



THE MUSTANG POST

January 27, 2023

Dear Parents,

Sleep. Lack of this basic need has been mentioned in almost every struggling student/parent meeting we have had this week. Our kids are not sleeping well or enough. The main culprit is screen time. Whether it is staying up late gaming, watching YouTube, or communicating via social media, students are on their devices until the wee hours of the morning on school nights. Teens need 8-10 hours of sleep per night to function well throughout their day. If lack of sleep is an issue at your house, consider working together as a family to put some strategies in place to assist your child in getting more and better sleep.

Suggestions:

- Have them surrender their phone at bedtime.
- Charge the phone in another room, or at least on the other side of the room, at bedtime.
- If it's a gaming issue, power off the modem at night. (When my boys were teens, I kept the modem in my room.)
- Limit caffeine and energy drinks
- Maintain a regular sleep schedule, even on weekends and breaks
- Mitigate worry by talking through things as much as possible
- Try melatonin

Also, we have a long term substitute, Mr. Ian Passerelli, for the remainder of the semester in Orchestra. Mr. Madonia's wife is expecting their first child in a couple of months and she is needing extra help. He resigned in order to have more flexibility in his schedule. Mr. Passerelli had subbed for Mr. Madonia earlier this year and really enjoyed our community and the musicality of our students. I contacted him and he is very excited to have the opportunity to join our music department. His email is ipassarelli@addenbrooke.org if you ever need to communicate with him. He is also teaching the senior piano elective and Personal Finance.

Have a restful weekend.

Mrs. Lamgo

Teacher Spotlight:



Mrs. Tonia Sassolino

Academic Support Department

Mrs. Sassolino is a native of Denver, Colorado, and has been a teacher at Addenbrooke for nine years. She is married, with three adult children. Tonia attended Evergreen High School, then attended Colorado Mountain College in Steamboat Springs for obvious reasons. She loves to ski. She then transferred to Arapahoe Community College, and finished a degree in Organizational Management at Colorado Christian University. She received a Master's Degree in Special Education from Regis University and has been a SpEd teacher for 18 years.

As previously mentioned, Mrs. Sassolino loves skiing, as she puts it, slummin' and bummin'. Her favorite places are Breckenridge and Copper Mountain. In the summer, she loves to paddleboard. She was also brave enough to admit she loves playing Candy Crush and Homescapes. Mrs. Sassolino is a fixture at Addenbrooke, and we hope that continues for many years to come.

REMINDER

If you haven't done so already, please register your current student/s by letting us know if you intend to return or enroll new students. This [EnrollJeffco](#) link will provide all the information you need to enroll or register your student/s for the 23/24 school year.

Current families can also update their contact information in the Infinite Campus portal. If assistance is needed with usernames or passwords, please utilize the [Personal Account Manager](#).

New Drivers - Second Semester

Traditionally, there are quite a few new drivers after Christmas break. There is no assigned parking in the east lot. Second semester usually brings more drivers than spots, so parking is on a first-come, first-served basis. As a reminder, **DO NOT PARK** in the lot of the building east of us. Anyone who parks there will be towed! There is on-street parking on southbound Teller from Jefferson to the street light directly in front of our entrance. If your student parks on the street, and they are the first one, ask them to park all the way up to the light. If that is done, we can fit six extra cars on the street.

Upcoming Events

January 28 Winter Formal 8:00 p.m. - 11:00 p.m.

January 30 - February 16 **The Purple Penny Drive** (See Flier Below)

February 1 Senior Capstone Deadline for Annotated Bibliography

February 7 Board of Directors Meeting 6:00 p.m. - 8:00 p.m. High School 3rd floor

February 10 PACS Meeting 8:00 a.m. Grammar Commons

February 13 **Valentine's Day Bake Sale**

February 17 - 20 No School - Mini Winter Break

February 27 High School Spring Sports Try-Outs (Boys Volleyball and Girls Soccer)

March 3 Senior Capstone Deadline for Thesis and Outline

March 15 Senior Capstone - Rough Draft Due

March 17 - 26 Spring Break

2024 Puerto Rico!



Are you interested in learning more about our trip? RSVP below to attend our meeting where we will discuss:

- Everything that we'll see and do
- Travel dates
- Safety and support
- Pricing and payment options
- All that's included when traveling with EF Explore America

Use the QR code to get meeting location and register to attend!

Meeting time & date:

01/30/2023 at 6:30 PM

Trip Contact Information:

kmichelsen2@addenbrooke.org



<https://bit.ly/3kx0TTx>

the Purple Penny Drive

All proceeds will be
donated to Alexis Daly,
an Addenbrooke senior
with cancer.

How does it work?

Each advisement will
have a jar. All pennies &
cash will count towards
that house. All silver
coins will count against
them. The house with the
most \$ counted towards
them for each week, will
win that week's prize.

The house with the most
\$ counting towards them
will win the grand prize.

Prizes

Week 1: Dum Dums
Week 2: Mini Cupcakes
Week 3: Donuts
Grand Prize: Ice Cream Sundaes
allergies will be accounted for

When?

Week 1: January 30th - February 3rd
Week 2: February 6th - February 10th
Week 3: February 13th - February 16th



Jars will be available from
7:30am-8:00am, all
three lunch blocks, and
from 3:30pm-3:45pm,
with the exception of that
last day of each week.

Valentine's Day Bake Sale



When:
Monday,
February 13th

Host:
National Honor
Society



Payment:
Cash or Venmo

Proceeds:
Addenbrooke
Service Project





Addenbrooke Dances

Guests

Any outside guest must be a current high school student or Addenbrooke graduate (previous year only). Each guest will need to fill out the Dance Guest Agreement (pick up a hard copy in the front office). The form needs to be filled out in its entirety, including signatures by student (guest), parent, and principal of their current school. The form is due the Monday before the dance. Guests from other schools **MUST** present their student ID or show their Infinite Campus account upon arrival at the event. **There are NO exceptions for this.**

Ticket Sales

Tickets will be on sale during lunch each day of the week leading up to the dance. Tickets for Homecoming and Winter Formal are \$15 during presale and \$20 at the door. Prom tickets are \$20 presale and \$30 at the door. Cash, checks (made payable to PACS), or Venmo @ACAPACS will be accepted.

Alcohol/Drug Use

If your student is found to be under the influence or in possession of any illegal substance we will call a parent or guardian to pick them up. They will sit in a separate room at the dance until we release them into your care. Punishment for the infraction will be determined on a case-by-case basis by those in authority.

Leaving the Dance

Once a student arrives at the dance and enters the gate, they are not permitted to leave the gate and come back in. If they do choose to exit, it will be up to them to arrange pick-up.

Addenbrooke will provide supervision at the event; however, dances are voluntary events and staff cannot force anyone to stay on campus should they decide to leave.

Attire Expectations

As always, please follow the general guidelines of Addenbrooke's dress code policy.

Suggested attire for gentlemen:

Homecoming - Slacks and a collared shirt are traditional for homecoming.

Winter Formal - Slacks, a dress shirt, and tie are traditional for more formal events.

Prom - Suit, dress shirt, tie, and corsages/boutonnieres are traditional for this event.

Suggested attire for ladies:

Homecoming - Cocktail dresses (knee length) are traditional for homecoming.

Winter Formal - Longer dresses are traditional for more formal events, but a full formal gown is not necessary.

Prom - A formal, full-length gown and corsages/boutonnieres are traditional for this event.



It's BACK...You're Invited...

ACA's Family SOCK HOP

Friday, March 3, 2023

Break out your poodle skirts and leather jackets for the 2023 Sock Hop!

Come out for a night of Family Fun including...

4:30-6:00PM

Pinewood Derby Racing

Enter your Family's car or come cheer them on.
Join us for our 1st Pinewood Derby!

MUST purchase your Family's Pinewood Derby Kit on the registration form.

WEIGH-IN DAY: All cars/trucks **MUST** be weigh-in on Friday, 3/3 all day, no later than 4pm. Location: ACA gym
Sorry, no pre-owned derby cars allowed.

Only 75 car kits available! Get'em Now
(Includes: axles, wheels, pre-cut wood vehicle, & directions)

Car kits will be distributed by end of January

On your MARK, get SET, Go...



Specialty Races: ACA Teachers & Staff

PRIZES: 1st, 2nd, & 3rd place for both speed & creativity categories.

6:00-8:00PM

Dancing | Game & Activity booths | Hula hoop contest | Cotton Candy | Photo Booth | Balloon Creations, and so much more...

BEST DRESSED Family Contest with a Big Prize for the WINNER

Silent Auction: **OPENS** at 6pm

We are looking for donations for goods or services in the Denver metro area to auction off. If you are willing to donate or would like more info, please check off the box below.

GOAL: \$15,000

(funds will go towards student & staff enrichment)

*** Corporate sponsorships***

email pacs@addenbrooke.org for more info

Food Trucks - Times: 5:00PM-8:00PM

Don't forget to grab some dinner from our nifty food trucks.



Event PRICES: Get them NOW and SAVE

Pre-Sale Wristband & Pinewood Derby Order Form

Attach this order form with cash/check - place in an envelope and return to the Elementary or High School's front desk.

Family Name: _____

Email: _____ Phone: _____

Sock Hop Activity Wristbands: Number of Family Members attending: _____ (for Wristband purposes)

\$ _____ **NOW till March 1st - \$5/person or \$20/family** (Night of event: \$6/person or \$25/family)

Derby Registration: Price/kit- \$8: ☐ No ☐ Yes

☐ Indy Kit ☐ Stock Kit ☐ Truck Kit ☐ Block Kit

Payment: ☐ Cash ☐ Check (Please make checks out to PACS)

Silent Auction: ☐ Yes, I want to donate into the Silent Auction.

ALL order forms received by 3/1 will receive a confirmation email to verify your order submission.
For any questions, please contact Heather Davenport at heatherpacs@addenbrooke.org



Safer Communities Group

Safer Communities 5280 is excited to announce an upcoming workshop through Parenting Safe Children on February 4, 2023.


This informal workshop will help teach parents how to talk to their kids about body safety. It will also empower them to talk to caregivers (schools, churches, coaches, babysitters, etc.) about policies they have in place to keep kids safe. We have taken this workshop and can assure you that it will be worth your time and money invested into this important topic.

Attached is a flyer with additional information. Please let us know if you have any questions, we hope you can join us!

SAFER COMMUNITIES 5280 PRESENTS AN EXCEPTIONAL WORKSHOP WITH FEATHER BERKOWER, LCSW

ParentingSafeChildren

A workshop empowering adults to keep children safe from sexual assault



"Parenting Safe Children is the single most worthwhile parenting class I've ever attended. In fact, going to this workshop was the best thing I have ever done for my children. And, Feather Berkower is amazing!"
Michele Leifer, Parent

Parenting Safe Children focuses on educating adults how to keep children from sexual assault, taking the burden off of children to have to protect themselves.

Ideal workshop for parents, relatives, teachers, therapists...anyone who cares about children!

Please join us for an inspiring workshop on Preventing Child Sexual Assault . . . One Community at a Time

This is a must-attend workshop for people with children of all ages!
You will learn:

- What makes children vulnerable to sexual assault?
- Body-safety rules you can teach your children to keep them safe.
- How you can talk about your child's body safety with teachers, coaches, nannies, family members, faith leaders and other parents.

Workshop Topics


Consent • Playing "what if" games with children • Building a Prevention Team™ of caregivers • Tips for interviewing childcare providers • Body-safety rules for children • Secrets • Age-appropriate sexual behavior vs. problematic sexual behavior in children • "Teachable Moments" • Teaching manners while also teaching kids to say "NO" if un-safe • Answering children's sexual questions • Talking with children about pornography

Feather Berkower is a licensed clinical social worker and holds a Masters of Social Welfare from the University of California, Berkeley. She has been a leader in child sexual assault prevention since 1985 and educated over 150,000 schoolchildren, parents and professionals. She is available to present Parenting Safe Children in your school, community or business.

For more information visit www.parentingsafechildren.com

SATURDAY FEBRUARY 4, 2023
9:00 a.m. – 2:00 p.m. MST
Zoom link provided upon registration

COST & REGISTRATION:
\$59.02 per person register at



**Must pay in advance to reserve your space.
*Registration payment is non-refundable & non-transferable to other PSC dates.
Each person attending, including couples, must register with payment in advance.

Contact: Safer Communities 5280
safercommunity5280@gmail.com