



# EARLY COLLEGE HIGH SCHOOL NEWS

*Home of the Phoenix*

October 2017

**Office &  
Attendance  
719-328-2020**

**Registrar  
719-328-2025**

**Counseling  
719-328-2085**

## UPCOMING EVENTS



9/25-10/9—Campus Pathway Students  
Complete Enrollment Count Day Forms

10/1/2017-10/30/2017—Accuplacer  
Progress Monitoring Window

10/2/2017—Official Count Day

10/2-24/2017—Counselor Student  
Advising

10/2/2017—School Accountability  
Committee Night (ALL staff and parents  
welcome), 4:30-6:00 p.m.

10/2-6/2017—FBLA District Competition

10/5/2017—Deadline to register for  
November 4, SAT.

10/6/2017—Phoenix Family Friday /  
Morning Coffee with the Principal  
(Parents) 7:30-9:30 a.m.

10/11/2017—Lifetouch Picture  
Make-Up Day

10/11/2017—ASVAB Testing for  
Registered Students

10/9-13/2017—Accuplacer Testing

10/9-13/2017—Spirit Week

10/13/2017—Enrollment Count Day  
Forms Due to Counseling

10/13/2017—ICAP Friday,  
10:00 a.m.-10:40 a.m.

10/13/2017—End of 1st Quarter

10/13/2017—Fall Formal Dance,  
7:00-10:00 p.m., Dance Room and Black  
Box Theater

10/14/2017—FAFSA Completion Day,  
10:00 a.m.-2:00p.m.

10/16/2017—Teacher Work Day –  
(No Students)

10/16/2017—Quarter 1 grades are  
available online for students

10/17/2017—Beginning of 2nd Quarter

10/23/2017—PPCC Priority Registration  
Begins (Spring)

10/23/2017—PPCC Withdraw Date  
(PPCC Campus)

10/25/2017—Parent/Teacher  
Conferences, 3:30-7:00 p.m.

10/25/2017—Counselor Advising  
Meetings, 5:00 p.m.-7:00 p.m.

10/26/2017—Parent/Teacher  
Conferences, 7:30 a.m.-7:00 p.m.  
(No School)

10/26/2017—Counselor Advising  
Meetings, 7:30 a.m.-7:00 p.m.

10/27/2017—Parent/Teacher make-up  
conferences or comp day for teachers  
(No School)

10/30/2017—PPCC Registration opens for  
all students. (Spring)

## EARLY COLLEGE HIGH SCHOOL PRINCIPAL WINS STATE AWARD!

Principal, Aurora Umana-Arko, was selected as the 2017 Colorado Student Media Association Administrator of the Year.

Jack Kennedy stated, "The selection committee was bowled over by her dedication to education generally, her support for student media, and her understanding of the unique pressures and opportunities that working in student media provides."



The students in ECHS Journalism were thrilled with the chance to nominate her.

In a letter submitted to CSMA student editors Victoria Bettis and Sarah Banfield stated, "Mrs. Umana has understood the responsibility of the student media to the school community and has worked to allow students to have a voice." Mrs. Umana will be honored at the state journalism convention, in Fort Collins, on October 19<sup>th</sup>. She will accompany the journalism students and has also been asked to present a class at the convention.

## ICAP FRIDAYS HAVE BEGUN!

Completion of an ICAP (Individual Career and Academic Plan) is a state requirement and a D11 graduation requirement for all 6-12 grade students.

September 22, was Early College's Introductory Session to ICAP Friday's. ICAP Friday's are held on the second and fourth Friday of every month to provide students with the opportunity to complete their grade level requirements for ICAP. Campus Pathway Students are invited and are encouraged to attend. The lessons will take place between 3<sup>rd</sup> and 4<sup>th</sup> period at 10:00-10:40 a.m. All students have been assigned to an ICAP Class with an instructor that will help students complete their assignments.

ECHS will be using Naviance with our students in order to assign ICAP tasks and to track their completion. Naviance is a web based, computer program that allows students to learn about their likes and dislikes, career and college choices, assists students in the college/trade school application process, and will even assist students in finding scholarships and financial aid.

Student Usernames for Naviance are first seven letters of their first name and the day that they were born on. The Password is the student's district id number.

## CAREER FAIR SEPTEMBER 2017

Visual and Digital Design Arts student Amaya Dixon doing a live demonstration of Adobe Illustrator at the Career Fair. With Angela Banfield, Adobe InDesign and Photography Teacher



## ECHS COUNSELING DEPT. WILL BEGIN STUDENT ADVISING IN OCTOBER FOR THE SPRING SEMESTER

Beginning October 2, Mrs. Everette and Mrs. Johnson will begin seeing students to discuss and plan what classes students will take in the spring semester. All students will be sent an appointment slip with the date and time of their advising appointment. The student will then need to be sure to talk with their instructor, to be sure that the time and date listed will work for missing that class. We are planning to have PPCC Advisors available to assist students with schedule planning and/or with degree questions. More information about the dates and times that PPCC Advisors will be coming soon. Remember, Campus Pathway Students must meet with either Mrs. Everette, or a PPCC advisor, in order for their schedules to be approved.

Parents will be getting invitations to attend Parent Advising Meetings on October 25 and October 26, during Parent Teacher Conferences. We hope to see all of you soon, so that we can discuss your student's academic progress, their planned schedule, and also to review and sign the Concurrent Enrollment Agreement.

Parents or students that need to reschedule appointments may do so by contacting Mrs. Marva at 328-2085 or at [Marva.Mackins@d11.org](mailto:Marva.Mackins@d11.org).

## ADDITIONAL UPCOMING IMPORTANT DATES FOR ECHS COUNSELING

**ASVAB Testing will take place on Oct. 11, see Mrs. Everette to register.**

**Enrollment Count Day Forms are due on Oct. 13 for Campus Pathway Students.**

**Our next ICAP Friday will be on Oct. 13.**

**Registration for Spring Semester with PPCC opens for all students on Oct. 30.**

**FAFSA completion night will take place on Nov. 1 from 5-7pm. Remember FAFSA is an ICAP Requirement and is therefore a graduation requirement for ALL Seniors.**

## ECHS COUNSELING GROUPS FOR 2017-18

The following groups will be available to any students who are interested. If you are interested in one of the groups, please complete the bottom of the form and return it to the Early College counseling office.

**+Grief and Loss**- The focus of this group will be finding supportive and constructive ways to manage feelings related to grief.

**+SURF- Strategies for Understanding Real Feelings**. The focus of this group will be on explore our responses to our feelings and learning technique to manage those feelings before they become overwhelming. How to identify our emotional needs and find positive outlets for meeting those needs. This group will be divided by gender. This group will meet weekly- Thursdays over lunch.

**+Stress and Time Management** The focus of this group will be on time and stress management skills- Learn specific ways to handle the many tasks and responsibilities that come with juggling all you have to do this year, including self -care.

**+Building You**- This group focuses on specific activities that offer an opportunity to grow as a leader, team member and build self - confidence. This group will included interactive activities and games.

Some of the group days and times are still being determined.

Feel free to contact us if you have question.

Kelsey Johnson –Counselor. 328-2097 [kelsey.johnson@d11.org](mailto:kelsey.johnson@d11.org) or

Renee Yoelin-Allen -School Social Worker. [renee.yoelin-allen@d11.org](mailto:renee.yoelin-allen@d11.org)





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(970) 239-1641**

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Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & a significant portion of your investment goes back to the school! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.



## CAREER PATHWAYS UPDATE

### THE CAREER PATHWAYS STAFF AND STUDENTS ARE OFF TO A BUSY START!

Over 3,000 middle and high school students gathered at Cheyenne Mountain Resort on September 14<sup>th</sup> and 15<sup>th</sup> for the **D11/D49 Annual Career Fair**. More than 80 programs and organizations were represented, including District 11's CTE programs, colleges, trade schools, military representatives, and businesses from a variety of career pathways and industries.

The **5<sup>th</sup> Annual RJWAC Car Show** was held on Saturday, September 16<sup>th</sup>. The community enjoyed live music, great food, and a variety of over 50 types of cars and motorcycles. The Car Show brought in over \$2,500 to be used for scholarships for auto students.

On September 21<sup>st</sup>, D11 and the Career Pathways program presented a **Cybersecurity Career Panel** for all D11 high school students. Over 225 students and staff from the District's high schools and RJWAC gathered to hear from business and industry leaders within the Cybersecurity field. The Career Pathway Career Panels are an opportunity for students to broaden their perspective to the scope of careers that exist within the different career clusters.

We will continue to offer these types of educational and career-based opportunities for our students throughout the school year. Please follow us on Twitter @PathwaysD11 and Instagram *pathwaysd11* to view pictures of these events.

Joy Griffin

Career Pathways Counselor



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Early College now offers MySchoolBucks, a convenient online service that allows you to securely pay for your student's meals, fees and purchase school-related items online using your credit/debit card. You can set up your account to alert you when your account balance is low, track meal history and set up automatic recurring payments.

Sign up now it's easy! Go to <https://myschoolbucks.com>. Create a secure account and never worry again about sending cash or checks with your student. For your convenience MySchoolBucks has a Mobile App you can download to your smart phone.

**CAR SHOW PRESENTED BY THE BIJOU SCHOOL &  
CAREER PATHWAYS  
2017 5TH ANNUAL CAR SHOW  
IN MEMORY OF BILL MAHAR**

It was a spectacular day! A special thank you to all of our incredible volunteers, Michael Chesire for his touching speech that brought many of us to tears, Gina Vasquez for volunteering her amazing family - and Marylyn Mahar for her heart-warming hugs that she so gracefully gave to so many of us.



[For photos and the Trophy List, please visit our official website by clicking here.](#)



*The attached photo below shows group work related to creating a list of 100 uses for a brick, which is more difficult than you would expect. This exercise grows creative IQ and teaches students to work in a team in order to achieve a goal.*

**PIKES PEAK COMMUNITY  
COLLEGE ADVANCED  
ACADEMIC ACHIEVEMENT  
("AAA") IS OFF AND RUNNING.**

AAA is a class designed to help students transition to the college environment. AAA helps students become aware of the many factors that can inhibit success at college. Examples of soft skills addressed include how to see the big picture of the benefits of college, self-discipline, time management and how to work in a group. Currently students are reading Malcolm Gladwell's *Outliers – The Story of Success* and writing in a weekly journal to facilitate there on personal success.

Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & a significant portion of your investment goes back to the school! Businesses that want to sponsor this school, please contact TSCA at [info@tscaschools.com](mailto:info@tscaschools.com) or 970-239-1641.



***It's Time for a Mortgage CHECKUP!***  
Is your mortgage as healthy as it can be?

When was the last time you took a good, hard look at your home mortgage? You could be due for a **free, no-obligation Mortgage Checkup.**

Give Robert McClean, Mortgage Loan Officer, a call today at 719.482.7812 for your free mortgage checkup.

\*First mortgages and refinances only. Second mortgages and HELOCs are not eligible for this promotion. Free appraisal applies to purchase and refinanced mortgage loan applications. To receive free appraisal, applicants must meet mortgage lending guidelines. This offer may end at any time. All loans subject to approval. Rate, term and conditions depend on credit qualifications. Equal Housing Lender. Federally insured by NCUA. Membership qualifications apply.

*Aventa*  
CREDIT UNION

### NEWS FROM PE!

Thank you parents for attending the open house! It was great to meet you all! I am excited about this school year and the material we will be exploring in classes!

KUDOS to the Yoga students!! They are doing a great job learning new poses and participating. As a reminder, students will be graded on participation/sportsmanship, dress, and attendance in PE classes. In October, the proper attire must be worn to earn all of the dress points for PE class.

Health class students had great skits to share with us last week. Thank you for doing this kids! It was great to have them practice refusal skills in class as part of the chapter objectives.

Again, you can find out what we do weekly by going to [planbook.com](http://planbook.com) if your child is enrolled in health or PE class.

Lynnette Woolley, ECHS, PPCC, CTE, NASM, Yoga  
Physical Education & Mathematics  
Transforming Health and Fitness in Education

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# Awareness Matters: Understanding Mental Health and Suicide

Hosted by  
Colorado Springs School District 11

Colorado Springs School District 11 is hosting community forums to address youth mental health and suicide.

**Who should attend:** Guardians of any District 11 student, community members, District 11 employees

**Cost:** FREE to any and all

Community partners will offer information on:

- Recognizing mental health issues and tools to support your family;
- Suicide awareness and prevention;
- Trauma, what is it and how to help;
- How to find the right counselor;
- LGBTQ and the deep need to be heard;
- Self-injuring behaviors and what it means;
- Personal story from an adolescent's successful recovery.

## Dates and Locations:

- September 21, Roy J. Wasson Academic Campus, 2115 Afton Way, 5:30-7:30 p.m.
- September 27, Doherty High School, 4515 Barnes Road, 6-8 p.m.
- October 4, Palmer High School, 301 N. Nevada Avenue, 5:30-7:30 p.m.
- October 11, Mitchell High School, 1205 Potter Drive, 5:30-7:30 p.m.

Community Resource Fair will begin at 5 p.m. each evening, with the exception of Doherty's, which will begin at 6.

Light refreshments will be available.

For additional information contact Cory Notestine,  
[cory.notestine@d11.org](mailto:cory.notestine@d11.org), 719-641-1768.



Depression and Bipolar  
Support Alliance

Colorado Springs  
Chapter



**INNOVA**  
Recovery Services

