Grand Junction High School

September 2016

Ari Goldberg, Principal | Carol Coburn, Assistant Principal | Meghan Roenicke, Assistant Principal
Alicia Timbreza, Assistant Principal | Tom LeFebre, Dean of Students | Carol Sams, Director of Athletics

Important Dates

Parent/Teacher Conferences
September 8, 2016
3:30 to 7:30 p.m.

School Picture Re-takes
September 20, 2016
7 a.m. to noon

College Fair
September 22, 2016
8:30 to 10:30 a.m. @ West Gym

Fall Break-No School
October 3-7, 2016

Teacher Work Day-No School
October 17, 2016

ASVAB Exam
October 27, 2016 9 a.m. to noon @ GJHS Cafeteria

Teacher In Service-No School
October 27 & 28, 2016

Parent/Teacher Conferences
November 10, 2016
3:30 to 7:30 p.m.

Thanksgiving Break
November 21-25, 2016

Winter Break
December 19-Jan. 2, 2016

A Message From Principal Ari Goldberg:

Happy September Tigers! Wow, we have been working hard these past few weeks. Students are back into a school routine, teachers are creating tons of learning opportunities, and I have been able to watch our students interact and grow. Grand Junction High School is such a great experience and opportunity for students.

As we enter our second month of school, we are already looking ahead to parent teacher conferences on September 8th. We invite you to come in and visit with the teachers. We encourage you to bring your student so the conversation includes everyone. We will have all the teachers in common locations again to cater to parents and families so they don't have to travel all over our enormous campus to wait on a line. This evening is well worth your time to get a sense of how your students are doing in high school. Also mark on your calendars that fall break will begin on October 1st. Fall sports have begun and competitions have started. The band looks great on the practice field. Clubs and activities are meeting. Teachers are grading tons of school work and getting unit tests ready! We had our first Color Blast dance. Homecoming has come and gone! There is so much that goes on at GJHS. I am amazed everyday with the great opportunities that we offer our students.

Hopefully parents and families are also in the flow of school and all that is offered. If you have not checked your Parent Vue account, I strongly suggest that you do. You can view grades and attendance to monitor what your student is doing. The partnership and support from families truly is an integral part of a student's education. If families are stressing the importance of attending school and getting good grades, like we do every day as educators, we increase the opportunities for each and every student.

Did you know that every Friday is Orange and Black day? Yes we encourage all GJHS students to wear orange and black on Friday's. So next time you are out shopping, make sure to pick up some orange and black clothing for you and your student. And yes, I would encourage you as parents and families to wear orange and black on Friday's too. We have a huge number of GJHS alumni and I am sure all of you miss wearing your Orange and Black. So go for it!

I hope you all have a great month of September.
Go Tigers!
Ari Goldberg

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Parent/Teacher Conferences

Mark your calendars! Parent/ Teacher Conferences are on September 8 from 3:30 to 7:30. If you are unable to attend please make contact with your student's teachers via email or leave a voicemail for them to discuss progress in their classes.

Remember, you can check your student's grades on ParentVue at any time. If you don't have access come to the GJHS Main Office to sign up.

We are off to a good start and are excited to see you September 8th!

Counseling News

Planning for Life after High School

GJHS will host the Colorado Council on High School/College Relations College Fair on September 22, 2016 from 8:30-10:30 am in the west gym. Over 20 college admissions' representatives will be on hand to answer questions about their institutions. This is a great opportunity to learn more about your options for after graduation. We hope to see you there! For more information, contact GJHS counselor, Serenity Santistevan at 254-6900 ext 24109.

On October 27, from 9 am to noon in the GJHS cafeteria the ASVAB exam will be offered to all interested juniors and seniors in School District #51. There is no school that day, so no class time will be missed. ASVAB is the military entrance exam, but is also an excellent tool for students with no interest in the military to help identify their strengths, interests, and vocational or career prospects. It can also count toward the proficiencies required for graduation. In accordance with the agreement among our military recruiters, only the student can initiate contact following the exam. If you are interested in taking the exam please sign up in the Counseling Office by October 25. Seating is limited and available on a first come, first serve basis.

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BOOSTER CLUB

The Grand Junction High School Booster Club would love your help. The membership has declined due to parents no longer being members after their child graduates. In order for the Booster Club to continue to function and provide continued support of our 40 plus Tiger activities, we need more parent involvement. Last school year the Booster Club was able to donate over $68,000 to many of the Tiger programs and activities. Without this generous support of time and money, we would have to continue to cut back on programs and what our programs are able to offer and accomplish for your students.

If you have never attended a Booster Club meeting and are interested in doing so, please come and check it out. The typical agenda for a meet is: to first hear requests from school groups asking for money, then discussion and voting on approving the requests, followed with a monthly financial report, and finally a discussion of Bingo business. We like to keep the meetings to about an hour. Meetings are held the second Monday of the month during the school year at 6:00 pm in Room 120. There may be an exception to this if a Monday falls during a break or is a vacation day.

The next GJHS Booster Club meeting will be on Monday, September 14, 2015 at 6:00 pm in Room 120.
At the August Booster Club meeting the Booster Club approved $6,125.00 in funding requests to support the Orange & Black newspaper. Thank you to our Booster Club and all of the volunteers for your continued support of Grand Junction High School students, staff, and all of our activities.
If you are interest in becoming a Booster Club member or in volunteering, please contact: Booster Club President Trina Brillhart at trina.brillhart@gmail.com or GJHS Athletic/Activities Director Carol Sams at 254-6900 or carol.sams@d51schools.org

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ATHLETICS

ATTENTION ALL OF YOU SPORTS FANS: Purchase your game tickets ahead of time with our new on –line State Champs ticket sales. Avoid the long lines at football games by purchasing your tickets ahead of time and going to the front of the line to have the ticket on your phone swiped at the gate. Below is the website for ticket sales: http://statechamps.com/grandjunctionhsco/

ATHLETICS are underway…

All Fall Sports are underway at Grand Junction High School. Please continue to check the school website for changes in schedules, times, and locations. Support all students and coaches this fall with positive cheers and excellent sportsmanship.

CROSS COUNTRY

The GJHS Cross Country season is off to a strong start this year. There are 34 runners participating this fall and all of them are very excited for the first races of the season. The Tigers hope to have great GJ support at the home meet on Friday, September 9th, 3:30pm at Canyon View Park. Go Tigers!

BOYS SOCCER

The GJHS Boy Soccer Program is ready to begin the Fall 2016 season with many familiar faces. The boys are working hard to fill the spots left open by a great list of seniors that graduated last spring. The program has a talented list of incoming players as well. Come support this talented, athletic group of young men!

BOYS GOLF

The GJHS Boys Golf team is off to an outstanding start. The Tigers have won the team title in two of the first four tournaments of the season. Senior Trevor Olkowski has won the individual title in three of the first four tournaments. The Tigers have high hopes for an outstanding season and are striving for a top five finish at the 5A state golf tournament. This year's state tournament will be played in Grand Junction at Bookcliff Country Club on September 26th and 27th.

VOLLEYBALL

The GJHS Girls' Volleyball coaching staff is excited for the 2016 season. There are many new and energetic players as part of this year's program. Please come out and support the teams as they begin competitions. The volleyball program is looking for sponsors who would like to proudly display their logos on a banner that will hang in the gym. For more information contact Coach Jeff Wells at jeff.wells@d51schools.org.

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BOYS TENNIS

Tiger Tennis has set high expectations once again this year. With a solid core of returning players, the goal is to return as SWL champs for the second year in a row and have an outstanding showing at regionals and at the state playoffs. Seniors– Matt Miller, Ryan Bowen, Sam Welling and Matt Martinez, will be pivotal players to our teams success throughout the season.

FOOTBALL

The GJHS Football program is excited about the new look this year. Come out and support all three levels of GJHS football: Freshmen, JV and Varsity. Many of the boys have been working all summer in the weight room in preparation for the upcoming season. The varsity team will be playing in a 4A league this year, including the Eastern Slope schools: Niwot, Broomfield, Loveland, Brighton, and Greeley West. The non-league games this season include: Fruita Monument, Central, Montrose, Windsor, and Skyline. Get excited for Grand Junction Tiger Football!

GIRLS SOFTBALL

2016 GJHS Softball is off to a great start! There are 27 girls making up both the JV & Varsity programs. The team scrimmages went well the first weekend of the season. The varsity team will be heading to Golden for a game and then off to Fort Collins for a 5 game tournament. Good luck Tigers!

VOLUNTEERS

Thank you to all of the Volunteers who have given of their time and energy to the students of Grand Junction High School. It is because of the generous time and effort of these many volunteers that our programs continue to operate and perform at high levels.

CONCUSSION MANAGEMENT

If your son/daughter has sustained a concussion this school year, and intends to participate in any Grand Junction High School sports team during the school year, he/she has to be cleared by a physician in order to begin the Return to Play process. If your child has been cleared to begin the RTP process by your Physician, you will need to contact our Certified Athletic Trainer Ms. Erin Glavan at the Saint Mary's Life Center, Wellness Department, at 970-244-6080 or 970-773-3155 to schedule time to begin and complete the RTP process. If you have questions please contact Athletic Director Carol Sams at carol.sams@d51schools.org or 254-6900.

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MENTION THIS AD FOR A FREE INITIAL CONSULTATION

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School District 51
MESA COUNTY VALLEY
Every student, every day, learning for life!

Dear Parent,

8/12/2016

The purpose of this letter is to inform you that District 51 will be charging admission to attend boys and girls soccer contests as well as all swim meets at Colorado Mesa University. Admission charges are $5 for adults and $3 for students and senior citizens. These are the approved admissions prices for all sporting events in the district.

There are two major factors as to why we will be charging to attend these events.

- Prior to the 2015-16 school year, District 51 swim programs have been able to use the CMU swimming pool in season at no charge. The cost to use the pool for practice and meets for the current school year will be $7,000, with a gradual increase to $9,000 in the 2018-19 school year.
- District 51 has experience an increase of 15% in transportation and a 35% increase in lodging expenses for all sports over the last six years with no additional funding.

District 51 has spent over $600 last school year for each athlete to participate in athletics. This total does not include booster club support for equipment and travel. These expenses include: supplies/equipment, officials, games workers, facility rentals, event entry fees, meal money, lodging, transportation and coach's salaries

If you have any questions regarding this decision or about our athletic department finances, please feel free to contact me at 254-5154.

Sincerely,

Paul Cain
District Athletic Director

Paul Cain, District Athletic Director • paul.cain@d51schools.org • 970.254.5154
Administrative Service Center • 2115 Grand Avenue • Grand Junction, Colorado 81501 • Fax: 970.254.5278 • www.d51schools.org

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www.bhsports.com

GO GET YOUR GJHS APPAREL!

VISIT WWW.BHSPORTS.COM
CLICK ON "TEAM PACKAGES" ON THE BOTTOM LEFT CORNER OF THE HOME PAGE. ENTER CODE GJHSATHL16.
YOU WILL BE REDIRECTED AND YOU CAN SHOP FROM THERE!

HOOD LINING

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MONDAY SPORTS INJURY CLINIC

Rocky Mountain Orthopaedic Associates

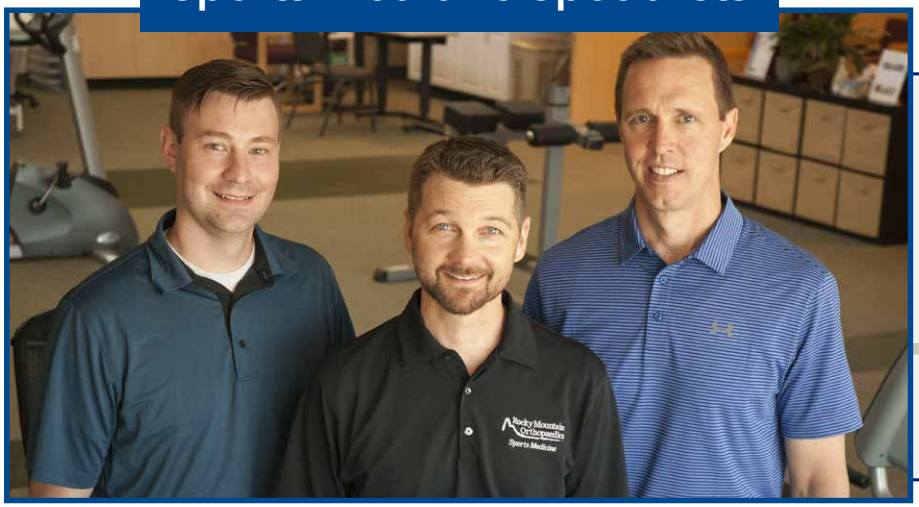
627 25 ½ Road, Grand Junction

Diagnosis of Orthopaedic Injuries by Sports Medicine Specialists

Starts at 4:30pm every Monday, during the school year

Athlete must be accompanied by a parent.

Sports Medicine Specialists



Justin McCoy, DO Daryl Haan, M.S., PA-C Mark Luker, MD

- Includes free X-rays, if needed
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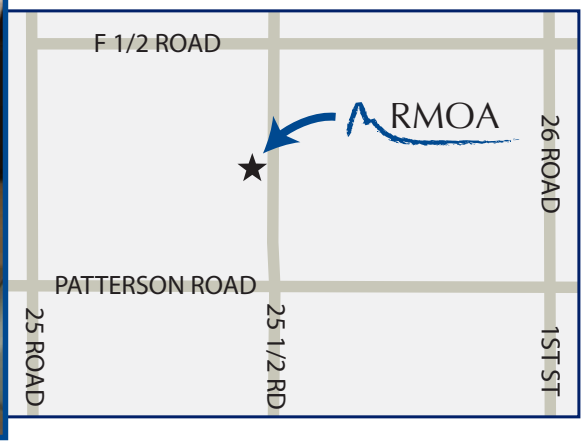

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For More Information
Contact: Mike Zamora
970.209.9968

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MESA COUNTY HEALTH DEPARTMENT
Working Together for a Healthy Community

NEWS RELEASE

Date: August 18, 2016

Contact: Katie Goddeyne
254-4114 (Office), 644-7980 (Cell)
katie.goddeyne@mesacounty.us

MCHD special report focuses on marijuana use in Mesa County

Mesa County youth are more likely to use marijuana when compared to the rest of the state

The latest Mesa County Health Department special report, Marijuana in Mesa County, explores marijuana usage in Mesa County. Although the perception among high schoolers is that they won't get caught using marijuana, Mesa County has a higher rate of juvenile marijuana arrests compared to the rest of the state.

About four in 10 local high school students have used marijuana in their lifetime. Mesa County high school students are also more likely to have used marijuana before age 13 than teens in the rest of the state. More than half of high school students said it would be sort of/very easy to get marijuana if they wanted.

It's important for parents to have conversations with their children about the effects of marijuana usage and Colorado law regarding the drug.

- Amendment 64 legalized recreational marijuana use **for adults 21 and older.**
- Marijuana affects brain development. It can reduce thinking, memory and learning functions. It also affects how the brain builds those connections.
- The age restriction for marijuana, like the age restriction for alcohol, is 21 for a reason – your brain is still developing and these drugs could affect that development.

The report also has information on methods of use and adult usage.

Visit health.mesacounty.us to view and download the special report.

For more information, call or text Katie Goddeyne at (970) 644-7980 or visit health.mesacounty.us.

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Marijuana in Mesa County

Amendment 64, legalizing recreational marijuana use in Colorado, was passed in November 2012. Commercial sale of recreational marijuana began January 1, 2014.

What is marijuana?

Marijuana is a green, brown leafy mixture from a *cannabis* plant. When smoked or consumed, the psychoactive chemical (THC or delta-9-tetrahydrocannabinol) is absorbed by the body's fatty tissue and enters the brain. The THC triggers the brain's reward system.[1]

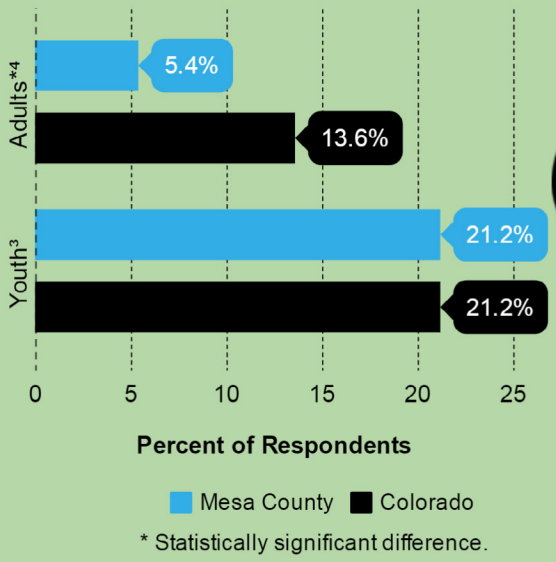
43% of adults in Mesa County report having used marijuana one or more times during their life.[2]

Special Report: September 2016

Marijuana Use

52.7% of high school students feel it would be sort of or very easy to get marijuana if they wanted.[3]

Past 30-day Marijuana Use



45.6% of high school students think people who use marijuana regularly have moderate or great risk of harming themselves.[3]

Youth and Marijuana Use

Approximately 4 in 10 high school students have used marijuana one or more times during their lives.[3]

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First Use Before Age 13 *[3]

12.6% Mesa County | 9.2% Colorado

* Statistically significant difference.

83.6% of youth think their parents feel it is wrong or very wrong if they were to use marijuana.[3]

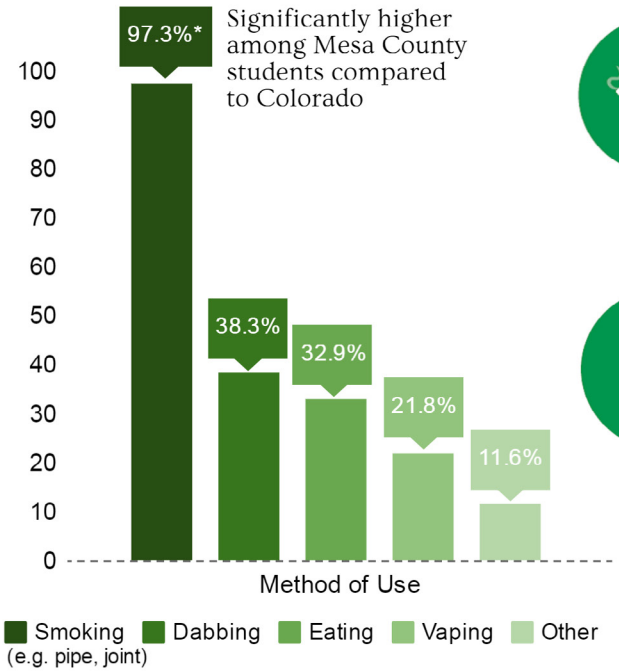
58.8% of youth think is it wrong or very wrong for someone their same age to use marijuana.[3]

4.0% of youth used marijuana at school during the past 30 days.[3]

1.5% of youth who used in the past 30 days usually got it at school.[3]

Methods of Use

Methods of Use Reported by High School Students [3]



Methods of Use [5]

Smoking:

Flower (bud) from marijuana plant is burned and the smoke is inhaled.
Takes seconds to minutes to take effect.

Vaping:

THC extract is heated and the vapor is inhaled.
Takes seconds to minutes to take effect.

Topical:

THC extract is added to products and applied to the skin.
Non-psychoactive form of use.

Ingesting:

THC extract is added to food or drink to be ingested.
Takes 90 minutes to 4 hours to take effect.

Dabbing:

THC extract is heated and the vapor is inhaled.
Can obtain up to 60-80% THC.
Takes seconds to minutes to take effect.

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Legal

2014 Adult Marijuana Arrests*

per 100,000[7]

Mesa County: 289

Colorado: 131

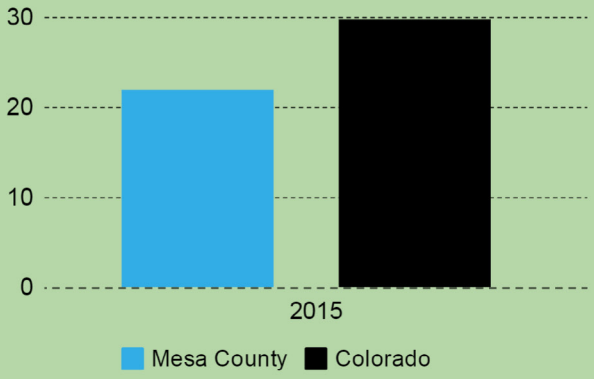
2014 Juvenile Marijuana Arrests*

per 100,000[7]

Mesa County: 1403

Colorado: 611

Percent of Youth Who Think Police Will Catch Kids Using Marijuana*[3]



* Statistically significant difference.

Data Sources:

[1] National Institute on Drug Abuse, Marijuana
[2] Colorado Behavioral Risk Factor Surveillance System (BRFSS), 2014 and 2015 combined.
[3] Healthy Kids Colorado Survey, 2015
[4] BRFSS, 2015
[5] Information from Colorado Department of Public Health and Environment

MESA COUNTY HEALTH DEPARTMENT
Working Together for a Healthy Community

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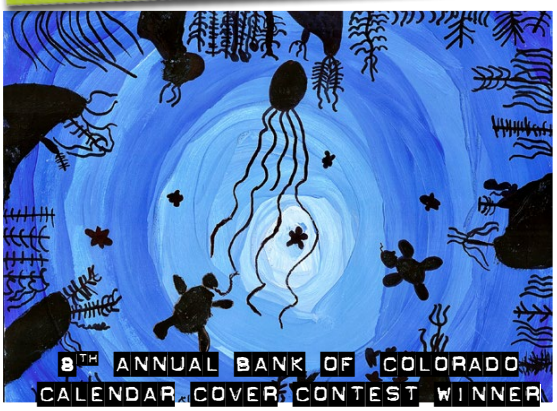
9th annual Bank of Colorado calendar contest!



Emma Buniger, 2nd Grade, New Emerson Elementary

SHOW US YOUR ARTISTIC TALENT & YOU MAY SEE your artwork published in our community calendar!

Contest open to ALL students in Grades K-12 in Mesa County Valley School District 51 schools. The first place winner from each grade level will get their artwork featured on a page of the calendar, as well as receive **$300** deposited in a Bank of Colorado Savings Account. 2nd place winners receive **$200** deposited in a Bank of Colorado Savings Account and 3rd place winners receive **$100** deposited in a Bank of Colorado Savings Account. **A reception will be held Wednesday, November 2nd at 6:00 p.m., 200 Grand Avenue Bank of Colorado lobby to announce the winners and award prizes.**

DEADLINE: Entries can be turned into: Bank of Colorado located at 200 Grand Avenue **no later than 5:00 p.m., Friday, October 7th.**

NEW ARTWORK REQUIREMENTS: ART PIECES: K-8: Any flat medium the teacher/student would like to pursue. Drawings, paintings, collage etc. No computer images, sculptures, ceramics, Photoshop or photo prints. The artwork must be the student's own original work, with no additional assistance by parent or teacher.
ART PIECES: GRADES 9-12: Must be student's own original work with no additional assistance by parent or teacher. Artwork can be anything that the student has created in the following: Ceramics, drawing, painting, photography, printmaking etc. If artwork is in ceramic or sculpture form, the student must take a photo of the artwork and meet the art requirements listed below. All completed art pieces submitted by K-12 need to be an image size of 8.5" x 11". The art must be matted on construction paper (sufficient for art display). All submitted works must be accompanied by the "Entry Form" (attached to back of piece) signed by both student & parent.

DISQUALIFICATIONS Automatic disqualification if art piece is anything other than: Horizontal, image size of 8.5" x 11", landscape. Matted on construction paper (for art display purposes). No names or initials are to be drawn on the front of the art piece itself. Artwork must not be offensive in language or image. Art piece will be disqualified if student and parent information/ signatures are missing.

POPULAR VOTE: Finalists' artwork will be on display at Bank of Colorado 200 Grand Avenue, for popular vote. One vote per person. Finalists' artwork will also be displayed on Bank of Colorado Facebook Page. 1 "like" (vote) per person, where the general public is encouraged to "Like" their favorites. Be sure to let family and friends know that they can vote on the Facebook page, especially those family and friends who live out of town and are not able to get into the bank to vote.

bankofcolorado.com

Bank of Colorado | 2017 CALENDAR CONTEST ENTRY FORM

Date _____

Student Name _____ Grade _____ School _____

Parent/Guardian Name _____ Phone: _____

Parent/Guardian Address _____

The CALENDAR PROJECT is sponsored through Bank of Colorado for students in Mesa County School District 51 schools.

- I (we) grant permission to Mesa County Valley School District 51 and Bank of Colorado representatives to include my (our) child's artwork in a popular vote competition for the Bank of Colorado CALENDAR CONTEST. I (we) understand there will be several selection processes in which the top art entries for grades K-12 will be decided by popular vote. The final selection of student artwork will be displayed for public view and voting (1 vote per person) at the Bank of Colorado, 200 Grand Ave., Grand Junction, CO, as well as Bank of Colorado Facebook page where you can "Like" (vote) for your favorites in each grade level.
- I (we) will be notified during the week of October 10th if my (our) child's artwork is one of the top three finalists of their grade level for the 2017 Bank of Colorado Calendar. If my child is one of the three finalists I (we) agree to permit a photograph of my (our) child and information about his/her age and school to be printed in the calendar and used for media/social media (Facebook) promotions related to the Calendar Contest.
- Although every effort will be made to return all entries, the Bank of Colorado and Mesa County Valley School District 51 are not responsible for lost or damaged works. The top three finalist of each grade level will be chosen by the Calendar Contest Judging Committee. The Calendar Contest Judging Committee has the right to refuse any entry.
- A reception will be held, Wednesday, November 2, 2016 6:00 p.m. to announce the winners and award prizes.
- Bank of Colorado employees, their families and children of employees are exempt from the Calendar Contest.

Through my signature below, I understand and agree to the above conditions.

_____ SIGNATURE OF STUDENT

_____ SIGNATURE OF PARENT/LEGAL GUARDIAN OF ARTIST (Required if student is under 18 years)