

Central High School



January 2017

Lanc Sellden, Principal | Randy Powell, AP | Lynn Schuett, AP | Tracy Arledge, AP | David Neal, AP | Shawn Marsh, Admin Liaison

Important Dates

Knowledge Bowl - Palisade Invitational

January 14, 2017 8:30-3:30
@ Palisade HS

Knowledge Bowl - Fruita Invitational

January 21, 2017 8:30-3:30
@ Fruita Monument HS

Knowledge Bowl - Regional Tournament

January 28, 2017 8:30-3:30
@ Grand Junction HS

The Warrior Running Club will be participating in the Colorado High School Snowshoe Racing State Championships

January 28, 2017 10:00am
@ Leadville, Colorado

A Message From Principal Lanc Sellden

Wow, what a semester! As I sit here in a post turkey stupor reflecting on the past five months it is a blur. New tests, tardy tables, Career Fair, Warrior Work Week, plays, concerts and sporting events, smiles and tears...it has been a busy first half.

Like in sports, no matter what happened in the first half, you look to grow and improve during the second half. For those students who found success last semester, don't let up, keep pushing and focus on growth. For those who may have struggled last semester, you have a fresh start, a chance to learn from mistakes and show that you don't just have potential, you CAN have success.

It is that time of year for New Year's resolutions, so here are some resolutions I have for our Warriors:

Freshmen: You had a rude awakening from middle school with higher expectations, both socially and academically. You have learned that due dates actually mean something and that these grades do follow you for the next 4 years. My resolution for all of you is to learn from this semester and use that knowledge to make good choices, excel and push yourselves.

Sophomores: Well, you have a semester under your belts where you aren't the youngest and can actually leave campus at lunch without looking over your shoulders. My resolution for the sophomores is to start looking at your futures and taking the steps to make that future happen. Don't settle for what happens to you, make your life happen.

Juniors: You are more than half way done and you know how to "do school." You are old pros at Central High School, you know the short cuts and bumps to avoid. My resolution for you is that you take the reigns of Central High School and start showing the leadership that has been held in check over the past three years. As seniors start focusing on life after CHS, it is up to you to make this the school you want it to be.

Seniors: You are reaching the point where fear and excitement for your futures is at an all-time high. My resolution to all of you is not to settle or coast. There are schools and careers waiting out there for those that want it the most. Do you want it most? How do you show it? Express yourselves in the best light and know that you represent not just yourself but your family, your school, and your community. Represent them well!

Have a great second half, Warriors

Lanc Sellden

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Immunization Suspensions

The State of Colorado is now requiring students that have exemptions for immunizations to sign that exemption form yearly. Please come by the health office to do that if you haven't already taken care of this. Suspensions for lack of immunizations or signatures for exemptions will begin in January. Please contact the Health Office at extension #22127 for Gretchen McGeeney – Health Assistant, or #22128 for Heather Shuman, RN, if you have questions.

The Knowledge Bowl

The Knowledge Bowl team is a group of students with a yearning for trivia. Any student with interest in competing please contact Coach Pingel in room 201 or by email Jacob.pingel@d51schools.org

Career Experience that Pays \$\$

Mesa County Valley School District 51 has been selected by a state program, Career Wise, as a pilot for youth apprenticeships! This means that in February sophomores can apply via an online application tool to local businesses for the opportunity to train and work at their company and develop real career skills, while earning money! The apprenticeship would begin next fall, with a summer class requirement to build some social competencies needed for being successful in the workplace. The four pathways that are being targeted for this program are financial services, information technology, advanced manufacturing, and business operations.

The Counseling Department will be offering information sessions at Parent/Teacher Conferences on February 2nd in the library to share details about the process, options, and commitment required to be a part of this program. See you there!



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The Central High School Speech and Debate Team has continued its successful tradition with strong showings at every tournament since the season began back in October. On December 10th, the team hosted the Warrior Invitational--one of the largest speech events on the Western Slope. To feed the 150+ competitors, coaches, and judges, Central's team went out and built community partnerships with eighteen Grand Valley businesses in the weeks preceding the tournament. Please recognize these generous folks with your patronage:

Larsen Dental, My Favorite Muffin, Main Street Bagels, Wendy's in Clifton, Q'doba in Clifton, Great Harvest Bread Company, Honeybaked Ham, Mi Mexico Family Mexican Restaurant, Costa Vida, Chili's, Village Inn on Horizon, Chipotle, Old Chicago, Nick and Willy's Pizza, Fly'n Roosters, Grand Vista Hotel, 12th and Coronado City Markets

Many team parents also contributed food and volunteer time to make the event a successful fundraiser! The team takes a break from tournaments until January 6th when the second semester of competition begins at Palisade, culminating with the post-season in March and Nationals in June.

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