



# CENTAURUS HIGH SCHOOL

## Warrior Weekly News

10/04/2024

### Quicklinks

- [CHS Website](#)
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- [BVSD Calendar](#)
- [Lunch Menu](#)
- [Student Council](#)
- [Warriors Booster Club](#)
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### Principal's Message

**Happy Homecoming Week, Warrior Community!**

I have seen a lot of incredible spirit in our students this week. Students did an amazing job dressing up to align with our spirit days. Powderpuff was super fun, especially with our In-N-Out Burger picnic before the start of the game. Watching the girls play some excellent flag football, and the senior team receive the win was a highlight of my first 10 weeks as principal. I have so much school pride, and I see so much pride in our staff, students, and families. It is so great to be a Warrior! A shout-out to the boy's junior and senior cheer teams. I watched them practice all week and they committed to the performance. I want to also acknowledge the disheartening behavior a few of our students have demonstrated, and I am hoping for some partnership in addressing the issues as a community. Homecoming week brings a tradition of TPing houses, which CHS and BVSD do not sanction, and, unfortunately, over the past two years, property damage has occurred at some of our Warrior family's homes because students have been bringing eggs, maple syrup, and fireworks to houses. I worry that our students are putting themselves and their families at risk for potential legal repercussions. We are also a community still

recovering from significant fire loss. At this point, students haven't been identified, and I have spoken with families who, although very gracious, are frustrated. I am asking for your cooperation in addressing these unacceptable actions and relaying the impact of this tradition on others. Thank you for any support. I know our students possess the truest HEART of a Warrior and I want to help them to build understanding and empathy around choices. I also want to stress the importance of making good choices at the weekend Homecoming game and dance. We all want our students to be safe and enjoy the festivities. Our dance-themed, Lala Land should be a blast!

Lastly, and WOW! We not only hit our goal for CASF, but we surpassed it! At this point, we have raised over \$40,000! I am in absolute awe of our community's generosity. I thank each of you from the bottom of my heart for supporting our school! Those funds will be used to enhance the learning of our Warrior students, while giving our teachers the opportunity to innovate and create exciting learning experiences for their students! Our Students! Bravo! Many Thanks! Muchas Gracias!

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## Important Dates



October 5- Homecoming Dance- 7pm @ Centaurus Gym  
October 14- No school- district professional development day  
October 15- Parent Teacher Conferences- Virtual- More info to come  
October 23- Parent Teacher Conferences- Virtual- More info to come  
October 25- Coffee with the Principal (date change from October 24)  
9AM@ Centaurus HS  
November 11- No school- Veterans Day  
May 17, 2025- Graduation- CU Events Center 4pm

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## What you need to know

### A message from the yearbook staff



The yearbook staff hopes this message finds you well and that your student is having a fantastic start to the school year! We have a couple of important updates to share regarding yearbooks and senior portraits. Yearbooks Are Now on Sale!

We are excited to announce that yearbooks for this academic year are now available for purchase. Capture the memories and milestones of this school year by ordering your copy today for just \$70. To place your order, visit [yearbookforever.com](http://yearbookforever.com) and follow the easy steps to secure your student's yearbook.

Senior Portraits Deadline

A friendly reminder that senior portraits are due by October 31st. These portraits are a significant part of our yearbook, and it's crucial that they are submitted on time to ensure they are approved and included. Please [visit our yearbook website](#) for more information on requirements and submission instructions.

We're looking forward to celebrating another fantastic year with our students and appreciate your support in making this a memorable one. If you have any questions or need further assistance, don't hesitate to reach out to the yearbook advisor at [brennaji@hns@bvsd.org](mailto:brennaji@hns@bvsd.org). Thank you for your attention to these important details!

## Staff Appreciation Committee



### Parent/Teacher Conference Meals

CHS families, we need your help! We would like to treat the staff to a few meals during the upcoming Parent Teacher conferences in October. If you would like to bring in some food or help set up, please stay tuned for a signup genius link in an upcoming WW. Or, if you would like to donate so we can purchase your items for you, please use this link: [LINK](#) Questions? Email Traci Kirk at [tracikirk1@gmail.com](mailto:tracikirk1@gmail.com).

### We Need Volunteers

*Are you looking to be involved at Centaurus but don't have much time? Consider The Staff Appreciation committee! This group has the best of both worlds with a minimal time commitment AND a very high impact! We are looking for volunteers to help with planning events that show CHS Warrior Family appreciation for our teachers and staff throughout the year, including meals during conferences and staff appreciation week in May. We're open to new ideas and new members who can commit to some virtual planning meetings and/or occasional attendance at appreciation events! Please contact Traci Kirk on the committee at [tracikirk1@gmail.com](mailto:tracikirk1@gmail.com) if you are interested.*

## Centaurus hosts the Colorado Bandmasters Association (CBA)



Monday, October 14th, we invite you to join us as Centaurus hosts the Colorado Bandmasters Association (CBA) North Regionals Qualifying Event. For 1A/2A/3A, performances begin at 3:15 PM and awards are presented at 5:00 pm. For 4A/5A, performances begin at 5:45 pm and awards are at 9:00 pm. The Centaurus performance will be on Monday, October 14th at 6:30 PM. Please visit our [website](#) for details!

## Sports/Clubs



### Centaurus Baseball

We are running a Silent Auction for 4 tickets to the CU Football game versus Utah on November 16th in Sec 106, Row 43. 4 pregame hospitality tailgate passes for the Varsity Room, 1 parking pass. Fair market value of \$1,425. Current high bid is \$600. Submit bids to <https://forms.gle/Xjh6GXTydinyBMJz9>.

Thank you for your consideration and support.

### Wrestling

Wrestling Preseason Practices are currently being held. If interested, please attend Monday and Wednesday 5-6:30pm. Please show up 15 minutes early to change and be ready.

### Female Wrestling

Hey there, future female wrestlers! Are you ready to break barriers and defy expectations? Join the Broomfield girls' wrestling team. Wrestling isn't just a sport; it's a community that empowers women to be confident, resilient, and unstoppable. Join our team and discover the thrill of competition, the camaraderie of teammates, and the personal growth that comes from pushing your limits. No experience necessary. Come learn the fundamentals, build your confidence, and become part of a supportive team. Wrestling is a sport for everyone. For more information you can contact Coach Johnston @ [jacob.johnston@bvsd.org](mailto:jacob.johnston@bvsd.org).



# WEEKLY SCHEDULE

## CENTAURUS ATHLETICS & ACTIVITIES

### OCTOBER 7 - 12



7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY
<p><b>11:30 AM: Boys Golf - State Championships (Go Will Berhost!)</b></p> <p><b>4:00 &amp; 6:00 PM: Boys Soccer vs. Niwat (Level C/JV/V)</b></p> <p><b>4:15 PM: Softball @ Loveland (Barnes Complex Fields at Fairgrounds Park)</b></p>	<p><b>4:30/5:30/6:30 PM: Girls Volleyball vs. Longmont (Red/Level C/JV/V)</b></p>	<p><b>4:00 &amp; 6:00 PM: Boys Soccer @ Frederick (Level C/JV/V)</b></p> <p><b>5:00 PM: BVSD is the Place to Be Showcase (CU Events Center)</b></p>	<p><b>9:00 AM: Boys Tennis @ Regionals (Regis Jesuit High School)</b></p> <p><b>4:30/5:30/6:30 PM: Girls Volleyball @ Horizon (Blue/Level C/JV/V)</b></p>	<p><b>9:00 AM: Boys Tennis @ Regionals (Regis Jesuit High School)</b></p> <p><b>3:30 PM: Cross Country @ Granite Peaks League Championships (Thornton Recreation Center)</b></p> <p><b>7:00 PM: Football vs. Gateway (V)</b></p>	<p><b>10:00 AM: Football @ Gateway (Level C/JV)</b></p> <p><b>11:00 AM &amp; 1:00 PM: Softball @ Battle Mountain (V &amp; JV)</b></p> <p><b>SUNDAY - Mountain Biking @ State Championships (Glenwood Springs)</b></p>

## Grad Plus



Have you heard about our BVSD Grad Plus Framework? Want to hear more about the opportunities offered to your student? Check out the [LINK HERE](#) to read about

- Free College Credit
- Seal of Biliteracy
- Industry Certifications
- Work Based Learning
- Got questions? Email our school Grad Plus Site Lead on [wendy.pearson@bvsd.org](mailto:wendy.pearson@bvsd.org)

## College Planning



Upcoming college /Post-Grad Visits  
[Link to colleges and dates](#)

## Advisory Update



October 10, 2024  
 9th-11th Grades- Tutor Time  
 12th- Tutor Time and Graduation Cards

## Mental Health Moment



### Mindfulness

*Mindful* is such a trendy word nowadays. I hear it thrown into everyday conversation. "I need to be more mindful about what I eat". "I need to be more mindful about the way I speak to my children". While those are definitely appropriate ways to use the word, I wonder if people really know the meaning and more importantly, ways to practice it.

[This article to Psychiatry.org](#) "Mindfulness is about living in the moment, not dwelling too much on the past or thinking and stressing about the future. It is about being completely aware of what's happening in the present—what is going on inside and what's happening around you. It encourages you to pay attention to your thoughts, your actions and your body."

If you are like me, that sounds so peaceful and amazing, and maybe a little hard to do with the pressures of our day to day life. [Here are some great ideas from Healthline](#) on ways to practice Mindfulness in our everyday life and at every age. This article has resources for apps that teens (and adults) can use to support Mindfulness and help us practice this helpful way of thinking and being.

As always, here at Centaurus, the Counseling Department is also here to help. All students are welcome to visit the Wellness Center to learn more about Mindful practices, or contact us for more information or support. Please find more information about us and how to contact us on our [website](#).

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## Athletics/Activities News







### Boys Golf



**Congratulations to junior Will Berhost on qualifying for the 4A State Golf Tournament! Will survived a three-person playoff at the Region 3 tournament at Pelican Lakes yesterday in some tough conditions!**

**The state tournament will take place October 7th and 8th at Tiara Rado Golf Course in Grand Junction.**

## Girls Volleyball

Frederick		Centaurus
<b>Golden Eagles</b>		<b>Warriors</b>
	<b>0</b>	<b>3</b>
	 /  /  / 	
<p>The Centaurus (Lafayette, CO) varsity volleyball team won Monday's home conference match against Frederick (CO) by a score of 3-0.</p>		

**Girls volleyball got the 3-0 win over Frederick!**

## Centaurus Marching Band



Marching band took home 1st place in 4A at the Monarch Festival!

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## Celebrating Centaurus Seniors



### Messages for Class of 2025

#### Graduation Date

The district office approved BVSD graduation dates on 10/01/24. Centaurus Graduation Date- Saturday, May 17, 2025- 4pm @ [CU Events Center](#)

#### Senior Portraits Deadline

A friendly reminder that senior portraits are due by October 31st. These portraits are a significant part of our yearbook, and it's crucial that they are submitted on time to ensure they are approved and included. Please visit our [yearbook website](#) for more information on requirements and submission instructions.

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## Getting to know your Centaurus Team

## Alvaro Fernandez Maldonado, BSN, RN- School Nurse



Hi! My name is Alvaro Fernandez, and I'm the new Nurse Consultant at Centaurus. I've been working as a nurse in hospital settings for the last 5 years, and I'm excited for my first year as a school nurse. I'm originally from Mexico, moved to the US in 2012 and then moved to Colorado in 2019. Colorado was a no brainer since I love being outside- running, camping, playing soccer, skiing and recently started fly fishing. I'm always looking for a new hobby to be outside. I'm looking forward to connecting with all of you and being part of the CHS team.



### District News

#### **October Count matters, but observing Religious Holidays Won't Impact Your Public Schools' Funding**

The Colorado Department of Education and the Boulder Valley School District recognize and value religious holidays for our student families. Early October is the timeframe when all schools statewide count their students in attendance, in order to receive funding from the state.



When religious holidays fall within that time frame, sometimes families worry whether their students would be counted if they observe the holiday and do not bring their student to school. Public education uses an 11-day window to ensure every eligible student is counted. Families should feel secure that they can celebrate important holidays and not impact their schools.

## **BVSD Showcase Wednesday, October 9**

This Fall, BVSD will once again offer a one-stop shop for students and families to learn more about everything its schools and district have to offer. Whether new to the area or just curious about BVSD, all are invited to the CU Events Center on Wednesday, October 9 from 5-8 p.m. during the [BVSD is the Place to Be Showcase](#).

Representatives from all 56 schools will be in attendance, as well as Enrollment, Transportation, Sustainability, Community Schools, Gifted and Talented and Special Education departments to share about their services and answer questions. Along with free, delicious food from BVSD's School Food Project! Learn more on the [BVSD Showcase webpage](#).

There will be free parking available near the Event Center and [free shuttle service from locations around the district: north and east Boulder, Lafayette/Louisville, and Broomfield](#).

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10300 South Boulder Road, Lafayette, CO 80026  
Main Office: 720-561-7500 / Attendance Line: 720-561-5358

*Icons used found at [flaticon.com](#)*

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Boulder Valley School District (BVSD) would like to continue connecting with you via email. To set preferences for which types of messages are sent to your email address, activate your free [InfoCenter](#) account. If you prefer to stop receiving emails from BVSD, follow this link and confirm: [Unsubscribe](#). Please note that if you unsubscribe, your email address will be placed on the "blocked list" for the remainder of the current school year and will no longer receive BVSD school or district emails that are distributed through our SchoolMessenger service.

SchoolMessenger is a notification service used by the nation's leading school systems to connect with parents, students and staff through voice, SMS text, email, and social media.

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Cathy Kakavas