



CENTAURUS HIGH SCHOOL

Warrior Weekly News

10/11/2024

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Principal's Message

We have our first night of parent teacher conferences on Oct 15th. Since your student's success is our ultimate goal, this initial conference offers you the opportunity to check in and make sure your student is on track, making progress and/or possibly needing additional support. And if that is the case, I know together we can work to support your student, so they are back on the path towards success.

I also want to remind parents and guardians that our teachers are available to support their students every Tuesday and Wednesday during 5th and 6th period at the end of the day. This is called Academic Time and our teachers are available either 5th or 6th depending on their schedule. Academic Time

is the last hour and twenty minutes of the day and teachers can work with students.

Lastly, our BVSD The Place To Be Showcase was a success this past Wednesday. We had student ambassadors from cheer, poms, IB, Art, and Engineering. It was amazing to see our Warriors shine and also to share with potential Warrior families their experience at CHS. I continue to be proud of who we are and what we stand for together as Warriors and it is amazing to see the reputation our school has gained. It is great to be a Warrior.

I hope you get a chance to enjoy the beautiful fall weather on this amazing three day weekend.

Important Dates



October 14- No school- district professional development day
October 15- Parent Teacher Conferences- Virtual- 4pm-8pm
October 23- Parent Teacher Conferences- Virtual- 4pm-8pm
October 25- Coffee with the Principal (date change from October 24)
9AM-Centaurus High School
November 11- No school- Veterans Day
May 17, 2025- Graduation- CU Events Center 4pm

What you need to know

Band Regionals at Centaurus HS



October 14th is the Colorado Bandmasters Association's North Regionals Competition, hosted right here at CHS! Twenty bands will be competing starting at 3:15 PM.

The Centaurus Band performs at 6:30 PM! For detailed information, please check out the website at <https://centaurusband.org/cba-north-regionals/>

Please be advised about parking restrictions on October 14th:

There will be no student activity or athletics parking in the lot. Students can be dropped off and picked up in the circle only until noon. After 12:00 PM, they must be dropped off or picked up off site.

Parent/Teacher Conferences



Parent teacher conferences will be held virtually on October 15th and October 23rd. You received an email on October 10th inviting you to reserve a time slot to meet with your students' teachers.

If you are satisfied with your students' progress in class, feel well informed and don't have any questions, please know that you are not required to have a conference. These conferences really are for parents and teachers to discuss students who need additional support in the class, or if you have specific issues or questions that you want to address. Also, if you just have a quick question for a teacher, please feel free to send them an email directly.

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 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 brenna.johns@bvsd.org. Thank you for your attention to these important details!

Congratulations to this years 24/25 DECA Warriors



Congratulations DECA!
[Read the details here](#)

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 use this [signup genius link](#). 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.

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 if you are interested.

College Planning



Colorado Free Application Days October 15-17

The 2024 Free Application Day\$ are October 15 – 17th.

All online admission applications have the ability to save work in progress.

Some will ask you to submit codes,

Others will ask you to select an answer from a dropdown menu, and

Some have no special instructions or have no fee year-round.

Please read the instructions carefully as you prepare to submit applications.

Counselors will be available for drop-in help:

Tuesday 10/15 All day in the Counseling Corner and after school until 5:00

Wednesday 10/16 All day in the Counseling Corner, before school from 7:30-9:30 and after school until 5:00

Thursday 10/17 All day in the Counseling Corner and after school until 5:00

Please note: The free application days are not an admissions deadline. Only the student portion of the application needs to be submitted on this day to waive the application fee. Letters of rec, school reports, and transcripts can be sent later and are not due on this day.

[Free application day video](#)

[Free application day instructions](#)

College Fair at Broomfield High School

[Link to information](#)

Upcoming college /Post-Grad Visits

[Link to colleges and dates](#)

Sports/Clubs



Centaurus Winter Sports Registration

The first official day of practice/tryouts for Winter Sports is Monday, November 18th.

We will open registration for all Winter Sports on Monday, October 14th.

A copy of a current physical is part of the registration form and needs to

be uploaded into the registration system. Physicals are considered valid for 365 days.

Here is the registration link: [2024-2025 Winter Sports Registration Link](#)

Payment for Winter Sports is made through the RevTrak System under Team Sports Items. [Winter Sports Participation Fee](#)

Winter Sports include: Boys and Girls Basketball, Girls Swimming, and Boys Wrestling. [CHS Winter Sports Team Information](#)

There are district teams for Skiing (hosted by [Nederland](#)), Girls Wrestling (hosted by [Broomfield](#)) and Ice Hockey (hosted by [Monarch](#)).

Registration for these sports can be found at the host school's athletic websites.

If you have any questions, please call the Athletic Office at (720) 561-5369 or email

randy.herbstreit@bvsd.org

[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/Vjh6GXTydinyBMJz9>.

[Attention ALL Skiers - important information below! Do not miss these deadlines!](#)

High School Alpine Skiers

There will be a required virtual informational meeting for High School Alpine Skiers & Families on Tuesday, October 22 @ 6 pm [via this Zoom Link](#). [Registration](#) will open the morning of October 28 and it will close at noon on Friday, November 15. Late registrations will not be accepted. If you are unable to attend the meeting, contact Coaches [Joshua Lynch](#) and [Krista Crabtree](#) no later than Friday, October 25.

High School Nordic Skiers

There will be a required in-person informational meeting for High School Nordic Skiers & Families on Monday, October 28 @ 6 pm at Nederland Middle-Senior High School. [Registration](#) will open the morning of October 28 and it will close at noon on Friday, November 15. If you are unable to attend the meeting, contact Coach [Dan Vardamis](#) no later than Friday, October 25.

 <h1 style="text-align: center;">WEEKLY SCHEDULE</h1> <p style="text-align: center;">CENTAURUS ATHLETICS & ACTIVITIES</p> <p style="text-align: center;">OCTOBER 14 - 19</p> 	
14 MONDAY	<p>4:00 PM: Football @ Gateway (Level C/JV)</p> <p>5:00 PM: Marching Band - CRA North Regionals (Spangenberg Field)</p>
15 TUESDAY	<p>4:00 & 6:30 PM: Boys Soccer vs. Skyline (Level C/JV/V)</p> <p>4:30/5:30/6:30 PM: Girls Volleyball vs. Holy Family (Blue/Level C/JV/V)</p>
16 WEDNESDAY	<p>NO EVENTS SCHEDULED</p>
17 THURSDAY	<p>9:00 AM: Boys Tennis - SA State Championships (Denver Tennis Park)</p> <p>4:00 PM: Boys Soccer vs. Longmont (Level C - grass field)</p> <p>4:00 PM: Football vs. Broomfield (Level C/JV)</p> <p>4:30 & 6:30 PM: Boys Soccer @ Longmont (JV & V)</p> <p>4:30/5:30/6:30 PM: Girls Volleyball @ Erie (Blue/Level C/JV/V)</p> <p>7:00 PM: Football @ Grand Junction (V)</p>
18 FRIDAY	<p>9:00 AM: Boys Tennis - SA State Championships (Denver Tennis Park)</p>
19 SATURDAY	<p>8:00 AM: Girls Volleyball - Level D Invitational</p> <p>9:00 AM: Boys Tennis - SA State Championships (Denver Tennis Park)</p>

Grad Plus



Attention Chinese, and Japanese language speakers, readers, writers and listeners!

If you would like to sign up for the AP Chinese exam, please drop off a check at Fairview’s main office. Make the check out to “Fairview High School” in the amount of \$99 (or request a fee waiver) with “AP Chinese” and the student’s name as registered with the College Board/AP in the memo line. AP Chinese exam registration is not on RevTrak. Please make sure that you are in touch with Nettie Welk at nettie.welk@bvsd.org about taking the exam. After dropping off the check, the student will then need to [login to the College Board/AP system](#) (or create an account) and enter the Join Code provided by Ms. Welk. The Join Code step is required in order to receive the exam. The last day Mr. Weber will accept \$ will be Thursday, October 31, 2024. AP Chinese Language and Culture will be on Friday, May 9, 2025. The exam will be administered at the BVSD Education Center at **6500 Arapahoe Avenue** in Boulder. The exams are open to all BVSD students, (not just Fairview), so please spread the word. Interested in taking the AP Japanese exam? Please contact erika.james@bvsd.org and cc nettie.welk@bvsd.org. Let me know if you have any questions. Wendy.Pearson@bvsd.org

Advisory Update



- October 17
- 9th-SMART Goals
- 10th- Game Day
- 11th- Career Interest Profiler
- 12th- College App Day

Mental Health Moment



What is anxiety?

Anxiety is a common feeling that so many people experience. It can be an emotion that almost all of us have dealt with, it can also be a frequent experience that impacts our life. You might feel a mix of nervousness,

worry, and unease about something with an uncertain outcome. Situations like waiting to hear back about a job interview or preparing for a big test can trigger anxiety. Unfortunately, anxiety doesn't always have an identifiable trigger, and anxiety can linger and become a regular part of your life. It can affect your everyday activities and bring a wide range of symptoms along with it.

Symptoms of anxiety can include:

Aches and pains / Physical inactivity / Change in appetite / Inability to focus and concentrate / Irritability / Difficulty sleeping / Rapid heartbeat and breathing /

Sweating

Understanding the symptoms of anxiety can help you learn how to manage them. One effective way to do this is through breathing exercises specifically designed for calming anxiety.

Breath work can have a powerful effect on our nervous system. The nervous system is the complex network that controls everything we feel and do. Breathing exercises can impact our nervous system in the following ways:

Slowing your [heart rate](#)

Lowering your [blood pressure](#)

Increasing [oxygen flow](#)

According to [Calm](#), when you practice deep breathing techniques regularly, your body starts to learn a new pattern. Over time, this can lead to a general feeling of calm and relaxation, making it easier to handle moments of anxiety when they arise. [These specific breathing techniques](#) from [www.Calm.com](#) are proven to help decrease the intensity of our anxiety experience.

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](#).

Athletics News

Hurricane Relief



Thank you to everyone who helped contribute to Jacoby Ennis' Asheville Hurricane Relief fund last Friday at our Homecoming game. Jacoby graduated last year and is participating in Cross Country and Track & Field at UNC Asheville. Thanks to your generosity, Jacoby was able to raise over \$1,700!

Boys Golf



Will Berhost represented Centaurus at the 4A State Golf Championships at Tiara Rado Golf Course! Congratulations to Will on an incredible season - the future is bright for our boys golf program!

Girls Volleyball



Our annual Dig Pink game to promote breast cancer awareness was a success! Thank you to everyone who supported this endeavor, especially the Lamprecht family for their generous donation towards the purchase of new pink jerseys!

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

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Getting to know your Centaurus Team

Rebecca Her Many Horses- ELA Teacher



Hello Warriors,

My name is Mrs. Rebecca Diaz Her Many Horses, and this is my 5th year at Centaurus and my 13th year teaching high school! I teach AP Language and Composition, LA9, AVID11, and Ethnic Studies.

I was born and raised in Denver, graduated from CU-Boulder with a plethora of degrees, and I've lived in Lafayette for over a decade now with my husband Ian, and our two daughters, Carmen and Sonya, whom I often bring to our school events.

I love to read, write, dance, knit and crochet. I'm currently reading "The Fox Wife" for my Independent Reading Book and getting ready to teach the graphic novel, "The Magic Fish" with our amazing LA9 team. If you need any book recommendations, please let me know, I love talking about books!



District News

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