



Northridge Newsletter

Northridge High School

December 2011

Fall Semester Finals Schedule

This year's fall semester finals will be held over a three day period from Monday, December 19th through Wednesday, December 21st. Please refer to the following exam schedule for the scheduled times.

TIME	Monday December 19	Tuesday December 20	Wednesday December 21
7:30-9:30	Period 1	Period 4	Period 7
9:35-11:35	Period 2	Period 5	Period 8
11:35-12:50	Lunch	Lunch	Lunch
12:55-2:55	Period 3	Period 6	Access

Students should report to their exams on time and with the necessary resources. Except for calculators for math exams, students will not be permitted to use electronic devices in the classroom. Students are also required to take each exam during the assigned time unless permission to take the exam at another time is granted by the teacher.

Spring Semester Schedule

By Friday, December 9th, all students will have received a copy of their spring semester schedule. Students needing to make changes to their schedule will need to complete a Schedule Change Form before Winter Break.

For juniors and seniors we are strongly encouraging students to take at least a seven period schedule, which is in accordance with board policy. In addition, the Building Leadership Team, consisting of parents, students, and staff, made the recommendation for parents to be more involved in the scheduling process. Therefore, when juniors and seniors have individual circumstances that require an abbreviated schedule, we will require parents to come into the school and sign a Schedule Change Form and meet with their student's counselor. During the meeting, the counselor will review the student's

post-secondary plan to determine what courses offered at Northridge, Aims, or another District 6 high school will assist the student in their transition.

Clearly we want to increase the academic experiences of our students in an effort to increase student achievement. This expectation also stems from a belief that students should take advantage of every opportunity to increase preparedness for the next step whether it is work force readiness, college readiness or the military.

We understand this is a shift in culture and expectation. As we move forward with changing and improving opportunities for students, we hope to build a culture of higher expectations and achievement for our students. It is our hope that students will choose to take advantage of the opportunities to learn here at Northridge.



School of Choice

Northridge High School offers a well-rounded education that helps students of all abilities reach their full potential. Parents interested in having their student participate in our unique Science, Technology, Engineering, and Mathematics (STEM) Program; AP (Advanced Placement) Courses, AVID (Advancement Via Individual Determination) Program; Career and Technical Education (CTE) Pathways; and our concurrent enrollment partnership with Aims Community College should complete an Open Enrollment Request. The window for open enrollment requests for the 2012-13 school year is November 28-January 20, 2012.

The Open Enrollment Application Form is available at every school office, at the district's main office, 1025 Ninth Ave. in Greeley, and on the Northridge High School web page. Completed applications must be submitted by the end of the last day (4:30 p.m.) of the open enrollment window at your child's school, or at the school you are requesting for your child to attend.

While the district is able to accommodate the vast majority of open enrollment requests district-wide, they cannot approve requests for enrollment in schools (or specific grade levels in a school) that are at or above capacity or where special programs needs cannot be met or are above capacity.



Breakfast in the Classroom

When students return for the spring semester they'll notice we'll be serving breakfast for the first ten minutes of school. Breakfast in the classroom has emerged as the most effective strategy to get school breakfast to the large number of students who need it. Studies show that children who skip breakfast are at an academic disadvantage: They have slower memory recall and make more errors in their schoolwork. Whether they come from a family with a tight budget, are too busy, or simply have a poor appetite in the morning, not all students get the energy and nutrients they need to get a healthy start to the morning. Each morning breakfast will provide $\frac{1}{4}$ of the Recommended Daily Value of protein, calcium, iron, vitamin A and vitamin C for the day, and less than 30 percent of the calories from fat.

For more information about the Breakfast in the Classroom Program, please contact Principal Wesley Paxton at 970-348-5200.

School Involvement

High school students are old enough to make many of their own decisions, but they still need their parents to provide guidance and set limits. As we begin to think about spring semester, here are some tips to help you guide and advise your student.

- At the beginning of each term, sit down with your son or daughter and together set realistic academic goals for that term.
- Expect your child to be in school, on time, every day.
- Attend parent-teacher conferences.
- Write down the dates of progress reports and report cards. Expect your child to bring them home. If you don't see a report card, call the school and request a copy.
- Encourage your child to be involved in school activities. Show your support by attending performances and games.
- Realize that it's your student's responsibility to follow the schools rules, get homework done, and prepare for tests.
- Work together with the school. If you have a question or concern about a class, make a phone call or send an email to the teacher. For other concerns, contact your student's counselor or principal.
- Make sure that your son or daughter is not spending too much time on the phone, playing video games, watching TV, or instant messaging. Also, make sure that a job doesn't interfere with school.
- Talk to your student about what's happening in school and be a good listener.

PTSO

Hey folks, please join us for our next PTSO meeting on Wednesday, January 25th at 6:00 pm in the Northridge Library. The Booster's Meeting will follow the PTSO meeting at 7:00 pm.

Both the PTSO and Booster's Meeting provide parents with an opportunity to ask questions, learn about school initiatives, and get involved in our great school. It is also a fantastic place to network with other Northridge parents.

If you have questions, please contact Office Manager Cindy York at 970-348-5202.

Boosters

Every Thursday is Northridge night at Bingo Planet. The doors open at 5:00 and bingo begins at 7:00. It's only \$6 to play! Please come and support us - all proceeds benefit clubs, groups, and athletics at NHS. Go Grizzlies!!

On Tuesday, December 13th, the Northridge Boosters are sponsoring a Chili Supper during the Northridge basketball game against Greeley West High School. Proceeds will support Northridge athletic programs.

Where: Cafeteria
When: 5:00 until 8:00 pm
Cost: \$4.00 for chili, tortilla, cinnamon roll, salad, and drink.

To get involved or find out more information about the Northridge Boosters, contact us at northridgeboosters@yahoo.com.

Northridge Grizzly Spirit Wear

Stop by the Northridge Grand Hallway during lunch on Thursday, December 8th and Wednesday, December 21st to purchase your Grizzly Spirit Wear before the winter break.

You can also purchase various spirit items at winter sporting events. Please check out the Northridge website for additional dates or contact Dena Adams at itstime2change@hotmail.com or by phone at 970-324-7197.

Online Teens Need Parents' Advice by Larry Magid

A study released last week by the Pew Internet & American Life Project had what might be surprising news about online teens. They actually listen to parental advice.

The big take-away from the report, "[Teens, Kindness and Cruelty on Social Network Sites](#)" was that 69 percent of American teens who use social media say people their age "are mostly kind to one another on social network sites." Deeper into the report, you'll find that 86 percent of teens report getting advice from a parent, and 70 percent say they've received online safety advice from a teacher or "another adult at school. Almost half the teens say they've received advice from siblings and relatives and about 54 percent say they've gotten it from television, radio, newspapers or magazines.

The study, which interviewed 799 teens and their parents earlier this year, was sponsored by the [Family Online Safety Institute](#) and [Cable in the Classroom](#).

Despite the fact that nearly all of the teens surveyed were wired into social media and mobile devices, just over a third said they have gotten safety advice from websites and only 21 percent from Internet and mobile phone service providers. Four out of six kids had received advice from other adults, such as youth leaders, clergy and coaches.

The survey didn't ask whether this advice was sought out, appreciated or effective. But it did probe into whether kids looked for advice after witnessing meanness or

online cruelty. More than a third who have seen others be mean or cruel on a social network site said they looked for advice on what to do. More than half the girls looked for advice compared to 20 percent of boys.

Teens who have been bullied themselves were even more likely to seek out help. Of this group, 56 percent reached out for advice compared to the 30 percent of teens who had not been bullied. It's encouraging to note that 92 percent of the teens who asked for advice on how to handle online cruelty said the advice was helpful.

Nearly six in 10 said parents have the greatest influence. The study found some differences based on income and ethnicity, but what I found most telling is that parents who are themselves Internet users are more likely to serve as a teen's biggest influence. That certainly confirms advice that I've been giving for years — that parents need to go online and learn firsthand about the types of media their kids use.

This research tracks with other studies about parental influence. Several studies have shown that kids, including teenagers, do listen to what their parents say and pay attention to what their parents do. Even college students, according to a 2008 study published in the *Journal of Youth and Adolescence*, are influenced by parental involvement.

But in order to be effective, advice from parents or any other adults also has to be accurate and actionable. Michigan State professor Kim Witte's [Extended Parallel Process Model](#) is mostly designed to measure how people respond to fear messages, but it can also be applied to other forms of advice. What she found is that effectiveness of messaging depends on the "assessment of the threat and their perceived efficacy." In other words, people tend to ignore warnings that don't resonate with their perception of reality and they

won't take advice that doesn't lead to actions likely to have an impact.

While bullying can be extremely hurtful, 85 percent of teens questioned in this Pew study say that no one has been mean or cruel to them online in the past 12 months, and most don't bully others. And despite some media reports of widespread "sexting," only 2 percent of teens say they have ever sent a nude or sexually suggestive picture or video of themselves to others.



Safe2Tell

The Safe2Tell program provides an excellent resource for reporting a safety concern at home, in the neighborhood, or in and around the high school campus. Parents and students can contact the Safe2Tell program at 1-877-542-SAFE. All information is anonymous. If you have specific questions about security measures at Northridge High School, please feel free to contact Assistant Principal Ron Gallardo at 970-348-5211.

College Admissions

Here's how the college admissions process works.

1. During the student's senior year, they fill out an application for the college(s) they would like to attend.
2. Each college evaluates the student's application to determine if they need the college's admissions requirements.
3. The colleges let the student know if they're accepted.

Colleges consider the following when they're trying to decide whether or not to

accept an applicant.

- **GPA (Grade Point Average)** – A student's GPA is what most colleges look at first. Colleges know that students who get good grades in high school are much more likely to succeed in college. The higher your grades, the higher your grade point average.
- **Subjects Taken** – Four-year colleges look very carefully at the courses students take in high school. They want to make sure that students are taking the recommended college prep courses.
- **ACT/SAT Scores** – Most four-year colleges require that students take either the ACT or the SAT before they apply. Students usually take these tests in the spring of their junior year. The best way to prepare for the ACT and SAT is to take college prep courses in high school.
- **Extra-Curricular Involvement** – When deciding whether to accept a student, colleges look at more than a student's academic record. They also consider a student's activities, awards, talents, and personal qualities.
- **High School** – Much of the information that colleges look at can be found on a student's high school transcript. All college applications ask for a copy of the student's transcript. A transcript generally contains the following information:
 - Courses, grades, and credits earned
 - Current GPA and class rank
 - Expected graduation date
 - Test scores

Financial Aid for College

Check out the *free FAFSA website* for student financial aid at:

<http://www.fafsa.ed.gov/>.

When you apply online, you don't hassle with paperwork, and you get your results faster. Plus, help filling out your FAFSA is built into the system, so you'll know what to do as you go along. You can even chat live online with a customer service representative if you need personal assistance. This help is *free!*

Athletics

Sportsmanship is defined as:

- playing fair
- following the rules of the game
- respecting the judgment of referees and officials
- treating opponents with respect

Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people athletes play with and against, as they'd like to be treated. Athletes demonstrate good sportsmanship when they show respect for themselves, their teammates, and their opponents, for the coaches on both sides, and for the referees, judges, and other officials.

But sportsmanship isn't just reserved for the people on the field. Cheerleaders, fans, and parents also need to be aware of how they behave during competition. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around you.

Important Phone Numbers:

Athletics:	348-5201
Attendance:	348-5214
Counselors:	
Abrahamson (G-H)	348-5309
Balderrama (I-P)	348-5222
Fedor (Q-Z)	348-5224
Madden (A-F)	348-5295
Soulliere	348-5223
Dean:	
Scallon	348-5261
Main Office:	348-5200