

BC DISPATCH



APRIL 2022

BEAR CREEK HIGH SCHOOL

9800 West Dartmouth Place
Lakewood, CO 80236
(303) 982-8855

Dear Parents and Guardians,

Our spring semester seems to be flying by at an incredible pace. For our graduating class, their attention is turning toward life after high school. This transition can be both exciting and difficult for students and families to manage. We tend to see nervousness, excitement, anxiety, and joy as we approach our **graduation ceremony at Red Rocks on Thursday May 19, 2022 at 2:00pm**. Our juniors are beginning the mental transition to becoming seniors and focusing on life after high school. Summer break is an excellent opportunity for our current juniors and their families to schedule college visits as they begin to develop a vision for their senior of high school.

Please pay special attention to information in this newsletter about upcoming state testing. Our testing schedule involves students in grades 9-11. This is an intense series of assessments designed to diagnose how students are performing compared to state standards. We take the results of these tests very seriously and we use them for instructional planning and interventions.

Bear Creek High School will be hosting free summer school again this year. If your student is in need of credit recovery, please reach out to your counselor to discuss options. For more specifics regarding our program, please follow this link: <https://sites.google.com/jeffcoschools.us/bcsummerschool/home>

While we get ready to wind down the 2021-22 school year, we are also planning for the coming school year. We will begin the 2022-23 school year with a 9th grade Orientation Day on Tuesday August 16th and all students will report on Wednesday August 17th. Watch for more information about these important dates coming soon. To see a full school year calendar, please visit: <https://www.jeffcopublicschools.org/about/calendars>.

We are excited to finish the current school year with great momentum. We value our partnership with parents and guardians as we work together to serve our wonderful students at Bear Creek High School! Thank you for all you do to support your children and our school.

Mr. Lynn Torr
Principal/JCAA President
Bear Creek High School
303-982-8727

**BE THE
CHANGE**


NEWS AND EVENTS

2021-2022 YEARBOOKS

The last day to reserve a 2021-2022 Yearbook is Friday, April 29, 2022, by 3:00 p.m. There are a very limited number of yearbooks still available for purchase. Yearbooks can be purchased on Jeffco Connect – where all other student fees are paid – up until April 29th or until the books are sold out.

Reserve one today in the financial office for \$80.00. You don't want to miss out!

BELL SCHEDULE FINALS GRADES 9TH THROUGH 11TH GRADES

Monday, May 23rd
Periods 1, 3, 5, 7

Tuesday, May 24th
Periods 2, 5, 6

Wednesday, May 27th
**Final Exam Make-ups by
Appointment Only/
No classes for students**

BELL SCHEDULE SENIOR FINALS

Friday, May 13th
Periods 1, 3, 5, 7

Monday, May 16th
Periods 2, 4, 6

PARENTS OF GRADUATING SENIORS

Please print a copy of your student's immunization record from Parent Portal, before graduation, as your student will need a copy to enroll in college.

Please pay all fines in Jeffco Connect. Students will not receive cap and gown nor will they be able to walk at graduation until all fines are cleared.

SENIOR FIELD STUDIES

After taking a hiatus for this last school year, Senior Field Studies is excited to return for the class of 2022! All interested juniors and their parents are encouraged to attend a remote informational meeting on April 20th at 6:00 PM. See seniorfieldstudies.org for more information.

SFS students engage in experiential learning through firsthand experiences in urban, rural, and wilderness settings. The program includes:

- a two-week backpacking and rock climbing trip to Arizona
- a one-week live-in on a farm or ranch somewhere in Colorado
- a nine-day white water rafting trip in Utah
- and dozens of urban field trips!

SFS is for second semester seniors and--and addition to all the adventures--provides 3.0 academic credits! For more information, please join us for the informational meeting on April 20th, visit seniorfieldstudies.org, or email Mr. Porentas at Steve.Porentas@jeffco.k12.co.us

STUDENT DROP-OFF AND PICK-UP

A reminder to parents, the faculty staff parking lot is not to be used for student drop-off or pick-up anytime during the school day, especially after school. Parents may park in the student parking lot on the north side along Dartmouth and your student may meet you there in the afternoons. In leaving the student parking lot, parents are able to make a right turn out of the student lot and drive straight to Dartmouth without making a left into traffic from the faculty staff parking lot which will create less congestion. Thank you for your consideration in keeping our students and staff safe.

BEAR CREEK HIGH SCHOOL CALENDAR 2021-2022

04/02/22	National History Day Regionals	05/16-05/17	Choir Pops Concert
04/05/22	End of Fifth Six Weeks	05/17/22	Tuesday Bell Schedule
04/13/22	SAT (11 th grade) 7:15-11:15 a.m./No classes	05/18/22	Graduation Rehearsal/Gym/12:00 (M/F schedule)
04/14/22	PSAT (9 th & 10 th grade) 7:15-11:15 a.m./no classes		Senior Picnic/2:00 p.m.
04/21/22	Spring Sports Assembly	05/19/22	Graduation @ Red Rocks/2:00 p.m./no school
04/22/22	Prom/After Prom	05/20/22	Monday/Friday Schedule
	Professional Development Day/no classes	05/23/22	Final Exams/Periods 1, 3, 5, 7
04/26/22	SAT/PSAT Make-Ups	05/24/22	Final Exams/Periods 2, 4, 6 (no access/early release)
05/11/22	Academic/Athletic Awards/6:00 p.m./Auditorium		Final Exam Make-Ups/no classes
05/13/22	Senior Finals/Periods 1, 3, 5, 7 (Wed. Schedule)	05/25/22	Teacher Check-Out
05/16/22	Senior Finals/Periods 2, 4, 6 (Thurs. Schedule)	05/26/22	

FROM THE FINANCIAL OFFICE

Student fine lists will be posted beginning Monday, April 4th and will be updated occasionally until Graduation. Please encourage your student to check this list to see if they have any outstanding fines. Please log onto Infinite Campus to check for any outstanding fees and/or fines your student may have. If students have questions concerning their account, they may stop by the financial office and talk to Ms. Shellhorn.

Yearbooks and graduation cap and gown **will not** be distributed to students who have outstanding fines. If you have a fine from last year, and picked up your yearbook that just means a fine was put on after yearbook distribution.

We need communication from parents if you cannot afford to pay part of all of your student's school fees. We can work with you regarding school fees, however, we cannot waive fines for textbooks, library books, music pieces, parking citations and various other fines that may have been issued. If you believe your student will qualify for Free or Reduced lunches, but haven't yet applied, it is not too late to complete an application. If your student has any of the textbooks, library books, etc. in their possession, please have them bring them to the Financial Office.

Seniors Please Note: Yearbook and Cap and Gown distribution is right around the corner! Don't be turned away because you have an outstanding fine. All Seniors must have their accounts at a **ZERO** balance in order to receive their cap and gown for graduation. The sooner you take care of this, the less you have to worry about at year's end. You can log onto Infinite Campus to view and pay student fees. If there are optional fees showing (fees that begin with OPT), those you do not have to pay, they are optional.

GRADUATION INFORMATION ~CLASS OF 2022~

CONTACT PERSON

Mr. Jose Martinez III joamarti@jeffcoschools.us
(303) 982-8776

SENIOR FINALS

05/13/22 – Periods 1, 3, 5, 7 (Wednesday Schedule)

05/16/22 – Periods 4, 6, 7 (Thursday Schedule)

GRADUATION REHEARSAL

Wednesday, March 18th – 12:00 p.m. in the BCHS Main Gym

All students who plan on participating in Graduation at Red Rocks must attend

SENIOR PICNIC

Wednesday, May 18th – Immediately following Graduation Rehearsal

Location: Clement Park Pavilions

GRADUATION CEREMONY

Thursday, May 19, 2022

2:00 pm

Red Rocks Amphitheatre (Map and Handicapped Access)

Graduates must report no later than 1:00 pm at the top of Red Rocks Amphitheatre

GENERAL INFORMATION Cap and Gown – Caps and Gowns will be distributed after rehearsal on 05/18 after all fines and fees are cleared. Caps and Gowns can be ordered through Jostens at

(303) 985-0095

Bear Creek High School April 2022 Testing Days Schedule

Below is the information for the SAT and PSAT testing days for April 13th and 14th. We strongly encourage parents/guardians not to schedule appointments on these days if it is a testing day for their student. Should you have any questions about this schedule or about testing in general, please contact Assistant Principal, Ms. Shanor at: Alison.shanor@jeffco.k12.co.us

9th grade schedule

Wed. 4/13:

No testing scheduled
No classes

Thurs. 4/14:

7:15 – 11:15 PSAT 9
No afternoon classes

10th grade schedule

Wed. 4/13:

No testing scheduled
No classes

Thurs. 4/14:

7:15 – 11:15 PSAT 10
No afternoon classes

11th grade schedule

Wed. 4/13:

7:15 – 11:15 SAT Test
(SAT with writing until 12:30)

Thurs. 4/14:

7:15-11:15 CMAS Science
CMAS for 11th grade students
No afternoon classes

Regular class schedule for non-testing day of the week. **4/11**- Regular Monday schedule, **4/12**- Regular Tuesday Schedule, Testing on Wednesday/Thursday and **4/15** -Regular Friday schedule.

*****12th grade does not have classes on 4/13 and 4/14**

Buses will run on a normal schedule these days, and depart from BCHS at 2:40pm – students are permitted to wait in the cafeteria for the bus departure if a ride cannot be arranged.

Lunch will be served on 4/13 and 4/14, but will be a limited menu.

Supporting Children's Mental Health: Tips for Parents and Educators

According to the National Association of School Psychologists:

Create a sense of belonging: Feeling connected and welcomed is essential to children's positive adjustment, self-identification, and sense of trust in others and themselves. Building strong, positive relationships among students, school staff, and parents is important to promoting mental wellness.

Promote resilience: Adversity is a natural part of life and being resilient is important to overcoming challenges and good mental health. Connectedness, competency, helping others, and successfully facing difficult situations can foster resilience.

Develop competencies: Children need to know that they can overcome challenges and accomplish goals through their actions. Achieving academic success and developing individual talents and interests helps children feel competent and more able to deal with stress positively. Social competency is also important. Having friends and staying connected to friends and loved ones can enhance mental wellness.

Ensure a positive, safe school environment: Feeling safe is critical to students' learning and mental health. Promote positive behaviors such as respect, responsibility, and kindness. Prevent negative behaviors such as bullying and harassment. Provide easily understood rules of conduct and fair discipline practices and ensure an adult presence in common areas, such as hallways, cafeterias, locker rooms, and playgrounds. Teach children to work together to stand up to a bully, encourage them to reach out to lonely or excluded peers, celebrate acts of kindness, and reinforce the availability of adult support.

Teach and reinforce positive behaviors and decision making. Provide consistent expectations and support. Teaching children social skills, problem solving, and conflict resolution supports good mental health. "Catch" them being successful. Positive feedback validates and reinforces behaviors or accomplishments that are valued by others.

Encourage helping others. Children need to know that they can make a difference. Pro-social behaviors build self-esteem, foster connectedness, reinforce personal responsibility, and present opportunities for positive recognition. Helping others and getting involved in reinforces being part of the community.

Encourage good physical health. Good physical health supports good mental health. Healthy eating habits, regular exercise and adequate sleep protect kids against the stress of tough situations. Regular exercise also decreases negative emotions such as anxiety, anger, and depression.

Educate staff, parents and students on symptoms of and help for mental health problems. Information helps break down the stigma surrounding mental health and enables adults and students recognize when to seek help. School mental health professionals can provide useful information on symptoms of problems like depression or suicide risk. These can include a change in habits, withdrawal, decreased social and academic functioning, erratic or changed behavior, and increased physical complaints.

Ensure access to school-based mental health supports. School psychologists, counselors, and social workers can provide a continuum of mental health services for students ranging from universal mental wellness promotion and behavior supports to staff and parent training, identification and assessment, early interventions, individual and group counseling, crisis intervention, and referral for community services.

Provide a continuum of mental health services. School mental health services are part of a continuum of mental health care for children and youth. Build relationships with community mental health resources. Be able to provide names and numbers to parents.

Establish a crisis response team. Being prepared to respond to a crisis is important to safeguarding students' physical and mental well-being. School crisis teams should include relevant administrators, security personnel and mental health professionals who collaborate with community resources. In addition to safety, the team provides mental health prevention, intervention, and postvention services.

National Association of School Psychologists. (2017). *Supporting children's mental health: Tips for parents and educators* [Handout]. Bethesda, MD: Author.

Christin Edinger, EdS, NCSP
School Psychologist
Bear Creek High School

The Counselor Corner

The mission of the BCHS school counseling program is to Educate, Empower, and Encourage Everyone Every Day.



Kristen Kofoed	A-D	303-982-8721
Gretchen Slaughter	F-L	303-982-0109
Joy Pearson	M-Ri	303-982-5253
Melanie Ryer	Rj-Z	303-982-8777
Allison Erwin	Intervention Counselor	303-982-4529
Tami Danks	Registrar	303-982-8728
Michelle Yeager:		
Counseling Para/Post Secondary Support		303-982-4525

MENTAL HEALTH



During these times of stress and uncertainty as we navigate the 22/22 school year, the mental health effects of COVID-19 are as essential to address as are the physical health effects. Below you will find a link to resources to support you and your family members during this time.

<https://www.jeffcopublicschools.org/cms/One.aspx?portalId=627965&pageId=14357095>

SENIOR TIPS:

- Spring break is a great time to **visit** the top colleges you are considering. Be sure to **reserve a time** through the colleges' website.
- If you have not already, please apply for financial aid for college using the FAFSA (Free Application for Federal Student Aid) at <http://www.fafsa.ed.gov/>. This requires 2020 tax information for student and parent/guardian/s, Social Security numbers for each person, records of other untaxed income (ex.: veteran's benefits, bank statements, stocks, welfare benefits, Social Security benefits, TANF, business records, alien registration, etc.) The application opens every year in October.

NEED HELP WITH FAFSA?

Our partners at the Educational Opportunity Center at Community College of Denver (CCD) are ready to help you during this time. Schedule a virtual appointment during business hours, Monday - Friday from 8am-5pm. Call EOC's main number at 303.352.8746 or email them at eoc@ccd.edu to schedule your virtual (WebEx) appointment. This is free support offered to any high school senior regardless of where they are planning on attending college.

JUNIOR TIPS:

- **The Colorado state SAT is on Wednesday, April 13th 2022.** All juniors are automatically registered. We will complete preregistration activities during Connections on March 31st.
- **Study prep is available on the BCHS Counseling website and through Khan Academy.**
- **IN PERSON, SAT study prep course through Sycamore Learning** will be held on Saturday, April 9th from 9AM – 3PM in the BCHS Library. The cost is \$99.00. Please register for this optional SAT test prep at www.prepforthefuture.com
- When college representatives come to visit Bear Creek virtually, sign up (through Naviance) and attend their visits to learn more about your options for college. AND, spring break is a great time to **visit** the top colleges you are considering in person. Be sure to **reserve a time** through the colleges' website.
- If you're considering playing college-level sports, you must meet certain academic criteria through **NCAA** Eligibility Center. Visit www.ncaa.org to register and see your counselor to check your academic plan.

SOPHOMORE TIPS:

- All sophomores are automatically registered for and will take the **PSAT 10 on Thursday, April 14th** Students can find test prep information on www.collegeboard.org and Khan Academy. We will complete preregistration activities during Connections on March 31st.
- If you're considering playing college-level sports, you must meet certain academic criteria through **NCAA** Eligibility Center. Visit www.ncaa.org to register and see your counselor to check your academic plan.
- When college representatives come to visit Bear Creek, sign up (through Naviance) and attend their visits to learn more about your options for college.

FRESHMAN TIPS:

- All freshman are automatically registered for and will take the **PSAT 9 on Thursday, April 14th**. Students can find test prep information on www.collegeboard.org and Khan Academy. We will complete preregistration activities during Connections on March 31st.
- When college representatives come to visit Bear Creek, sign up (through Naviance) and attend their visits to learn more about your options for college.

Individual Career and Academic Plan (ICAP):

All students at Bear Creek High School update their Individual Career and Academic Plan (ICAP) in each grade level. Students complete tasks related to their developmental level through the **Naviance** tool, available from the Bear Creek website <https://connection.naviance.com/family-connection/auth/login/?hsid=bearcreek> (Login using Clever on the Naviance login screen and your Jeffco login information)

At this time, all of our Bear Creek students at all grade levels have been provided with an opportunity to update their ICAP. Ask your student to show you some of their work and what they have learned about planning for their future.

ICAP tasks include:

- exploring **career** interests
- making career plans
- reviewing **graduation** requirements
- setting goals
- searching for **scholarships**
- investigating **colleges**
- selecting high school course plans

Don't forget: There are new graduation requirements starting with the Class of 2022. The requirements now include earning credits PLUS demonstrating knowledge in English and Math. Check out the details here:

https://www.jeffcopublicschools.org/academics/graduation_requirements

BELL SCHEDULE **FINALS GRADES 9TH THROUGH 11TH**

Monday, May 23rd
Final Exam Bell Schedule
Periods 1, 3, 5, 7

Tuesday, May 24th
Final Exam Bell Schedule
Periods 2, 4, 6



BEARS HONORED BY THE COLLEGE BOARD

Congratulations to our BCHS Bears who were honored by the CollegeBoard for their strong performance on their Advanced Placement Exams.

AP Scholar with Honor: Granted to students who receive an average score of at least 3.25 on all AP Exams taken, and a score of 3 or higher on four or more of these exams:

**Gracelyn Combs
William Kaufman
Clayton Miller
Luis Reveles
Caroline Schwengler
Aidan Wiser
Cynthia Zakhem**

AP Scholars: Granted to students who receive scores of 3 or higher on three or more AP Exams:

**Owen Bockenthien
Jack Durfee
Alexandrea Eldrige
Martha Forristall
Camila Hernandez
Lori Ho
Pho Hoang
Sophia Hult
Shelby Merriman
Maxwell Mills
Alison Nguyen
Mollie Scheuerman
Noah Vega
Evan Wear
Ariel Young
Alec Zakhem**