

Thrive update



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Inform healthy kids make smarter students

Volume 5 | Issue 6

MARCH 2013

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>> Homework, Early Start Times, and Stress

In a recent Pathways to Parenting Success televised presentation entitled "Race to Somewhere: What We're Doing Right," students, community members and school staff discussed the many challenges our children face. Specific issues included homework and later start times, particularly at the high school level. Everyone seemed to agree that students are experiencing significant stress and that moving high school start times later, as well as monitoring the amount of homework given, are two ways to help reduce student stress. In the "Race to Somewhere" panel presentation, there were even discussions of offering classes in stress reduction (e.g. yoga) in some of the high schools.

Later start times for high school students are beneficial because research shows that adolescents need on average nine hours of sleep and cannot fall asleep until on average 11 p.m., so if they have to be to school too early, they don't get enough sleep. While sports and busing are often a challenge, many schools across the country have adopted 8:30 a.m. or later start times and consistently show evidence of improved academic, social and physical functioning. We are fortunate that locally, both Fairview and Boulder high schools are piloting a later start.

Educational research also continues to document the poor correlation between homework and achievement. For example, there is absolutely no correlation between homework and achievement in elementary school. Yet even kindergarten students are assigned homework these days, requiring time that could be better spent socializing with peers and interacting with family members. BVSD leadership is currently evaluating homework requirements and practices, so it is important to let your child's teacher know if you have concerns about the amount of homework that is assigned. A school district is at the service of its community members, and sometimes the more vocal parents are the ones pushing for more schooling on every level to increase their child's chances of getting into a top college, even though fueling student stress may ultimately sabotage that very goal.

We are the voice of our children. If we don't speak-up, who will?

To view the recent "Race to Somewhere: What We're Doing Right" show or any of our previous Channel 22 programs, go to:

http://bvsd.org/BV22/Pages/Pathways_to_Parenting_Success.aspx

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

by Dr. Jan Hittelman
Licensed Psychologist

>> Why Talk to Kids About Sex?

Talking to our kids about sex can be one of the more challenging conversations to have. It can be uncomfortable and embarrassing. It can also be a good time to reinforce your values and provide your kids with the tools for developing healthy relationships. Studies have found:

- Parents are the preferred source of information about sex.
- Family communication about sex will not prompt sexual behavior.
- Teens whose parents communicate with them about sex are more likely to delay having sexual intercourse, to use contraception when they do and to have fewer partners.
- Don't wait to have "the talk." Conversations about sex and sexuality need to occur much earlier than they normally do. Just make sure they are age appropriate.
- Having repeated conversations helps increase the likelihood that the right message will be communicated at the right time.
- An ongoing dialogue will help increase comfort in having the conversation, lets your child know that you care, and fosters a stronger parent-child/adolescent relationship.

Teens often name their parents as the biggest influence in their decisions about sex.

by **Leisha Conners Bauer**
Boulder County Healthy Youth Alliance

Have the Conversation! - Sex

When parents begin to think about having the difficult and uncomfortable conversation with their children regarding sex, they often are paralyzed. Though these conversations can be uncomfortable for both parents and children, it is one of the most important conversations that parents can have with their children. Just remember to keep it at your child's developmental level, not to get overly emotional about it, to be open and honest with your answers to his/her questions, and to keep your sense of humor and express your discomfort if necessary.

What Do I Talk About?

There are so many topics that can initiate the conversation. Some possible topics include:

- Pregnancy and sexuality
- Fertility and birth control
- Puberty and the sexual feelings that emerge
- Different types of sexual intimacy - kissing, petting, masturbation, oral sex
- The typical emotional responses to sex of each gender
- Sexual orientation - homosexuality, heterosexuality, bisexuality

by **Andy Tucker**
BVSD Coordinator of Counseling,
Student Engagement, and Post-Secondary Readiness

How Do I Bring It Up?

- Look for natural opportunities that come up in everyday life, such as when a sexual situation arises on a TV show/ movie you are watching, when your child obviously notices someone who s/he finds attractive, when your child begins to notice changes in his/her body due to maturity, etc.

When is the Time Right?

- The right time is whenever your child says something that can lead you to open up the conversation about sex. Remember this essential question: Would you rather your child learn about the complexities of sex and sexuality from you or from a friend, the TV or other unreliable sources?

For more information regarding talking to your child about sex, please see the following resources:

- http://www.aacap.org/cs/root/facts_for_families/talking_to_your_kids_about_sex
- <http://www.webmd.com/sex-relationships/guide/talking-to-your-kids-about-sex>
- <http://www.webmd.com/sex/features/when-to-talk-to-your-child-about-sex>

>> BVSD Lifelong Learning Camps

Check out our great selection of half-day and full-day camps over Spring Break and on April 1:

Camps at Monarch K-8 in Louisville:

- Art Camp (ages 7-12) – **March 25-29** and **April 1**
- Bricks 4 Kidz Extreme Expedition Camp (ages 6-11) – **March 25-29**
- Leonardo's Inventors and Engineers Camp with Science Matters (ages 7-12) – **March 25-29**
- Bricks 4 Kids Theme Park Legos® (ages 6-11) – **April 1**
- Pass the Pancakes with Sticky Fingers Cooking School (ages 7-12) – **April 1**

Camps at Platt Middle School in Boulder:

- Bricks 4 Kidz Lego® Space Adventures Camp (ages 6-12) – **March 25-29**
- Cooking Camp with Sticky Fingers Cooking School (ages 7-12) – **March 25-29**
- How To Beat Your Dad (and Others) at Chess (ages 7-11) – **March 25-29**
- Acting for the Creative Student (ages 7-12) – **April 1**
- Bricks 4 Kids Energy is Everywhere (ages 6-10) – **April 1**

Note: At both Monarch K-8 and Platt Middle, your child can enjoy a full-day camp experience by registering for Lunch Play!

Camps at the YMCA of Boulder:

- Techno Explorers for Girls and Boys (ages 7-11) – **March 25-28**
- Tricky Video for Boys and Girls (ages 7-11) – **April 1**



For more information about all of our Lifelong Learning classes, visit us at www.bvsd.org/LLL or call Ivy Lee at 720-561-5968.

>> The YMCA of Boulder Valley Summer Opportunities

The YMCA believes the values and skills learned early on are vital building blocks for life. Because of the Y, more young people in neighborhoods around the nation are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors, and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning to swim or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out. Overnight, day or specialty camps at the Y share one thing: they're about discovery. Kids have the opportunity to explore nature, find new talents, try new activities, gain independence, and make lasting friendships and memories. And, of course, it's fun too.

Your family can take part in many Y activities this summer season. As always, Y members can save on these summer activities and will have access to our Arapahoe Center outdoor pool, scheduled to open the end of April!

Camps:

- Day Camp • Overnight Camp • Sports • LEGO® Camp • Adventure Camp • Cycling
- Skateboarding • YMCA/BVSD Lifelong Learning Camp • Y Driver's Summer Program

Sports:

- Volleyball • Golf • Baseball • Soccer • Flag Football • Basketball • Lacrosse • Hockey & Skating

Swim:

- Summer Swim Team • Swim Lessons • Dive Lessons

For more information, or to register for YMCA programs, visit www.ymcabv.org. We offer 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



>> Get Pedaling this Spring

As spring approaches, children are looking for ways to be outside having fun. Riding bikes gives kids confidence, freedom and a fun way to enjoy being active, when done safely. Bike safety begins with being prepared. Answering the following questions can help keep your child safe.

- Is the bike tuned and ready to ride? Check for proper tire inflation, that both wheels are secured and that all bolts are tight.
- Is your rider ready? Make sure that helmets fit properly. Riders should have emergency supplies like tools, food and water, and bring appropriate clothing for possible weather conditions? Please visit www.cpsc.gov for additional information on helmet safety.
- Does your rider know where to go? Accompany your rider the first trip so that you can point out possible dangers such as road crossings or intersections. For longer trips and trail rides, all riders should be accompanied by a friend, parent, coach, bring a map or have a full understanding of the area.
- What are the rules of the road and trail? Rules of the road, bike path and trails can be found at bicyclecolo.org. Use extra caution on the road, stick to bike paths and trails when possible.
- What is the backup plan? Sometimes, even when prepared, something does not go according to plan like getting a flat or making a wrong turn. Have a meeting point/time frame, and make sure that your child knows what to do in an emergency.

by **Jessie Vogt**
Singletrack Mountain Bike Adventures
Program Director
www.ridesmba.org

>> Chip's Health Tips for Spring!

CU's mascot Chip wants to remind families that as spring approaches, remember to get outside and be active with your kids:

- Play catch in the yard or go shoot some hoops
- Organize a neighborhood game of flag football
- Go to a local park or walk your pet around the neighborhood

Map out a plan and stick to it. Be active with your kids this spring and encourage them to go outside and play!

You can also spend the day outside with your family enjoying CU Buffs events. Free March events include:

CU Women's Tennis

Friday, **March 8**, CU Tennis vs. Arizona State, 11 a.m.
Sunday, **March 10**, CU Tennis vs. Arizona, 10 a.m.
Friday, **March 29**, CU Tennis vs. Oregon, 11 a.m.
Location: South Campus Tennis Courts off of Table Mesa Drive and Highway 36.

For full schedules, visit CUBuffs.com.

CU Track and Field – Home Meet Schedule

Friday, **March 15** and Saturday, **March 16**, Jerry Quiller Classic, all day
Location: Potts Field at Colorado and 33rd
*Last year track athlete Shalaya Kipp won the NCAA title in the Steeplechase at the 2012 NCAA Outdoor Track and Field Championships. Come watch our CU Track and Field athletes this year as they strive to make it back to the 2013 NCAA Outdoor Track and Field Championships.

>> BVSD Community Resource Guide

BVSD's Community Connections: A Student Resource Guide can be found at www.bvsd.org/guide. The guide is a listing of organizations and individuals in the community that offer enriching services and activities for children and youth. Categories include academics/tutoring, health and support services, camps and classes, sports and fitness, the arts and more. Organizations and individuals (other than BVSD programs) pay a fee to advertise in Community Connections and have not been screened in any way.

Besides finding the guide at www.bvsd.org/guide, you can also obtain a pdf version in English or Spanish from school counselors or you can request a paper or digital copy from Marla Riley at 720-561-5250, marla.riley@bvsd.org.

>>Calendar of Classes & Events

MARCH 2013

Monday, March 4, 6:30-8 p.m.

Aging with Wisdom & Humor

Facilitator: Karen Wilding, LCSW

Meadows Branch Library, 4800 Baseline Road, Boulder

Learn about common emotional challenges that mature adults experience and effective strategies to address them. A Pathways to Parenting Success Workshop – Free and open to the public.

www.BoulderPsychologicalServices.com

Thursday, March 7, 6:30-8:30 p.m.

Moving Past Perfect: Perfectionism in Gifted Children

Presenter: Dr. Thomas Greenspon

Southern Hills Middle School Auditorium, 1500 Knox Drive, Boulder

While the pursuit of excellence is vitalizing, perfectionism's inseparable dark side is the intense anxiety about never being good enough. Find out what perfectionism is, where it come from, and how to encourage excellence without seeming to require perfection. Free (donations welcomed). Sponsored by Boulder Valley Gifted & Talented (BVGT) **www.bvgt.org/events** or **programming@bvgt.org**

Monday, March 11, 6:30-8 p.m.

Preparing for Adolescence: From Tween to Teen

Facilitators: Dan Fox, LPC, Harmony Barrett Isaacs, LPC

Mamie Doud Eisenhower Library, 3 Community Park Road, Broomfield

Increase your understanding about adolescent development and its impact on child behavior and family interaction. A Pathways to Parenting Success Workshop – Free and open to the public.

www.BoulderPsychologicalServices.com

Tuesday, March 12, 6:30-8:30 p.m.

PEN Presents - Tough Guise - Documentary film

Fairview High School, 1515 Greenbriar Blvd., Boulder

While the social construction of femininity has been widely examined, the dominant role of masculinity has until recently remained largely invisible. Tough Guise is the first educational video geared toward college and high school students to systematically examine the relationship between pop-cultural imagery and the social construction of masculine identities in the U.S. at the dawn of the 21st century. (Documentary film) Adults \$10. In collaboration with Courage is Change

www.courageischange.org

THRIVEupdate for BVSD Parents

Published by BVSD
Written by local experts
and parents

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

>>Calendar of Classes & Events

Wednesday, March 13, 6-8 p.m.

SEAC (Special Education Advisory Council)

AspenRoom, BVSD Education Center, 6500 East Arapahoe, Boulder

SEAC is a district wide group open to all. Monthly meetings include forums with special education leadership team, parent education of BVSD services, and presentations from community organizations. We are looking for parent representatives from every BVSD school. Contact Anna Stewart, SEAC Coordinator at 720-561-5918 or

anna.stewart@bvsd.org.

Saturday, March 16, 8 a.m.-12:30 p.m.

8th Annual Gatekeepers Keys: Tools for Suicide Intervention

First Congregational Church, 1128 Pine Street, Boulder

Hosted by the HOPE Coalition of Boulder County, safeTALK is a half-day training to increase suicide alertness.

Cost is \$20/person which includes a light breakfast, training and materials.

Registration is required <http://www.hopecoalitionboulder.org/>

Monday, March 18, 2013, 7-8 p.m.

Adolescent Depression

Moderator: Jan Hittelman with special guests.

BVSD Ed Center Board Room, 6500 Arapahoe, Boulder

Amazingly, Colorado leads the nation in teen depression. Find out about the warning signs and next steps.

A Pathways to Parenting Success Presentation - Live!

Watch live or on Comcast Ch22 or streamed on www.BVSD.org or www.BoulderPsychologicalServices.com

Tuesday, March 19, 6:30-8:30 p.m.

PEN Presents - Tough Guise Community Follow up Discussion

Fairview High School, 1515 Greenbriar Blvd., Boulder

Facilitated by Henry Drake, MA, LPC, www.boulderadolescenttherapy.com, and Michael Vladeck, Life Coach and Counselor, www.connectwithyourteen.com. Donations welcome.

Tuesday, March 19, 7 p.m.

Get Kids Active through Mountain Biking

Presented by Singletrack Mountain Bike Adventures Program Director Jessie Vogt

The Carillon at Boulder Creek, 2525 Taft Drive, Boulder

Learn how making exercise accessible, progressive and social can increase lifelong involvement. Free and open to the public. www.ridesmba.org, jessie@lertprograms.com, 303-447-8014

Thursday, March 21, 6:30-8 p.m.

Understanding and Managing Sibling Rivalry

Facilitators: Jeremy Dion, LPC, Harmony Barrett Isaacs, LPC

City of Louisville Library, 951 Spruce Street, Louisville

While there's no cure for sibling rivalry, improve your understanding and approach to this age-old challenge.

A Pathways to Parenting Success Workshop – Free and open to the public.

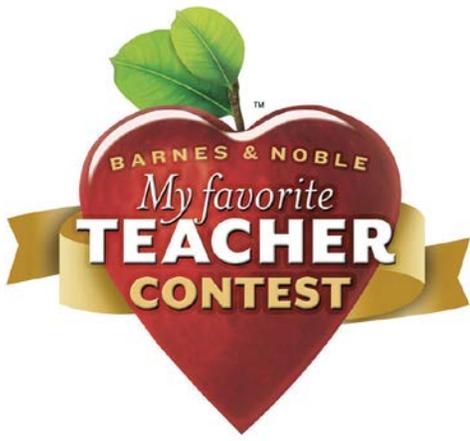
www.BoulderPsychologicalServices.com

March 25-29

BVSD Spring Break (no school)

April 1

BVSD Spring Conference Exchange Day (no school)



Show how much you appreciate your teacher. Enter Today!

For Elementary, Middle & High School Students:

To participate, simply write an essay, poem, or thank-you letter explaining how a teacher has influenced your life. Be sure to explain why you admire and appreciate your teacher. Entries must be 500 words or less, in English, and typed on 8.5" x 11" white paper. Attach your submission to this entry form and hand it in to your school office before March 15, 2013. Entries may also be delivered in person to your local Barnes & Noble store by March 15, 2013. You may also mail them to your local Barnes & Noble store postmarked by the deadline. The address of your nearest Barnes & Noble retailer can be found at <http://store-locator.barnesandnoble.com>

Prizes:

- The winning teacher from each store will be recognized at a special event at a local Barnes & Noble location and receive a special award acknowledging their achievement. The student who writes the winning essay, poem, or thank-you letter will also receive a certificate of recognition and be honored at the store.
- Regional winners will each receive a NOOK Tablet™ and a \$500 Barnes & Noble Gift Card.
- The winner of the Barnes & Noble National Teacher of the Year award will receive \$5,000 and be recognized at a special event at a Barnes & Noble store. The winning teacher's school will receive \$5,000 as well.
- A media release will announce the national winner and the contributions that led to him or her being recognized.

Your name: Your grade:

Your school name:

Teacher's name: Teacher's subject/class:

Teacher's school email (if you know it):

Principal's name:

Principal's school email (if you know it):

School address: Street:

City: State: Zip code:

School's office phone number (if you know it):

I acknowledge that I have read and understand all of the terms and conditions of the contest (contained in the Official Rules located on BN.COM/myfavoriteteacher), and I consent to the collection of my child's personal information in this contest entry form and essay, poem, or thank-you letter.

Parent/Guardian (print name): Signature:

Parent's phone number: Date:

Eligible grade 1-12 teachers must be employed by a public or private elementary, middle, or high school. Please see the Official Rules available at BN.COM/myfavoriteteacher or at your local Barnes & Noble store.