

Grand Junction High School



January 2017

Ari Goldberg, Principal | Carol Coburn, Assistant Principal | Meghan Roenicke, Assistant Principal
Alicia Timbreza, Assistant Principal | Tom LeFebre, Dean of Students | Carol Sams, Director of Athletics

Important Dates

ONLINE AP EXAM REGISTRATION OPENS

January 9, 2017

SOPHOMORE CAREER EXPLORATION DAY

January 13, 2017

MARTIN LUTHER KING DAY- NO SCHOOL

January 19, 2017

PARENT/TEACHER CONFERENCES

February 2, 2017
3:30 to 7:30 P.M.

PRESIDENT'S DAY- NO SCHOOL

February 20, 2017

END OF QUARTER

March 9, 2017

TEACHER WORKDAY- NO SCHOOL

March 10, 2017

SPRING BREAK- NO SCHOOL

March 20-24, 2017

Graduation

May 16, 2017 8:30 a.m.
@ Stocker Stadium

Last Day of School

May 24, 2017

A Message From Principal Ari Goldberg:

Happy New Year Tigers!

It is another beginning to a new year. It is often a mental marker of time to refresh and reset a lot of things that we do. For school and our students, it is a fresh start in many of their classes as they start the second semester.

January is a fun time. The weather patterns from mother nature definitely make it fun and interesting. We started out by helping teachers with their toolbox for dealing with all the stress and trauma from last semester. We had a police psychologist debrief our teachers and staff about how we deal with stress and trauma. We had HopeWest employees talk to teachers about our students' level of grief and how time is the variable, and a few ideas to support student needs. We have been working to give teachers some tools that support students moving through the various stages of grief and what may trigger various responses in our students. Even as we give more tools to our teachers to better understand stress, trauma and grief, our teachers are not fully equipped to solve these mental health issues. The teachers will without a doubt keep a watchful eye on our students and help them process and get help when it is warranted. We are doing everything we know to be best practices for our students.

On Tuesday, January 17th, we have a motivational speaker for the entire student body. Jon Pritikin, of Feel the Power, has spoken to thousands of students across the country about self-image, believing in oneself and about never giving up. He uses a "power" approach to connect to students – he does feats of strength and connects with students with a lot of fun before he powerfully communicates his message.

We are going to implement a state-wide program called Safe2Tell. One thing we have learned from our recent tragedies is that our students don't want to tell adults what is going on. The Safe2Tell program is an anonymous way to give a tip when help is needed. It can be for friends or families and is a way we hope to empower students to let someone know when something does not seem okay. We will be sending out more information in the future as we roll out the opportunities to students, staff, and families.

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There are so many wonderful things that happen at GJHS. I hope you enjoy all the accomplishments and celebrations that this newsletter brings. We have such wonderful students who accomplish so much, and teachers who love to inspire our students. I have said it before and I will say it again, how impressed I am with our students and staff at GJHS.

Have a great January,
Ari Goldberg

Sophomore Career Exploration Day

Friday, January 13th, all 10th grade students will participate in Career Exploration Day!

As a result, 10th graders will not be participating in regular classes on that day. All sophomores will report to the auditorium after the bell rings on the morning of January 13th. For half of the day, students will tour the Technical/Career programs offered to students through Western Colorado Community College. Students will be introduced to a diverse world of classes available from marketing to mechanics and engineering to health care! Many students find a challenge they would like to pursue, and some learn about new career choices as a result of this tour.

For the other half of the day, students will complete their state-required sophomore Individualized Career and Academic Plan (ICAP), start the registration process for their junior year courses, and interact with guest speakers/watch videos about a variety of careers they can pursue after completing their education.

The Career Exploration Day will help students focus the remainder of their high school career on their future. They will learn to select classes for their junior and senior years that are career focused, and they will further enhance their work with tools like Naviance, which will help with the search for appropriate career paths after high school. Attendance will be taken at each of the activities since regular classes will not be in session for 10th graders. Thank you for your support in career development for our students!

BOOSTER CLUB

The Grand Junction High School Booster Club would love your help. We would like more parent involvement in all of the sports and activities in the school. Last school year the Booster Club was able to donate over \$68,000 to many of the Tiger programs and activities. Without this generous support of time and money, we would have to continue to cut back on programs and what our programs are able to offer and accomplish for your students.

If you have never attended a Booster Club meeting and are interested in doing so, please come and check it out. We like to keep the meetings to about an hour. Meetings are held the second Monday of the month during the school year at 6:00 pm in Room 120. There may be an exception to this if a Monday falls during a break or is a vacation day. Come out and learn about some new and exciting ways to help support the school!

If you are interested in becoming a Booster Club member or in volunteering at Bingo, please contact: GJHS Athletic/Activities Director Carol Sams at 254-6900 or carol.sams@d51schools.org



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AP REGISTRATION IS OPENING

AP registration will open on Monday, January 9th and close on Wednesday, March 1st. Your student will need to sign up for their exams on the Total Registration website www.totalregistration.net . If your student has taken AP exams in the past they should already have an account. If they have forgotten their account information please come see Mrs. Rigg in the Main Office.

This year, exam fees can only be collected by Total Registration. Exams will only be ordered for students who have paid their fees. **Exam fees must be paid by Saturday, March 4th**

VOLUNTEERS

Thank you to all of the Volunteers who have given of their time and energy to the students and staff of Grand Junction High School. It is because of the generous time and effort of these many volunteers that our programs continue to operate and perform at high levels. If you are interested in volunteering at the high school, please come to the athletic/activities office to pick up volunteer paperwork to begin that process.

#whatadultsshouldknow

D51 is asking students to share their thoughts. "We want to hear from you. When you are faced with a problem, social issue, have tragedy or need help, what is it that you want the adults in your life to know? Use #whatadultsshouldknow When posting, please make sure that your post is marked "public" so we are able to see your comments.

GJHS Staff Appreciation Dinner

GJHS Staff Appreciation Dinner will be held on Thursday, February 2, 2017 during Parent/Teacher conferences. Let's show the staff how much we appreciate all their hard work. Please consider signing up via SignUp Genius <http://www.signupgenius.com/go/4090b4da4a728a6fb6-gjhs> to donate food items. Food can be dropped off in the library with Pam Middlemas or in the copy room with Lori Jacobsen before or after school on that day.

Please direct questions to Mary DiDario @ 970.361.5014 or Kerry Wilson @ 254-7070 or Kerry.wilson@d51schools.org.



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Please continue to check the school website for changes in schedules, times, and locations for all winter events. Support all students and coaches this winter with positive cheers and excellent sportsmanship.



GIRLS SWIMMING

The GJHS Girls Swim/Dive team is off to a good start this season. They have been working hard and it is paying off. The Tigers won their first two swim meets in both Durango and Cortez. The medley relay - Kianna Colaizzi, Avery Pope, Delaney Kidd, Chloe Dalton and Sarah Griffin qualified for the state competition. Delaney Kidd also qualified in the 500 Free and 200 IM. The Tigers placed 2nd in the Conference Relay Meet qualifying the 200 and 400 freestyle relays. 200 – Delaney Kidd, Avery Pope, Sarah Griffin, and Chloe Dalton, 400 – Delaney Kidd, Avery Pope, Chloe Dalton, and Maddie Cawood. The Tigers are seeing much success from all of the swimmers and will continue to work stroke technique for even more improvements. Come out and support the Tiger swimmers!

WRESTLING

The GJHS wrestling team has enjoyed a wonderful start to the 2016-17 season. Through two tournaments the Tigers are 10-0 in dual meets. The solid start has gained attention state wide as the Tigers are currently the #2 ranked team in 5A. GJHS also has 11 wrestlers ranked in their individual weight classes. Defending State Champion Josiah Rider holds the #1 ranking, Seth Latham is ranked #2, & Dylan Martinez & Dawson Collins are ranked #3.

BOYS BASKETBALL

Following a 2 - 1 start at the 2016 Warrior Challenge, the Tiger Boys Basketball varsity team lost to some top competition at the annual Tip-Off Classic Tournament at ThunderRidge and Chaparral High Schools. The Tigers dropped games to Chaparral, Valor Christian and Lincoln but are looking to forward to getting back on the right track at the upcoming Mullen Holiday Invitational Tournament and a 3-game road trip back to the Denver area in early January. Our Tiger JV team is currently 3 - 1, and the Freshmen team is 3 - 1. The boys continue to practice hard and are working to correct the early season miscues. The Tigers next JV and Varsity home games will be Tuesday, January 10 when the Tigers host Palisade. The Freshmen team will host Central on January 9th. Come out and support the Tigers!

GIRLS BASKETBALL

The Tiger Girls Basketball Team ended December with a tough 54-38 loss to Eagle Valley. The team is working hard on correcting mistakes that have hurt them in the first six games. Supporting each other during this tough stretch is important and the team is anxious to get back to their winning ways. Staying positive is the key. Go Tigers!

NOW ACCEPTING NEW PATIENTS!

- Sports Physical Special: \$25! No appointment necessary. You do not have to be a current patient.
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CONCUSSION MANAGEMENT

If your son/daughter has sustained a concussion this school year, and intends to participate in any Grand Junction High School sports team during the school year, he/she has to be cleared by a physician in order to begin the Return to Play process. If your child has been cleared to begin the RTP process by your Physician, you will need to contact our Certified Athletic Trainer Ms. Erin Glavan at the Saint Mary's Life Center, Wellness Department, at 970-250-1131 to schedule time to begin and complete the RTP process. All doctors releases and notes should be turned into the school nurse and athletic department (if athletes). If you have questions please contact Athletic Director Carol Sams at carol.sams@d51schools.org or 254-6900.

LUNCH FEES FOR SENIORS

Parents/Guardians of the Class of 2017: If your student will be graduating this year and does not eat the school lunch, perhaps this is the best time to check on his/her lunch account. If the student owes money, it can be paid up at any time before graduation. If the students has excess money on his/her account, we have several options to consider:

1. If you have another student attending school within the District, the money can be transferred to that account. Contact the Culinary Manager at GJHS.
2. If you would like a refund, contact the Culinary Manager at GJHS. Any amount over \$10 must be refunded with a District check.
3. If you would like to donate the money to the Class of 2017, we will apply it to any account that a student might need extra help paying off. Contact the Culinary Manager of GJHS.

Thank you,
Nancy Lauridsen
GJHS Culinary Manager
(970) 254-6900, ext. 24280

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Student of the Month

The Alpine Bank/CMU Students of the month for December are Jada Mulford, daughter of Eryn Lefler and Scott Mulford, and Gage Fransen, son of Melanie and Allen Fransen.

Kiwanis Student of the Month

Collin Ryan was selected as Kiwanis Student of the Month for December. Collin is the son of Wendee and Rick Ryan. Tia Wright was chosen as the Kiwanis Student of the Month for January. Tia is the daughter of Arianne and Doug Wright.

Daily Sentinel Student of the Week

Michelle Leach and Madison Younker were both chosen as Grand Junction Daily Sentinel Students of the Week. Michelle is the daughter of Karen and Ron Leach. Madison is the daughter of Megan and Dean Younker.

Grand Junction High School is proud to recognize these students for their outstanding work in the classroom, and for the leadership they demonstrate in our school.

All State Orchestra

Congratulations to two GJHS students who were selected for Colorado All-State Orchestra.

Junior, Melody Jacobsen, the daughter of Lori and Jeff Jacobsen was selected for violin.

Junior, Matthew Johnson, the son of Stephen and Michele Johnson was selected for bass

Melody and Matthew will join other top instrumentalists from around the state of Colorado to perform at Griffin Concert Hall, University Center for the Arts on the campus of Colorado State University on February 11, 2017.

Knowledge Bowl

The Academic Team brought home 1st place from the Cortez Invitational on December 10, 2016. Congratulations to Mr. Shawcroft and the GJHS Academic Team!

“Matchwits,” the long-running program produced by Rocky Mountain PBS in Pueblo, is a weekly, high school academic quiz program that is hosted by Craig Eliot and broadcast STATEWIDE.

The on-air tournament is made up of four rounds of competition including the championship game. The game has three rounds including toss-up questions allowing individual players to answer for their school and Speed Round questions where each school works as a team to answer as many questions as possible in a short period of time. As the rounds progress, the difficulty of the questions increases as well. Questions in the on-air tournament include, but are not limited to, English, history, geography, science, current events and math.

“Matchwits” airs Sundays at 5pm with repeats the following Sunday at 9:30am January through April. The GJHS Tigers first round appearance will air on Sunday, January 15 at 5 p.m. Tune in and cheer on the Tigers!

High School of Business

GJHS High School of Business (HSB) has experienced some stand-out success in it's inaugural year. Every semester, HSB students participate in national exams. Expectations for inaugural classes are generally low. Due to lack of familiarity with the curriculum, tests, and testing processes, students of teachers running the HSB curriculum for the first time usually perform well below the national averages, which have ranged from 60% to 65% over the last six years. Mr. Bennett's inaugural Principles of Business class scored a class average of 69%, not only exceeding the expectations, but also exceeding national average trends significantly. We would like to congratulate the HSB students and thank them for being such outstanding representatives of the Grand Junction High School Tigers.