



M-CHS DAILY ANNOUNCEMENTS

Monday, January 24, 2022

It's a great day to be alive and to be a Panther!

Today's Activities, January 24, 2022

7:45am - SCYC Morning Movement Education
4:25pm - SCYC Afternoon Movement Education

Tuesday, January 25, 2022

7:45am - SCYC Morning Movement Education
12pm - French & Spanish Club Meeting
12pm - Junior Prom Committee Meeting - Room 2211
4:25pm - SCYC Afternoon Movement Education
4:25pm - SCYC Afterschool Tutoring
4:30pm - Open Gym baseball @ 209 W. 5th St.
5:00pm - Girls Basketball Home vs. Centauri - Varsity 5pm /JV 6:30pm
5:00pm - Boys Basketball @ Monticello - JV 5:30pm/Varsity 7pm - Departure: TBA

*****PANTHER HIGHLIGHTS*****

New News:

Class of 2022 get your Senior Picture submitted as soon as possible to Mrs. Kehl! Also Graduation Cap & Gown information and Orders will be given Jan 26th at lunch in the commons!

Juniors: You will be taking the SAT this April. While you do not need to sign up for the test itself, if you want to take the optional essay portion of the test, please sign up in the counseling office by February 15th. Keep in mind most students will not need the essay portion. Please check to see if the colleges you are interested in will consider your essay scores as part of your application. A list of those colleges will be provided in the counseling office.

There will be a Young Artist Association meeting during lunch on Wednesday in Ms. Bane's room.

Attention Freshman, Sophomores, & Juniors! University of Colorado Boulder provides opportunities for students to prepare for college & ultimately achieve success in higher education! When you join you will get academic advising, online tutoring, monthly stipends, attend college fairs and college tours, and you can spend 6 weeks in Boulder attending the Summer Academic Institute, and much more! The **Last day to apply** for CU Upward Bound is **January 31st!** See Mrs. New in room 2104 for more information

Students AND Staff: Save a life - donate blood! The NHS is hosting a Blood Drive on Thursday, January 27. There will be a registration table set up in front of the activities office during lunch through Wednesday. You can also sign up anytime in the Library or with Mrs. Copeland. Students must be at least 16 to donate and anyone under 18 will need a signed parental consent.

OPPORTUNITY OF THE DAY: EMPIRE ELECTRIC ASSOCIATION SCHOLARSHIP

DEADLINE: FEBRUARY 15, 2022

Each year, Empire Electric offers scholarships for high school seniors who are dependents of a member of Empire Electric. A \$1,000 Student Scholarship is available for students who plan on attending a two-year community college or a four-year college/university program. Also a Electrical Related Trade Scholarship of \$500 for those students who are seeking an electrical related trade vocational/technical school. As well as, a Lineman School Scholarship of \$1,000 for individuals pursuing a vocational/technical certificate as a lineman Applications can be found on-line at www.eea.coop and are also available in the Counseling Office.

To view all M-CHS calendar events, go to our website calendar at the link below:
<https://www.cortez.k12.co.us/our-schools/mchs/calendar>

Also, visit our Montezuma-Cortez High School Facebook Page!

Attention M-CHS PANTHERS!

Show off your artistic talent and win \$200!



The graphic features a red circle with a slash over a blue plastic bag icon, a green circle with a brown paper bag icon, and a brown paper bag with a green recycling symbol. The text 'SUP2sack Poster Contest' is prominently displayed.

SUP2sack Poster Contest

- 1 High School Poster contest to reduce single use plastic (SUP) bags in Cortez
- 2 \$200 cash prize
- 3 Winning poster will be published on LOR Facebook and displayed throughout Cortez
- 4 Each contestant will receive a **FREE SUP2sack**
- 5 Deadline is **March 1st**
- 6 Complete the form on the back and return it with your poster submission

Entry form on back of poster

SUP2sack High School Poster Contest Rules

- Deadline is **March 1st**
- Poster must be no larger than 11" x 17"
- Use the **SUP2sack** title
- Have an original slogan
- Use a computer graphic or drawing
- Include a current statistic referencing SUP sacks
- Entry form below **MUST** be completed, signed, and returned for submission to be considered.
- Email poster entry to: SUP2sack@gmail.com with a photo of your poster or the computer generated poster.

NAME: _____

SCHOOL: _____

Parent Signature: _____ GRADE: _____

(gives permission to use child's name and/or photo)

supported by
 LOR FOUNDATION

You can print the attached entry form or pick one up in the Front Office!

YOU ARE SCHOLARSHIP MATERIAL



If integrity, determination, and courage describe you – you have what it takes to be a Horatio Alger Scholar. Our scholarships reward students who possess the character to succeed in life. We help students overcome the financial barriers of pursuing higher education. To qualify, you must have at least a 2.0 GPA and require financial assistance to attend college. To learn more and apply, visit scholars.horatioalger.org.

The eligibility criteria to be considered for Horatio Alger National and State Scholarships are as follows:

- Be enrolled full-time as a high school junior
- Exhibit a strong commitment to pursue and complete a **bachelor's degree** at an accredited non-profit public or private institution in the United States (students may start their studies at a two-year institution and then transfer to a four-year institution)
- Demonstrate critical financial need (\$55,000 or lower adjusted gross family income is required)
- Be involved in co-curricular and community service activities
- Display integrity and perseverance in overcoming adversity
- Hold a minimum grade point average (GPA) of 2.0
- Be a United States citizen

Awardees will receive
financial aid counseling
and college selection advising!

Application Deadline: March 15

ATTENTION CLASS OF 2022!

Graduation Cap & Gown Information & Orders

will be given on Wednesday, January 26th during LUNCH

12pm to 12:30pm

in the M-CHS COMMONS.



Pioneer Printing will do your graduation announcements as well. You may contact Jeremy Yarbrough at 970-565-3381 or email at jeremy@pioneer-printing.com

FACT: only 44 Panther Seniors have turned In their SENIOR PICTURES to the Yearbook Staff.

CLASS OF 2022 get your SENIOR PICTURE in to ROOM 2204

Pictures may be uploaded to the following link and choose folder "SENIOR PICTURES".

<https://uploads.picabooyearbooks.com/9521378>

QUESTIONS????? Talk to Ms. Alison Kehl in ROOM 2204

As soon as possible.



The logo for Mountain View High School (MCHS) is located in the bottom left corner. It features the letters 'MCHS' in a stylized, bold, white font with a black outline.

You're invited!

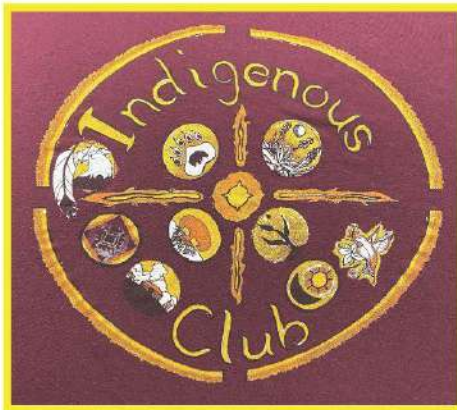


M-CHS
SCHOOL
ACCOUNTABILITY
MEETING

January 26, 2022 - 5:30pm

at M-CHS Library

MONTEZUMA-CORTEZ HIGH SCHOOL



Indigenous Club Meetings

When: *Every Thursday After School*

Where: *Room 1106*

Time: *4:25 PM to 5:25 PM*

JANUARY ACTIVITIES 2022:

- Fundraisers for Food
- Shoe Game-January 13, 2022
- Permission slips due/Jay Loschert from Fozzie Farm - Jan. 20th
- ~~Field Trip to Southern Ute Culture and Museum-January 21, 2022 (CANCELLED DUE TO COVID/OMNIVIRUS)~~
- Family Potluck

* * * * *

Empire Electric Scholarship Applications Available

December 1, 2021 - due February 15, 2022

\$1000 Student

\$1000 Adult

\$1000 Lineman

\$500 Electrical Trade Related

EEA provides financial assistance to its members from an unclaimed patronage capital credit fund.



Get Involved

Become a High School Sports Official

Without officials, high school sports don't happen



*Scan here to access
the CHSAA website*



*Scan here to become
a basketball official*

Centennial Flyers



Disc Golf Club

Meets each Saturday in front of
the Police Station

12:00 PM to 2:00 PM ~ Jan. 14th-May 13th

Sign Up with Mr. Kelley today in M-CHS Room #1208!





THE CHILD MALTREATMENT
PREVENTION ACTION TEAM'S

PAID INTERNSHIP

Bring your ideas to the table high
school students!



FEBURARY - MAY 2022

Contact aadams@scyclistens.org to apply



Help Wanted

Montezuma-Cortez School District is looking for a few fine people.

Do you like being part of a family atmosphere?

Do you like having the summers off?

Do you like being part of a team?

Become a Professional Student Transporter. (Bus Driver)

We provide paid training to obtain your School bus CDL license.

If you're retired, we need you.

Looking for long term work, we need you.

Bored and need something to do, we've got what you need.

Contact Lena Galloway

970-565-8130 X8109

Or apply online at www.cortez.k12.co.us

BLOOD DRIVE

Because of you...

life doesn't stop

Montezuma-Cortez High School



vitalant 



January 27th

9:00 am to 3:00 pm

Please sign up with Ms. Copeland,
Ms. Olson or any NHS member!

Bloodmobile

Masks Required

16 & 17 Year Old Students Need
Signed Parental Consent



CU Upward Bound - Apply Today!!



What is CU Upward Bound?

Upward Bound provides opportunities for students to prepare for college & ultimately achieve success in higher education pursuits. CUUB's vision is to inspire & empower students to succeed, and to celebrate their cultural identities in whatever post-secondary path they choose.

CUUB Services

- Academic Advising
- Online Tutoring
- Monthly Stipends (\$\$)
- College Fair + College Tours
- Summer Academic Institute (6-weeks in Boulder, CO)
- Exposure to recreational and cultural activities
- Access to laptops

How To Apply?

Apply Online or Mail-In Application

Find the online application at the following link
<https://botform.compansol.com/202233504391041>

or

visit our **website** to download an application:
<https://www.colorado.edu/cuub/>

For Questions ?

Email: Cassie.Sando-1@colorado.edu
Phone: 303-492-2887



@cuboulderupwardbound

Application Deadline

January 31, 2022

Acceptance is on a rolling basis

Attention M-CHS Parents/Guardians!

**M-CHS is providing sack lunches
for our students for NO SCHOOL FRIDAY's**

Lunches for Fridays will be distributed to the student at the end of the day on Thursdays. If you would like a sack lunch for your student, each week parents/guardians will need to sign up through the school kitchen by the end of the day on Tuesday's that week.

Please call or email the M-CHS Kitchen Manager,
Victoria Dennison at 970.565.3722 ext. 2135
vdennison@cortez.k12.co.us



The Piñon Project

FRIDAY FUNDAYS'

The Piñon Project would like to invite youth to join us at Mesa Elementary School each Friday for the spring semester!

Youth activities leaders will host activities all day for youth, ages 5-17 as well as provide breakfast, lunch, and snacks.

Activities will be held from 7:30 a.m. - 5:00 p.m. Drop offs and pick ups will be at Mesa Elementary School.

To pre-register your child to participate in Friday activities, please contact Naomi Wood @ 970-739-4074.

*Check out this sneak peek at what M-CHS students will be working
on during homeroom this quarter!*

Click on the link below

https://youtu.be/vO_Yk-isQ3Y

or



Scan Me!

The Colorado Department of Public Health and Environment is providing **free** over-the-counter rapid tests for parents, guardians, and caregivers to administer to school-aged children at home.

Please visit

<https://covid19.colorado.gov/covid-19-testing-at-home>

to order test kits that are shipped directly to your home.

*Each order includes four tests, which recipients can use to test themselves or their children.

If you are interested in receiving multiple kits, you will need to reorder tests.

Tests do not automatically ship on a recurring basis.

Households can place two orders per week*

Click on the link below

<https://covid19.colorado.gov/covid-19-testing-at-home>

AFFORDABLE CONNECTIVITY PROGRAM/BROADBAND DISCOUNT PROGRAM

As of 12/13/21, eligible households are encouraged to apply to receive up to \$30 per month discount toward internet service up to \$75 per month for households on qualifying Tribal lands.

Households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

A household is eligible for the Affordable Connectivity Program if a member of the household meets at least of the criteria below:

- ◆ Has an income that is at or below 200% of the federal poverty guidelines;
- ◆ Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
- ◆ Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- ◆ Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision in the 2019-2020, 2020-2021, or 2021-2022 school year;
- ◆ Received a Federal Pell Grant during the award year; or
- ◆ Meets the eligibility criteria for a participating provider's existing low-income program.

For more information about the Affordable Connectivity Program, please visit: <https://www.fcc.gov/ACP>



Catherine Trammell, LPC



Teresa Brown-Sanchez, F-NPC

Services Provided at the SBHC:

- Sport Physicals
- (\$25 fee, Medicaid will cover)
- Well Child Checks
- Acute Illness/Injury
- Reproductive Health
- Behavioral Health
- COVID Testing



418 S Sligo St.,
Cortez, CO 81321

2022

HAPPY NEW YEAR

Call our office to
schedule an
appointment:
970.564.4855

Mon, Tues, Wed, Thurs: 8:30a-4:30p
Fri: 8:30a-4:00p

SCHOOL COMMUNITY YOUTH COLLABORATIVE &
COMMUNITIES THAT CARE PRESENTS THE



YOUTH ACTIVITY CALENDAR



Communities
That Care
of
Montezuma County



MONTEZUMA COUNTY YOUTH ARE
YOU INTERESTED IN DOING
SOMETHING IN YOUR AREA?

IF YOU ARE LOOK NO FURTHER
THAN THE YOUTH ACTIVITY
CALENDAR

<https://www.scyclistens.org/youthactivitycalendar>

Here is the link to the application to become an at-large member of
DAC:<https://forms.gle/8gaLZIpQQ1bm7Jn36>

MONTEZUMA-CORTEZ SCHOOL DISTRICT RE-1

DISTRICT ACCOUNTABILITY COMMITTEE (DAC)

The District Accountability Committee (DAC) is an advisory group that is made up of representatives from every district school, community members at-large, business owners, parents and principal representatives.

The committee seeks new at-large members!

Who can serve on DAC?

All district residents, even if you do not have children in a district school
Nonresidents with students optionally enrolled in a Montezuma-Cortez School District RE-1 school
Charter School parents, staff/faculty

Spring 2022 Meetings

January 10th 5:30 PM to 6:30 PM
February 7th 5:30 PM to 6:30 PM
March 7th 5:30 PM to 6:30 PM
April 4th 5:30 PM to 6:30 PM
May 2nd 5:30 PM to 6:30 PM

All meetings will be held in the Boardroom at the Montezuma-Cortez School District building
400 N Elm St. Cortez, CO 81321

Are you interested in becoming a member?

Apply today



Contact Jaycee Syra at jsyra@cortez.k12.co.us or call 970-565-7282 x1127 for more information



EVER THOUGHT ABOUT FOSTERING?

- *ARE YOU OVER THE AGE OF 21?**
- *PHYSICALLY ABLE TO CARE FOR CHILDREN?**
- * CAN PASS A BACKGROUND CHECK?**
- *HAVE EXTRA SPACE IN YOUR HEART AND HOME?**

**KIDS IN OUR COMMUNITY NEED YOUR
SUPPORT AND IT MAY BE EASIER THAN
YOU THINK TO MAKE A BIG IMPACT!**

DECEMBER 8TH

5:30PM-7PM

109 W. MAIN ST, CORTEZ

INFORMATION SESSION

**PLEASE JOIN US TO LEARN MORE ABOUT BECOMING A FOSTER CARE PROVIDER IN
MONTEZUMA COUNTY**

LIGHT REFRESHMENTS WILL BE SERVED AND FREE CHILD CARE PROVIDED

**For more information contact :
Candacy Shupe, 970-564-4126**



TIMELINE

- Application Due: March 2, 2022
- Winner Announced: April 13, 2022

\$1,500
Scholarship

ABOUT THE COMPETITION

As an education company committed to preparing students for their future, CollegeDrive celebrates educational opportunities and recognizes the importance of higher education in helping individuals reach their greatest potential.

To demonstrate our commitment, we are pleased to announce this year's CollegeDrive Scholarship Competition. The winner receives a \$1,500 scholarship to be used to further their education.

SUBMISSIONS

For a submission to be considered, it must include a completed application form and qualifying entry. Submissions must be received by 12:00 AM MST on Wednesday, March 2, 2022.

RULES

For complete rules, application information and to submit entries, go to:

CollegeDrive.com/scholarship

ELIGIBILITY REQUIREMENTS

- Must be a high school student or graduate with plans to further their education.
- For video submissions, you must include #CollegeDriveScholarship and a link to CollegeDrive.com/scholarship



2021-2022 SCHOLARSHIP COMPETITION

SCHOLARSHIP TOPIC

TELL US ABOUT A TIME WHEN YOUR
BELIEFS WERE CHALLENGED.
HOW DID THIS EXPERIENCE CHANGE YOU?

Students must complete the application and submit an essay (250-500 words in length) or video (4 minutes or less) that addresses the scholarship topic.



Questions? Call 720-496-2243 or email CDScholarships@BaronEd.com



If you've ever said,
"I'm struggling. I want help,"
you are in the right place.

Introducing "I Matter" telehealth

Youth and their parents can visit the I Matter platform to take a confidential online survey about their mental health and schedule sessions with a licensed behavioral health clinician, primarily online over telehealth.

All Colorado youth are eligible to receive free services. The purpose of I Matter is to promote youth emotional and mental health.

You will be eligible for 3 free counseling sessions.

Parents, if you feel your child is struggling and needs help, you are in the right place to talk to a mental health professional for free. Seeking support for your child is not a sign of failure—it's a sign of strength.

<https://imattercolorado.org/>



2022 Youth Tour to Washington, DC – June 12-19, 2022 or Youth Leadership Camp to Clark, CO – July 16-21, 2022

Do you have a love of our nation's history and have you ever wanted to tour historical sites in Washington, DC? Maybe you are someone who enjoys attending an educational and fun summer camp that includes river rafting? Next summer could bring an opportunity for you to make new friends from other state's co-ops that share your same interests.

The Board of Directors of Empire Electric Association, Inc. is offering all-expense-paid trips to deserving high school juniors whose parent or guardian has an active EEA membership. These trips focus on education, leadership skills, and look great on a college application!

**Complete your application at www.eea.coop
Application deadline is December 13th.**

Empire Electric is now accepting applications for the 2022 summer youth programs. Junior Students have the opportunity to attend the Washington, D.C. Youth Tour from June 11 -19, 2022 or the Youth Leadership Camp near Steamboat Springs, CO. Each program is all-expenses-paid. Empire Electric covers all costs to participate in either program, including travel, lodging, and food. Interested students must complete an application form and short essay. The application is attached and students can fill out the application out on-line at www.eea.coop.



Help us to serve
them better,
become a Foster
Parent Today!



Foster Family

Children in foster care need supportive adults to provide loving homes until they can be safely reunited with their family. A loving family can help a child cope with separation and make sure they have opportunities to be a kid.



Requirements:

- Over the age of 21.
- Be physically able to care for the children
- Pass a Trails and criminal background check.



Contact Information

Candacy Shupe
MCDSS Foster Care Coordinator
Office #- 970-564-4126



Montezuma County Social Services

109 W Main St.
Cortez, Co 81321

ORDER YOUR
PANTHER
FAN GEAR TODAY



SIDELINE
STORE



Unlimited product and design options!
Orders ship direct to you!

**PERSONALIZE
YOUR GEAR**



ADD YOUR OWN
NAME AND NUMBER

**SCAN HERE
TO SHOP NOW**



Or Find Your Store Here:
Sideline.bsnsports.com

NOW AVAILABLE



Add spirit to your space with

**WALL
DECALS**



SHOP TOP BRANDS



REGRESO A LA ESCUELA: Guía para después de una evaluación positiva de síntomas de COVID-19



Quienes presenten síntomas deben aislarse desde que estos comiencen y ser evaluados tan pronto como sea posible (incluso con pruebas de detección). Si los síntomas aparecen en la escuela y se dispone de pruebas de detección en el lugar de atención médica, estas se pueden hacer después de una evaluación inicial con la herramienta «Cuando se presentan síntomas en la escuela».

Cualquier persona que dé positivo en cualquier tipo de prueba de diagnóstico viral (no en las pruebas de detección de anticuerpos) debe ser tratada como un caso positivo y debe aislarse. Ningún resultado adicional en las pruebas de detección puede poner fin anticipadamente al periodo de aislamiento de un individuo sintomático positivo.

Las personas que presentan síntomas dentro de un plazo de 90 días posteriores a una prueba de diagnóstico viral positiva (no a una prueba de detección de anticuerpos) y las que estén completamente vacunadas (2 semanas después de la última dosis) deben aislarse, ser investigadas en consulta con los organismos de salud pública y/o un proveedor de atención médica para detectar una posible infección y pueden requerir que se les hagan pruebas antes de regresar a la escuela.

PARA EL USO DEL PERSONAL Y LOS ESTUDIANTES DE TODAS LAS ESCUELAS Y GUARDERÍAS

Recordatorio:

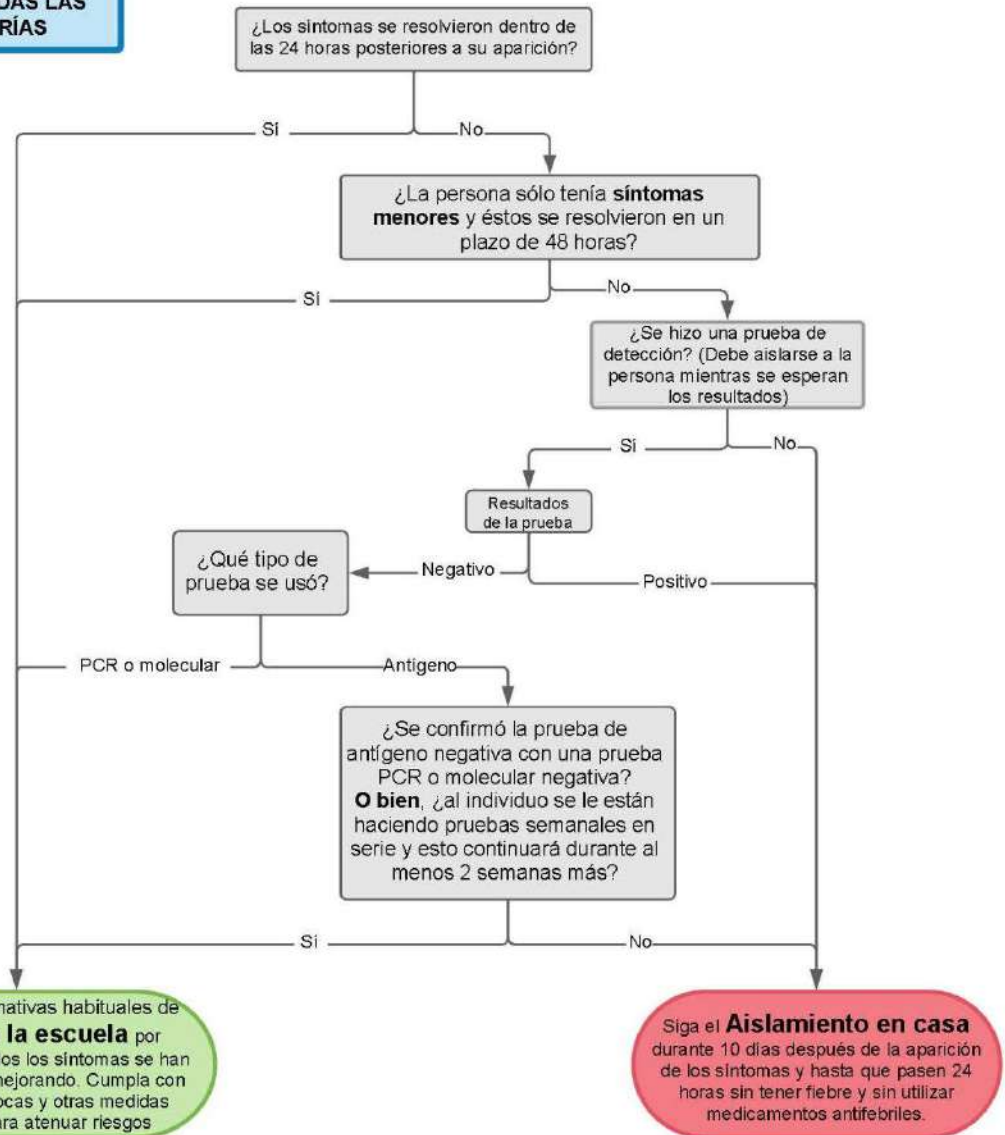
- Los síntomas habituales y sin cambios de una enfermedad crónica conocida no deben provocar la exclusión.

Síntomas principales

- Fiebre, escalofríos, temperatura de 100.4 °F (38 °C)
- Tos reciente o que empeora
- Falta de aire o dificultad para respirar
- Pérdida del gusto o del olfato

Síntomas menores

- Dolor de garganta
- Congestión o goteo nasal
- Dolores musculares o corporales
- Dolor de cabeza
- Fatiga
- Náuseas o vómito
- Diarrea



Para solicitar asistencia o dar sus comentarios y opiniones:
<https://tinyurl.com/COP12Feedback>



COLORADO
 Department of Public Health & Environment

JULIO DE 2021

RETURN TO LEARN: Guidance Following a Positive COVID-19 Symptom Screen



Any symptomatic individuals should isolate from symptom onset and pursue evaluation, including testing as soon as possible. If symptoms develop at school and point of care testing is available, testing may be performed following an initial assessment using the Addressing Symptoms at School tool.

Anyone who tests positive using any viral diagnostic test type (not antibody tests) should be treated as a case and should isolate. No additional test results can end a symptomatic positive individual's isolation period early.

Symptomatic individuals within 90 days of a previous positive viral diagnostic test (not antibody test) and those who are fully vaccinated (2 weeks after final dose) should isolate, be investigated for potential infection in consultation with public health and/or a healthcare provider, and may require testing prior to return to school.

FOR USE IN ALL SCHOOLS AND
CHILD CARE SETTINGS FOR STAFF
AND STUDENTS

Reminder:

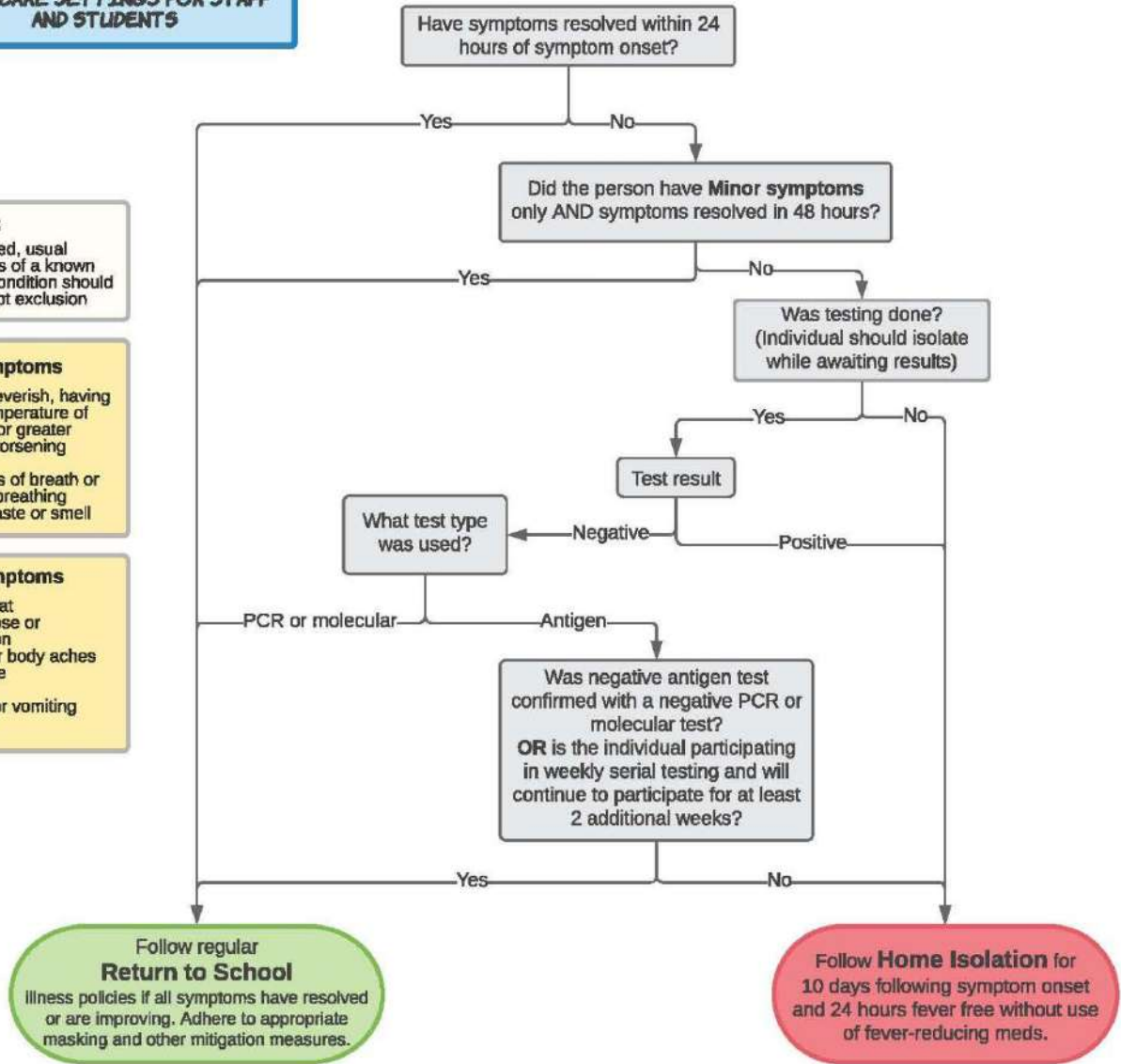
- Unchanged, usual symptoms of a known chronic condition should not prompt exclusion

Major Symptoms

- Feeling feverish, having chills, temperature of 100.4° F or greater
- New or worsening cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell

Minor Symptoms

- Sore throat
- Runny nose or congestion
- Muscle or body aches
- Headache
- Fatigue
- Nausea or vomiting
- Diarrhea



To request assistance or provide feedback:
<https://tinyurl.com/COP12Feedback>



COLORADO
Department of Public Health & Environment

| July 2021

Herramienta de detección de síntomas del COVID-19 en casa para padres y miembros del personal escolar

Los padres y tutores pueden usar estas listas de verificación para detectar síntomas y determinar cuándo sus hijos deben quedarse en casa. Asimismo, los miembros del personal de la escuela pueden utilizar esta herramienta para determinar si deben quedarse en casa. **Cualquier estudiante o miembro del personal diagnosticado con el COVID-19 o que haya tenido un contacto cercano con un caso de COVID-19 no deberá ir a la escuela y debe [aislarse o hacer cuarentena](#), de acuerdo con las recomendaciones de los organismos de salud pública.**

Las siguientes listas se refieren solamente a los síntomas nuevos o a un cambio de los síntomas normales. Un estudiante o miembro del personal no deberá quedarse en casa a causa de síntomas que normalmente experimentan debido a una condición crónica, a menos que se sientan peor de lo normal. Dichas directrices se proporcionan como suplemento a las normas regulares de la escuela (ej. un niño con vómitos no deberá asistir a la escuela, de acuerdo con las normas regulares de la escuela). Por favor refiérase a la directriz de [Regreso a la Escuela](#) (en inglés) cuando sea apropiado regresar a las clases.

Si su hijo o usted presentan síntomas que podrían poner su vida en peligro, por favor, llame al 911.

Prueba de síntomas:

Si presenta cualquiera de los siguientes síntomas, el niño deberá quedarse en casa y no ir a la escuela; además, debe informar los síntomas a la escuela y comunicarse con un proveedor de atención médica en relación con una prueba de detección del COVID-19 y los próximos pasos a seguir para el tratamiento.

- Tiene fiebre, escalofríos o una temperatura de 100.4°F o superior.
- Tos persistente reciente o inexplicada.
- Falta de aire.
- Dificultad para respirar.
- Pérdida del gusto u olfato.
- Fatiga.
- Dolores musculares.
- Dolor de cabeza.
- Dolor de garganta.
- Náusea o vómito
- Diarrea.
- Goteo nasal o congestión.

At Home COVID-19 Symptom Screening Tool For Parents and Staff

Parents and guardians can use these symptom checklists to determine when to keep their child at home. School staff can also use this tool to determine if they need to stay at home. **Any student or staff diagnosed with COVID-19 or who is a close contact of a COVID-19 case should not go to school and should [isolate or quarantine](#) according to public health recommendations regardless of current symptoms.**

This symptom screen refers only to new symptoms or a change in usual symptoms. A student/staff should not be kept home for usual symptoms they experience due to a chronic condition unless they are worse than usual. These guidelines are in addition to your regular school guidance (for example, a child with vomiting should also not attend school based on usual school guidance). Please refer to the [Return to Learn](#) guidance to determine when it is appropriate to return to school.

If your child is/you are experiencing any potentially life-threatening symptoms please call 911.

Symptom Screen:

If any of the following symptoms are present, keep the child at home/stay at home, inform the school of symptoms, and reach out to a health care provider about COVID-19 testing and next steps for treatment.

- Feeling feverish, having chills, or temperature 100.4°F or higher.
- New or unexplained persistent cough.
- Shortness of breath.
- Difficulty breathing.
- Loss of taste or smell.
- Fatigue.
- Muscle aches.
- Headache.
- Sore throat.
- Nausea or vomiting.
- Diarrhea.
- Runny nose or congestion.

COVID-19 Testing Sites for Montezuma and La Plata Counties

Availability of results varies by testing site and type of test used

Request FREE Rapid home tests at <https://covid19.colorado.gov/covid-19-testing-at-home>

MONTEZUMA COUNTY

Southwest School Based Health Center

(970) 564-4855 @ 418 S. Sligo St. Cortez, CO 81321 (MCHS campus)

Monday - Thursday 8:30am-4:30pm (closed 12-1)

Friday 8:30am-4pm (closed 12:30-1) (through February 2022 only)

<https://www.swhealth.org/schoolzone/>

Closures coincide with School District calendar/closures

Appointments Required

Drive-Thru Testing at SW Memorial Hospital Emergency Services Building

(970)565-6666 (behind/North of the hospital campus)

Monday - Friday 10am to 2pm

<https://www.swhealth.org/covid-19info/>

No Appointment Necessary

Walgreens Pharmacy

(970)564-9165 @ 1671 E. Main Ave. Cortez, CO 81321

Monday-Friday 9am-7pm; Saturday 9am-6pm

<https://www.walgreens.com/findcare/covid19/testing>

Make an appointment online for drive-thru testing

Walk-in Clinic 7 days a Week

(970)564-1037 @ 1413 N. Mildred Rd. Cortez, CO 81321 (North of the hospital campus)

Monday - Friday 8am to 7pm; Saturday & Sunday 9am to 5pm

<https://www.swhealth.org/walkin/>

Provider Visit Required; No appointment necessary

Cortez Integrated Health Care - AXIS Health Systems

(970)565-7946 @ 691 E. Empire St. Cortez, CO 81321

Monday-Friday 8am-5pm (open Tuesdays 8am-6pm)

<https://www.axishealthsystem.org/locations/cortez/cortez-integrated-healthcare/>

Available for current patients only - accepting new patients - complete form online

Ute Mountain Ute Health Center

(970) 565-4441 @ 232 Rustling Willow Street Towaoc, CO 81334

Monday-Friday 7am-5pm (Closed Tuesdays 7am-12:30 only)

<https://www.ihs.gov/albuquerque/healthcarefacilities/utemountainute/>

After Hours Triage Nurse: 1-970-565-4441 then press number 5 or 1-866-334-8431

LA PLATA COUNTY

<https://sjbpublichealth.org/testing/> (970)247-5702 or <https://covidcheckcolorado.org/>

Register online for free testing sites at <https://my.primary.health//cdphe>

La Plata County Fairgrounds

(720)419-1087 @ 2500 Main Ave. Durango, CO 81301 Mon-Thur & Sat: 1pm – 5pm

Fort Lewis College Stadium

(720)419-1087 @ 1000 Rim Drive, Durango, CO 81301- parking lot near football field

Monday-Friday 7am-12pm; Saturdays 8am-12pm

Animas Urgent Care (970) 385-2388 450 S. Camino Del Rio (Hwy 550) Durango, CO 81301

Walgreens Pharmacy Durango (970) 385-1001 2701 Main Ave. Durango, CO 81301

**Are you a Montezuma
County High School
Student?**

**JOIN US
IN PERSON
OR
VIRTUALLY**

join

**YOUTH
LEADERSHIP
COUNCIL**

*Drop in
Check it
out*



SCYC

School Community Youth Collaborative

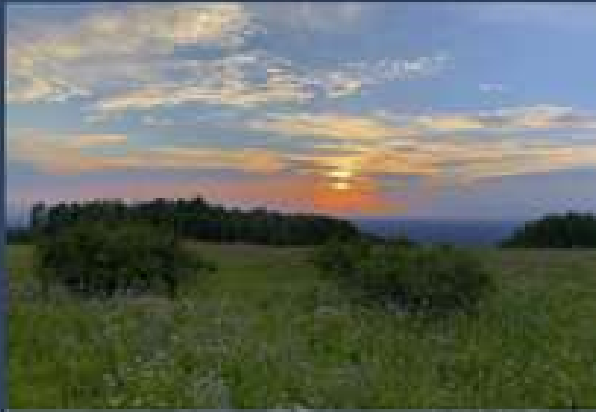
Thursdays

6:00-8:30 pm

Cortez

Cultural

Center



MANCOS CONSERVATION DISTRICT PHOTO CONTEST

Submit your favorite photo of the Mancos River or Mancos River Watershed for a chance to win and have your photograph displayed at the Mancos Conservation District's annual meeting!

Prizes:

1st place - \$200

2nd place - \$100

3rd place - \$50

ENTRY DEADLINE: FEBRUARY 15, 2022

VIEW GUIDELINES AND SUBMIT YOUR PHOTO AT:
[HTTPS://MONTEZUMACOUNTYCONSERVATIONDISTRICTS.ORG
G/MCD-PHOTO-CONTEST](https://montezumacountyconservationdistricts.org/mcd-photo-contest)

Get Your **Permit** This Winter!



Enroll in Online **Driver's Education** Today!

Colorado DMV Certified Driver's Education Program

Self-Paced Online Courses

\$55

- Comprehensive 30 hour course for students under 15 1/2
- Permit prep course for students 16 and over

To Enroll:

mchs.bedrivingus.com/enroll

New!

Unlimited Online **Permit Test Practice** to help you pass on your first try!

\$29

Build your confidence for passing the test.

To Enroll:

Call: (720) 576-0957

Email: DeborahH@BaronEd.com

Live - Online Zoom Classes

\$99

- 30 hour course in 8 sessions for teens under 15 1/2
- 4 hour Driver Awareness Course for students over 15 1/2

To Enroll:

Call: (720) 576-0957

Email: DeborahH@BaronEd.com



To view all M-CHS calendar events, go to our website calendar at the link below:
<https://www.cortez.k12.co.us/our-schools/mchs/calendar>