax forms in order to complete the FAFSA.

## **ATTENTION ACCEPTED SENIORS**

Colleges communicate important information with you through your student online portal (ie: MavZone @ CMU or MyCUBoulder @ UC Boulder). Don't miss out on scholarships, housing information, class registration or important dates and activities. Check your portal at least once a week.

## **HIGH SCHOOL CREDITS**

Students are responsible to schedule and pass the appropriate classes during their four years at PHS. If you did not pass a course that is required, it is your responsibility to meet with your counselor to reschedule.

**Mrs. Curtin-Sellden (A-F) Mrs. Starr (G-N) Mr. Burke (O-Z) Mrs. Borgmann & Ms. Bagwell (IB & Pre-IB)**

## **ICAP DAY!! ICAP = Individual Career and Academic Plan**

This year's ICAP day will be the morning of Wednesday, January 10<sup>th</sup>. ICAPS are how students connect what they are learning in high school with what careers they are interested in pursuing after they graduate. Our ICAP day consists of WCCC tours, a practice SAT test for juniors, and a career fair where local business representatives share what they do in a typical day plus what skills and knowledge they need to do their job well.

## **CareerWise Colorado-Youth Apprenticeship Program**

The District 51 Youth Apprenticeship Program is recruiting students who are interested in getting a jump - start on life! As an apprentice, students spend part of their day at a local business and receive training for a real career. Students are paid to learn, and have the opportunity to earn high school and college credits while they work. This program targets growing Colorado industries such as Technology, Finance, Healthcare, Advanced Manufacturing and Business Operations. Interested students should talk to their counselor to see how this program could fit in with their career and college plans!

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## WCCC OPEN HOUSE

Western Colorado Community College will be holding an open house on February 1<sup>st</sup> from 5:00 – 7:00pm. Stop by to see the programs they have to offer and tour the school.

The applications for 2018/2019 school year will be available January 10<sup>th</sup> in the counseling office. Turn in applications to the counseling office **by January 19<sup>th</sup>**.

## WCCC SOPHOMORE TOURS

All sophomores will have the opportunity to tour WCCC and explore available programs on the morning of January 10<sup>th</sup>. Transportation will be provided. You will receive an application when you get to WCCC. **Applications are due back to the counseling office by January 19<sup>th</sup>**.



# WE GIVE A DIME

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Oficina Aprendizices de Idioma Ingles Si Ud. Necesita una traduccion en Espanol favor de llamar a 254-5484. Estamos para servirle.

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## Palisade High School Booster Club



Would like you to Sign Up at

[Citymarket.com/Community rewards](http://Citymarket.com/Community_rewards)

Every year in January you have to go into your City Market Reward Account and designate **Palisade High School Booster Club** as your chosen Community Organization in order for us to receive the benefits from City Market. This is no cost to you....all you have to do is shop at City Market and swipe your Value Card!

City Market will donate a percentage of what you spend to **Palisade High School Booster Club**. It is easy and a great way to help us in supporting our students and athletes. Also, please encourage your family and friends to sign up as well.

## Thank You!

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## Get a chance to WIN a \$100, \$50.00 or \$25.00 City Market Gift Card!!!

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**Please text your name and phone number associated with your City Market Card to Jackie Raley at 970-270-0701 to be entered into the drawing after you sign up. The drawing will be Feb. 12th at 6:00 pm during the monthly Booster Club meeting.**

The winner will be verified through City Market to ensure their card is benefitting **PHS Booster Club.**

**Thank You!**

Our monthly meeting is January 22nd in the PHS Library at 6pm.  
Everyone is encouraged to attend!

**SAVE THE DATE**

**COMING UP**

PHS Booster Club has a fund raiser at Dos Hombres in Clifton on the first Wednesday of every month. Families come to Dos to eat and a portion of their receipt is donated to the Booster Club by Dos Hombres, at no extra expense to the customer.

The hours are 4pm to 9pm.

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January 5, 2018

Matthew J. Doty, Director of Choral Music Activities:

970-254-4800

970-210-1787

[matt.doty@d51schools.org](mailto:matt.doty@d51schools.org)

Sarah VanBenschoten, Director of Theatre Arts:

970-254-4800

970-497-6183

[sarah.vanbenschoten@d51schools.org](mailto:sarah.vanbenschoten@d51schools.org)



“OKLAHOMA!”

AT PALISADE HIGH SCHOOL

FOR IMMEDIATE RELEASE

The Palisade High School Performing Arts Department is pleased to present the Rodgers and Hammerstein musical, *Oklahoma!* Set in a Western Indian territory just after the turn of the century, the high-spirited rivalry between the local farmers and cowboys provides the colorful background against which Curly, a handsome cowboy, and Laurey, a winsome farm girl, play out their love story. Although the road to true love never runs smooth, with these two head-strong romantics holding the reigns, love’s journey is as bumpy as a surrey ride down a country road. That they will succeed in making a new life together we have no doubt, and that this new life will begin in a brand-new state provides the ultimate climax to the triumphant *OKLAHOMA!*

Directed and choreographed by Palisade’s Director of Choral Music Activities, Matthew J. Doty, and Director of Theatre Arts, Sarah VanBenschoten, this musical stars some of Palisade High School’s brightest actors and actresses. Presented January 18, 19, 20, 2018 at 7:00 p.m. and January 20, 2018 at 2:00 p.m. in the Kamas Auditorium at Palisade High School. Tickets are priced at \$12 for adults, \$10 for seniors, and \$8 for students. For more information, call Palisade High School at 970-254-4800.

If you would like an interview or video footage for a news story,

please use the contact information at the top of the page.

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*IT'S COMING...*



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