

Thrive update



Enhance Inspire
Inform healthy kids make smarter students

Volume 4 | Issue 1

AUGUST 2011

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>> The Whole Child Approach

Every child has the right to attend a school which addresses their individual needs preparing them for future educational experiences and opportunities throughout their lifetime. Nearly five years ago the Association for Supervision and Curriculum Development initiated a comprehensive approach to education and development of children starting at a young age and continuing into college and career. Numerous professional associations and the United States Department of Education have joined into the dialogue regarding the need to provide a comprehensive approach to education as they plan for the future. The Whole Child approach will assure the unique and diverse needs of all students are considered when establishing desired outcomes.

The Whole Child approach calls for a partnership of numerous stakeholders to satisfy the needs of the children. The partnership includes educators, policymakers, business leaders, families and community members. The collaboration of the partners will foster an environment that addresses the personal learning needs of all children. Education today needs to prepare young people for careers in a rapidly changing society which will require that they think critically and creatively, evaluate information, solve complex problems and communicate effectively.

Whole Child Tenets

- Each student enters school **healthy** and learns about and practices a healthy lifestyle.
- Each student learns in an intellectually challenging environment that is physically and emotionally **safe** for students and adults.
- Each student is actively **engaged** in learning and is connected to the school and broader community.
- Each student has access to personalized learning and is **supported** by qualified, caring adults.
- Each graduate is **challenged** academically and prepared for success in college or further study and for employment in a global environment.

The mission of Boulder Valley School District is to realize the Vision for the New Century Graduate: *To graduate students in the New Century who have the knowledge, skills and personal characteristics that will make this world a safer, more thoughtful and more inclusive place in which to live.*

The achievement, equity and climate goals and activities established by the school district are developed to achieve the district vision. The Whole Child approach is aligned with the school district vision and fosters partnering with the broader community to assure success of all students.

For more information on The Whole Child:
www.wholechildeducation.org

by Dr. Bruce Messinger
BVSD Superintendent

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

>> Parenting Today with Dr. J

New Pathways to Parenting Success Series: PARENTS WANTED!

For the last several years Boulder Psychological Services has offered free parenting talks and workshops in partnership with other community groups. It all started back in the fall of 2006 with the Founder of the Boulder Library Foundation, Doris Haas, suggesting that we provide free parenting groups for parents of preschoolers at the local Meadows Branch Library. Five years later, we are getting ready to offer what we hope will be our best series ever. In addition to our workshop series, which continues at the Meadow's Branch Library, we are excited to move into our second year of televised presentations in partnership with BVSD and Channel 22. During these interactive shows, viewers can email in questions for discussion in real time. The televised programs are also archived on the BVSD website, so parents can watch them at their convenience anytime.

This upcoming school year, we want to add parents (like you!) to our list of experts, for our new interview-format shows. **We are looking for parents who would like to share their opinions on their challenges and effective strategies during our first televised program of the year entitled "Parents Speak Out!" airing live on Monday, September 12, 2011, from 7:00-8:00 p.m.**

We are also looking for parent panelists to join us for the following programs:

- *The Bully and the Bullied* (airing 10/3/11)
- *Our Body Image Obsession* (airing 12/5/11)
- *Teen Depression* (airing 1/9/12)
- *Impacts of Medical Marijuana* (airing 3/5/12)

In addition, we will continue to offer our expert panels on topics like "How to Reduce Family Conflict" (airing 11/7/11), "The Time to Address Stress is Now" (airing 2/6/11), "Parenting through Divorce" (airing 4/9/11), and "Effects of Global Distress" (airing 5/7/12).

All of our televised programs are recorded in the BVSD boardroom, 6500 East Arapahoe Road, Boulder. Please plan on joining us to be part our live studio audience!

We will also be offering a record number of free workshops at the Meadows Branch Library. Located at 4800 Baseline Road, Boulder, our library series is from 6:30-8:00 p.m.

Our September offerings at Meadows include:

- **9/19/11** "Launching Instructions: Learn how to keep your teen from remaining a perpetual adolescent"
- **9/26/11** "Helping Parents Get a Clue: An open discussion between teenagers and their parents"

To participate as one of our parent experts, please contact me directly at 720-217-3270 or jan.hittelman@gmail.com.

To learn more about our upcoming events, please visit our website: www.BPSBoulder.com

by Jan Hittelman
Licensed Psychologist

>> Essay Contest for Boulder County's 150th Anniversary

All Boulder County students in middle school and high school are invited to submit an essay, typed and double-spaced, to help Boulder County celebrate its sesquicentennial in 2011.

- **Middle school** (grades 6-8): Write a 1-2 page essay about what it will be like to live in Boulder County 150 years in the future.
- **High school** (grades 9-12): Write a 3-4 page essay about what it was like to live in Boulder County 150 years ago.

Deadline for submissions: September 30, 2011

Prizes: In both age groups, an Amazon Kindle will be awarded for first place, a \$75 bookstore gift card for second place, and a \$25 gift card for third place.

Submit essays to ca@bouldercounty.org and include writer's name, school, grade, email, phone number and mailing address.

Winners will be invited to an awards ceremony at the Boulder County Courthouse on Nov. 9.

For more information about Boulder County's 150th anniversary celebration, please visit www.BoulderCounty150.org or contact Carrie Haverfield at chaverfield@bouldercounty.org or 303-441-1688.

>> Youth Risk Behavior Survey

This fall, Boulder Valley School District will again be partnering with Boulder County to survey middle and high school youth on behaviors that impact their immediate and long-term health.

First given to Boulder Valley students in 2001, the Youth Risk Behavior Survey has been a valuable tool in providing information on health-related areas that impact our youth. Since that time, the survey results have helped inform the health curriculum, led to the creation of the Parent Engagement Network, and provided the school district and community agencies with a way to identify key areas to support as well as key areas needing additional support. Developed by the Centers for Disease Control and Prevention, the Youth Risk Behavior Surveillance System has collected data from across the country in six key areas – unintentional injuries, harassment and violence, substance use, sexual behavior, mental health, and physical health.

In 2011, the survey will be administered to randomly selected classrooms for grades 7 -12 in late October and early November. Additional information will be provided to the families of students who have been selected on confidentiality procedures and more survey details. In the meantime, if you are interested in taking a look at past results, go to www.bouldercountyyrbs.org.

>> Talking to your teen about relationships

Did you know that 1 out of 5 teens end up in an abusive relationship and that 8 out of 10 youth who have been physically abused by their boyfriend/girlfriend stay in the relationship even after the violence starts?

What is dating violence? Dating violence is emotional, verbal, physical, sexual or economic abuse within a dating relationship. The abuse is used to get power and control over the other partner. Given that abuse is so prevalent, it's important to talk about what we can do as a community to prevent this violence.

WHAT CAN PARENTS DO?

Start the conversation. Talk to your teen about relationships. Discuss characteristics of healthy relationships and what constitutes an abusive relationship. Healthy relationships are about love, support, respect, freedom and equality. Abusive relationships are about power and control.

Some questions to get the conversation started:

- Does your boyfriend/girlfriend text you all the time wanting to know where you are and who you're with?
- Do they try to isolate you from your friends and family and give you a hard time when you don't hang out with them?
- Do they get extremely jealous when you hang around the opposite sex?
- Does your boyfriend/girlfriend pressure you to have sex?

Ask your teen what they value in a relationship and what their boundaries are.

- What do you look for in a partner/girlfriend/boyfriend?
- What qualities are important to you in a relationship?
- What boundaries might you have in a dating relationship?

Get Involved!

Did you know that there is a program for teens to be involved in to educate their peers about preventing gender violence, oppression and discrimination? ...It's called Peers Building Justice (PBJ)! We are comprised of high school youth and adult mentors. Our mission is to educate middle and high school students on the issues of dating abuse, sexual assault, sexual harassment and healthy relationships. PBJ is a collaboration between Safehouse Progressive Alliance for Nonviolence and Moving to End Sexual Assault.

Contact the Youth Educator and Organizer at SPAN at 303-449-8623 or pbj@safehousealliance.org or The Youth Education Coordinator at MESA at 303-443-0400 or pbj@movingtoendsexualassault.org.

Additional resources: SPAN 24-hour hotline: 303-444-2424; MESA 24-hour hotline: 303-443-7300

Early Warning Signs of Abuse

Learn to recognize the signs that a relationship is going in the wrong direction.

- Extreme Jealousy
- Possessiveness
- Explosive Temper
- Isolating you from your family or friends
- Putting you down
- Not respecting your boundaries
- Telling you what to do
- Lying
- Blaming
- Belief in gender stereotypes

>> YMCA - Be Involved!

As the leading nonprofit for youth development, healthy living and social responsibility, the YMCA of Boulder Valley works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders. When you are involved with the Y, you help bring about lasting personal and social change. Whether you want to nurture the potential of children and teens, improve your family's health and well-being, or give back and support your neighbors, your involvement with the Y will positively impact those in your community.

Volunteers of the Y:

- Lead our Boards of Directors and committees.
- Raise funds to ensure the Y is accessible to all members of the community.
- Coach our sports teams and teach many of our classes.
- Motivate and support youth in building the character strengths, skills and relationships that lead to positive behaviors, better health, smart life choices, and the pursuit of higher education and goals.
- Extend a hand to help adults who want to do more, be more or live healthier.
- Advocate for the Y's efforts to influence policies and initiatives that positively impact societal issues of importance to the nation, and your community.
- Participate in opportunities to give back and support neighbors.



The Y is a nonprofit like no other. Take an active role in strengthening your community.

For more information about the Y, visit www.ymcabv.org

The Y offers financial assistance for membership and programs to those that qualify.

YMCA of Boulder Valley - One Membership, Two Locations:

Mapleton Center Y • 2850 Mapleton Ave., Boulder • 303.442.2778

Arapahoe Center Y • 2800 Dagny Way, Lafayette • 303.664.5455

>> Columbine Open House

THRIVEupdate for BVSD Parents

Published by BVSD
Written by local Boulder
experts and parents

THRIVEupdate Editorial Board

Managing Co-Editors

>> **Leisha
Conners Bauer**
Boulder Healthy
Youth Alliance

>> **Dr. Jan Hittelman**
Boulder Psychological
Services

Copy Editor

>> **Maela Moore**
BVSD Communications



COME SEE THE NEW COLUMBINE!

The new Columbine
Elementary School building is ready to
welcome students for the
2011-12 school year!

Come take a look at this
beautiful new learning facility. Join us
for a ribbon cutting ceremony in the
courtyard followed by
an open house:

3130 Repplier
August 11, 2011
6 - 7:30 p.m.

Please note: The front entry plaza and parking lot are
still under construction and there will be no access
from Repplier. Please enter the site from the east (22nd
Street) or north (Glenwood).

