

**FORT COLLINS HIGH SCHOOL**

POUDRE SCHOOL DISTRICT

3400 Lambkin Way, Fort Collins, CO 80525

Phone 970-488-8021 | Attendance 970-488-8018

# Lambkin News

Principal  
Jennifer Roth

## School Website

Translation Services  
Available!

Please contact FCHS  
Family Liaisons:

**Alfredo Atilano Collazo**

**Blanca Mael**

Si necesita información en  
español comuníquese por  
favor con Sra. Blanca  
Mael | 970-488-8055  
**bmael@psdschools.org**  
o Sr. Alfredo Atilano  
Collazo

**aatilanocollazo@**  
**psdschools.org**

Find more information  
here:

**psdschools.org/programs**  
**-services/language-**  
**culture-equity**



Advertising in this  
newsletter does not imply  
endorsement by Poudre  
School District

## Letter from our Principal

From Dr. Jennifer Roth, Principal

Dear FCHS Community:

Welcome and welcome back! I am excited to kick off the 2023-2024 school year as the Principal of Fort Collins High. While I am new to the role of Principal, I have been a Lambkin for 20 years. I am honored and humbled to have the privilege to serve THE Fort Collins High School in this capacity. For those of you whom I have not yet met, I look forward to seeing you at athletic events, theater and music productions, Back to School Night, Parent-Teacher conferences, and all the other amazing activities that happen here at Collins.

While we have only been in school for a week as I am writing this message, and we have been dealing with the impact of the lack of cool air in our building, I want to express to you how incredible the students have been. We had a full house in the Main Gym for a fantastic Back to School Assembly and were very excited to hear the brand-new sound system put through its paces.

### Our Block Schedule

Remember that we have a new schedule this year, the 4x4 block. This essentially means students have four classes each quarter and these classes meet every day for 90 minutes. We believe this schedule will benefit students by allowing them to focus on three to four classes at a time, rather than the traditional seven or eight classes. With this new schedule, we have changed our late start day from Friday to Wednesday. The purpose of late start is to meet the needs of our students. Nothing will change with bussing times. Period 1 begins at 9:30. From 9:00-9:30 students may do the following things:

- Meet with a teacher for extra help
- Re-take an assessment with a teacher
- Discuss a grade, assignment, or project with a teacher
- Get help from a counselor, administrator, dean, or other staff member



## Letter from our Principal, continued...

### Parent-Teacher Conferences

Our Parent-Teacher Conferences will be in a virtual format this year. You will receive information in advance to sign up to speak with your child's teachers. Please make note of the dates and times.

Quarter 1 Parent-Teacher Conference: Wednesday, September 27, 4:30-6:30

Quarter 2 Parent -Teacher Conference: Wednesday, November 29, 4:30-6:30

Quarter 3 Parent-Teacher Conference: Thursday, February 8, 2023

### Final Exam Dates

Quarter 1: 10/18 and 10/19

Quarter 2: 12/21 and 12/22

Quarter 3: 3/7 and 3/8

Quarter 4: TBA

### Free Breakfast and Lunch for All

Also, just a reminder that this year school breakfast and lunch is free to all students. We encourage families who may qualify for free/reduced lunch to complete the necessary paperwork so that we are able to help with other school-related fees.

The amazing staff and administrative team at FCHS is here to support the success of each and every student here at Collins.

Don't hesitate to reach out with any questions, concerns, or suggestions you may have...AND GO LAMBKINS!!

Sincerely,

Dr. Jennifer Roth

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## Letter from our Principal (en Español)

De la Dra. Jennifer Roth, directora

Estimada comunidad FCHS:

¡Bienvenidos y bienvenidos de nuevo! Estoy emocionada de iniciar el año escolar 2023-2024 como directora de Fort Collins High. Si bien soy nueva en el puesto de directora, he sido Lambkin durante 20 años. Me siento honrada y honrada de tener el privilegio de servir a LA Escuela Secundaria Fort Collins en esta capacidad. Para aquellos de ustedes que aún no los conozco, espero verlos en eventos deportivos, producciones teatrales y musicales, la Noche de Regreso a la Escuela, conferencias de padres y maestros y todas las demás actividades increíbles que suceden aquí en Collins.

Si bien solo hemos estado en la escuela durante una semana mientras escribo este mensaje, y hemos estado lidiando con el impacto de la falta de aire fresco en nuestro edificio, quiero expresarles lo increíbles que han sido los estudiantes. Tuvimos una sala llena en el gimnasio principal para una fantástica Asamblea de Regreso a Clases y estábamos muy emocionados de escuchar el nuevo sistema de sonido puesto a prueba.

### Nuestro horario de bloques

Recuerda que este año tenemos un nuevo horario, el bloque 4x4. Básicamente, esto significa que los estudiantes tienen cuatro clases cada trimestre y estas clases se reúnen todos los días durante 90 minutos. Creemos que este horario beneficiará a los estudiantes al permitirles concentrarse en tres o cuatro clases a la vez, en lugar de las tradicionales siete u ocho clases. Con este nuevo horario, hemos cambiado nuestro día de inicio tardío de viernes a miércoles. El propósito del inicio tardío es satisfacer las necesidades de nuestros estudiantes. Nada cambiará con los horarios de los autobuses. El período 1 comienza a las 9:30. De 9:00 a 9:30 los estudiantes pueden hacer las siguientes cosas:

- Reunirse con un maestro para obtener ayuda adicional
- Volver a tomar una evaluación con un maestro
- Discutir una calificación, tarea o proyecto con un maestro
- Obtenga ayuda de un consejero, administrador, decano u otro miembro del personal

### Conferencias de padres y profesores

Nuestras conferencias de padres y maestros serán en formato virtual este año. Recibirá información con anticipación para registrarse y hablar con los maestros de su hijo. Por favor tome nota de las fechas y horarios.

Conferencia de padres y maestros del primer trimestre:  
miércoles 27 de septiembre, 4:30-6:30

Conferencia de padres y maestros del segundo trimestre:  
miércoles 29 de noviembre, 4:30-6:30

Conferencia de padres y maestros del tercer trimestre: jueves 8 de febrero de 2023

### Fechas de exámenes finales

Cuarto 1: 18 de octubre y 19 de octubre

Cuarto 2: 21 de diciembre y 22 de diciembre

Cuarto 3: 7 de marzo y 8 de marzo

Cuarto 4: por confirmar

### Desayuno y almuerzo gratis para todos

Además, les recordamos que este año el desayuno y el almuerzo escolar son gratuitos para todos los estudiantes. Alentamos a las familias que puedan calificar para almuerzo gratis o a precio reducido a completar la documentación necesaria para que podamos ayudar con otras cuotas relacionadas con la escuela.

El increíble personal y el equipo administrativo de FCHS está aquí para apoyar el éxito de todos y cada uno de los estudiantes aquí en Collins. No dude en comunicarse con cualquier pregunta, inquietud o sugerencia que pueda tener... ¡¡Y VAMOS LAMBKINS!!

Atentamente,

Dra. Jennifer Roth

## SRO Corner

This year your School Resource Officer team will share topics monthly in the Newsletter to engage with parents and send home tips for safety at school and home. This month we are going to be discussing the role of the School Resource Officer within Poudre School District.

Your Fort Collins Police School Resource Officers are certified police officers who have all received basic and advanced police training through the Fort Collins Police as well as a nationally accredited Police Academy. We all come from different walks of life, but all have the same basic skills and abilities. Many of us have advanced skills in things like, Crime Scene Investigation, Traffic Accident Reconstruction, Forensic Investigations, Crisis Negotiation, Bicycle Safety and Operation, Police Tactics and SWAT operations, Firearms, Arrest Control, and other specialized skills. We have all been through a School Resource Officer school, a national certification from National Association of School Resource Officers (NASRO) to become SROs and work within the schools.



Your SROs are taught the concept of “The Triad” during our NASRO School which is the foundation for In School Policing. The Triad concept explains that an SRO should be Three Things:

**First and foremost**, we are Law Enforcement Officers, meaning we are Sworn Peace Officers capable of investigating crimes, traffic accidents, responding to emergency situations, writing traffic tickets, and of course providing security, safety, and officer presence at all our schools and school events.

**The second component** of The Triad is Mentor. We all have chosen to become SROs not to write tickets but to mentor the youth of our community. We want to help in building high quality young adults and recognize that the better the foundation the stronger the individual. We mentor students in all manners of life, from good decision making to conflict resolution, as well as mental Health and wellbeing. We often counsel on the dangers of drug and alcohol use and help students navigate peer conflict. We have found that for students to be successful in their schooling often the only thing missing is one trusted adult. Students have a whole list of adults in the building they can trust for mentoring or counseling and your SRO offers a new and unique lens for students on how to develop mentally, relationally, scholastically, and socially.

**The third component** of The Triad is Teaching & Guest Speaking. Often SROs are asked by Teachers to come to class and lend our expertise to certain lessons. With all the SROs on the team, that expertise varies greatly from school to school, but often we teach lessons on the Bill of Rights, Traffic Safety, Bicycle Safety, Internet Safety (for both students and parents), Cyber Bullying, or School Safety. SROs have also found themselves teaching on a multitude of other topics as well from Photography to Physical Education, Reading to Elementary Students or giving Stranger Danger presentations, helping with Mock Trials in English or Social Studies classes, the list is endless. We love the opportunity to impact the youth in our community and any chance we are presented to interact in healthy and helpful ways we are going to jump at the chance!

We look forward to a Safe and Incredible year in Poudre School District, and please contact your SRO with questions! We are on the same PSD Schedule as our Schools and are always available to help wherever we can!

Keep an eye out for next month’s SRO Corner!



## Is it just a phase?

**CAYAC**

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answers, options and support.

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OF NORTHERN LARIMER COUNTY

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**Black Box Theatre****2023- 2024 Tower Theater Season!**

First Production of the year...*The Prom*

October 17-21, 2023

This small cast musical follows four eccentric Broadway stars who are in desperate need of a new stage. When they hear trouble is brewing around a small-town prom, they know it's time to put a spotlight on the issue...and themselves. The town's parents want to keep the high school dance on the straight and narrow—but when one student wants to bring her girlfriend to prom, the entire town has a date with destiny. On a mission to transform lives, Broadway's brassiest join forces with a courageous girl and the result is a love that brings them all together.

*The Prom* expertly captures all the humor and heart of a classic musical comedy with a message that resonates now more than ever. Tickets will be available soon at

[www.fchsp Performingarts.com](http://www.fchsp Performingarts.com)!

**Yearbooks**

Hello to all our LambFam young, old, and older. Yearbooks really are selling like hotcakes here at FCHS, and our first discount code is already all used up! However, you can still order today to make sure you're one of the next 32 buyers to receive \$5 off your yearbook purchase.

Seniors, your portraits, and quotes must be submitted by November 17th to make it into the yearbook, so don't delay on getting those in as well. Parents of seniors now is also the best time to get those adorable baby ads submitted for your graduate-to-be. You can learn more about creating and purchasing space for baby ads here: <https://theyearbookcompany.com/>

Yearbook order site: [https://www.jostens.com/apps/store/productBrowse/1008804/Fort-Collins-High-School/2023-Yearbook/2022052514151074094/CATALOG\\_SHOP/](https://www.jostens.com/apps/store/productBrowse/1008804/Fort-Collins-High-School/2023-Yearbook/2022052514151074094/CATALOG_SHOP/)

Senior photo upload:

<https://images.jostens.com/0007HHCfet6uHtw7r9y7Fzg>

Senior quote submission:

[https://docs.google.com/forms/d/e/1FAIpQLSdAh9TZjoxlocFsEtZha\\_bZIarVXkKik0ha0-JII5HPS1fOzw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdAh9TZjoxlocFsEtZha_bZIarVXkKik0ha0-JII5HPS1fOzw/viewform)

FCHS yearbook policies:

<https://docs.google.com/document/d/1In1I9U5BljeCAk3qJHQR5nA5FIBCKfd96WtDEP0YGTg/edit?usp=sharing>

## September 2023 Athletics Newsletter

**Athletic Office Hours will be Monday to Friday 8:30 am - 4:30 pm**

FCHS Fall Athletics are in full swing.

We have student athletes in the following sports: Cheer, Cross Country, Field Hockey (District Team), Football, Boys Golf, Gymnastics (District Team), Boys' Soccer, Softball, Boys Tennis, Unified Football, Unified Soccer, Unified Cheer and Volleyball. Please be sure to come out and support our teams.

There is an admission charge for Volleyball and Football. \$6 for adults and \$4 for Students (K-12) and Senior Citizens. Please be sure to purchase your tickets ahead of time on Ticket Spicket:

<https://events.ticketspicket.com/agency/44b12264-56dc-44df-aa39-c1cf5500acf4> . They go on sale on the Sunday before the event.

Students that have purchased the Activity Pass must present their pass (which should be printed on their student ID) at the gate for admission. If their activity pass isn't printed on their student ID, they can show a screenshot or a paper receipt of their purchase to gain admission. All students must bring their student ID regardless of whether they have an activity pass.

French Field and Timnath Stadium have a no re-enter policy, so please make sure to have everything from your car that you need before entering the stadium. No opened drink containers are allowed, only sealed, plastic bottles are allowed.

Make sure you come out and cheer on all our teams and show your spirit!

**FCHS Coaching Directory:** [Coaching Directory](#).

**FCHS Athletics Schedule (all sports):** [Athletics Schedule](#)

*Visit [our website](#) for all athletics information or contact Athletic Secretary [Nichole Dahlseide](#) via email or at 970-488-8011.*

**Watch the Lambkins in Action:** through our [NFHS website](#). Any contests occurring in our Main Gym will be on the NFHS network and do require a subscription. (\$11 monthly or \$69 annually) All contests occurring in other venues will be live streamed on our Fort Collins High School Athletics Facebook page. Join us, like us, and share our links with family and friends! Stay up to date with events in the world of Collins Athletics by following us on social media.

Twitter: [@FoCoHSathletics](#) Facebook: [FoCoHSAthletics](#)

### **PSD Ticketing = FLEX ENTRY by Hometown ticketing**

- All tickets to fall ticketed events (football and volleyball) as well as winter events (basketball and wrestling) will now be done through the app or online.
- Consider a 10-ticket punch pass
- Even if you haven't purchased tickets ahead of time (recommended), you can scan the QR codes we will have at the stadium gates to purchase them quickly at the event.
- Reminder: wait to redeem your tickets until you are in line and in front of the "ticket-taker" at the event itself. Once there in person, you will digitally click on your device redeem your tickets for entry.

Please refer to the steps in the flier to get your tickets ahead of time. We look forward to a great crowd.

[Direct link to FCHS tickets](#)

Go Lambkins!!

# Graduation 2024 info

## Important Class of 2024 Dates

**\*\*All dates and times are tentative and subject to change\*\***

DATE	EVENT	Time & Location
Wednesday, September 27 <sup>th</sup>	<b>Jostens – Class of 2024 Cap &amp; Gown Meeting</b> -Important meeting to learn about Cap & Gown orders, graduation announcements, etc.	<b>Time:</b> 8:30 – 9:30 AM <b>Location:</b> McNeal Auditorium
Tuesday, October 3 <sup>rd</sup> & Wednesday, October 4 <sup>th</sup>	<b>Jostens – Cap &amp; Gown Order Collection</b> -Jostens will be at FCHS collecting senior orders for graduation regalia and announcements.	<b>Time:</b> During Lunch <b>Location:</b> Front Entrance
Tuesday, April 16 <sup>th</sup> & Wednesday, April 17 <sup>th</sup>	<b>Graduation Speech Auditions</b> -Any senior is welcome to write a special speech to deliver at graduation. Speeches should be 3 minutes or less and should have a positive graduation message.	<b>Time:</b> During Lunch <b>Location:</b> Mrs. Miles' Office
Wednesday, April 17 <sup>th</sup>	<b>Graduating Seniors &amp; Parents Meeting</b> -Important graduation information will be discussed -2024 Panoramic Class Photo	<b>Time:</b> 6:30 PM <b>Location:</b> Large Gym
Tuesday, April 23 <sup>rd</sup>	<b>Graduation Music Auditions</b> -Any senior is welcome to audition with a musical number to perform at graduation. Songs should be 3 ½ minutes or less and should have a positive graduation message. Sign up will be posted the week before auditions on the music department door.	<b>Time:</b> 4:00 – 5:00 PM <b>Location:</b> Rehearsal Room 2
Monday, May 6 <sup>th</sup>	<b>Lambkin Awards Night</b> -Look for more information via email in April 2024	<b>Time:</b> 6:00 PM <b>Location:</b> McNeal Auditorium
Wednesday, May 22 <sup>nd</sup>	<b>Seniors Last Day!</b> -Senior final exams need to be completed -End-of-the-Year Assembly -Cap, Gown & Yearbook Distribution After Assembly -Lamb Siam & Yearbook Signing	<b>Time:</b> Normal School Day <b>Location:</b> FCHS
Thursday, May 23 <sup>rd</sup>	<b>Grad Walks</b>	<i>Boltz: TBD Kruse: TBD</i> <i>Leshner: TBD Linton: TBD</i> <i>Lincoln: TBD Laurel: TBD</i>
Friday, May 24 <sup>th</sup>	<b>Graduation Rehearsal</b> -Mandatory for all graduates wishing to participate in the graduation ceremony. -Free parking in the lot on the west side of Moby Gym -Normal school clothes acceptable for graduation	<b>Time:</b> 7:30 – 9:30 AM <b>Location:</b> Moby Arena @ CSU
Saturday, May 25 <sup>th</sup>	<b>Commencement Ceremony</b>	<b>Time:</b> 9:00 AM <b>Location:</b> Moby Arena @ CSU

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## School Support

Everyone struggles, even if it doesn't seem like it. It's OK to not be OK. Here at Fort Collins High School and in PSD, we care about ourselves and each other. We all belong here, and you are never alone. If it just feels like too much and you don't know what to do, remember:

- If you need support in school now, connect with a trusted adult or a counselor. Counselors will connect you to help.
- If someone you know needs help, ask how they're doing, listen to them, and connect them to a trusted adult or a counselor. If you're not in school, talk to a family member, call, or text 988.

Todas las personas tienen dificultades, aunque no lo parezca. 'Sus sentimientos y emociones son válidos, sin importar los que sean'. Aquí en Escuela Secundaria de Fort Collins, y en el Distrito Escolar Poudre, nos preocupamos por nosotros mismos y entre sí. Este es el lugar al que todos pertenecemos, y nunca estarán solos. Si sienten que algo es muy difícil de manejar, y no saben qué hacer, recuerden que:

- Si ustedes necesitan apoyo en la escuela en este momento, contacten a un adulto de confianza o a un consejero. Los consejeros los conectarán con el lugar que les puede brindar la ayuda que necesitan.
- Si alguien que conozcan necesita ayuda, pregúntenle cómo se siente, pónganlo en contacto con un adulto de confianza o un consejero. Si no están en la escuela, hablen con un miembro de la familia, o llamen o envíen un mensaje de texto al teléfono 988.



## College Planning

*You're Invited!* Class of 2024 College Planning

*Where:* FCHS LTC (library)

*When:* Wednesday, October 4<sup>th</sup> from 6:00pm-7:00pm

*Who:* Seniors and parents/guardians

*Why:* Student Services will be presenting on applying to college, the Common Application, and next steps for senior year.

Please contact Nicole Kostra ([nkostra@psdschools.org](mailto:nkostra@psdschools.org)) or Brett Fedor ([bfedor@psdschools.org](mailto:bfedor@psdschools.org)) if you have any questions prior to the event. We hope to see you there!

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OF NORTHERN LARIMER COUNTY

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**970-472-0444**  
[larimerhealthconnect.org](http://larimerhealthconnect.org)





## Mental Health Specialist Introductions



**Jane Campbell** is a Licensed Clinical Social Worker and Mental Health Specialist in Poudre School District. This will be her 4<sup>th</sup> year with PSD and second year at Fort Collins High School.

Jane specializes in working with youth presenting with traumatic-stress, anxiety, mood disorders, and family conflict. She is deeply passionate about supporting individuals experiencing both acute and chronic suicidality, as well as those at risk of being placed out of home due to persistent safety issues. Jane is certified as an Animal-Assisted Social Worker and utilizes canine-assisted therapy as a meaningful entry-point to help students not only access care but also establish relational safety within the therapeutic space.

Tiller is Jane's Professional Therapy Pup-the pair have been working together for almost 9 years. Tiller is a 10-year-old Golden Retriever who loves all things treats, belly rubs, and water play. If you see him meandering through the halls, please stop and say hi!

When not addressing the mental health concerns of PSD students, you can find Jane on the hiking trail with her family, hustling on the soccer field, or enjoying a show at Red Rocks. She is thrilled to be back with the Lambkin family for the 2023-2024 school year!



**Heather Madigan** is a Licensed Clinical Social Worker and Mental Health Specialist in Poudre School District. This will also be Heather's 4<sup>th</sup> year with PSD and second year at Fort Collins High School.

Heather specializes in working with youth presenting with traumatic-stress, anxiety, depression, and family conflict. She is dedicated to supporting individuals experiencing both acute and chronic suicidality, supporting suicide prevention and mental health education efforts.

When not supporting PSD students, Heather can be found listening to music and podcasts while walking her two dogs. She loves baking and spending time with family. Heather is excited to be part of the Lambkin family!

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# Pack Pantry



## What is the Gary Bamford Pack Pantry?

The Pack Pantry is a community resource for anyone in Northern Colorado in need of:

### Clothing

Pant/shirts (newborn to adult), new underwear/socks, coats, and more

### Food

Pasta, canned goods, soup, fresh fruits/vegetables, milk, eggs, and more

### Toiletries

Diapers, shampoo, toothbrushes/paste, soap

Located inside Bamford Elementary  
6055 Travers Stakes St., Loveland, CO 80538

Revised July 2023



## When is the Pack Pantry open?

Tuesday times are 4:00-6:00PM

August, 2023  
Sat, Aug 5 9:00-11:00 AM  
Sat, Aug 26 9:00-11:00

September, 2023  
Tues, Sept 12, 4:00- 6:00PM  
Sat, Sept 23, 9:00-11:00

October, 2023  
Tues, Oct 10, 4:00- 6:00  
Sat, Oct 28, 9:00-11:00

November, 2023  
Tues, Nov 14, 4:00- 6:00

December, 2023  
Sat, Dec 2, 9:00-11:00  
Tues, Dec 12, 4:00- 6:00

January, 2024  
Tues, Jan 16, 4:00- 6:00  
Sat, Jan 27, 9:00-11:00

February, 2024  
Tues, Feb 6, 4:00- 6:00  
Sat, Feb 17, 9:00-11:00

March, 2024  
Tues, March 5, 4:00- 6:00  
Sat, March 23, 9:00-11:00

April, 2024  
Tues, April 9, 4:00- 6:00  
Sat, April 27, 9:00-11:00

May, 2024  
Tues, May 14, 4:00- 6:00

June, 2024  
Tues, June 11, 4:00- 6:00

Located inside Bamford Elementary  
6055 Travers Stakes St., Loveland, CO 80538

Contact us at bamfordpackpantry@gmail.com  
FaceBook: Gary Bamford Pack Pantry  
Revised July 2023



## ¿Qué es la Despensa de la Manada de los Lobos?

La despensa de la Manada de los Lobos es un recurso comunitario para cualquiera que necesite:

### Ropa

Pantelones, camisas (ración nacido a adultos), ropa interior nueva/calcomines, abrigos

### Comida

Pasta, productos enlatados, sopa frutas/verduras frescas, leche, huevos

### Artículos de higiene personal

Papel higiénico, pañales, pasta de dientes, cepillos de dientes, jabón

Ubicado en el interior Bamford Elementary  
6055 Travers Stakes St., Loveland, CO 80538

Revisado Julio, 2023



## ¿Cuándo está abierto?

Martes, horarios 4:00-6:00 PM

Agosto, 2023  
Sábado, 5 de agosto 9:00-11:00  
Sábado, 26 de agosto 9:00-11:00

Septiembre, 2023  
Martes, 12 de sept 4:00-6:00  
Sábado, 23 de sept 9:00-11:00

Octubre, 2023  
Martes, 10 de Oct 4:00-6:00  
Sábado, 28 de Oct 9:00-11:00

Noviembre, 2023  
Martes, 14 de Nov 4:00-6:00

Diciembre, 2023  
Sábado, 2 de dec 9:00-11:00  
Martes, 12 de dec 4:00-6:00

Enero, 2024  
Martes, 16 de enero 4:00-6:00  
Sábado, 27 de enero 9:00-11:00

Febrero, 2024  
Martes, 6 de febrero 4:00-6:00  
Sábado, 17 de febrero 9:00-11:00

Marzo, 2024  
Martes, 5 de marzo 4:00-6:00  
Sábado, 23 de marzo 9:00-11:00

Abril, 2024  
Martes, 9 de abril 4:00-6:00  
Sábado, 27 de abril 9:00-11:00

Mayo, 2024  
Martes, 14 de mayo 4:00-6:00

Junio, 2024  
Martes, 11 de junio 4:00-6:00

Ubicado en el interior Bamford Elementary  
6055 Travers Stakes St., Loveland, CO 80538

Envíanos un correo electrónico a  
bamfordpackpantry@gmail.com

FaceBook: Gary Bamford Pack Pantry  
Revisado Julio, 2023

CLICK IT

Click on the Ads in this Newsletter

...to learn more about these great companies!

Did you know?



Only 5 - 10% of people have enough room in their mouth for Wisdom Teeth.

Most often they cause pain, infections or crowding of the other teeth.

Click this ad for more information or call us!

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Dr. Aric Murphy, DDS, MD  
970-420-6848  
MurphyOMS.com

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# Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

**kW** NORTHERN COLORADO  
KELLERWILLIAMS.

970.420.7163





## ESPORTS

**Esports** is starting up for the season!

If your child is interested in joining, have them come to P-108 on Wednesdays during lunch or after school on Wednesdays. They can also join one of our competitive teams if they wish to play against other high school teams.

Please reach out to Chance Yung at [cyung@psdschools.org](mailto:cyung@psdschools.org) with any questions.

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## Debate Team Info



### Join the FCHS Speech and Debate Team

- Learn how to argue and win.
- Build acting/performing skills.
- Earn valuable college scholarships.
- Meet people and make new friends.
- Compete with the FCHS Speech and Debate Team in tournaments throughout the state and nation.
- Identified as the number one extra-curricular activity for college admissions and scholarships by Minh Luong, PhD, Yale.

**First Speech and Debate Team Practice is  
Tuesday, September 5<sup>th</sup> in P201 at 4:15 pm.**

Contact Ms. Guest ([karneson@psdschools.org](mailto:karneson@psdschools.org)) or Dr. Clarke ([jclarke@psdschools.org](mailto:jclarke@psdschools.org))  
if you have any questions about joining speech and debate!

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## College Testing

SAT Information: <https://collegereadiness.collegeboard.org/sat>

ACT Information: <http://www.act.org/content/act/en.html>

FCHS Testing Code ID# 060-590



# Work-Based Learning

## POUDRE SCHOOL DISTRICT

### Work-Based Learning at FCHS!

Work-based learning (WBL) provides students with real-life experiences where they can apply academic and technical skills and develop their employability. WBL merges theory with practice; it bridges the gap between learning and doing. Watch this [video](#) to learn more about Work-Based Learning opportunities!

Xello provides high school students with a chance to explore careers and industries by connecting them with local employers and community members. There are currently 57 companies offering 110 WBL opportunities for students!

Internships | Apprenticeships | Job Shadows | Paid work | Volunteerism | Monitored Chat Rooms

**Students:** [Login to Xello](#) to see work-based learning opportunities. If you would like to earn credit at your high school for a work-based learning experience, please [submit this form](#).

**Industry Partners:** [Find out here](#) how you can engage with students and offer work-based learning opportunities.

Contact the Collins Work-Based Learning Coordinator for more information: Pam Davidson [pdavidso@psdschools.org](mailto:pdavidso@psdschools.org) | 488-8112

## STUDENT AND CLUBS ORGANIZATIONS

### Clubs & Activities at Collins

Students have many opportunities to become involved at Fort Collins High School. There are a variety of student organizations to meet the interests of most students. You'll find a listing of our student organizations with links to their websites here:

<https://fch.psdschools.org/activities>

Please contact FCHS Activities Director [Justin Stephens](#) with any questions.

For more information about PSD student organizations, go to the District Policy [IGDA - SECONDARY SCHOOL STUDENT ORGANIZATIONS](#).

*Continued...*



## Student Clubs & Organizations, continued...

### Science National Honor Society

Accepting applications until September 29th, 2023

Do you like science? Are you good at science? Are you interested in a science-related college degree? If so, keep reading!

Science National Honor Society is a great opportunity to become more involved in the science community and learn more about different facets of science and what they can do for you.

Join us this year! Members meet only once a month (1st Thursday in L203) for approximately 20 -30 minutes during Common Lunch. Eight hours of science-related community service and the viewing of at least one "Science-Talk" are required. Build your resume and receive great recognition for being involved - a little work in exchange for a lot of opportunities!

Please contact **Ms. Josanne Lucas** for more information at [josannel@psdschools.org](mailto:josannel@psdschools.org). Find details on Fort Collins High School website.



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### FCHS Social Media Accounts for Clubs & Activities!

Find all the information you need here:  
[Social Media Accounts for Clubs](#)

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### FCHS Mock Trial

Please join the FCHS Mock Trial! All students are welcome. You'll learn about the law, practice public speaking, use your argumentative skills, add to your academic resume, and join new friends for pizza!

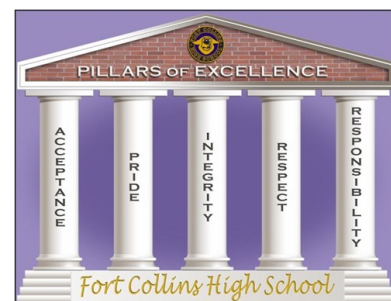
Meeting times to TBD. We will compete at Regionals in February and hope to make it to state in March. Please email the sponsor Kelly Keough [kkeough@psdschools.org](mailto:kkeough@psdschools.org) if you're interested. We hope to see you soon!



## Pillars of Excellence: PBIS at FCHS

### (Positive Behavioral Interventions & Supports)

Adorning our school from the gymnasium to the cafeteria and from the hallways to the classrooms are beautiful banners of the FCHS Pillars of Excellence, each pillar showing an expectation for behavior at that particular location in the building. The Pillars of Excellence initiative provides students and staff with behavioral expectations articulating the attributes that all Lambkins should exhibit: Acceptance, Pride, Integrity, Respect, and Responsibility.



The entire staff at FCHS nominates students and adults who exemplify positive behaviors by handing out Clyde Kudos. These coupons are randomly drawn weekly; selected Lambkins are publicly recognized and awarded a prize. Consistent reinforcement of the qualities and behaviors presented by the Pillars of Excellence makes FCHS a place where excellence is expected and taught, modeled, and rewarded.



## Fort Collins High School

3400 Lambkin Way  
Fort Collins, CO 80525

970.488.8021 Main Office  
970.488.8008 FAX, Main Office  
Office Hours: 8:30 AM - 4:30 PM

<https://fch.psdschools.org/>

Jennifer Roth, Principal

Rob Larson, Assistant Principal  
Justin Stephens, Assistant Principal  
Michael Himlie, Dean of Students

Kyle Tregoning, Assistant Principal & Athletic Director  
Mariah Runyan, Assistant Principal  
Kaitlin Miles, Dean of Students



Where Excellence is Expected

### Front Office Support Team

Athletic Secretary  
Nichole Dahlseide

Campus Security Officer  
Wayne Gomez

Receptionist  
Gage Duncan

Attendance Clerk  
Courtney Kershner

Health Tech  
Anna Krell

Registrar  
Julie Stajduhar

Bookkeeper  
Elizabeth Delap

Office Manager  
Kathy Johnson

School Resource Officer  
Jason Epling

Campus Monitors  
Nicholas Kloberdanz  
Carl Baumert  
Jessica Stewart

Secretary  
Elizabeth Hale  
Lisa Branaman  
(Ms. Avocado)

## PSD is Future Ready! Find your future in PSD.

In PSD, we want each student to walk across that stage knowing they have choices, whether that means attending college, completing a fifth year of high school for college credits, or entering the workforce.

As you're planning the courses you'll take next year, check out <https://www.psdfutureready.org/find-your-path/>

Explore career pathways and the courses FCHS offers in each pathway, including courses at PSD Futures Lab. Completion of a pathway, including a work-based learning experience related to that pathway, may result in meeting your +90 graduation requirement.



## Looking for a new activity for the new year?

Hello **FCHS Lambkins!**

Do you have **school spirit**? Would you like to show that spirit?! JOIN **Boosters!**

### Purpose:

Boost school spirit, promote sportsmanship and support FCHS activities including non-athletic ones

### Lettering:

You can earn a letter in Boosters for attending meetings, sporting events, musical events, etc.

### History:

We are 92 years strong! Boosters was formed January 7, 1930, under the "purpose of creating more pep & school spirit and to support all of the school activities."

Leadership opportunities are available!

### Meeting Information:

**Mondays during common lunch in P205 starting 8/28!**

### Have Questions?

See Mrs. Garrett in P205 ([rgarrett@psdschools.org](mailto:rgarrett@psdschools.org)) or Mrs. Davidson in Student Services ([pdavidso@psdschools.org](mailto:pdavidso@psdschools.org)).



## FCHS Students and Parents

Stay connected and effortlessly informed of school affairs! We are asking all students and parents to subscribe to the FCHS Student Messaging Service in order to receive messages pertaining to last-minute announcements, important news and activity reminders.

To subscribe to the FCHS Student Messaging Service, send a text message to:

(619) 377-7277

with the message:

@klyd

You will begin to receive text messages from Always a Lambkin.

**\*\*Standard messaging rates apply.**

**\*\*Text message:** To unsubscribe simply reply with the word “stop”.

Questions? Please contact Assistant Principal **Mr. Justin Stevens** 970.488-8004 | [jstephen@psdschools.org](mailto:jstephen@psdschools.org)

## Visiting Fort Collins High School

All visitors must check in with the front office and obtain a visitor badge to be allowed access to school hallways.

If you are visiting teachers or students, meetings must be pre-arranged.

If you are checking your student out early from the school day, please call the front office at 970-488-8021 and make sure your child knows s/he will be leaving for an appointment.

Please refrain from dropping items off at school for your student. If you must bring items, please have them well-labeled and make sure your child knows to pick them up. We will not call students from class to retrieve items.

## SchoolPay

1. Go to <https://psdschools.schoolpay.com>
2. Find or create your account
3. Pay with a credit or debit card

- See every payment item relevant to all children
- Pay fees directly with credit or debit cards
- Make payments anytime, anywhere, web or mobile
- View every payment from detailed reports
- Visit [www.psd.schools.org/schoolpay](http://www.psd.schools.org/schoolpay) for specific information, opportunities for fee waivers, and other news. Fee schedules were updated over the summer.



## Getting Started with ParentVUE

The ParentVUE portal gives parent/guardians access to their children's school information.

**You can set up attendance alerts and view grades and missing assignments!**

The information is accessed directly from Synergy, the student records system, so the records are always up-to-date. Access is secured via a login and password. Parents can only see information about their own children. Parents may only view the information; they cannot make changes to student records.

### How to Access ParentVUE:

1. Go to <http://www.psd.schools.org>
2. Click the PARENTS link
3. Click the ParentVUE button
4. Click the “I am a parent” link
5. If you have already activated your account, log in with the username and password you created previously. If you are logging in for the first time, click “activate my account.” If you have questions about your activation code, please contact the FCHS main office.



## 2022-23 Attendance Information

Attendance Information and Help Attendance Information

**What is the attendance phone number?** (970) 488-8018

**When is my student considered late to class?** A student will be marked Tardy Unexcused (TU) if the student arrives within the first 10 minutes of class. A student will be marked Extreme Tardy (EXT) if the student arrives 11-45 minutes late to class. Anything past 45 minutes will be marked Unexcused Absence (U). If a student checks in or out at the front office or the attendance office, the time of arrival/ departure will be recorded in the attendance notes.

**How many absences can a student have?** A student can be excused up to ten absences per semester without being asked to provide documentation. After ten absences, the school may require suitable proof to excuse an absence, and this may include medical documentation.

**What if a student needs to leave a class early?** If a student needs to leave the classroom early, arrange with them in advance, if possible. Let the student know what time they need to leave the classroom. Teachers will mark students absent when they leave the class. A student will be excused when a parent/guardian calls to excuse the student. If it is not possible for you to contact your student for early dismissal, please call the front desk (970) 488-8021 and leave a message. It is preferable not to interrupt the classes with a call from the front office.

**Can someone else check a student out?** If someone other than a parent/guardian is checking a student out, they need to be listed in the student's contact info. Only a parent/guardian can excuse a student's absence.

Can a student call themselves absent? Students cannot call themselves in, even if they are over 18. If a student is over 18 and still lives at home, a parent/guardian needs to call to excuse the student. Students calling themselves in will receive in-school suspension.

**What if my child wasn't late or was in class and marked absent?** The teacher marks the student absent in the classroom. Attendance will only excuse a student with a parent call or doctor note. If there is a reason you feel the student was marked absent in error, please have the student talk to the teacher directly.

**What if a student will be missing multiple days consecutively?** Prearranged absent forms are at the front office or attendance office. Students will have their teachers sign the sheet and receive homework, take the sheet to have an administrator sign it, it is then turned in at the attendance office. A parent/guardian needs to call the attendance office to have the absences excused.

**What if I forgot to call in my student's absence?** Parents/guardians may excuse an absence within 48 hours after the absence. Absences will only be corrected 2 weeks prior to the current date.

ParentVue attendance has been disabled this year. Please call the attendance line to report absences.



Find the Collins calendar of events here:

<https://fch.psdschools.org/academics/calendar>



## Colorado ASSET students can now apply for state financial aid!



**COLORADO**

Department of  
Higher Education

The Colorado Department of Higher Education announced a new online application that allows Colorado students who have historically not qualified for federal aid to complete an application for state financial aid.

The Colorado Application for State Financial Aid (CASFA) is available here:  
<https://higher.colorado.gov/casfa>.

CASFA positively supports families and is a logical next step in efforts to erase equity gaps and put college in reach for the families who benefit most from a postsecondary education.

In 2019, the General Assembly passed H.B. 19-1196, Financial Aid For Students With In-state Tuition, which allows state-funded financial aid to be awarded to students who do not have lawful immigration status but have resided in the state for at least three years before graduating from a Colorado high school or passing a high school equivalency exam, and are admitted to a participating college within 12 months of graduating high school. These students are historically called ASSET students, Advancing Students for a Stronger Economy Tomorrow. Non-U.S. citizen resident and non-resident students can complete the

CASFA to determine their eligibility for institutional aid, as well as state-funded financial aid if they are also ASSET students.

Institutional and state-funded financial aid, including grants and work study funds, help open doors to higher education for students who have attended high school in Colorado but who are not eligible for federal financial aid.

Students eligible for Title IV financial aid should complete the FAFSA and not the CASFA.

## From the FCHS Health Office

### Immunizations

Colorado law (Board of Health rule 6 CCR 1009-2) requires all students attending Colorado schools and licensed childcare facilities to be vaccinated against certain diseases, unless an exemption is filed.

The state requirements for entrance are as follows:

- 5 DTaP/Td/DTP -diphtheria, tetanus, pertussis (4 is acceptable if 4th dose is given after 4th birthday)
- 4 IPV/OPV -polio (3 is acceptable if 3rd dose given after 4th birthday)
- 3 shot series for Hepatitis B
- 2 MMR- measles, mumps and rubella
- 2 Varicella- chicken pox or history of chicken pox confirmed by doctor or lab test.
- 1 Tdap- tetanus, diphtheria, pertussis

### Exemptions

- Medical exemptions only need to be submitted one time. If a nonmedical exemption is selected, it must be submitted after July 1 of the current year for students K-12.
- Submit the Certificate of nonmedical exemption WITH a signature from an immunizing provider in Colorado OR submit the Certificate of nonmedical exemption received upon the completion of CDPHE's Online Immunization Education Module.
- Options for submitting medical and non-medical exemptions can be found here:  
[www.colorado.gov/vaccineexemption](http://www.colorado.gov/vaccineexemption)

Please reach out the health office 970-488-8015 or the School Nurse Anna Krell [akrell@psdschools.org](mailto:akrell@psdschools.org) if you have any questions.

## What is the PSD Seal of Biliteracy? SoBL

The Seal of Biliteracy is an endorsement given by a school or school district in recognition of students who have studied and attained proficiency in two or more languages by high school graduation. The Seal of Biliteracy appears on the transcript or diploma of the graduating senior and is a statement of accomplishment for future employers and for college admissions.

For more information, please visit

<https://sites.google.com/psdschools.org/psdsealofbiliteracy/home>.



## Communication Protocol

During an emergency situation, PSD will communicate information and instructions directly with parents through one or more of the following avenues:



- PSD Website: [www.psdschools.org](http://www.psdschools.org) for the latest and most accurate information about PSD, visit the website. The homepage features articles, school features, district initiatives, calendars, video and more! The website also has a “Parent” landing page that includes a Student Snapshot feature for parents to view personalized information about their child. Critical communications regarding school closures, emergencies, etc. are posted on the homepage during events and updated frequently to provide parents with the most current information.
- SchoolMessenger Automated Phone System: PSD uses SchoolMessenger to call parents district-wide or at specific schools with emergency information regarding their school (such as closures, early release, power outages, etc). Parents can list two numbers (home and a secondary number) for each household (not per parent). Contact your school to add you phone numbers.
- Local radio and TV stations
- PSD Channel 10 (Comcast and US Cable)
- Parents may call the Customer Service Center at 970-490-3333. Operators will have accurate and up-to-date information.

### Please “Like” the FCHS Compliments Page on Facebook!

FCHS Compliments is a page dedicated to the anonymous complimenting of our fellow Lambkins. Send something nice about any FCHS student or faculty member and we will post it completely anonymously. Make someone’s day!



Thank you!

### Social Media

Join us on Facebook!

<https://www.facebook.com/fchslambkins>

Follow us on Twitter and Instagram!  
@FCHSLambkins



### Reach Parents in Larimer County through our mobile-ready newsletters

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.

Advertise with The School Newsletter Company  
Joe Mivshek 970-420-7163 | [SchoolNewsletterCompany@gmail.com](mailto:SchoolNewsletterCompany@gmail.com)

