



M-CHS DAILY ANNOUNCEMENTS

Monday, August 22, 2022

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

Today's Activities

4:30pm - Golf Picture Day at Conquistador Golf Course

Tuesday, August 23, 2022

7:30am - Band Picture Day @ M-CHS Practice Field

4:30pm - Volleyball Home vs. Ignacio C-Team 4:30pm/JV 5:45pm/Varsity 7:00pm

****Panther Highlights****

"Congrats to our Boy's Golf Team who got 1st out of 14 teams at the Alamosa Invitational on Friday! Thayer Plewe was the individual champion with a score of 69. Way to go, Panthers!"

New News:

M-CHS Drama is excited to announce our season: "Beyond Extraordinary," featuring "Journey Through the Impossible," a sci-fi adventure play by Jules Verne and the western musical "Seven Brides for Seven Brothers." If you are interested in learning how you can be involved as an actor or technician, and to learn more about all the fun things we do in the Drama Department, please attend an interest meeting on Wednesday, August 24 from 4:15 - 5pm at the M-CHS Auditorium. Bring your friends! See Mr. Sandner in room 1302 for more information.

After School Tutoring will begin Tuesday, September 6. Tutoring is held every Tuesday and Wednesday from 4:15 - 5:15pm. Transportation is available to central drop spots. You must be signed into a Tutoring classroom and have a bus ticket to get a ride home.

Keep your A Game going and get the help you need in all core content classes - English, Math, Science and Social Studies. Contact Mrs. Broersma for further information.

There is an AWESOME field trip coming up sooner than you think. Everyone is welcome to attend a field trip to Colorado State University. CSU is hosting us for their AG Day festivities, including a tour, BBQ, and Football Game. This field trip is a totally FREE. — Sign up TODAY — spaces are limited. Turn in your permission forms to Mr. Rogers in room 2106 in the Science hallway.

Recycling will start on Wednesday and Thursday during 5th period, after homeroom.

Do you feel that you are student leadership material? Do you like planning things? Do you want to have a say in what goes on at MCHS? Do you like free lunch? If the answer is yes to any of those questions, then come to room 1207 at lunch for the first Student Government meeting on Thursday 8/25/22. Pizza will be provided. Please Sign up outside of room 1207 or outside the Counseling office so we know how many pizzas to get. Bring your friends!!

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>

Congrats to our Boy's Golf Team who got 1st out of 14 teams at the Alamosa Invitational on Friday! Thayer Plewe was the individual champion with a score of 69.

Way to go, Panthers!





CSU CAMPUS TOUR + FOOTBALL GAME

September 23rd – 25th

Space is limited!

Sign up in Rm 2106
with Mr. Rogers

trogers@cortez.k12.co.us
970-565-3722 x2405

- OPEN TO ALL STUDENTS.
- Sports eligibility rules apply.
- **All** expenses are covered in partnership with CSU, SCYC, and Colorado GEAR UP
- **Departing** Cortez 8am Friday Sept. 23rd
- **Returning** Sunday evening, Sept 25th
- 4 Teacher Chaperones
- *Did you know that all M-CHS graduates automatically receive a scholarship to CSU?!*



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The Heisman® High School Scholarship supports education, recognizes achievement, and celebrates male and female community-minded high school student-athletes around the country. Seniors, if you strive for excellence in the classroom, on the playing field, and in your community, now's the time to get the recognition you deserve.

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BEAT THE OCTOBER 18, 2022 DEADLINE

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FROM \$1,000 UP TO \$10,000**

**FOR MALE AND FEMALE
SENIOR SCHOLAR-ATHLETES
WITH HIGH CHARACTER**

**WINNERS FROM
EVERY SCHOOL***

MENTAL HEALTH MATTERS!

Safe2Tell Colorado

We encourage you to come forward as soon as possible when you learn about something that may cause harm to others or yourself. When you see something, say something.

Reports can be submitted anonymously by calling 1-877-542-SAFE (7233), using the link on the website, or through the mobile app.

Local Resources

- I Matter can connect you with a therapist for up to six free virtual counseling sessions. For more information visit imattercolorado.org
- Axis Crisis Care Hotline is available 24/7 at 970.247.5245
- Axis Health also provides ongoing mental health services for teens and families

988 Suicide and Crisis Lifeline

If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

Resources at School

Your school counselor is available to provide academic and emotional support. We also have a school-based therapist available to provide ongoing therapy if needed.

School Counselors:

Ms. Charles- All Freshmen + Sophomores (last names A-H)
kcharles@cortez.k12.co.us

Mr. Noel- All Juniors + Sophomores (last names I-P)
cnoel@cortez.k12.co.us

Ms. Maness- All Seniors + Sophomores (last names Q-Z)
cmaness@cortez.k12.co.us

School-Based Therapist:

Ms. Trammell- All Grade Levels
ctrammell@swhealth.org



Teresa Brown Sanchez, F-NPC

- Services Provided at the SBHC:
- ◆ Sport Physicals
 - ◆ \$30 fee, Medicaid will cover
 - ◆ Well Child Checks
 - ◆ Acute Injury/Illness
 - ◆ Reproductive Health
 - ◆ Behavioral Health
 - ◆ COVID Testing

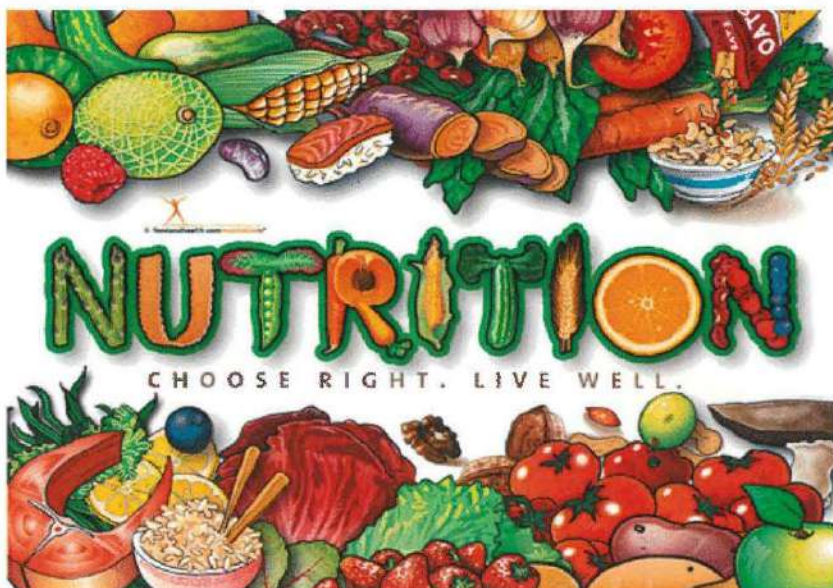


Contact our office to schedule an appointment:
970.564.4855
418 S. Sligo St. Cortez, CO 81321
Mon, Tues, Wed, Thurs:
7:45-4:30 (Lunch 11:45-12:45)
Fri:
CLOSED

Catherine Trammell, LPC



Caring for students, parents and RE-1 school district faculty close to home



Why Are Meals No Longer Free for the 2022-2023 school year?

Over the past two years, The Federal Government Allowed all students to eat free regardless of learning environment or family financial situation. However, beginning on the first day of school, August 15, 2022, students will be charged for both breakfast and lunch unless they qualify for free or reduced price

meals.

www.cortez.k12.co.us



If I do not submit a free and reduced application prior to the first day of school and/or if my student does not have money in their account, what will happen?

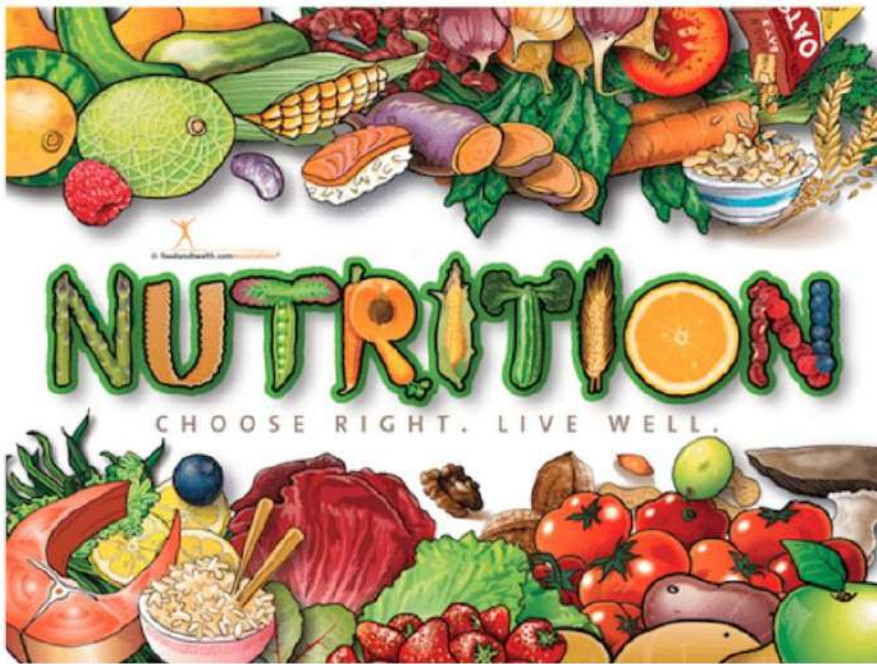
Montezuma-Cortez School District never takes a reimbursable meal away from a student. Ala-Carte items are not considered reimbursable meals, these items must be paid for at time of purchase. If you have not submitted an application and do not have money in your students account, your students account would go into a negative balance. Families are responsible for paying any outstanding balances.

Do I need to Submit a free and reduced meal application for each school year?

Yes, you need to complete an application at the beginning of each year. If we don't have an application on file for your student, they will not be included in the 30-day grace period the following year.

I don't qualify for free or reduced-price meals. Do I need to do anything?

If you do not believe you qualify for free or reduced-price meals, please make sure that there is money in your students account at My *School Bucks.com* on the school's website or by check at your student's school.



¿Porqué las comidas ya no son gratis para el año escolar de 2022-2023?

En los últimos dos años, el gobierno federal permitió que todos los estudiantes comieran gratis sin importar el ambiente de aprendizaje o la situación familiar. Sin embargo, comensando el primer día de clases, el 15 de agosto de 2022, se les cobrara el a los estudiantes el desayuno y el almuerzo a menos que califiquen para ecibir comidas gratis o a precio reducido.

www.cortez.k12.co.us



Si no presento una aplicación de comida gratis y reducida antes del primer día de clases y/o si mi estudiante no tiene dinero en su cuenta, ¿qué sucederá?

El Distrito Escolar de Montezuma-Cortez nunca le quita una comida reembolsable a un estudiante. Los artículos a la carta no se consideran comidas reembolsables, estos artículos deben pagarse al momento de la compra. Si no ha presentado una aplicación y no tiene dinero en su cuenta de su estudiante, su cuenta de estudiante tendrá un saldo negativo. Las familias son responsables de pagar los saldos pendientes.

¿Necesito presentar una aplicación de comida gratis o a precio reducido para cada año escolar?

Sí, debe completar una aplicación al comienzo de cada año. Si no tenemos una aplicación archivada para su estudiante, no se incluirá en el período de gracia de 30 días del año siguiente.

No califico para comidas gratis o a precio reducido. ¿Necesito hacer algo?

Si cree que no califica para recibir comidas gratis o a precio reducido, asegúrese de que haya dinero en la cuenta de su estudiante en myschoolbucks.com en el sitio web de la escuela o paga con un cheque en la escuela de su estudiante.

Enroll Now!

Online Drivers Education

Welcome Back-to-School!

Ready to get your permit?

Colorado DMV Certified Drivers
Education Program



Self-Paced Online Courses

- Comprehensive 30 hour course for students under 16
- Colorado Express course for students 16 and over

\$65

To Enroll:

mchs.bedrivingus.com/enroll

Practice for the Test!

\$29

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

Build your confidence for passing the test.

To Enroll:

Call: (720) 576-0957

Email: DeborahH@BaronEd.com

Live - Online Zoom Classes

- 4 hour Driver Awareness Course for students over 15 1/2

\$119

To Enroll:

Call: (720) 576-0957

Email: DeborahH@BaronEd.com



Also, follow our Montezuma-Cortez High School Facebook Page for updates and information!
<https://www.facebook.com/MCHSCortez/>



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>