

Thrive update



*Enhance Inspire
Inform healthy kids make smarter students*

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>> BVSD Technology

Boulder Valley is rich with technology resources that enhance education in amazing ways. In conjunction with the Instructional Technology Team, our curriculum team, special education department, and TAG team work together to support schools in their efforts to incorporate technology in the classroom. Listed below are just a few of the ways that technology supports teaching and learning in our classrooms:

Projector Initiative <http://bvsd.org/projector/Pages/default.aspx>

Over half of our schools have completed their projector installations. Teachers in the completed schools have immediate access to new mounted projectors right in their classroom. This deceptively simple change is enhancing classroom instruction in amazing ways. On a moment's notice, teachers can easily stream a variety of media for the whole class to see, enhance classroom instruction by projecting an Internet resource, show the whole class a live video chat with an author or content expert, or connect to a classroom in another part of the world. This new system also has connections for document cameras, DVD players, and MP3 devices.

MediaCAST <http://bvsd.org/iteach/Pages/DCl.aspx>

All teachers have access to our growing collection of educational videos available on our MediaCAST system. The online resource supports 21st Century Learning using digital media to enhance instruction. Professional development is also being offered to learn practical and immediately usable strategies, best practice and research-based approaches to teaching with media.

Take My Teacher Home <http://bvsd.org/iteach/Pages/tmth.aspx>

Students involved in the Take My Teacher Home project are getting the chance to extend the school day right into their home. In partnership with Impact on Education, kindergarten teachers all over the district are loading iPods with teacher-created lessons and sending them home with students who need a little extra learning time. This simple but effective project has spun off into the Secondary Science Podcasting Project (S2P2), a first-grade pilot project, and a variety of math projects.

3D <http://bvsd.org/bvs3d/Pages/default.aspx>

BVSD is involved in a partnership with Texas Instruments and other industry partners aimed at realizing the potential of stereoscopic 3D in teaching and learning. Initial research suggests a high-impact role for 3D learning in promoting student achievement. Since 3D capabilities are engineered into all new BVSD projectors, our classrooms are in a rare position to help further our understanding of this new educational medium and its impact on learning, especially with our lower achieving students. This case study will expand our knowledge about the educational potential and effectiveness of 3D visual learning.

>> Boulder Universal

An idea years in the making, Boulder Universal was launched in fall 2010 as BVSD's 55th school.

On online public school serving grades 6-12, Boulder Universal (BU) is designed to meet the academic needs of students. Whether students need to move more quickly or slow down the pace of their learning, BU online learning is designed to help students pace themselves through the curriculum. BU is a year-round school that provides flexible scheduling options, including the ability to offer a hybrid enrollment of part-time online learning and part-time traditional school.



- Students who are already enrolled in a BVSD school may sign up for one or two classes at a time throughout the year after consulting with their usual school counselor.
- Students who want to enroll part- or full-time in Boulder Universal may call **720-561-6253** to arrange an appointment with a BU counselor.
- Out-of-district students are also invited to enroll in BU.

BU offers more than 150 middle and high school courses, including Advanced Placement classes.

There are several reasons that students and families may choose to pursue online learning. No matter what the situation, Boulder Universal can work with schools and families to help further customize a student's plan of study.

For more information, visit their website at www.bvsd.org/boulderuniversal and read the Boulder Daily Camera's recent article about Boulder Universal: http://www.dailycamera.com/boulder-county-schools/ci_16298135

>> Family, Holidays and Chaos: A Path Toward Enjoyment

Since the dawn of time, families have celebrated holidays. But too often in our hectic days, these well-intended events can lead to stress, conflict and chaos. Here are a few tips to help ease the anxiety and accentuate the joy that surrounds your family holidays.

During the holidays, families tend to spend more time together, travel more and, unfortunately, have more conflicts. It may be vacation time, but there are still plans to be made and work to be done, so it pays to **talk about the time together in advance**. We want our family to be aware not just of the upcoming schedule, but also the likely challenges. **Try having a family meeting** to brainstorm how to get through these challenges and to envision the exciting parts of the days ahead.

Take good care of yourself. Keep aiming for "comfort and joy," but remember that it's natural to feel some stress and frustration. Your family needs you well rested and functional more than they need you to have arranged every detail to perfection. You can also take good care of your family by maintaining some positive routines. It may be fun to stay up a little late and sneak an extra cookie, but "boundary-less debauchery" isn't referenced in any holiday jingle, and it isn't good for your family.

If you find the chaos of the season has infiltrated your family, **take a breath or a break and think about the big picture**. We are trying to create lasting family traditions that are enjoyable and bring us closer together. Maybe a little hot cocoa would help? Maybe we need a sit-down meeting? In tough moments it's easy to get off track, but continuing to make positive efforts is both critical and heroic. You may just create a holiday miracle in your own home.

by Dan Fox, MA, LPC

>> Parenting Today with Dr. J

In our fast-paced world of technology, it is difficult for parents to keep up. The speed of this technological evolution often outpaces a parent's ability to develop effective strategies to address it.

While we cannot stop technological progress, here are some suggestions to consider:

- Consider your own behavior: How much time do you spend in front of a screen, talking on your cell phone, or watching TV? Like it or not we are the role models for our children and need to try and practice what we preach.
- Create technology-free days: Consider setting aside time in the evenings and/or the weekends for everyone in the family to turn off cell phones, iPods, televisions, videogames, computers, etc. and actually interact with each other.
- Discuss technology etiquette: Make sure that your children understand appropriate uses of technology in terms of treating others with respect and only communicating in ways that would make you proud.
- Make technology a privilege, not a right: Consider having your child earn technology time as a function of meeting their responsibilities at home and in school. Imagine if every hour of technology was a function of actually interacting with others in the real world without plugging in to something.
- Develop family rules regarding technology: Include your children in discussions about turning their phones off after a certain time at night, how much is too much daily screen time, the importance of other activities like exercise and in-person social interaction, as well as how to prioritize other responsibilities with leisure pursuits.
- Keep a realistic perspective: Remember that part of your difficulty with accepting all of this technology is that it is more foreign to you than it is to your children. In the 1960s, parents were fearful of rock music, confident that it would unravel the fiber of civilization. Somehow we survived that as well.

Taking a proactive approach with your child's use of technology will reduce the amount of conflict that inevitably occurs when there are not clear guidelines in place.

Dr. Jan Hittelman, a licensed psychologist, is Director of Boulder Psychological Services and Founder of the Boulder Counseling Cooperative. Questions or comments for this monthly column can be sent via email to: jan.hittelman@gmail.com, or by phone: 720-217-3270.

>> What You Need to Know About "Sexting"

"Sexting" is the act of sending sexually explicit messages and/or photographs, primarily from mobile phone to mobile phone. The term sexting is relatively new and was first popularized around 2005/2006. The Colorado Revised Statutes cover this activity under the charge of Sexual Exploitation of a Child, which is a felony punishable by up to six years in prison and/or a \$500,000 fine.

In December 2009, MTV and the Associated Press released results from a study of 14-24 year olds. This study looked at a sexting, cyber bullying and digital dating abuse. **Some eye opening statistics include:**

- Three out of ten young people have engaged in "sexting" related activities, either sending or receiving a nude photo on their cell phones or online. One in ten reported having shared a naked "sext" of themselves.
- Significant others are the number one party with whom "sexts" are shared. However, 29 percent of respondents who have shared a naked photo of themselves report that they shared the image with someone whom they never met in person and only knew online.
- Nearly one in five sext recipients report that they passed the images along to someone else; 55 percent of young people who shared the images did so with more than one person.

As much as we are concerned about the legal issues, parents should focus on engaging their children about the permanence of this decision. A sext, once it's been sent, is beyond the control of the sender and sometimes even the recipients.

by Detective Jeremy Shavin
Boulder County Sheriff's Office

>> Facebook -- Not Always the Evil Foe Dare We Say Maybe Even Our Friend?

When asked about the upside of Facebook, do you shudder? Do you wonder why so many people are a part of this social networking phenomenon? Facebook has a bad rap as a place where kids are running amok, a place where cyberbullying is happening, and a place where people waste time. A strong case can be made in favor of Facebook, though. It has many great uses for many different people.

Here are some positive uses of Facebook to think about:

- **Stay connected with family.** Many families are spread all over the world and Facebook can be a great tool to help everyone stay connected. No matter what time zone or continent your family lives in, Facebook is an easy place to exchange photos or catch up on the day to day. In our busy lives, sometimes a quick stop on someone's Facebook page can provide an easy update or a topic to call about later on. The ease of setting up an account makes it accessible for non-technical family members to participate as well.
- **Get behind a cause you believe in.** Facebook is a great place for families to support their local charity, event, or cause that they believe in. Many groups use their Facebook page to distribute information and keep their Facebook friends up to date. One favorite is the local bakery that posts that day's cupcake flavor so their Facebook Friends have the first shot to get them before they sell out.
- **Instant homework help.** Due to the large number of students who have Facebook pages, homework help can be a wall post away. Instead of calling individuals one at a time, posting homework questions can spark instant homework help that everyone can benefit from.

Why not set up your own Facebook page, if you haven't already, and make sure you and your kids are Facebook friends? As parents of children growing up in the age of Facebook and other social media, we have a responsibility to help guide our kids in the appropriate use of these exciting new venues for self expression and social connection.

Mark your calendar! Jennifer Korb, who also serves as President of the Internet Safety Foundation, will give a January presentation on the topic of how parents can embrace the world of technology. Sponsored by the Parent Engagement Network in collaboration with Boulder Psychological Services, "You-Twit-Face!" will take place **7:00-8:30 p.m. Monday, Jan. 10, in the Board Room of the BVSD Ed Center, 6500 East Arapahoe Road, Boulder.** This special event will also broadcast live on BV22, the Boulder Valley educational access television station available on Comcast Cable 22.

by Jennifer Korb
Instructional Technology for BVSD

>> Help Prevent Cyberbullying

In addition to ensuring that their children are not being bullied online, parents should talk to their kids about whether they have ever been the one doing the cyberbullying. **Here are some questions parents can use to kick-start conversations with their kids:**

- Have you ever used email or text to get back at someone when you were angry with them?
- Have you ever pretended to be someone other than yourself when you were online (such as through email or instant message)?
- Have you ever teased or threatened someone with an email, text, or instant message?

Through these conversations, parents can guide their students through better ways of coping with angry emotions and relationship conflict, which helps increase safe use of technology in our community!

by Julie Jungman, LCSW
Prevention and Intervention Specialist
Angevine Middle School and Monarch K-8

>>Calendar of Classes & Events

NOVEMBER 2010

Monday, Nov. 15, 7:00-8:30 p.m.

Mothers and Daughters

A Pathways to Parenting Success Workshop

Meadows Branch Library, 4800 Baseline Road, Boulder

Exploring relationship through empowerment, voice, and openheartedness. for mothers and students 6th grade and up. Facilitated by Marcela Ot'alora, LPC. This is free and open to the public.

Wednesday, Nov. 17, 6:30 p.m.

BVSD District Parent Council meeting

Aspen Room in Education Center, 6500 East Arapahoe Road, Boulder

The Boulder Valley District Parent Council (DPC) provides a monthly forum and a lively exchange of ideas for all the schools in the Boulder Valley School District. This November meeting will focus on risky behaviors.

Wednesday, Nov. 17, 7:00-8:30 p.m.

BVGT Presents: Underachievement in Gifted Learners

Platt Middle School, 6096 Baseline Rd., Boulder

Presented by Steven C. Haas, this discussion will consider the meaning of "underachievement," explore the underlying causes of underachievement which arise from the student, the school, and the home; probe effects of perfectionism, examine implications for culturally and ethnically diverse learners; and develop a practical approach to intervention. This event is free and open to the public. Donations will be accepted.

Thursday, Nov. 18, 6:00-8:00 p.m.

BVSD and ACL Present - On the Road: Transition to Adulthood (for students with disabilities)

BVSD Ed Center, 6500 E Arapahoe, Boulder

Planning during Middle/High School

This event and other monthly workshops throughout the year, will help answer those questions for your child or teen and give you the tools, information and strategies to think through and plan for a meaningful future that includes work, relationships and independent living. For more information contact Anna Stewart at 720-561-5918.

BVSD Counselor Tips

Install a "parent control program" on your computer. This allows adults to control the hours of the day their child is on the computer, making it easier to monitor use day and night.

from Allison O'Neill
School Counselor - Manhattan Middle School

THRIVEupdate for BVSD Parents

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experts and parents

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Look for us on the web!
www.bvsd.com

>>Calendar of Classes and Events

DECEMBER 2010

Monday, Dec. 6, 7:00-8:30 p.m.

Pathways to Parenting Success Series - Developing Self-Esteem in Your Child

BVSD Ed Center Board Room - 6500 E Arapahoe, Boulder

Live from the BVSD Board Room!

Join local experts as they discuss important parenting topics and answer your questions live, during the broadcast. Join the live audience in the BVSD Board Room, watch it on Comcast Cable Channel 22, or stream from your computer at <http://bvsd.org/BV22/Pages/PathwaystoParentingSeries.aspx>. This forum focuses on how to help your child feel and become successful in life.

Thursday, Dec. 9, 6:30-8:00 p.m.

PEN Presents - Celebrate Parenting in a World of Diversity

Lafayette Library, 775 W Baseline Rd., Lafayette

Join Eugenia Brady, Parent Involvement Specialist for this comprehensive view of resources in Boulder Valley. This discussion will be presented in English and Spanish.

Monday, Dec. 13, 7:00-8:30 p.m.

Supporting the Shy Teen-A Pathways to Parenting Success Series Workshop

Meadows Branch Library, 4800 Baseline Road, Boulder

An educational, interactive workshop for parents of shy teenagers. Facilitated by Harmony Barrett Isaacs, LPC, Lauri Benblatt, LPC. This is free and open to the public.

January 14, 2011

American Indian Youth Leadership conference

BVSD's Department of Language, Culture and Equity and the American Indian Youth Leadership Institute (AIYLI) will hold its 8th Annual American Indian Youth Leadership conference on January 14, 2011, at the University of Colorado. The mission of AIYLI is to unite, instill pride and support communication between Native American students and the community who share heritage, culture, history, and experiences. All 8th- 12th grade students with American Indian ancestry are welcome, whether official tribal members or not. AIYLI is also seeking interested youth to partner with community volunteers in planning the conference. Conference planning helps students develop their leadership skills as students participate in all facets of conference planning, including setting the conference theme, logo design, workshop topics, moderating conference sessions. For more information please contact Ime Salazar at raindrop12@comcast.net or Sue Lentz at sue.lentz@colorado.edu.

Foothills Parenting Classes

Classes offered include "Becoming a Love & Logic Parent®," "REAL Parenting®" (a parent and teen workshop, taught simultaneously), "Siblings Without Rivalry™," and "Love and Logic Early Childhood Parenting Made Fun!®" Get more information and the current class schedule at <http://www.foothillsparentingclasses.com/>.

*Your child can explore work and career options through College in Colorado!
www.collegeincolorado.org*

from Sage Barber-Smith, MA, NCC
School Counselor - Manhattan Middle School

Use sending an email to a grandparent or family member as a way for children to practice their writing skills. It will be good practice for them, and it will make someone's day!

from Sennen Knauer, M.Ed
BVSD Counselor Coordinator & Counselor
at Broomfield Heights Middle School