



Cañon City Tigers *Newsletter*

Winter 2017

www.canoncitieschools.org

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From the Desk of Bill Summers, CCHS Principal...

The following excerpt from an article, by [Patrick Cook-Deegan](#), was published in the *Stanford Social Innovation Review* on June 27th, 2016. It proposes change to American high schools and, from Pathways and Capstones to the proposed delayed school start time during the next school year, this article lays a foundation for the CCHS vision.

High school should be a launching pad to a meaningful life. Instead, it's often a missed opportunity filled with apathy, purposelessness, and incredible amounts of stress. The three words most frequently used by students in the United States to describe their high school experience are "[tired](#)," "[stressed](#)," and "[bored](#)."

This is largely because US high schools are unengaging and based on a hundred-year-old model designed for a different era. US high schools are depressingly archaic, reminiscent of giant factories or prisons, with block scheduling and teachers still lecturing to students in time-chunks that have no correlation to teenagers' brain and body chemistry. We still have rigid, industrial-era roles for adults—principal, vice-principal, counselor, and teacher. This antiquated model, coupled with the "[college arms race](#)" and the [standardized testing](#) craze, is wreaking havoc on students' mental and physical health.

The Model T didn't emerge from strapping an engine to a horse, and Tesla didn't emerge from putting an electric engine into an existing car. Yet when it comes to school design, we are trying to innovate off a completely outdated industrial model, rather than rethinking its fundamental structure.

Continued.....

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Administration *News*

It's time to boldly reimagine the high-school experience – using the power of human-centered design, the latest adolescent neuroscience, and purpose learning – to usher in a new era of education that prepares students for this century, not the last.

Asking “How”

Over the past century, high school education debates have focused largely on what we teach students (the curriculum) while ignoring how we design school itself. From a design perspective, our current debate is kind of like people arguing over the interior design of a house without considering whether it's the right house. **Why argue about the furniture in the living room, the kitchen, and the bedroom (the curriculum) when the house is old, failing apart, and not right for your family's needs anyway (the current high school model)?**



There is so much potential for change if we creatively address how we schedule the school day, how we build learning spaces, how we deliver content, and how we structure the roles of adults vis-a-vis students. Take scheduling, for example. In my conversations with students, they say they pay attention in class 15-60 percent of the time. This is partly due to the teaching schedule. [Research tells us](#) that teenagers pay attention **better when they sleep in later, move more during the day, and have shorter hours of direct lecture. It's crazy to expect them to sit down at a desk and absorb information for 6 straight hours starting at 7:30 am. Yet, we have designed a school day that forces them to do so and punishes them when they don't. Unless we redesign the system, we are going to keep delivering less-than-optimal learning environments for students.**

Bringing Back the “Why”

Why do students “do” high school? One hundred years ago, this was pretty clear: A high school education was essential to moving up the economic ladder and gave people a much greater chance of landing a long-term, high-paying job.

Today, the answer is not so clear. Of course, graduating from high school and college still correlate with **increased earning potential over a lifetime, but it doesn't set people up for a lifetime of work. According to [one study](#), 70 percent of jobs that will exist in 20 years don't even exist yet. Clearly, students need to learn how to be adaptable and creative, and to ask good questions and figure out how to answer them. While there are some exceptions, the majority of today's high schools focus on the regurgitation of facts (as evident in most AP curriculums). Almost nothing that US high schools formally evaluate is designed to actively develop or increase a student's self-regulation or emotional awareness – skills that [employers like Google](#) most desire today.**

But high school is about more than job readiness; it's also a critical time for human development and establishing healthy lifelong habits. In his book *Age of Opportunity: Lessons from the New Science of Adolescence* adolescent psychology expert Laurence Steinberg explains, “As a second and final stage of brain plasticity, adolescence is probably the last real opportunity we have to put individuals on a healthy pathway, and to expect our interventions to have substantial and enduring effects.” The teenage years are a time when students can start imagining the lives they want to lead, and can develop the internal compass and traits that will help them live a life of purpose, meaning, and devotion to a cause bigger than themselves.

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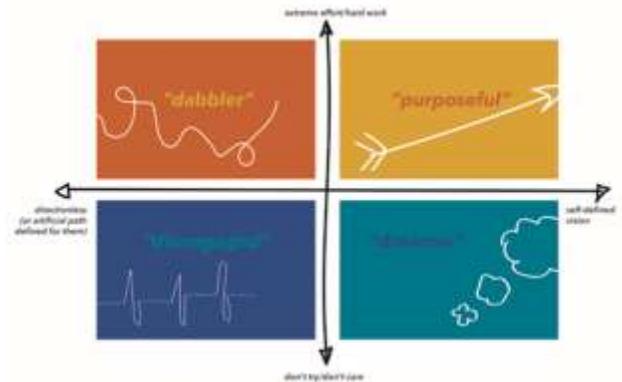
Administration News

This is where our high schools are really failing students. Almost nothing in the current system speaks to developing the voice of young people, their own dreams, and a sense of what's really important to them. Instead, the system focuses on validating rampant external achievement and measuring students' knowledge through standardized testing. No wonder students are bored, tired, and stressed.

So What Could We Change?

To design new learning environments that offer purpose-seeking chances for youth and greater agency for educators, we need to:

- Incorporate modern neuroscience: Retool the school day in a way that takes into account the circadian rhythm of teens and create learning environments based on the latest [research on teen brain development](#). Organizations like the [Institute for Applied Neuroscience](#) are actively trying to educate policy-makers about the need to adapt school policies so that they better align with the neuro-functioning of young adults.
- Include project-based learning and differentiated instruction: Students need more than lectures; [studies show](#) teens are most engaged and motivated when they can connect their classroom learning to real-world events and projects. **This is not revelatory, but it's incredibly important: High schoolers currently spend the vast majority of their time inside a classroom doing little to prepare them for life after school (whether it's college or a job).**
- Teach more than academic skills: Steinberg argues that self-regulation should be the chief goal of adolescent education. Schools have increasingly incorporated social-emotional learning (SEL) — teaching students how to navigate their emotions and relationships — over the past 25 years, and more recently, mindfulness education has begun taking off. [Studies](#) show that students with mindfulness are more mentally healthy and do better in academic learning.



Based on Damon's work, we came up with this framework to help students think about purpose. (Image by Kelly Schmutte and Jessica Munro)

What big issues do students want to address in the world and why? What kind of life do they want to lead? What makes them come alive? What do they want to contribute to the world, and what do they need to learn to do so? **What would our world look like if every young person's high school education were based around answering these questions, not about jumping through a series of meaningless hoops?** My hunch is that we would have a much more vibrant, thriving, and purposeful world than the one we live in today.

Have a relaxing and enjoyable holiday season!

Bill Summers

CCHS, Principal

Counselor News

Students are allocated to a counselor by grade as follows-

Freshman - Mrs. Andrews (x5876)

Sophomores – Mrs. Carlton (x6543)

Juniors – Ms. Graham (x6140)

Seniors – Mrs. Kingery (x5881)

Dual Enrollment Coordinator – Mr. Ritter (x5960)

Financial Aid & the FAFSA

Seniors and their parents apply for financial aid by filing the FAFSA

(Free Application for Federal Student Aid) as soon after January 1, 2017 as possible.

We recommend doing the FAFSA on line at www.fafsa.ed.gov

Filing the FAFSA in January requires PIN numbers by the student and parents, which can be obtained anytime at www.pin.ed.gov

Some private colleges require the CSS profile as well, which is available at www.collegeboard.com For assistance with this process, FAFSA provides a help center at 1-800-4-FED-AID.

Upcoming College Entrance Exams

SAT -

Test Date	Registration Deadline
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Mar. 10, 2018	Feb. 9, 2018
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For registration information go to:

<http://sat.collegeboard.org>

ACT –

Test Date	Registration Deadline
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Feb. 10, 2018	Jan. 12, 2018
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Apr. 14, 2018	Mar. 9, 2018
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June 9, 2018	May 4, 2018
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For registration information go to:

<http://www.actstudent.org>

Keep up to date with all of the graduation information under the counseling tab of the cchs website.



School News

CCHS PARENT ADVISORY BOARD

The Cañon City High School Advisory Board meets once a month in the high school library at 6:00 p.m. with meetings usually lasting about an hour. We are comprised of parents, community members, faculty, staff, students and administration whose common goal is improving the high school experience for all of our students.

We are open to new ideas and enhancing current channels of communication with parents and the community (i.e., Back to School Night, After Prom, Tiger Clubs and Activities handbook). We welcome any comments on current programs or proposed changes to policies and procedures (i.e., vocational education, Graduation with Honors; proposed budgets, Unified Improvement Plan). If you would like to help support Cañon City High School, please join us.

Upcoming meeting dates are: December 13, January 17, and February 14.

For more information, contact Ms. Sara Marietta at 276-5877.

2017-2018 TASK FORCE WORKDAYS (The second Wednesday of each month)

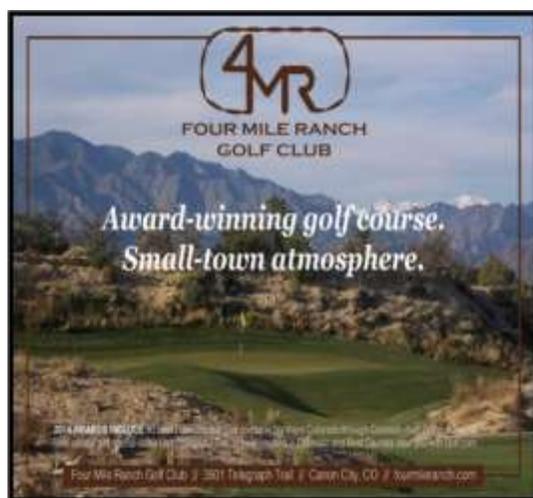
December 13, 2017	March 14, 2018	
January 17, 2018	April 11, 2018	
February 14, 2018	May 9, 2018	*Dates subject to change

The Fremont RE-1 Board of Education has agreed to allow days during the school year for the high school staff to work together as a staff. This time will be spent on Progressive Educational Initiatives such as those recommended by the Secondary Task Force and several other committees that have student needs for the 21st Century as their focus. CCHS is closed until 9:00 a.m. when the Commons opens. At this time, students may purchase breakfast.

PARENT NIGHT

Another Parent Night will be held Wednesday, January 24th at 5:30 p. m. All students will be enrolled in different classes and parents will again have the opportunity to learn about the new class information.

We look forward to seeing you there!



Student Council *Events*

Holiday Door Decorating Contest

December 11th - December 21st

Holiday Spirit Week

December 18th - December 21st

Talent Show

Tuesday, January 30th

Male Beauty Pageant

Wednesday, February 28th



BUY YOUR YEARBOOK NOW!

Yearbooks must be purchased by Dec. 31. Cash and checks can be brought to Mrs. Lyons in room 101. Online credit card payments are accepted at yearbookforever.com Yearbooks are \$65. Payment plans are available. See Mrs. Lyons for details.



Senior pictures are due to Mrs. Lyons by Dec. 31. Email them to lyonsr@canoncityschools.org They must be at least 100KB.

Senior Tributes in the yearbook are due by Jan. 31. See Mrs. Lyons for details.

WANT TO LEARN
TO CREATE
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GAMES OR MUSIC?**

Cañon City offers two new classes:
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Principles**
AP Computer Science - A

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Activities News

Extracurricular Fees

Athletics	Full	\$75.00
	Reduced Lunch	\$50.00
	Free Lunch	\$25.00
JROTC	Full	\$75.00
	Reduced Lunch	\$50.00
	Free Lunch	\$25.00
Speech/Debate	Full	\$40.00
	Reduced Lunch	\$30.00
	Free Lunch	\$15.00
Encore	Full	\$40.00
	Reduced Lunch	\$30.00
	Free Lunch	\$15.00
FBLA & FCCLA	Full	\$35.00
	Reduced Lunch	\$20.00
Spring Musical	Full	\$75.00
	Reduced Lunch	\$50.00
	Free Lunch	\$25.00
Band	Full	\$75.00
	Reduced Lunch	\$50.00
	Free Lunch	\$25.00

Activity Cards ~ \$40.00

*As per CRS 22-32-116.5 home-school students will pay 150% of the full fee. Fee will be truncated (Ex.\$75.00 would be \$110.00)

There will be a family maximum of \$300.00 per year

To receive the athletics/activities fee discount for free or reduced lunch students, you must provide proof of acceptance from Canon City Schools Nutritional Services. Applications to receive free or reduced lunch will be available at the CCHS front office.



Jenny Gatzke REALTOR®
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Senior News

Seniors may submit their own portraits if they meet the following criteria:

1. Photo must be a vertical portrait, approximately 2" x 3". we will crop it to fit perfectly.
2. The portrait must be a head and shoulders shot only. if the picture you submit contains more than head and shoulders, we will crop it down. in this situation, please make sure that the quality of the picture is good enough to have the head and shoulders enlarged.
3. The portrait may be color or black and white. portraits will appear in color, but you still may submit a black and white photo.
4. Digital photo files are preferred. bring the file on a cd or jump drive to Mrs. Lyons in room 101. you can also e-mail the photo to lyonsr@canoncityschools.org. make sure the file is in jpeg or tiff format with a minimum file size of 100 kb. i will send a confirmation email to let you know that i received the photo.
5. We cannot accept photos you printed on your home printer or took with your cell phone. they are not up to publishing standards and will not reproduce with acceptable quality. hard copies will be scanned and returned to you in a timely fashion.
6. The deadline for acceptance of senior portraits is the Friday before Christmas break.
7. Late fee- any late submissions will be charged \$5.00 fee. if the page your photo should appear on has already been finalized, the photo will not be accepted.
8. Questions? – see Mrs. Lyons in room 101 or e-mail her at lyonsr@canoncityschools.org.



Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & support schools! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.



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DANIELS FUND

TIGER “SOURCES OF STRENGTH” AT CCHS



Sources of Strength is an upstream approach to suicide prevention program being taken on by students and staff in Canon City High School. Through building resilience, increasing connections and trust towards adults, increasing help seeking, developing and enhancing protective factors and breaking down codes of silence;

we are able to reduce the number of people who fail to recognize where to get help and strength from themselves and others during tough times.

The Mission Statement for Peer/Adult Leaders of Sources of Strength

“We are a diverse group of students and adults from many different corners and cultures of our school and community. We believe that life has ups and downs, that all of us will go through good times and tough times. Our mission is to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up.

Our mission is to spread Hope, Help and Strength

Into every corner of our community.

Or mission is to help students and staff turn to their strengths and their supports that are all around.

We are Connectors to Help and Strength.

Our mission recognizes that our voice has great power and we use it to BREAK THE SILENCE when someone is struggling, and to connect them to the help they need and deserve.

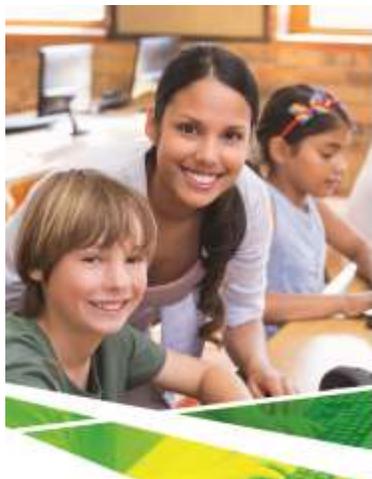
We Spread Hope by focusing on stories of strength, rather than on stories of trauma. We know our most powerful impact comes from our personal actions, conversations, and messages that use our music, our art, our writing, our activities, our social media, our culture, and our voice. This gives life to our efforts.



WE ARE SOURCES OF STRENGTH

If you are interested in being part of this growing program at CCHS, please contact

Sandra Miller at millerse@canoncityschools.org



Teachers and Technology Program

The CenturyLink Clarke M. Williams Foundation's Teachers and Technology grants are designed to help fund projects that advance student success through the innovative use of technology in the classroom.

Eligibility - Full-time classroom teachers in public or private PreK-12 schools located in CenturyLink's residential service areas may apply for a Teachers and Technology Grant for the 2017-18 school year. Applicants do not have to be CenturyLink customers in order to apply for these grants.

Key Dates - Applications will be accepted October 1, 2017 until January 12, 2018. Grants will be announced and presented between April 1 and May 15, 2018.

Grants - CenturyLink will award approximately \$145,000 across Colorado. Grants range from \$500 to \$5,000.

Apply here - www.centurylink.com/teachersandtechnology

For more information, contact:
Brandon.Yergey@centurylink.com



Zuppa Toscana (a copy-cat from the Olive Garden)

Ingredients:

1 lb. sweet Italian sausage
 1 tsp. crushed red pepper flakes
 4 slices of bacon, cut into ½" pieces
 1 large onion, diced
 1 Tbl. garlic, minced
 8 cups chicken broth
 6 medium potatoes, thinly sliced
 1 cup half & half
 1/4 bunch fresh kale, remove from stems and roughly chop

Directions:

In a medium Dutch oven over medium-high heat, cook the sausage and red pepper flakes until crumbly, browned, and no longer pink. Remove from pan into a bowl lined with a paper towel. Put into frig while other ingredients are being cooked.

Cook bacon in the same Dutch oven over medium heat until slightly crisp, about 10 minutes. Drain on paper towel leaving some of the drippings. Add the onion and saute until translucent, add garlic and cook for 5 more minutes, stirring often.

Pour the chicken broth into the pot making sure to scrape the bottom of the pan to release the "flavor" bits and bring to a boil. Return the bacon to the Dutch oven and add the potatoes, reduce heat to low. Cook potatoes until fork tender, about 20 mins. Reduce heat to simmer, stir in half & half, cooked sausage, and the chopped kale; heat through.

Top each bowl with freshly grated parmesan cheese and serve with warm crusty bread.

A perfect dinner for a cold winter night!

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3. Open the app, type "Cañon City" into the search box and select it to open the school app
4. Select "Set as Default" and the Cañon City app will automatically open each time you open the School Communications Agency app

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