

## **Conifer Weekly Announcements**

Hello Conifer Family and Friends, this is Principal Paxton with your weekly update on news and information for the week of Monday, April 19<sup>th</sup> through Saturday, April 24<sup>th</sup>.

## Here are some important announcements...

| Mountain Resource<br>Center Can Food<br>Drive – Final Day –<br>Monday, April 19th               | Help Conifer Student Government collect canned and boxed food items, along with other personal hygiene products for the Mountain Resource Center. The final day to donate has been extended to Monday, April 19 <sup>th</sup> ! Thank you for your support!  |
|---|--|
| Counseling Workshop  – Tuesday, April 20 <sup>th</sup> from 3:00 to 3:30 p.m.                   | The next Conifer Counseling Center Workshop is scheduled for <u>Tuesday, April 20<sup>th</sup> from 3:00 until 3:30 p.m.</u> The Counselors will be discussing College Planning in more depth! Here is the link and meeting code to join the presentation: <a href="https://tinyurl.com/39w6vyzh">https://tinyurl.com/39w6vyzh</a> Meeting ID: 852 8555 0503 Passcode: 330552  |
| 2021-2022 Student<br>Body President and<br>Vice President<br>Election                           | Students, please help us elect the 2021-2022 Student Body President and Vice President. Freshmen, Sophomores and Juniors can vote <b>ONCE</b> in this election, which ends on <b>Friday</b> , <b>April 23</b> <sup>rd</sup> at <b>2:00 p.m.</b> Votes casted by Seniors and non-Conifer students will be deleted from the vote tally.  |
|   | Make your voice heard by electing next year's Student Body President and Vice President.   |
|   | Voting Link: <a href="https://forms.gle/wzrShwNtfTsUw5eU6">https://forms.gle/wzrShwNtfTsUw5eU6</a>   |
| Graduation Ceremony<br>Speaker and Singer<br>Tryouts –<br>Wednesday, April 21st                 | Attention Seniors, on <b>Wednesday, April 21</b> st, we will have Speaker and Singer tryouts in the Cafeteria from 7:30 until 9:00 a.m. for the 2021 Graduation Ceremony. The speaker prompt can be found in the Senior Google Classroom.  |
| Spring Musical –<br>Friday, April 23 <sup>rd</sup><br>through Sunday, April<br>25 <sup>th</sup> | The Conifer Theater Department will have their first performance of this school year, entitled "The Trail to Oregon", on Friday, April 23 <sup>rd</sup> at 7:00 p.m., with two performances on Saturday, April 24 <sup>th</sup> at 2:00 p.m. and 7:00 p.m. An additional performance will be on Sunday, April 25 <sup>th</sup> at 2:00 p.m. Tickets can be purchased HERE!   |
| Link Leader<br>Applications Due<br>Friday, April 23 <sup>rd</sup>                               | Conifer High School is now accepting Link Leader applications for the 2021-2022 school year! If you are a current Sophomore or Junior interested in mentoring the incoming Freshmen class to our Conifer High School community, please complete the Link application found on the Conifer High School homepage. Link Applications are due <b>Friday, April 23</b> <sup>rd</sup> . Link Leader application: <a href="https://tinyurl.com/4n5kxaxu">https://tinyurl.com/4n5kxaxu</a> |
| Schwartz Award<br>Nominations Due<br>Friday, April 23 <sup>rd</sup>                             | It Is time to nominate a Conifer staff member or community volunteer for the Annual Schwartz Award! This award is given to a professional (teacher, staff member, coach) or adult volunteer whose work at Conifer High School exemplifies  |

and promotes the "Vision of Excellence". Nominations are due by **Friday, April 23<sup>rd</sup>!** Click here to nominate!

A nominee promotes the "Vision of Excellence" by exhibiting one or more of the following characteristics:

- \*Advocates for students balancing academic excellence with athletics, fine art and extra-curricular activities
- \*Supports teachers and staff
- \*Is a positive problem solver
- \*Is energetic and enthusiastic
- \*Prepares students for success in today's world by encouraging critical and global thinking
- \*Challenges students to achieve efficacy through leadership opportunities, collaboration, and investment in all endeavors
- \*Engages students with dynamic and innovative instructional practices
- \*Provides various opportunities for support to meet individual student needs

### Day Without Hate – Monday, April 26<sup>th</sup> through Friday, April 30<sup>th</sup>

Join the rest of Conifer High School as we celebrate a Day Without Hate!

**Monday, April 26**<sup>th</sup> – Wear Purple or Turquoise for Suicide Awareness

Tuesday, April 27<sup>th</sup> – Wear Pink for Kindness Day

**Wednesday, April 28<sup>th</sup>** – Wear Green for Mental Health Day

**Thursday, April 29**<sup>th</sup> – Wear Blue for Acceptance Day

Friday, April 30<sup>th</sup> – Wear your Day Without Hate Shirt for DWOH Day

### Community Mental Health and Wellness Resource – Thursday, April 29<sup>th</sup>

#### **Strengthening our Community through Mental Health and Wellness**

Parent/Caregiver Seminar Series

Mindful Families: Calm and Confident Parenting in Stressful Times

Mindfulness is a tool for bringing calm, compassion, well-being and connection to your family. Mindfulness as 'a way of being.' Whether you are new to the practice or it's a part of your daily life, this session will take you on a mindfulness journey of exploring the basics, the benefits, and easy to use techniques. You will leave the session with these main takeaways.

- Understand what mindfulness is and learn how can it benefit you as a parent or caregiver
- Learn five mindfulness practices you can use with yourself and your children/teens right away
- Learn ways to laugh more and yell less as a family
- Learn to relate to your emotions, even the big ones, in a positive way

- Learn how to reduce stress and manage fear and anxiety
- Learn how to be intentional about what your mind is focusing on

andrabrill, ph.d.

AUTHOR, SPEAKER & MINDFULNESS COACH

Andra Brill, Ph.D. is a writer, speaker and innovator in the growing field of mindful parenting. She is the Founder and CEO of <a href="Happy Mindful Families">Happy Mindful Families</a> where she offers practical tools for raising resilient, well-balanced children. Her work has been featured on the Huffington Post, Positive Parenting Connection and a special guest on podcasts including <a href="Big Time Talker">Big Time Talker</a>. In her spare time Andra enjoys paddle boarding, making pancakes and impromptu dance parties in the kitchen.



#### Thursday, April 29, 2021

Two Sessions

Session A: 11:00am-12:15pm

• Session B: 5:30pm-6:45pm

75 minutes presentation

Q&A 15-20 minutes (optional)

**REGISTER HERE** 

Visit <u>Jeffco's Mental Health and Wellness Hub</u> for additional mindfulness resources for families as well as access to resources and recordings of past seminar sessions.

# Updated Sign Out Procedures

With the return to In-Person Learning, students can be excused early from school by calling the Conifer Office Front Desk at 303-982-5255 and speaking directly with an office staff member or student assistant. Please provide the student's name and what time you need the student to be released. After collecting the information, you will be transferred to the Attendance Office to excuse the student. The office staff member will prepare the pass and have it delivered to your student. Excused students are expected to sign out in the main office and show their red pass to a Campus Supervisor before leaving the building. To avoid a long wait, it helps to call early.

### Outdoor Lab Applications Due Friday, April 30<sup>th</sup>

Attention current Sophomores and Juniors, would you like to be an Outdoor Lab Leader next fall semester (September 27th - October 1st, 2021)? It is an honor, privilege, responsibility, and commitment to be a High School Leader for Outdoor Lab. Students have the unique opportunity to serve as high school leaders by becoming guides, teachers, friends, advisers, and a source of inspiration for 6<sup>th</sup> graders from West Jeff Middle School. There are posters around the school with a QR code to the application. If you have any questions, please contact Ms. Spease by email at Kim.Spease@jeffco.k12.co.us.

# Parent Volunteers needed

Attention parents, we need help proctoring AP exams in May. Proctors are not permitted to supervise an exam their student is taking. Job duties include helping to pass out and collect books, as well as monitor students while testing. We need proctors on the following dates:

| Date                           | Time                         | Test                | Volunteers Needed  |
|--------------------------------|------------------------------|---------------------|--------------------|
| Tuesday, May 4 <sup>th</sup>   | 8:00 AM - 12:00              | AB Calc. / BC Calc  | c. 2               |
| Wednesday, May 5 <sup>th</sup> | 8:00 AM – 12:00              | English Literature  | 2                  |
| Monday, May 10 <sup>th</sup>   | 8:00 AM – 12:00              | World History       | 2                  |
| Monday, May 10 <sup>th</sup>   | 12:00 PM - 3:30              | Macroeconomics      | 1                  |
| Tuesday, May 11 <sup>th</sup>  | 12:00 PM - 3:30              | Psychology          | 1                  |
| Wednesday, May 12 <sup>t</sup> | <sup>h</sup> 8:00 AM – 12:00 | English Lang. and   | Comp. 2            |
| Friday, May 14 <sup>th</sup>   | 8:00 AM – 12:00              | Biology             | 2                  |
| If interested places           | mail luctin Nauancah         | awandar (in ayansa) | Dioffee k12 on us) |

If interested, please email Justin Neuenschwander (<a href="mailto:ineuensc@jeffco.k12.co.us">ineuensc@jeffco.k12.co.us</a>) with name, date you can help, and best way for him to contact you.

### 2021 Spring AP Testing and Finals Schedule

#### 2021 Spring AP / Finals Testing Schedule 4.14.21

| Monday   | Tuesday                         | Wednesday                         | Thursday                         | Friday                         |
|--|---------------------------------|-----------------------------------|----------------------------------|--------------------------------|
| May 3 <sup>rd</sup>  | May 4 <sup>th</sup>             | May 5 <sup>th</sup>               | May 6 <sup>th</sup>              | May 7 <sup>th</sup>            |
| Green Day  | Silver Day                      | Green Day                         | Silver Day                       | Conifer Day                    |
| AP Testing   | AP Testing                      | AP Testing                        | AP Testing                       | AP Testing                     |
| 8:00 US Gov  | 8:00 Calc AB & BC               | 8:00 English Lit                  | 8:00 U.S. History                | 8:00 Chemistry                 |
| 12:00 Physics Mech   | 12:00 Human Geog                |                                   | 12:00 Comp Sci A                 | 8:00 Spanish Lang              |
| 2:00 Physics E & M   |                                 |                                   |                                  |                                |
| No. of the contract of the con | T. code                         | Wadaaadaa                         | <b>Th</b>                        | edda                           |
| Monday<br>May 10 <sup>th</sup>   | Tuesday<br>May 11 <sup>th</sup> | Wednesday<br>May 12 <sup>th</sup> | Thursday<br>May 13 <sup>th</sup> | Friday<br>May 14 <sup>th</sup> |
| Green Day  | Silver Day                      | Green Day                         | Silver Day                       | Conifer Day                    |
| AP Testing   | AP Testing                      | AP Testing                        | **Seniors Last Day               | AP Testing                     |
| 8:00 World History -   | 8:00 AP Seminar                 | 8:00 English Lang                 |                                  | 8:00 Biology                   |
| Modern   | 8:00 Spanish Lang               | 12:00                             |                                  | 12:00 Environmental            |
|  | 12:00 Psychology                | Microenonomics                    | *SENIOR Finals*                  | Science                        |
|  |                                 |                                   | Final - 2 7:45-9:10              |                                |
|  | *SENIOR Finals*                 | SENIOR Finals*                    | Final - 4 9:15-10:40             |                                |
|  | Block - 2 7:45-9:10             | Seminar 7:45 – 9:10               | Final - 6 10:45-12:10            |                                |
|  | Block - 4 9:15-10:40            | Final- 3 9:15-10:40               | Block - 8 12:15-1:40             |                                |
|  | Block - 6 10:45-12:10           | Final - 5 10:45-12:10             |                                  |                                |
|  | Final - 8 12:15-1:40            | Final- 7 12:15-1:40               | 4:00 Senior Parade               |                                |
| Monday   | Tuesday                         | Wednesday                         | Thursday                         | Friday                         |
| May 17 <sup>th</sup>   | May 18 <sup>th</sup>            | May 19 <sup>th</sup>              | May 20 <sup>th</sup>             | May 21 <sup>st</sup>           |
| Green Day  | Silver Day                      | Green Day                         | Silver Day                       | Conifer Day                    |
| AP Testing   |                                 |                                   |                                  |                                |
| 8:00 Comp Science  |                                 |                                   |                                  | 10:00 Graduation               |
| Principles   |                                 | 3:00 Schwartz                     | 6:00-9:00 Prom                   | Practice                       |
| 12:00 Statistics   |                                 | Awards                            |                                  | 6:00 Senior Awards             |
|  |                                 |                                   |                                  | *                              |
| Monday   | Tuesday                         | Wednesday                         | Thursday                         | Friday                         |
| May 24 <sup>th</sup>   | May 25 <sup>th</sup>            | May 26 <sup>th</sup>              | May 27 <sup>th</sup>             | May 28th                       |
| Green Day  | Conifer Day                     | Conifer Day                       | Last Day of School for           | Teachers Last Day              |
|  | Seminar                         | Seminar                           | Students                         | •                              |
|  | 7:45 – 8:25 (40 min)            | 7:45 – 8:25 (40 min)              | Final 2                          | Finals Make-Up &               |
|  | Final- 3                        | Final- 4                          | 7:45 – 9:25 (100 m)              | Teacher Work Day               |
|  | 8:30 - 10:10 (100 m)            | 8:30 - 10:10 (100 m)              |                                  |                                |
|  | Final- 5                        | Final- 6                          | Buses will pick up any           |                                |
|  | 10:15 -11:55 (100 m)            | 10:15 -11:55 (100 m)              | students at 12:00                |                                |
|  | Final- 7                        | Final- 8                          | 9:30 - 1:40                      |                                |
|  | 12:00-1:40 (100 m)              | 12:00-1:40 (100 m)                | Finals Make-Ups &                |                                |
|  |                                 |                                   |                                  |                                |
|  |                                 |                                   | Teacher Grading                  |                                |

<sup>\*</sup>NOTE: Graduation May 22, 2021 @ 11:00 am on Fitzmaurice Field

# TeamWorks Summer Conservation Work

Students, do you want to make \$15.00 an hour, work with people your age, learn new skills, and spend all summer outside? If your answer is yes to any of these questions look no further for a summer job, because TeamWorks is now hiring crew members! The Conifer based TeamWorks crew will meet at Conifer High School Monday - Thursday from June until August and travel to different locations around the Front Range doing conservation work! Please visit our website <a href="https://www.teamworkscolorado.org">www.teamworkscolorado.org</a> for more information and to apply!

| PTSO Mind Blown<br>Trivia Night –<br>Saturday, May 8th       | The Conifer PTSO is excited to host this year's virtual Mind Blown Trivia Night, which is scheduled for <b>Saturday</b> , <b>May 8<sup>th</sup></b> . Please help our PTSO with this annual fundraising event.   |
|--|--|
| Upcoming Senior<br>Dates                                     | <ul> <li>Here are some important upcoming Senior dates:</li> <li>Junior/Senior Prom – Thursday, May 20<sup>th</sup> at 6:00 p.m.</li> <li>Class of 2021 Senior Award Ceremony – Friday, May 21<sup>st</sup> at 6:00 p.m.</li> <li>Class of 2021 Commencement Ceremony – Saturday, May 22<sup>nd</sup> at 11:00 a.m.</li> </ul>   |
| Support CLUB Last<br>Push for Bleachers                      | Support CLUB (Conifer Lobo Unified Boosters) as they are making their final push to install bleachers on Fitz Field by next fall. CLUB has dedicated themselves to improving Conifer facilities over the years by installing lights and team rooms. Conifer High School would not have the best facilities in Jefferson County without CLUB. Please check out their website at <a href="https://www.clubchs.org/">https://www.clubchs.org/</a>                           |
| Conifer Summer<br>School – June 1st<br>through June 24th     | Conifer Summer School will provide in-person and remote options for credit recovery from June 1 <sup>st</sup> – 24 <sup>th</sup> . Registration begins on May 1 <sup>st</sup> . For more information, please contact Assistant Principal Greg Manier at <a href="mailto:Gregory.Manier@jeffco.k12.co.us">Gregory.Manier@jeffco.k12.co.us</a> or by phone at 303-982-5291.  |
| Hosting an Exchange<br>Student for 2021-<br>2022 School Year | When your family hosts an exchange student, you can share your American way of life with a young person from another culture, connect to your community in exciting new ways, and bring the world right into your own home.  |
|  | Host an international exchange student for the August 2021-May 2022 school year with EF.   |
|  | Education First (EF Tours), an impeccably trusted and established, world-wide High School Exchange Year Program, has been promoting global awareness through student exchange for over 40 years. We bring more students to the US than any other high school exchange program. For more information, please contact Lauren Drabble by email at <a href="mailto:lauren.drabble@efexchangeyear.org">lauren.drabble@efexchangeyear.org</a> or check out the attached flyer. |

## In Sports ...

| Monday, April 19 <sup>th</sup><br>Volleyball   | The Conifer Lobo's Volleyball team will take on Littleton High School at home starting at 6:30 p.m. |
|--|---|
| Tuesday, April 20 <sup>th</sup><br>Volleyball  | The Lobo Volleyball team will host on Alameda High School at 6:30 p.m.                              |
| Wednesday, April 21st<br>Volleyball            | The Lobo Volleyball team will play Columbine High School at home starting at 4:30 p.m.              |
| Saturday, April 24 <sup>th</sup><br>Volleyball | Conifer's Volleyball team will play against Green Mountain High School in the Lobo Gym at 1:00 p.m. |

The Conifer High School Mountain Bike Team is gearing up for the Fall season. The team is hosting a free <u>Bike Check and Bike Swap</u> on <u>Thursday, April 22nd at 5 PM</u> in the <u>Conifer High School Senior Parking Lot</u>. If you're thinking about riding with the team, or have mountain bike gear to sell, trade, gift or purchase, please join us by showing up! If you are bringing gear to sell, please label it with prices to facilitate faster transactions. It's also a great time to get connected and get information about spring and summer mountain bike team opportunities if you missed the team meeting on Thursday, April 15<sup>th</sup>. Please contact Head Coach Tammy Deranleau with questions about the team or bike swap at <u>tderanleau@gmail.com</u>