

# Central High School



August 2015

Lanc Sellden, Principal | Randy Powell, AP | Lynn Schuett, AP | Tracy Arledge, AP | David Neal, AP | Shawn Marsh, Admin Liaison

## Important Dates

### First Day of School

August 3, 2015  
Late Start: 8:00 am

### Tennis Parent Meeting

August 3, 2015  
5:00 pm - 6:30 pm  
@ Tennis Courts

### Back to School Dance

August 6, 2015  
5:30 - 8:30 pm @ Main Gym

### Play Auditions

August 19, 2015  
August 20, 2015  
August 21, 2015  
3 - 6 pm @ Auditorium

### Marching Band Camps

Saturdays @ Band Room

### Volleyball Open Gyms

Fridays  
3:30 - 6:00 pm

### Cross Country Training

Daily  
4:30 - 5:15 pm

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## A Message From Principal Lanc Sellden

Knowledge is Power! That was a core truth I was raised with but is that still the case? Over the summer I did a lot of home repairs that I had never done before. Did I call an expert, call my dad for help, ask a neighbor? No way, I just clicked, "YouTube". I was able to see a number of videos on how-to-do-it and tips to make it all easier. Knowledge is at the touch of a button.

When I was in the classroom (a few years back), this transition was just taking place, and as a teacher I had to adjust to help students access information. But today if we have trouble with technology or finding information, who do we ask? Our kids. So now kids have access and know where to find knowledge, so where is the "power" now?

When information is so easy to access and is growing exponentially in the 21st century, it is a person's ability to apply and adapt information to various situations that brings power. With Central High School's focus on STEM (Science, Technology, Engineering and Math) this is not just a focus to increase access to those subjects. STEM is a school wide mission to increase the skills that our students need to excel in their future, including:

- Problem solving
- Creativity and innovation
- Critical thinking
- Collaboration
- Persistence

We are creating a culture at CHS where students will take increased control over their own education and they will work to answer real world problems in an innovative manner. You will hear from your students about PBLs (Problem Based Learning). These will be large projects that your students will work on to develop and present answers to issues facing Central, Grand Junction, America and the world. The knowledge needed to answer these issues will need to come from a variety of subjects and sources.

Power has changed from gaining knowledge to accessing knowledge to today's ability to apply that knowledge. These are the skills that employers know will work in a variety of circumstances and will allow our Warriors to excel in tomorrow's world.

Lanc Sellden

## Communications @ CHS

At Central High School we are committed to keeping both families and students informed about what is happening. For this reason, we have several methods that you can use to stay connected to CHS:



**App:** Our app allows you to receive emergency and event notifications, view schedules, contact teachers, check grades, and much more. Just search “Central High School Warriors” in your app store.

**Facebook:** [www.facebook.com/centralwarriors](http://www.facebook.com/centralwarriors)

**Twitter:** @CentralHighGJ

**News Website:** Read stories by students and stay up to date with important events at [www.chswarriornews.com](http://www.chswarriornews.com).

**School Website:** [chs.mesa.k12.co.us](http://chs.mesa.k12.co.us)

## Attention Warrior Runners!

**Warrior Run Club :** We will be meeting after school at 3:00pm from 3-14 August in Room 109. This is the perfect opportunity to get in shape for your upcoming Fall sports season. Come join your fellow Warriors and get in great shape! Please contact Coach Leblow with any questions.

**Warrior Cross Country :** The first official day of practice is Monday, August 17. We will meet in Room 109 at 3:00pm. Come ready to run and have a great season. In order to practice all athletic registration must be completed no later than Friday, August 14!

## Breakfast Is The Most Important Meal of the Day

### WHY INCREASE SCHOOL BREAKFAST PARTICIPATION?

- Children who eat a complete breakfast make fewer mistakes and work faster on math tests than children who eat a partial breakfast.
- Children who eat breakfast at school, closer to class and test-taking time, perform better on standardized tests than those who skip breakfast or eat breakfast at home.



### BREAKFAST IMPROVES CHILDREN'S OVERALL HEALTH

- Children who eat breakfast tend to have more adequate nutrient intake than children who do not.
- Children and adolescents who eat breakfast are more likely to maintain a healthy body weight.

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## Future Business Leaders of America

You're invited to attend the first FBLA meeting of the year! FBLA stands for Future Business Leaders of America. This organization visits businesses in the community, plays fun games, and helps you meet new peers and business professionals.



You don't have to commit to being a member by attending, so come see what FBLA is all about while enjoying free food. **The first meeting is this Thursday, from 3:00 to 3:30.** See you there!

## Health Office Notes

It's difficult to go from summer mode to school mode so here are a few reminders to help with the transition if your student has health needs.

If you would like your student to have medications at school, please obtain the medication authorization form from ParentVUE or the Health Office. All medications need to be in the original container, (in the pharmacy-labeled bottle if doctor prescribed), not expired and must be furnished by a parent or guardian. If the medication is prescribed by a doctor or has aspirin as an ingredient, we need a doctor's signature on the authorization, as well.

Students who need to carry an inhaler for asthma or an epi pen for anaphylactic reactions are allowed to self-carry the medication if they have a doctor's order in the health office stating that this is allowed. There are state mandated order forms for asthma and anaphylaxis that need to be filled out and signed by your student's doctor. The doctors have access to these forms or they can be picked up in the health office.

When a student has a concussion, an illness or other serious injury that requires special accommodations in school such as a longer time to finish assignments or PE restrictions, a signed doctor's note is required stating what the medical problem is, what accommodations are necessary and how long they are necessary. Please bring the doctor's note to the Health Office or the Nurse's office in the library. The nurse and/or health assistant will make sure the proper teachers are notified of the necessary restrictions/accommodations.

Sometimes a student will contact his/her parents by calling or texting them when not feeling well. Please encourage your student to follow the school protocol by going to the health office. A staff member must talk to the parent, guardian or emergency contact so they can be signed out properly. The student is then given a blue slip to show the Attendance Office, so they know the student is officially leaving campus. Eighteen year-olds need to follow this procedure unless we have documentation that they are their own guardian.

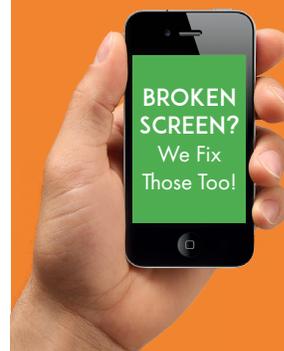
If you have any health questions or concerns about your student, you can contact Jeanette Funk, the registered nurse at 254-6200, ext 22235. Her office is located in Fetter Hall in the library. Gretchen McGeeney, the health assistant, can be reached in the Health Office (Main Building) at 254-6200, ext 22117.

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## REC Club

Inviting all students to join REC Club! This is Central's Recreation, Ecology, and Conservation Club. Join us for hikes, paddle boarding, snowshoeing, camping and many more outdoor adventures. Learn valuable outdoor leadership skills, complete outdoor service projects, or just meet new friends. Most of all enjoy being OUTSIDE! We meet 1st and 3rd Wednesday of every month in room 210. See Ms. Janssen(room 210) for more info. First meeting is August 5th.



## Athletic Department Newsletter

The athletic department thanks you for your continued support of Warrior athletics! We take great pride in the reputation of our student athletes and coaches, and look forward to continuing that tradition in the 2015 – 16 school year.

In the fall of 2014, we initiated a partnership with the Positive Coaching Alliance, and have been able to provide ongoing training opportunities to our coaches and parents. We are excited to continue that relationship this year and are excited to extend those opportunities to our student athletes. In late August, our athletes will have an opportunity to participate in a training session provided by the Positive Coaching Alliance.

Your involvement as athletic parents is always welcome! We have some minor changes that will take place, that are ultimately designed to help in our communication to the athletes and their families. We will be introducing a new athletic website in the coming weeks, and encourage you to take a look for any athletic news on that site. Additionally, this site will allow for up to the minute notifications on schedule changes and game information through a mobile phone application, or email.

The district athletic department will be providing an exciting opportunity and is encouraging ALL parents to participate. On Saturday, August 8th, from 4:00 – 5:15 at Central, the **University of Notre Dame will present a parent workshop** focused on working with parents, coaches and sports leaders to shape a positive sports culture for your child. A second session will be held at Grand Junction High School on Wednesday, August 12 from 7:00 – 8:15pm.

**Please continue to follow the Warriors on our new, redesigned website at [centralwarriors.net](http://centralwarriors.net).** Thanks again for your support of the Warrior sports programs!

Randy Powell, Athletic Director

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# CENTRAL HIGH SCHOOL ATHLETIC PARTICIPATION

## HOW TO REGISTER GUIDE

Fall 2015 online registration opens June 8



## **IMPORTANT INFORMATION**

### **For all Interested in CHS Athletics 2015-16**

- I. Each Student Athlete must register Online with Family ID. New students to Central HS must sign up and create an account. Returning students log in to your account and update information.
- II. Each Student Athlete must turn into the athletic office an updated physical (taken within the last 365 days). Physical forms can be printed off on the Family ID site under Links and/or a form picked up in the CHS Athletic Office.  
Physical must be signed and dated by the doctor and clearly states that student is:  
**Cleared for all sports without restriction**
- III. Athletic Fee of \$140.00 per sport is DUE prior to first official practice. Check and /or cash will be accepted at the CHS budget office or paid online. Online payment is acceptable through My Payments Plus on the Family ID site under Links.

#### **Student-Athlete Registration**

Athletic Participation Online Sign-up

<https://www.familyid.com/organizations/central-high-school>

Or you can find the online registration link on the Central High School athletic site;

**CLICK ON ATHLETIC REGISTRATION**

Questions/Concerns about Family ID registration contact:

[support@familyid.com](mailto:support@familyid.com)

or call 888.800.5588

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