



CENTAURUS HIGH SCHOOL

Warrior Weekly News

10/18/2024

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Principal's Message

Our first set of parent-teacher conferences happened this week. I hope you were able to schedule your meetings, but if not, we do have a second set of conferences slated for 10/23. I would also like to say thank you to our Teacher Appreciation team of parents. We are so grateful to the generosity of parents in supplying burritos and coffee to our staff the morning after. Over the past couple of weeks, I have been visiting classrooms and seeing some incredible work done by our teachers. Here is a bit of the exciting learning opportunities, I have seen:

- I had bubbles in my hand that were lit on fire as part of a cool experiment in Mr. Taylor's IB Chemistry class. It was awesome to watch as students took turns, their eyes aglow with complete awe. Students are connected to their learning.
- I watched Craig Hoeltgen's students race their remote-controlled Vex cars that they constructed down a hallway as part of Computer Integrated Manufacturing (Engineering). They were able to design, construct, and

then race! Playful competition and laughter is always appreciated.

- I watched students in the final stages of constructing their model homes in Civil Engineering & Architecture. The home models contained incredible detail. Students working together to collaborate, construct and provide such beautiful nuances of Tudor, Prairie style, Victorian, Shed, and Greek Architecture Revival styles.
- I assisted our SPED team during a co-taught Unified Art class. The students were creating fall pumpkin designs under the guidance of Mrs. Flynn and Mrs. Roberts and two amazing paras. The class has peer mentors too. There was so much joy in that classroom and an active avenue for connection between our students. It truly demonstrates the HEART of our students and teachers here at CHS.
- Mrs. Ferguson made the problem-solving of numeracy a game of strategy and reasoning with numbers in her Pre-Algebra class. Students were building community, laughing, and competing together, and the best part, they were explaining their strategic thinking. I love seeing that kind of risk-taking and confidence in our students.
- Mrs. Dunbar was leading seniors through analysis of different student college essays, getting them to intentionally think about why the essays were strong, and why the admissions committee accepted that student to be a part of their campus. This also resonated with the students I talked to because they were learning how to tell their stories to future institutions of their choice and how their stories could impact decisions.
- And today, two students brought me a “tissue” box that had been designed to teach about the different layers of skin with Eczema in Anatomy class. I know it sounds gross, but it is the coolest thing to see with its pipe cleaner follicles, ball of yarn for hair, and macaroni for fat tissue. Craig Weinhold is pretty famous for his play on words, and this project is a tissue box that is transformed into layers of skin tissue.

These are just a few of the wonderful things that are happening here at CHS and from time-to-time, I will share what I am seeing with you all. What I was able to summarize is that connection is happening. Connection to a trusted adult, connection to their peers, and best of all, connection to their learning. We have an exceptional staff of innovative and forward-thinking teachers who work hard to support students no matter where they begin and maximize their student’s limitless potential.

Important Dates



October 23- Parent Teacher Conferences- Virtual- 4pm-8pm
October 25- Coffee with the Principal (date change from October 24)
November 11- No school- Veterans Day
November 25-26- No school- fall conference exchange days
November 27-29- No school- Thanksgiving break
May 17, 2025- Graduation- CU Events Center 4pm

What you need to know

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.

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



[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

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 Wednesday, October 23 @ 6pm 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 OCTOBER 21-26</p> 					
21 MONDAY NO EVENTS SCHEDULED	22 TUESDAY 4:00 & 6:00 PM: Boys Soccer @ Mead (JV/V) 4:00 PM: Boys Soccer vs. Mead (Level C) 4:30/5:30/6:30 PM: Girls Volleyball vs. Skyline (Level C/JV/V)	23 WEDNESDAY NO EVENTS SCHEDULED	24 THURSDAY 4:00 & 6:00 PM: Boys Soccer vs. Silver Creek (Level C/JV/V) 4:20 & 4:55 PM: Cross Country @ Region 3 Championships (Broomfield County Commons) 4:30/5:30/6:30 PM: Girls Volleyball @ Fairview (Red/Level C/JV/V)	25 FRIDAY 7:00 PM: Football @ Sand Creek (V)	26 SATURDAY 11:00 AM: Football vs. Sand Creek (Level C/JV) TBD: Marching Band State Championships (Air Force Academy)

Grad Plus



We are excited to share that Impact On Education's Career Readiness Academy will be hosted at Centaurus High School again this year. The Career Readiness Academy is a series of 10 workshops that introduces future opportunities and helps students develop professional skills and tools. It includes workshops on professional communications, purpose and interests, career pathways, mock interviews, and more. CRA is open to tenth grade students and we hope to have a cohort of around 25-30 students. [Applications](#) are open now and are due by the end of the day on Friday, October 18th. Students are each rewarded with a \$300 stipend. For more information, pls connect with Denise Zapata on denise@impactoneducation.org

CLEP TESTS AT CHS- You don't want to miss this!!

Centaurus High School Students are invited to take a CLEP test at CHS on October 23, and 24, 2024. Places are limited, and seniors/juniors may be prioritized.

A CLEP test (paid for by Impact on Education) can give a student FREE college credit that will save them time and \$\$\$ when they go to college. There are many CLEP exams that can be taken. [Check out the list HERE!](#)

Many, many colleges accept the CLEP test credits!
Feel free to [check out your college CLEP policy HERE.](#)

If you are interested in taking a CLEP test, please connect with our CHS Grad Plus Site Lead, as soon as possible. Wendy.Pearson@bvsd.org

<https://clep.collegeboard.org/clep-benefits-for-everyone>

Senior Parents: Graduation Fees are moving to Revtrak



Please log in to Revtrak and click on the tile labeled [Centaurus High Graduation Fee here](#) to pay your senior's graduation fee. It used to get billed through Infinite Campus, but this year we are shifting to Revtrak. This fee pays for the beautiful CU Events Center facility rental and for

ceremony expenses. The fee for your senior is \$50. Families who already qualify for financial assistance, do not have to pay for this fee. If you have already paid on Infinite Campus, you are all set for this year.

CAP Outdoor Leadership Class



Last week, our CAP Outdoor Leadership Class embarked on an unforgettable camping trip to Allenspark! Students delved into essential skills, learning about knife safety and honing their whittling techniques. They also gained valuable experience in reading topo maps, with some even picking up new language skills along the way.

One of the trip's highlights was a magical night hike, where we were treated to the stunning spectacle of the aurora borealis lighting up the sky. The evening was filled with laughter and camaraderie as we gathered around the campfire, playing games and sharing stories.



Advisory Update



October 24
9th-12th- Tutor Time

Mental Health Moment



Anxiety (again)

As we all know, anxiety is on the rise in our country. We all experience it, but some of us have anxiety that impacts our lives and affects our daily functioning. Over the next few weeks, this Weekly Warrior Mental Health Moment is going to highlight different techniques that can decrease or help relieve symptoms of anxiety. Different techniques work for different people. Try some of these out, encourage your students to try some of these out, and see what works!

Bilateral stimulation has been used in EMDR trauma therapy for years. It is now showing a positive impact on managing symptoms of anxiety as well. According to [this article](#) from Maple Canyon Therapy, "bilateral stimulation just means stimulating alternative sides of the brain. We do this all the time without knowing it. Some examples of bilateral

stimulation are walking, snapping our fingers back and forth, tapping one knee at a time, juggling, typing, dancing, reading, etc. When we want to help with calming, we use slower bilateral stimulation. This can decrease anxiety by creating distance between worry and stress and helping you relax. Finding a bilateral stimulation activity that you enjoy can be a helpful approach to take. I have had clients who enjoy playing the piano, taking the dog on a walk, dancing to music, listening to music on earphones, etc.”

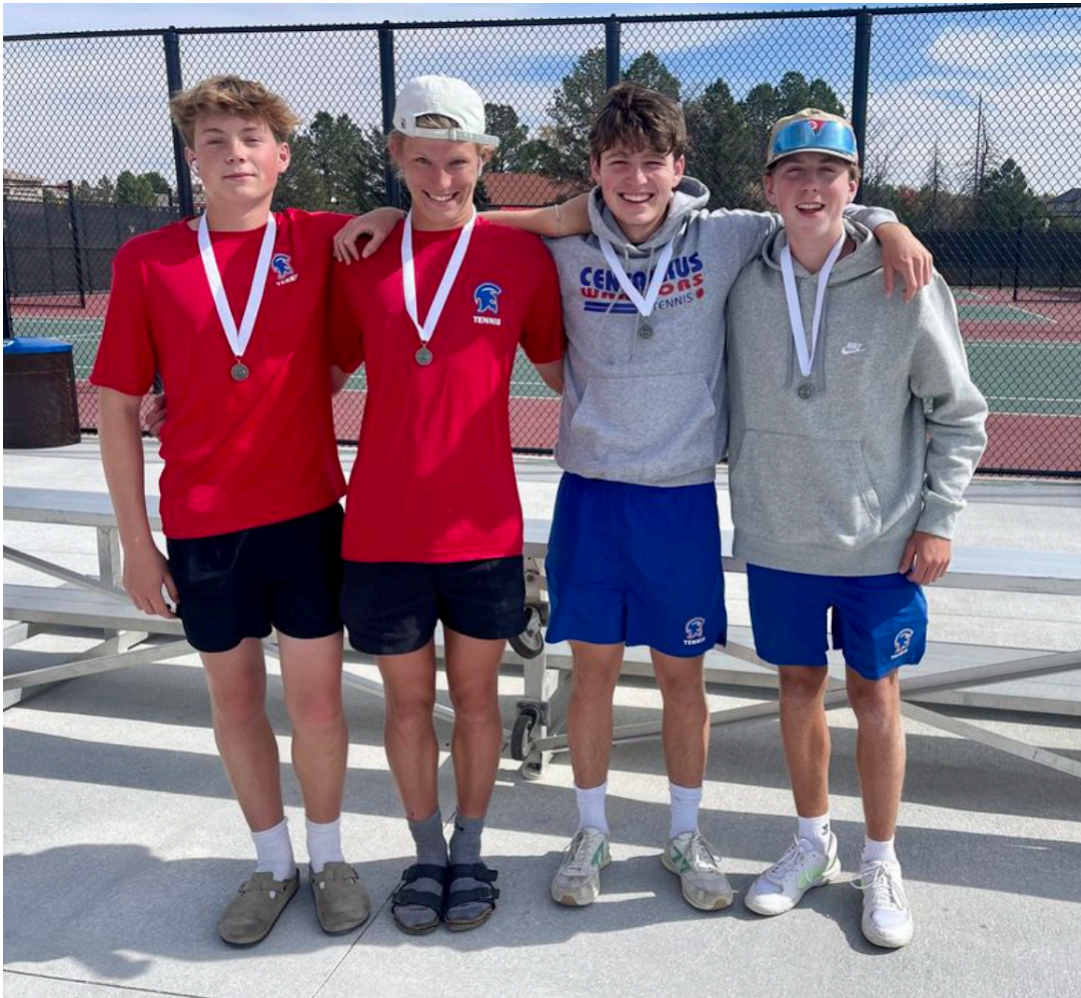
There are also youtube videos [like this one](#), that demonstrate bilateral tapping techniques. Streaming apps such as Spotify and Amazon also have “Binaural Beats” that have a similar relaxing effect when listening. More on that one next week.

Spend as much time as necessary trying different techniques to ease your anxiety. If you are interested in learning more about bilateral stimulation, here is [another article from Very Well Mind](#).

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

Boys Tennis



Congratulations to our boys tennis team on their 3rd place finish at the Region 2 tournament today! The boys missed out on a 2nd place finish by just two team points!

The Warriors will be sending two doubles teams to the 5A State Championships next week at Denver Tennis Park:

No. 2 Doubles - Wyatt Chapman and Finn Moriarty

No. 3 Doubles - Miles Booker and Henry Messenbaugh

Softball



Softball wrapped up their 2024 campaign with an impressive 11-1 victory over Battle Mountain on Senior Day! Shout-out to Cheer for stopping by to support our team!

Football



Football got back on the winning track with a 40-0 home league victory over Gateway!

Girls Volleyball



Girls volleyball got the 3-1 win over league opponent Holy Family!

Celebrating Centaurus Seniors



Messages for Class of 2025

Graduation Date

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.

Senior Parents: Graduation Fees are moving to Revtrak

Please log in to Revtrak and click on the tile labeled [Centaurus High Graduation Fee here](#) to pay your senior's graduation fee. It used to get billed through Infinite Campus, but this year we are shifting to Revtrak. This fee pays for the beautiful CU Events Center facility rental and for ceremony expenses. The fee for your senior is \$50. Families who already qualify for financial assistance, do not have to pay for this fee. If you have already paid on Infinite Campus, you are all set for this year.

Getting to know your Centaurus Team

Coy Decker- Resource Special Education Teacher



Hi everyone! My name is Coy Decker, and I am a Resource Special Education teacher at Centaurus. I've been teaching for 20+ years, in BVSD for 18 years, and at Centaurus for 12. I'm originally from Miami, Florida. I graduated from Eckerd College and received my master's from Nova Southeastern University. In 1998 I packed up my car and moved to Colorado when I needed a change from the heat and humidity. My husband, our dog, and I live on an acre of land in the Foothills of Boulder. When I am not teaching, I enjoy mountain and gravel biking, walking my dog, going to my CrossFit gym, cooking, hanging out on my deck at the house, and watching football.



District News

Autism Society of Boulder County

Autism Society of Boulder County is hosting monthly parent groups for parents of Autistic tw/teens- [Details](#)

*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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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