



CENTAURUS HIGH SCHOOL

Warrior Weekly News

10/25/2024

Quicklinks

- [CHS Website](#)
- [School Calendar](#)
- [BVSD Calendar](#)
- [Lunch Menu](#)
- [Student Council](#)
- [Warriors Booster Club](#)
- [Band Boosters](#)

Principal's Message

We find ourselves a little over halfway through the fall semester and deep into the year that is October. I can see the light of November ahead, and we are digging deep to find the stamina and drive to finish this semester!

The first thing that I want to touch upon is Halloween and student costumes. I love a great costume and I love creative expression, and, there are a few things that are not allowed at school, so factoring those into the costume design plan is essential: Students cannot have face paint or masks that cover the entire face as it gets in the way of safely identifying our students. The other big no, no is any form of weaponry, whether it is real or fake. The last foundational piece is that all costumes need to follow the District dress code, [JRDC](#). Please make sure to share these guidelines with your student as they are planning their costumes, and Happy Halloween week!

Second, I want to take a second to thank the Staff Appreciation Committee for feeding staff during Parent-Teacher Conferences. Thank you so much, parents! I know those

burritos and grab-n-go meals went a long way in showing our teachers how much parents value their partnership, so thank you to all of our community members who contributed.

Last, in the shadow of both parent-teacher conference nights, I also want to remind parents that if you have concerns about your student's progress, we have multiple programs in place to support our students, academically. For instance, the 5th and 6th-period blocks at the end of Wednesday and Thursday are access time for students to work directly with their teachers and get support as needed. Please encourage your student to attend those sessions or to arrange a time to meet with their teacher to get the support they need during another

prearranged time. Our students have limitless opportunities and potential, so let's help them build the habits to maximize their learning!

Important Dates



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

Centaurus Art News

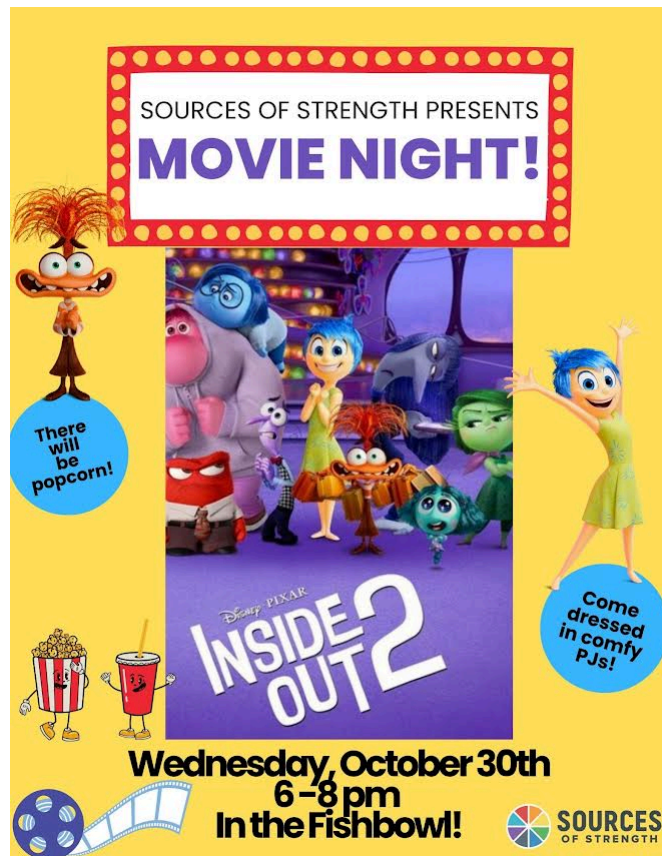


Centaurus pottery students have been invited to show their work at the 2024 Boulder Potters' Guild Fall show and sale. CHS student pottery will be on display during the show and sale which runs from Thursday Nov. 7 to Sunday Nov. 10. The show and sale is held at the Boulder County Fairgrounds at [9595 Nelson Road](#) in Longmont. Show times are 10 am - 8 pm on Thursday Nov. 7 and Friday Nov. 8, 9am - 6 pm on Saturday Nov. 9 and 10 am - 4 pm on Sunday Nov. 10. For more information please see Boulder Potters Guild website at www.boulderpottersguild.org.

Sources of Strength



Sources of Strength will be hosting a viewing of Inside Out 2 on October 30th in the fishbowl at 6 pm. Dressing comfy and cozy is highly encouraged and there will be popcorn! SOS is a club at CHS where students discuss mental health issues, suicide prevention, student strengths, and best practices to support their peers. SOS is hoping that the viewing of Inside Out 2 will help to spark conversation about teen mental health and the importance of naming emotions.



Lost and Found



Please check the lost and found bins located outside the fishbowl and in the gym. All unclaimed items will be donated at the end of the semester.

Bike Index



Bicycle Registration

The City of Lafayette Police Department has partnered with Bike Index, the most widely used and successful bicycle registration service in the world.

[Details here](#)

Booster Club Meet Up




**CENTAURUS WARRIORS
BOOSTER CLUB
MEET UP**

Join us for a raffle drawing!

Come talk with the board, meet fellow members, and help us continue making a positive impact for our students.

November 13, 2024
06:00pm - 08:00pm

 **Odd 13 Brewing**
301 E Simpson St.
Lafayette, CO 80026

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.

WEEKLY SCHEDULE CENTAURUS ATHLETICS & ACTIVITIES OCTOBER 28 - NOVEMBER 2					
28 MONDAY 5:00 PM: National Honor Society Induction (Auditorium)	29 TUESDAY 4:30/5:30/6:30 PM: Girls Volleyball vs. Broomfield (Blue/Level C/J/V/V)	30 WEDNESDAY NO EVENTS SCHEDULED	31 THURSDAY 3:30: Boys Soccer vs. TBD (Round 1 - 4A State Playoffs) 4:30/5:30/6:30 PM: Girls Volleyball @ Fairview (Red/Level C/J/V/V) 7:00 PM: Football vs. Thornton (V)	1 FRIDAY NO EVENTS SCHEDULED	2 SATURDAY 8:00 AM: Girls Volleyball @ Rangeview Invitational

Grad Plus



EARN FREE COLLEGE CREDITS! Enroll in spring [District Select courses!](#)

District Select courses . . .

are free college courses for BVSD students

are taught either asynchronously online, or at a BVSD high school after school

offer students both high school graduation credit *and* Front Range Community College credit

most courses offer GT college credit = guaranteed to transfer to any public college in CO, and many out of state schools

start on January 21st

For information on how to sign up, please contact Wendy Pearson, our school Grad+ site lead at wendy.pearson@bvsd.org

Advisory Update



October 31st
9th-12th- Climate Survey

Mental Health Moment



Anxiety (continued)

We are continuing our short series on highlighting various techniques to decrease symptoms of anxiety. As promised from last week, today we are talking about Binaural Beats. According to [this article from WebMD](#), “a binaural beat is an illusion created by the brain when you listen to two tones with slightly different frequencies at the same time.” It is a really cool science that “tricks” our brain.

According to Healthline, “Binaural beats are claimed to induce the same mental state associated with a [meditation practice](#), but much more quickly. In effect, binaural beats are said to:

- reduce [anxiety](#)
- increase focus and concentration
- lower [stress](#)
- increase relaxation
- foster positive moods
- promote creativity
- help [manage pain](#)".

Read the full article [here](#) for more information on the research and the ways to use binaural beats. Streaming apps such as Spotify and Amazon also have “Binaural Beats” that have a similar relaxing effect when listening. Try some of these out, encourage your students to try some of these out, and see what works!

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 techniques to manage anxiety, or contact the counseling office for more information or support. Please find more information about us and how to contact us on our [website](#).

Drop In Tutoring Schedule



Math Drop-In Tutoring is back! Free math tutoring for students will be offered Tuesday mornings 7:45-8:30 in the Math Office and Tuesday afternoons 4:00-4:45 in room 227. Students of all math classes are encouraged to attend.

Athletics News

Mountain Biking





Congratulations to Taavi Snapp and Jack Leavell on their 1st and 2nd place finishes at the Colorado Mountain Biking State Championships in Glenwood Springs. Additionally, our Mountain Biking team earned the Golden Pick for the second year in a row. This award goes to the team that commits to the most volunteer hours over the course of the year. Way to go Warriors!

Boys Soccer





Boys soccer improved their overall record to 9-3-2 with victories over Skyline (2-0), Longmont (2-0) and Mead (4-0)!
Boys soccer got the 2-0 win over Skyline on Senior Night!

Girls Volleyball



Girls volleyball defeated Skyline 3-0 on Senior Night!

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.

Senior Information

[Link](#)

Getting to know your Centaurus Team

Dr. Jill R. Williams- Math Teacher



Jill Williams started her teaching career way back in 1992 at Broomfield Heights Middle School. During this time she also coached basketball and softball at Centaurus High School. After teaching and coaching for five years, she went to pursue better answers to the question students always ask "Why do we need to know this math?" During her time away from BVSD, she earned a PhD in Sociology at CU Boulder, specializing in Demography and Women's Studies and completed a Post-Doc in Johannesburg, South Africa. Upon her return to the district, she was thrilled to return to Centaurus High School to teach math and hopes she now does a better job convincing students that math is fun, important, and useful for countless careers! Her favorite thing to do in her free time is to play golf with her family and friends.



District News

Want to learn more about ADHD or do you work with a student/family that would benefit from learning more about ADHD and how to manage symptoms? Clinica Family Health and Wellness is offering a free webinar presented by Community Health Worker Child and Family Specialist, Jen Nelson, a Licensed Marriage and Family Therapist with over 20 years of working with children and families. Jen was previously an educator and school counselor with extensive experience and training with ADHD. To learn more and register click [here](#).

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

Icons used found at flaticon.com

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