

January 15, 2019

1604 Arapahoe Ave., Boulder, Colorado 80302

Main Office:720-561-2200

Attendance:720-561-5300

Counseling:720-561-5351

School Hours: 7:30 am to 4:00 pm, Monday-Friday

[send email](#)

## KEY DATES

January 17	College Planning Night for Juniors, 6 pm, Auditorium
January 18	Grades Posted
January 18	Parent Book Club, 8 am, Alfalfa's
January 21	No School
January 25	Spring Sports Start
January 25	Parent Book Club, 8 am, Alfalfa's
January 28	Spring Sports Meeting, 5:30, Auditorium

## Principal's Corner

Dear Boulder High School Community

On behalf of the Boulder High School staff, I would like to wish you all a very happy New Year. We look forward to building off the great momentum created last semester as we begin the second half of the school year. .

. . [Read More](#)

## College Planning Night for Juniors

Boulder High counselors will present College Planning Night for juniors and their parents on Thursday, January 17, at 6 pm in the Auditorium. Topics covered include: how to use Naviance, ACT/SAT, planning timelines, and college entrance requirements. This presentation is designed for juniors, but any grade level can attend. If you can not attend, this presentation will be posted on the counseling website.

## Athletic Department News

Spring Sports Parent and Student Meeting on 1/28/19 at 5:30PM in the Auditorium

Spring Sports Start on 2/25/19

National Signing day is 2/6/19

## Winter Sports Events

Winter sports are in full-swing, with Boys' Basketball, Girls' Basketball, Boys' Wrestling, and Girls' Swim and Dive competitions happening throughout January. For details on times and locations, see <https://www.frontrangeleague.org/public/genie/812/school/1/date/2018-12-01/view/month/>.

## Boulder High School Accountability Team Needs Parents

Are you a parent who likes to think big, dig into data, and advocate for improvement? Do you value consensus-based decision making and enjoy supporting your local school? If so, the Boulder High School Accountability Committee (SAC) may be the place for you! For more information, and for the schedule of meeting dates, please contact AP Warfield at [melis-sa.warfield@bvsd.org](mailto:melis-sa.warfield@bvsd.org).

## Pick up a Boulder High Grocery Card

Pick up a BHS PAC grocery card at the BHS office, and when you use it, 5-7 percent of your bill will be donated to BHS PAC, supporting academic programs at Boulder High School. When you shop, add money to the card at the register, then use the card to shop or buy gas. If you have any questions, contact Heather Neugeboren at [heather.neugeboren@comcast.net](mailto:heather.neugeboren@comcast.net).

## Parent Book Club

Boulder High Book Club Meets Fridays, 8:00 - 9:00 a.m., Alfalfa's. Join us on January 18th and 25th for a discussion of Broken: A Love Story by local author, Lisa Jones.

## Stress and Anxiety Presymposium and Symposium

### **How Stress and Anxiety Affect Today's Youth**

Thursday January 24th | 6:30-8:30pm

Ryan Wellness Center, 1000 Alpine Ave, Boulder

Hosted by Mental Health Partners

### **The Neurobiology of Traumatic Stress and the Healing Power of Yoga**

Friday January 25th | 6:00-9:00pm

Soul Tree Yoga-South, 1280 Centaur Village Drive, Lafayette

[Register Here](#)

To register for **Stress and Anxiety Symposium**, January 26-27, register here

<https://www.123formbuilder.com/form-4472522/2019-s-a-symposium>