

ARAPAHOE DRUM BEAT



Natalie Pramenko, Principal
Angela Boatright, Assistant Principal
Brian Ceriani, Assistant Principal
Darrell Meredith, Assistant Principal
Steven Sisler, Assistant Principal

Arapahoe High School
2201 E. Dry Creek Rd., Centennial, CO 80122
Main Office: 303-347-6000 • Fax: 303-347-6004
Attendance Office: 303-347-6030
Night Attendance Line: 303-734-6500
<http://arapahoe.littletonpublicschools.net>

MISSION STATEMENT

Our mission is to create an engaging teaching-learning environment that values student individuality and encourages students to:

- recognize and achieve their full potential,
- collaborate in the learning process,
- become lifelong learners, and
- participate actively in their local and global societies.



Dear Arapahoe Parents,

March 2016

Though it almost seems impossible to be true, spring is in the air! We are headed into the last three months of the school year, spring sports practices have begun, and many important state assessments are right around the corner. In this issue of the *Drum Beat*, you will find important details on the upcoming **CMAS** for all **freshmen**, **PSAT** for **sophomores**, and **Colorado State ACT and Science CMAS** for our **juniors**. All assessments are scheduled to take place at Arapahoe from **April 19-21**. The results of these assessments do help guide our faculty in setting goals for Arapahoe's academic school improvement and professional development each year. They are also helpful in identifying appropriate academic interventions for individual students. Thankfully, there were some changes in state assessments made last spring in the Colorado State Legislature. We are thrilled for our sophomores and juniors to have a **free opportunity** to take the PSAT and ACT respectively. In their junior year, the sophomores will have another opportunity to take the PSAT to try to qualify for National Merit Scholarship opportunities. For juniors, the ACT predicts student success at the college level. Results from the ACT taken as juniors can be used for college and scholarship applications in the senior year. Colleges and universities will take the best scores on the ACT, so the State ACT results can help individuals identify areas where they can better prepare through additional coursework to try to improve their scores. **We encourage and expect our Warriors to do their very best on these important exams.** And, as parents, you can help by ensuring students get plenty of rest, eat well, and attend school each day throughout the important testing period.

March also brings us many **exciting Arapahoe traditions** to look forward to, including our **annual Warrior Week**. We will raise money this year to support **The Joshua School** for children with autism. Details on Warrior Week can be found later in this edition of the *Drum Beat*.

We are very fortunate this spring to be able to host several of our Arapaho friends from the **Wind River Reservation** in **Riverton, Wyoming**. They will be making the journey to Colorado just to visit our high school to help renew our special relationship. Some of our classrooms will **welcome speakers** who will share their customs, history, and traditions, and the entire student body will participate in an **all-school assembly** on the morning of **Friday, March 18, 2016**, during which we will celebrate and re-kindle our relationship with the very unique people for whom Arapahoe High School is named.

Another exciting opportunity for me in March is **reviewing all of the open-enrollment applications** for the next school year. I am happy to share that we again have numerous students requesting to attend Arapahoe next year. And while it is challenging to have **students on a waiting list** for next year, this is tremendous news for Arapahoe High School and Littleton Public Schools. **It is a tribute to this amazing community of which you are all a part!**



It has been a wonderful spring semester, and Arapahoe teachers continue to help our students rise to and meet the rigorous academic standards expected of each Arapahoe student. We continue to offer extra time and support for students needing additional help academically. Students are always encouraged to take responsibility for their own learning by taking advantage of our variable schedule that allows our teachers to offer **one-on-one attention in every departmental office**. Please also remember that our **Academic Study Center** is staffed with faculty every period to tutor students individually. Whether attended on a drop-in basis or as a pass-fail course, our Academic Study Center has attracted many students seeking additional assistance. The Arapahoe Faculty is committed to ensuring that each student is career and college-ready by graduation. Academically struggling seniors need to take advantage of this assistance now so they are prepared to graduate in May. Every AHS student and parent must believe that it **is not too late to improve course grades**. Our teachers are very good at availing themselves and assisting students to achieve. As always, please do not hesitate to contact any of our faculty or staff should you have concerns about your student. I greatly appreciate the commitment our students are making to always doing their best, and I realize **it would not happen without your support**.

As you know, an important key to academic success is solid daily attendance. I am proud to report **the average daily attendance rates**.

This table compares **average daily student attendance** as of Friday, February 20, 2016 to the same point in time in 2015, 2014 and 2013.

	Feb. 2013	Feb. 2014	Feb. 2015	Feb. 2016
FRESHMEN	94.41%	95.54%	96.39%	95.41%
SOPHOMORES	94.53%	94.76%	96.29%	94.87%
JUNIORS	94.95%	94.26%	96.17%	93.77%
SENIORS	94.28%	95.20%	95.56%	92.17%
ALL STUDENTS	94.55%	94.96%	96.13%	94.07%

This is an example of how dedicated and strong our Warriors are. We appreciate all of you who attended our **Spring Parent-Teacher Conferences on Thursday, March 3, 2016**.

Thanks for all you do as parents to support our Arapahoe High School! I remind all of you to continue to take care of one another.

Sincerely,



Natalie Pramenko
Principal

News From our PTO

After Prom Update

Our After Prom event this year will begin at midnight on April 30, just after the dance. Planning is in full swing, but we always need help! If you see an area that you are interested in, please contact that chairperson. Look for all of our sign up geniuses in April! We need you!! It takes over 200 volunteers to make this happen. Coming soon!!

- Communication: D. D. Walsh walshrr@aol.com
- Ticketing: Erica Brandse ericabrandse@gmail.com
- Food: Kimberly Roberson ksroberson@gmail.com
- Halls: Camilla Roberson Mcrictor@yahoo.com
- Prizes: Annette Bricker Bricker_9@msn.com
- Clean up: Liz Hanson Liz.hanson@comcast.net

Guidance Center Guidelines

Scholarship Information

Numerous scholarship applications are received at Arapahoe every week. Scholarships are logged in to the Scholarship List on Naviance and can be accessed via your Naviance Family Connection account at home as well as at school. Seniors who are seeking scholarships or financial aid should contact **Mrs. Hall** in the Post Graduate Center. Mrs. Hall will direct students to financial aid and scholarship resources.

Financial AID

Two specific financial aid sources are the Free Application for Federal Student Aid (FAFSA) and the CSS/ Financial Aid Profile. All students applying for financial aid MUST complete the FAFSA. The FAFSA forms are only online; complete them online at www.fafsa.ed.gov. In addition, some colleges may also require the Profile, which is completed online at profileonline.collegeboard.com. Check with individual college financial aid offices to find out if the CSS Profile is required. Questions regarding FAFSA may be directed to their website, to 1-800-4FED AID(1-800-433-3243), or to individual colleges.

College Opportunity Fund

The College Opportunity Fund (COF), created by the Colorado Legislature, provides a stipend to eligible undergraduate students. The stipend pays a portion of your total in-state tuition when you attend a Colorado public institution or a participating private institution.

Eligible undergraduate students must apply, be admitted, and enroll at a participating institution. Both new and continuing students are eligible for the stipend. Qualifying students may use the stipend for eligible undergraduate classes. The stipend is paid on a per-credit-hour basis to the institution at which the student is enrolled. The credit-hour amount will be set annually by the General Assembly.

Important Senior Information

College acceptances are **contingent** upon "successful completion" of both semesters of the senior year. If grades decline or if coursework is not at the level it has been in the past, it is possible that an acceptance will be rescinded when the final transcript is reviewed by the admission personnel at their college after graduation. Please encourage your students to keep their grades up and not miss any classes.

Awards Convocation!

Parents – please help us honor your student at the Awards Convocation on Monday evening, May 16, at 6:00 p.m. in the AHS Theater. Typically, the Guidance Center is **not officially notified** of any scholarships or awards your student may receive from organizations or post high school institutions. **PLEASE notify Mrs. Kristin Hall in the Post Grad Center of important news regarding your son or daughter with a copy of the award correspondence from any institution that offers an award, not just the school where your student will attend next year.**

Junior Information

The **state mandated ACT** will be administered at Arapahoe High School **to all juniors on Tuesday, April 19**. (Please note that students who notified the Guidance Department in February that they wish to take the ACT + Writing on April 9 will not take the ACT at Arapahoe on April 19.) Registration will take place two week prior to the test in Western Civilization classes. *More details regarding the ACT test will be in the April newsletter.*

We also encourage students to sign up to take the SAT sometime during the spring of their junior year. The ACT **or** SAT is required for any student applying to a four year college/university. Juniors can schedule an appointment with their counselor for questions regarding these tests.

SAT/National ACT Test Dates			
ACT - www.actstudent.org		SAT Reasoning/Subject Tests - www.sat.collegeboard.org	
Test Date	Registration Deadline	Test Date	Registration Deadline
April 9, 2016	March 4, 2016	May 7, 2016	April 8, 2016
June 11, 2016	May 6, 2016	June 4, 2016	May 5, 2016

Arapahoe is hosting an ACT prep class presented by Sycamore Learning Company on April 6 and 7 from 3:00pm to 5:30pm OR 6:00pm to 8:30pm. (Students pick one time slot and come both days.) Please see the attached letter. Also, refer to the AHS Guidance website for college testing information. Go to "Staff Pages," select "Guidance," then "Academics," and then select the link for "Testing."

College Classes

Students enrolled at Arapahoe High School may wish to consider taking college courses sometime during their Junior and/or Senior year. Through the Concurrent Enrollment program, tuition for these classes may be reimbursable through the school district. Informational meetings were held about Concurrent Enrollment classes on February 17. **The applications for Concurrent Enrollment classes were due by February 27, 2016.** Please come to the Guidance Office to pick up an application and get more details from your counselor.

Advanced Placement Information

During January and February all Advanced Placement students received information in their AP classes about Advanced Placement Examinations, which will be given May 2-6 and May 9-13. Please refer to the [Bulletin for AP Students and Parents](#). Students who are taking the AP exams should have ordered their exams by February 17. The cost of one exam is \$94. An AHS Billing Statement from the Bookkeeping Office reflecting the cost of the ordered exam(s) will be mailed in March. Examinees are **required** to attend **one** mandatory pre-registration session either Tuesday, April 5 or Wednesday, April 6. Please refer to the handout students received in their AP classes. Students should contact Mrs. Talen in the Guidance Center if they have questions.

Career & Technical Education

Sophomores and Juniors who are interested in attending the Area Career and Technical School (ACTS) for next school year may sign up online at www.lps2.it/ACTS. Students may choose from many career fields and some programs earn college credits at ACC. **The deadline for sending the application is March 7th.** Students should see their counselor if they have questions.

Post Grad Center

COLLEGE NIGHT: Arapahoe High School's first College Night, held on February 22nd, had an overwhelming community response with well over 600 students and parents in attendance. The night featured keynote speaker, Jill Athenour, an Independent College Consultant, who spoke on managing the college admissions process. Attendees then went to two breakout sessions of their choice. For general information on College Night, go to the [Post Grad Center website](#) College Night pages and subpages. If you attended the event, please click on this [link](#) to provide feedback.

SENIORS: Continue bringing in those scholarship award letters to the Post Grad Center!

If you have already made your college decision, please confirm your acceptance and then politely decline acceptances from the schools you will not be attending. This allows them to extend an offer of acceptance to another student and re-allocate scholarship funds. If you have not yet applied to college, please watch for information on an upcoming Application Day.

JUNIORS: This is the time to build your college list. Log into Naviance weekly and utilize the college search tools. Watch for college visits @ AHS, attend the Sunday, April 24th college fair at the University of Denver, and schedule campus visits while students are still in session. Check out the Post Grad Center website or your Naviance home page for detailed information.

SOPHOMORES: Your Post Grad appointments are this semester. Appointment slips are delivered a week in advance of your appointment, which is scheduled during an off hour. Not only will you learn about Naviance, a helpful college and career readiness web-based platform, you will also complete tasks for your ICAP - Individualized Career and Academic Plan, which are part of the state's graduation guidelines.

FRESHMAN: Remember that the grades you earn this year make up $\frac{1}{3}$ of what colleges will see when you apply to college in the fall of your senior year. Get involved at AHS and find a way to serve your local community on an ongoing basis. Grades, extracurricular involvement, and community service are important.



SYCAMORE LEARNING COMPANY

**“Prep for the Future” ACT Seminar
at Arapahoe High School
April 6th & 7th, 3:00pm to 5:30pm
OR
April 6th & 7th, 6:00pm to 8:30pm**

This year, all juniors in Colorado will be required to take the ACT test in April as a part of the statewide testing program. After working with more than 25,000 students across the country over the last 14 years, Sycamore Learning Company’s founder designed this 5-hour seminar to help students prepare for the upcoming ACT with specific strategies to maximize scoring on each section of the test.

The cost for this seminar is **only \$89** and includes an extensive study guide that has 3 full-length practice tests with in-depth answer explanations for each question and 5 hours of in-class instruction. ***Also included in the seminar:***

- *A presentation full of tips and strategies that help students attain their highest possible scores.*
- *A special focus on the Math and Science sections for the ACT.*
- *Detailed explanation on how to write the Essay portion of the test.*
- *Highly-rated and experienced presenters conducting the seminars.*
- *College scholarship opportunities available to students who attend the seminar.*
- *All offered in a 5-hour seminar that is efficient, affordable, and fun for the students.*

To register for this seminar, please go to www.prepforthefuture.com Payment can be made online or your student can bring a check payable to Sycamore Learning Company to the seminar. The only materials needed for the seminar will be a calculator and two pencils. Enrollment may be limited, so please register as soon as possible to ensure your student does not miss out on this opportunity. For any additional questions regarding the seminar, please call toll-free (866) 223-9691.

We look forward to helping your student perform his or her best on the upcoming ACT!

“PREP FOR THE FUTURE”

ACT ♦ SAT TEST PREP

www.sycamorelearning.com

Congratulations National Merit Finalists

Atlee Witt

Zach Woosley

Muse: You Won't Believe the Talent!

The Muse, Arapahoe High School's Journal of Arts & Literature, is currently producing its fourteenth volume of our creative arts journal! We look forward to showcasing more stunning student work this year. Not only are the contents of the magazine entirely student-created, so is the magazine itself. The magazine staff has created editorial standards, judged student work thoughtfully and anonymously, and is currently laying out the work for publication.

Our Managing Editors, Victoria Cheng and Lyndsey Hodges, have done a great job leading a fine group of editors: art editor Jemma Barfoot, poetry editor Abby Rictor, Publicity editors Amber Malom and Isabella Branscomb, and Fiction editor Madison Wacaser. Many thanks to these leaders, and all the members who have already put in countless hours of hard work! Laura Svigel, Jenny King, and Alex Spare are the proud faculty sponsors.

We will soon be hosting our culminating celebration, the Muse Showcase, on a **Thursday evening, April 28th in the Forum** at Arapahoe High School. We will begin by 7:00, and we'll have snacks and music if you arrive early! This event will honor all the artists, poets and writers who have contributed their creative work to volume eight of the Muse. You will see artwork and hear powerful poems and stories. It will truly be a night to remember, and we will have our new magazine for sale as well. We look forward to seeing you on the 28th!



SOMETHING TO CHEER ABOUT!

February was an exciting month for the Arapahoe High School Varsity Cheers! The team traveled to Orlando, Florida to compete in the Universal Cheerleaders Association's National High School Cheerleading Championships. It is always an honor to compete with high schools from across the nation.

Both JV and Varsity cheered on the Girls and Boys Basketball teams. Our Senior Cheers were recognized at the Boys basketball game on Friday, February 12, 2016. Thank you, ladies, for giving your dedication, leadership, and talent to the cheer teams these past 4 years. We wish Haleigh, Giules, Lizzie, Casey, Erina, Maddie, and Brianna good luck in your future endeavors. We will miss you and wish you the best.

ARAPAHOE CHEER TEAM TRYOUTS FOR 2016-17!

Varsity and JV – March 28 — April 1, 2016.

Mandatory informational meeting, date TBD, will be held in March. A student and parent must attend if you plan to cheer. Please check the Cheers Website www.cheers.ahswarriors.org for updates. You must have a current physical in order to tryout.

News From The Art Department

Beginning in October 2015, the art department has been featuring an Artist of the Month who has been chosen because of his/her outstanding technique and originality. The Artist of the Month are some of our most dedicated and talented artists who have shown great creative accomplishments. March's Artist of the Month is Senior Samantha Mier y Teran. Stop by the Art Department to see Samantha's beautiful Ceramic Teapot on display.

March is Youth Art Month, and The Curtis Arts and Humanities Center in Greenwood Village is hosting a student art and music exhibition. The exhibit will run March 7th through April 1st, 2016. There will be a reception held at the center on March 8th from 5-7pm.

Our 12th annual Art Attack is fast approaching. Please stop by the Art Department to fill out an entry form for your artwork. Any student can enter work into the show from any art class taken here at AHS or any recent work made outside of school. No artwork created on lined notebook paper will be accepted, and work must be of a school appropriate subject matter. See flyer and/or any of the art teachers for more details.



12th Annual Arapahoe

“ART ATTACK”

Tuesday April 19, 2016

Reception 7:00 – 8:00 p.m.

Awards 7:30 p.m.

This is a show exclusively for the students of Arapahoe High School sponsored by our Arapahoe PTO. This is our “show of shows” for the year which provides recognition for our students as well as prizes for outstanding work.

The show is broken into the following eleven categories:

Acrylic Painting
Watercolor Painting
Jewelry
Sculpture & Ceramics
Film Photography
Digital Photography
Computer Art
(includes ANY manipulated digital photos)
Printmaking
Mixed Media
Black & White Drawing
Colored Drawing
Design

“Best of Show” will be awarded in each category

plus

Principal’s Choice
Superintendent’s Choice
& Board Member’s Choice

This is a celebration of both the wonderful work of our students and an opportunity to share with the public our department and art curriculum. Viewing dates April 14–April 30 in the AHS Theater Hallway.

*******ENTRY DEADLINE – FRIDAY, APRIL 1st*******

Students may enter 2 (TWO) per category. Entry forms available in the Art Dept.

Must be artwork completed in high school.

Work cannot be framed or on lined notebook paper.

Business Department

DECA

Arapahoe DECA had another great performance at the State Conference at the Broadmoor Hotel in Colorado Springs. A total of 43 students qualified to compete in role play and written event presentation competitions. Of those, we had 26 students make it to the competition finals. These 10 students were named among the top competitors in the state and qualified to compete at the National Competition in Orlando in April:

Jacob Reed – 1st Place; Sports & Entertainment Marketing
Henry Schaefer – 1st Place; Personal Financial Literacy
Mackenzie Jones – 2nd Place; Sports & Entertainment Marketing
Petra Sikorski – 3rd Place; Fashion Merchandising Promotion
Tia Decolati – 3rd Place; Business Services Marketing
Sarah Shortall, Haleigh Schultz – 4th Place; Marketing Communications
Sarah Shortall, Haleigh Schultz – 4th Place; Fashion Merchandising Promotion
Kili Shurley – 5th Place; Business Operations Research
Aly Decolati, Mackenzie Jones, Charlie Leonard – 5th Place; Hospitality & Tourism Operations Research

Congratulations!

Ms. Krueger's Sports & Entertainment Marketing class is hosting a new event during Warrior Week. Students are planning a 3-on-3 March Madness Basketball Tournament on Wednesday, March 16th from 6 to 9 pm in the Sitting Eagle Gymnasium. Admission to the event is only \$3. All proceeds from the event will be donated to The Joshua School which is the charity/organization we will be supporting during Warrior Week.

Future Business Leaders of America (FBLA)

FBLA is very busy developing their leadership skills by planning the annual Volleyball Tournament, and the first ever "Food Truck Row" fundraiser. The theme this year is Country. Student teams will represent their chosen country, and compete for the bragging rights as the best volleyball players in the school. The food trucks are a mix of international foods from around the world and will be present at this event. Trucks will be located on the South side of the school in the bus loop 5:30pm-7:30 pm. Come enjoy food and watch the teams play on March 30, 2016 at 6pm in the Sitting Eagle Gymnasium.

FBLA Meeting Dates:

March 2—Volleyball registration packets available, FBLA members only (come to the meeting to pick one up)
March 3—Volleyball registration packets will be available to all AHS students (Business Office)
March 16—Fill Easter eggs for Littleton Historical Museum (E9)
March 26—Hide the eggs at Littleton Historical Museum
March 30—Food Truck Row 5:30 p.m./Volleyball game 6 p.m. at AHS
April 7—Parent meeting for members attending FBLA State - 6 p.m. (Forum)
April 7—Fundraiser dinner at restaurant following meeting. (Everyone invited)
April 14 — 6—FBLA State Competition Conference in Vail
Officer Applications—Available April 18th, turn in by April 22
Banquet—May 5th 6:30 p.m. in the Cafeteria

National Business Honor Society

Congratulations to all students who were accepted into the National Business Honor Society this semester! All National Business Honor Society Students are invited to the Business Banquet at 6:30 pm on May 5th in the cafeteria to receive recognition and certificate. Students can be eligible for NBHS if they are a Junior or Senior, have a 3.0 GPA, 3.5 business class GPA, and have completed (or are currently taking) 3 business classes.

Performing Arts Department Students Of The Month

The Performing Arts Department would like to recognize and thank the following outstanding students who were named Students of the Month for February 2016:

Vocal Music: Lauren O'Breza
Instrumental: Ethan Hoggan
Theatre: Scott Powell

Again, thank you for sharing your talent, energy, and time.

Student Council News

All Arapahoe students are invited to student council meetings every Tuesday morning at 6:45 a.m. in the forum.

Election Information

We will hold elections for next year's sophomore, junior, and senior officers at the end of April. Students interested in running for class office and executive positions must be active members of the council for at least one year and receive Student Council sponsor recommendations.

Freshmen elections	Will take place in the fall
Intent-to-run meetings	March 29 th at 6:45 a.m. and 2:30 p.m. in the forum (Students planning on running should attend one of these meetings)
Applications	Due April 5 th
Campaign week	April 18 th through April 22 nd
Election Day	April 25 th

Staff Appreciation Week- May 2nd -May 6th

Student Council asks parents and community members to show support for our staff during this year's appreciation week by giving donations. Donations will be given away in a raffle each day during the week. In the past, donation items have included gift cards from restaurants, movie theaters, Starbucks, salons, bookstores, dry cleaners, grocery stores, etc. Your support of our staff is greatly appreciated. Please drop off or send donations to either of the Student Council sponsors, Audra Binney or Shannon Kershaw, by Friday, April 29th.

Warrior Week 2016

Every year, Arapahoe's Student Council puts on a school-wide, week-long series of events known as Warrior Week. The school sponsors a charitable organization and, this year, the proceeds will benefit The Joshua School, which is an organization committed to helping individuals with autism spectrum disorder and developmental disabilities attain the highest quality of life, valuing each unique mind, body, and spirit. The Joshua School aims to promote growth in social skills, communication and language, academics, daily living skills, community skills, and vocational skills to create an independent and fulfilling life for these students.

During Warrior Week, students donate and raise money in their classes, at lunch, and at events hosted throughout the week. Principal among these events are a concert on Monday, March 14th at 7 p.m. in the Arapahoe Theater featuring the Arapahoe Singers and the University of Colorado Buffoons, an all-male a cappella group, as well as a student versus staff basketball game held at 6 p.m. on Wednesday, March 16th in the school's main gym. We will also have a silent auction at the basketball game with items donated from local businesses. Tickets for both events will be on sale beginning Thursday, March 10th for \$5 in the cafeteria during both lunches and will be sold at the door for \$7. Student Council will also sell t-shirts for \$10 with 100% of the proceeds going to The Joshua School.

Additionally, this year Arapahoe is partnering with several local restaurants during this fun-filled and charity-minded week. The following eateries will donate a portion of their proceeds to The Joshua School at the specific dates/times listed below:

- Monday, March 14: Dinner at Anthony's Pizza (dine-in, take out, and delivery), 4:00 pm – 9:00 pm
- Wednesday, March 16: Dessert at Yogurtland after the Basketball Tournament
- Thursday, March 17: Dinner at Bad Daddy's Burgers, 5:00 pm – 8:30 pm
- Friday, March 18: Lunch at Tom and Chee, 10:30 am – 12:30 pm

We look forward to seeing students, parents, and community members at these events!

Attention Parents of Graduating Seniors

Does your Graduating Senior have lunch money in their account?

Now is the time to watch your student account balance and use up lunch money by the end of the year.

If your student still has money in their account as of May 20, 2016, please contact the Nutrition Services Office.

The office can transfer the balance to a sibling or process a refund.

You can also "pay it forward" and donate the money to a "LunchShares" fund.

Please contact Debbie Smith in the LPS Nutrition Services Office,

303-347-3360 or send an email to dcsmith@lps.k12.co.us

to request a transfer or refund.

Unclaimed funds over \$25.00 will be submitted to the

Great Colorado Payback.

It has been our privilege to serve your student.

Congratulations Class of 2016!

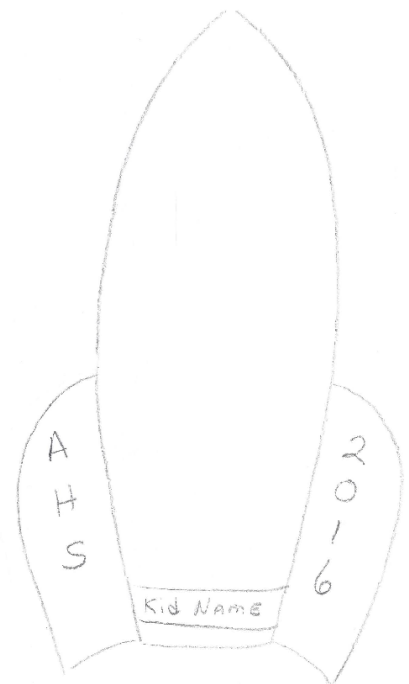
The Arapahoe Kitchen Staff and LPS Nutrition Services Department

Reminder Senior Parents!!!

Prom and After Prom are approaching! If you haven't started your senior's collage for After a Prom, now is the time to begin gathering all those photos! These collages will be displayed in the senior hall during After a Prom on April 30th.

A few reminders about the collage:

- 1) Purchase a piece of standard 22x28 white poster board.
- 2) Cut the poster board into the shape of a rocket ship.
See example here or in the February *Drumbeat*.
- 3) Place your child's name and 2016 on the front of the rocket ship.
- 4) Glue your pictures on the poster board, do not use tape, the pictures will fall off.
- 5) Neatly, on the back, please print the students first and last name, parent's first and last name, and a contact phone number. We would like to be able to contact you should we have any questions.
- 6) Consider having your collage laminated. Staples at Southglenn can you help you with that service.
- 7) Deliver your collage to the school's main office between April 18th - April 29th before 3:00 p.m.
Place collages in the large collection box.
- 8) Collages will be available for pick up after the event from May 2nd thru May 6th, by either a parent or student.



Have fun creating your collage!

If you have any question please feel free to contact:

Nancy Brumley

Nbrumley1218@gmail.com



**It's a great day to be a
Warrior!**

- Tradition of **academic excellence**, **strong school spirit**, and **positive student-faculty relationships**
- **Blue Ribbon School of Excellence** as recognized by the United States Department of Education
- Our **Warrior Mascot** is endorsed by the **Arapaho Tribe** – we are proud of our sincere relationship with people in the Native American culture.
- Recognized as “**One of the Best Public High Schools**” – by **5280 Magazine** (2013)
- Recognized nationally by **US News and World Reports** in their “**Best High Schools Rankings**”

**John Irwin
School of Excellence
Award**

Colorado Department of Education

Blue Ribbon School
US Department of Education

Arapahoe High School Freshman Registration Night Monday, April 4, 2016 6:00 PM

Sitting Eagle Gymnasium

Park and enter at the West Event Entrance

- ◆ Get information about Academics, Athletics & Activities
- ◆ Find out about Parent Volunteer Opportunities
- ◆ Get your questions answered

Honors Testing Schedule

Audition Times and Locations - Please enter AHS through the West Entrance.
Please bring a #2 pencil to all auditions

Tuesday, March 1, 2016

Language Arts/Social Studies 3:30 PM – 4:30 PM – Room W201

Tuesday, March 8, 2016

Swim Waiver 6:00 PM or 7:30 PM – Pool

Wednesday, March 9, 2016

Honors Algebra II 3:30 PM – 4:30 PM – Room S8
Non-graphing calculators are permitted, but not provided.
Swim Waiver 6:00 PM or 7:30 PM – Pool

Thursday, March 10, 2016

Honors Geometry/Biology 3:30 PM – 4:30 PM – Room W201
Non-graphing calculators are permitted, but not provided.

Tuesday, April 19, 2016

Spanish II & III – for Non-LPS Students 3:30 PM – 4:30 PM – Room C21
Chinese II, III & IV - for ALL incoming Students 3:30 PM – 4:30 PM – Room C23

Tuesday, April 26, 2016

Spanish II & III – for Non-LPS Students 3:30 PM – 4:30 PM – Room C19 & C21

Arapahoe High School <http://arapahoe.littletonpublicschools.net/>
2201 E. Dry Creek Rd., Centennial, CO 80122 303-347-6000



The Coffee Break

Deputy James Englert and Deputy James Mason
School Resource Officers, Arapahoe High School

Centennial Ordinance No. 2006-O-18 / Arapahoe County Ordinance 2008-1 **PROHIBITING THE POSSESSION OF TOBACCO PRODUCTS BY MINORS**

Minor: A person under 18 years of age.

Possess: Has or holds any amount of a tobacco product anywhere on his/her person, has tobacco products within his/her immediate presence and control, including within a motor vehicle. Also includes the consumption, smoking, ingesting, absorbing, inhaling, or chewing of any tobacco product.

VIOLATIONS:

Upon conviction shall be fined \$75.00 for first offense. For the second and subsequent offenses, the court shall impose a fine between \$100.00 and \$300.00. A mandatory court appearance is required with each violation.

The City of Centennial ordinance went into effect in October 2006, and for schools in unincorporated Arapahoe County, tobacco became illegal for minors in early 2008.

I feel like I talk about this subject all the time. I don't know what to do to keep students from smoking. I try to explain the dangers. I give warnings to students, and the very next day I find the same students smoking in the same spot. The only solution I can think of is to write tickets on and off school grounds. **The City of Centennial also considers "E-Cigarettes" containing nicotine as a violation under this statute.**

A FEW FACTS:

- 3 million kids under 18 are current smokers.
- More than 6.3 million kids who are currently under 18 will eventually die from smoking-related disease.
- Almost 90% of adult smokers began at or before age 19.
- More than a third of all kids who try smoking become regular, daily smokers before leaving high school.
- Cigarettes and chewing tobacco are associated with numerous health problems.
- For more information go to www.cdc.gov/tobacco.
- You tell me: what can I do to convince you not to smoke?



Let's Have A Great and Safe School Year!
Please feel free to contact us at:
jenglert@lps.k12.co.us and jmason@lps.k12.co.us
 303-347-6086



Alive @ 25 Class
Free for AHS Students
Tuesday, May 10, 2016
2:30pm-7:00pm (bring a snack)
 At AHS in room W101
 Register at <http://aliveat25.us/>

Alive at 25 is a highly interactive program that specifically targets young drivers between the ages of 15 and 24 and encourages them to consistently practice safe and defensive driving habits. Traffic crashes are the leading cause of teen fatalities, accounting for 44% of teen deaths in the United States. The program utilizes workbook exercises, interactive media, group discussions, role-playing, and lectures to help drivers develop the lifesaving defensive driving skills and strategies which will keep them safer on the road. All young people, ages 15-24, in the community are eligible to participate in Alive at 25. For further information on how to use this certificate to obtain a driver's permit, please [click this link](#).

If you miss this class, check the school's website for the next class available to Arapahoe students. For questions, call Deputy James Englert at 303-347-6086.



This is not your typical fundraising dinner with mediocre food & boring speeches!

Please Join Us on Saturday, April 16, 2016

at the Hyatt Regency Denver Tech Center

for a fun filled evening of celebrating LPS schools!

Come socialize with friends, stroll along the art walk, eat a fabulous dinner, enjoy a short program, bid on awesome auction items and dance to That 80's Band!

Parents, staff, and community members are welcome and encouraged to attend.

For more information or to register visit

www.spiritdinner.com

or 303-347-3478





The Flu:

A Guide For Parents

FLU INFORMATION

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for up to 6 months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.

Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat and prevent influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs.

These include:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant



according to directions on the product label.

These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.

IF YOUR CHILD IS SICK

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu-like symptoms.

What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO

2015-2016 Dates to Remember:

Wednesday, March 16, 2016 - PLC – Late Start Day

Monday, March 21-Friday, March 25, 2016 - Spring Break

Friday, April 01, 2016 - End of Six Weeks

Monday, April 04, 2016 - Freshman (Class of 2020) Registration

Thursday, April 07, 2016 - Advisement (New Date)

Wednesday, April 27, 2016 - PLC – Late Start Day

Saturday, April 30, 2016 - Prom/After Prom

Friday, May 13, 2016 - Last Day for Seniors

Monday, May 16, 2016 - Final Examinations/Senior Awards Convocation

Tuesday, May 17 & Wednesday, May 18, 2016 - Final Examinations/Arena Scheduling

Thursday, May 19, 2016 - GRADUATION Class of 2016

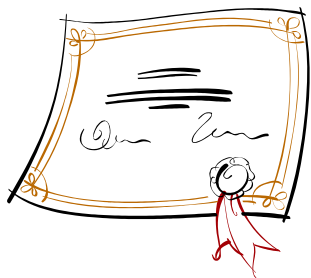
Friday, May 20, 2016 - **Final Examinations/Arena Scheduling/
Last Day of Semester**

Monday, May 30, 2016 - Memorial Day

School Accountability Committee

Next meeting date:
April 14, 2016
@ 3:30 p.m.
Main Office Conference Room

The SAC meetings are open to all Arapahoe parents and the community.
Any questions, please call Assistant Principal Darrell Meredith at 303-347-6024.



Save the Date! Arapahoe High School Senior Awards Convocation Night

Monday, May 16, 2016
6:00 p.m. held in our Arapahoe Theater