



CENTAURUS HIGH SCHOOL

Warrior Weekly News

11/01/2024

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Principal's Message

Happy Friday Warriors! We made it out of October! Halloween was awesome! Costumes were super cute and very creative, and our awesome chemistry team led students through a demonstration in which a chemical reaction would blow pieces of a whole pumpkin out and leave behind a Jack-O-Latern face-- pretty cool stuff. We also had the opportunity to watch our Warriors in their first Soccer Playoff Game (which we won and were featured in the Daily Camera!)

And then at night, our Football team took the field for Senior Night, and it was another win for the Warriors! Because we changed the bell schedule, our stadium was full of Warriors, cheering on their peers. It was a powerful display of school spirit. I believe so strongly in the power of connection, especially the 4 pillars of connection (connection to peers, connection to trusted adults, connection to learning and connection to community/school) and students connected yesterday to peers and to our school during Advisory. We are a

tribe of Warriors, no matter our beliefs, background and culture. It was an huge demonstration of belonging.

We opened up the Engineering wing last week to our Engineers and we were featured on the BVSD Youtube channel. This week (11/4) the wing will open to Engineering classes. We are so excited for our students to begin dreaming, creating, innovating and imagining. Here is the link to our opening:

https://youtu.be/4G0Ra_0Mku4?si=I50jqdAXwMM22Ooc

In Bond news, the construction team will move their headquarters to the stadium, so I anticipate releasing another 70 parking spaces sometime in the next two weeks. I will have

my administrative assistant, Cathy, send an email to parents when they are up on Revtrak for sale. The parking spots will only be available to Juniors and Seniors who hold a valid drivers license and registration/insurance on their vehicle, which means if those things can't be provided as proof, the pass will be refunded. It is also first come first serve. Please look for communication from Cathy in the coming weeks. That is all this week, Warrior Families! Have a wonderful first weekend of November!

Important Dates



November 11- No school- Veterans Day
November 13- Centaurus open enrollment showcase night
November 25-26- No school- fall conference exchange days
November 27-29- No school- Thanksgiving break
December 5- Coffee with the principal- 9AM @ Centaurus HS
May 17, 2025- Graduation- CU Events Center 4pm

What you need to know

The Warrior Scroll



[Read the October Edition Here](#)

Pink decorations and donations needed



On Thursday, Nov 21 during advisory 10-11 am advisory will be making the breast cancer pillows for JWill Pink Village. The hope is to make 400-500 pillows to donate. We need pink decorations for donations and pink heart-shaped balloons.

If possible we would love to have parents who have gone through breast cancer come help support with stuffing pillows. Please reach out to Christine Ferguson with any questions- christine.ferguson@bvsd.org
[Here is an article from our last event!](#)

Centaurus Theatre Company



The Centaurus Theatre Company presents a spoof on the traditional tale of Robin Hood November 14-16th @ 7pm. Tickets available at the door or can be [purchased online](#). There will also be a 2 p.m. matinee offered on Saturday, Nov. 16.

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.

Award-Winning Author Visit



Centaurus High School is hosting the award-winning author, Kwame Alexander, on February 5th! Students who sign up will receive a free copy of the novel and an opportunity to meet Mr. Alexander.

We will need your support to help fund his visit! Please join us at Chipotle on Wednesday, November 6th from 4-8pm. You can show the fundraiser flyer (hard copy or on your phone) or tell the cashier at checkout that you are there for a fundraiser before you pay! You can also do an online order using the code: **RTWBG8Y**. Thank you so much for your support!"

[English flyer](#)
[Spanish flyer](#)

Library Statistics



CHS students continue to read more this year than last year!- [DETAILS HERE](#)

Sources of Strength- Parent discussion night



Centaurus will be holding a Parent Discussion Night about Anxiety and Depression, based on the film Inside Out 2, on November 7th at 6 pm.

Parents are highly encouraged to watch Inside Out 2 prior to this event, as the discussion will be based on the movie. We are hoping to define

key language around mental health such as, what is panic vs. anxiety vs. stress. We will discuss the power of emotions and explore the question: "when do emotions become actual disorders?"

This talk will give parents tangible tools and resources to support their students and their mental health!

We hope to see you there!

Lunch Bunch



Does your student feel disconnected at lunch and not know where to go to connect with other students? The first Monday of every month we host a Lunch Bunch in the Wellness Room (207). This is a place for

students to come eat lunch and connect with others. Email [Liz Schweber](#) or [Kristen Zandee](#) for more information!



Do you need a locker?



There are lockers available so you don't have to carry your backpack and other items around with you all day. Fill out the request form [here](#)

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*](#)

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.



4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY	8 FRIDAY	9 SATURDAY
NO EVENTS SCHEDULED	6:00 PM: Boys Soccer vs. Skyview (4A State Playoffs - Round of 16)	NO EVENTS SCHEDULED	NO EVENTS SCHEDULED	NO EVENTS SCHEDULED	NO EVENTS SCHEDULED

NOTE: Girls Volleyball may make the 5A regionals (date, location, & time TBD), based on how they do at the Rangeview Invite on November 2nd. Additionally, if Boys Soccer wins on November 6th, they will play again on Saturday, November 9th (time TBD).

Grad Plus



This week's featured District Select FREE College Courses are [Personal Finance- BUS 1016, \(online\)](#) and [Intro to PC Applications CIS 1018 \(online\)](#).

Both courses are each worth 3 college credits, and can count toward BVSD graduation requirements for Money Management (BUS 1016), and Computer/Applied Technology (CIS 1018). Or may be used toward BVSD Elective Credits.

These college credits can also go toward qualifying to apply for our ASCENT program (year of free college after senior year) For more information check out the links, above or email wendy.pearson@bvsd.org

Advisory Update



November 7, 2024
9th-12th- climate survey

Mental Health Moment



Inside Out Emotions

Recently Pixar Film released a sequel to the 2015 film Inside Out. If you are unfamiliar with it, this first film introduced audiences to the emotions of Joy, Disgust, Anger, Sadness, and Fear as presented in the head of an

11 year old girl. According to this article from Greater Good, “The film has some deep things to say about the nature of our emotions”. This article also has 4 take away points that you can read further about [here](#). To summarize them very simply:
Happiness is not just about joy
Don’t try to force happiness
Sadness is vital to our wellbeing
Mindfully embrace - rather than suppress - tough emotions

The sequel that was released this past summer introduced us to the tween emotional additions of Anxiety, Envy, Embarrassment, Ennui, and Nostalgia. This movie has received rave reviews from the mental health community, as it teaches the main theme that every emotion has a purpose, even the bad ones. Read more about the lessons from this new sequel [here](#) in this article from Global Counseling Solutions. The author’s 5 takeaways from the new sequel is:

Embracing New Emotions: The Importance of Emotional Diversity
Anxiety Isn’t Always the Villain
You’re Not Just One Thing: The Importance of Balanced Self-Perception
Teamwork Makes the Dream Work: The Emotional Cooperation
Rolling with the Punches: The Significance of Adapting to Change

This week (Oct 30th), Centaurus’ Sources of Strength club provided a showing of the new film Inside Out 2 to students as a way to open up discussions around our emotions and emotional health. If your student came home with any questions, or if they are requesting support around this topic, please reach out. As always, here at Centaurus, the Counseling Department is also here to help. 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/Activities News

Marching Band



Marching Band took home 5th place at the CBA State Marching Band championships in Colorado Springs (Air Force Academy), scoring a season-high 83.1 points!

Cross Country





Cross Country concluded their season with a great performance at the Region 3 meet at Broomfield Common Grounds! The girls finished 7th overall; the boys took home 8th place. Top finisher for the girls was Addie Grosser (29th) and Ty Forbes (39th). Great job Warriors!

Boys Soccer



Congratulations to our boys soccer team for taking home their third consecutive league championship!

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 <https://bvsd.revtrak.net/high-schools/ceh/ceh-graduation-fee/> 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

Brian Thomas- Engineering Teacher



I was born on the golden slopes of northeast Iowa, raised amongst the cattle, corn, and Green Bay Packer fans. After graduating from Luther college and getting married, my wife and I moved to a small town in Alaska near Denali National Park and we taught at a small K-12 school. While there, I taught everything from high school algebra & geometry, to chemistry & physics, to health & P.E.,

auto mechanics, and a variety of other unique Alaska classes. We lived there for a 7-year period and built a home there with the help of a few other local Alaskans. A couple years into that 7 year period, my wife and I moved to Kenya for a year to live with and serve children at a home and teach at their school.

In 2010, we moved to Colorado and I've been working at Centaurus teaching engineering classes ever since. I am actively involved in Cornerstone Church in Boulder and love to share the peace and joy that I have through my faith. For the 2019-2020 school year our family moved to Uganda to serve a local pastor there in his development of a primary school. While in Uganda I taught business classes and provided educational training and health & sanitation training. We continue to work with our partners there towards improving economic development in the region.

I absolutely love my job at Centaurus and I pour my life into this community. I have been helping to coach the football team for the past three years and have been the mentor for the Architecture, Construction, and Engineering (A.C.E.) club for the past four years. My son, Carson, is a junior, and my daughter, Aliana, is a sophomore at Centaurus. My wife, Katie, is the ILC teacher across the hall from me. We bleed blue (and red) and are proud to be a part of the Centaurus Warrior family!



District News

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

2 attachments



noname
5K



noname
71K