



THE MUSTANG POST

March 03, 2023

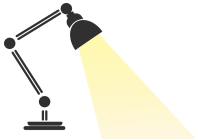
Dear Parents,

Two of our freshmen boys challenged me to a debate. The class finished their study of Aristotle's Rhetoric and debates are the final. Our agreed-upon resolution was, Resolved: Children should only be allowed to use flip phones. The freshman class came to the Commons to watch the debate and a good time was had by all. I offered the resolution in the first place because so many of the student issues we encounter during the day involve their smartphones: gossip, inattention in class, sleep deprivation, depression, and defiance. In preparing for the debate, so much information came to light.

Cell phone addiction is now listed as a mental disorder in the 5th Edition of Diagnostic and Statistical Manual of Mental Disorders. 47% of users consider themselves addicted. Many studies found the average cell phone usage to be 4.5 hours a day. 45% of users consider their phone their most valuable possession. Smartphone users have been found to have a premature thinning of the cortex, the part of the brain that processes information. It is not being suggested that children should not have a cell phone. The security and convenience of being able to communicate with your child is necessary in today's world. I do question the need to have a smartphone on their person every waking moment. I support any parents who wish to limit this access, especially at school. Enjoy your weekend.

Respectfully,
Mrs. Lamgo

Staff Spotlight:



Mrs. Elisabeth Fehr
Mental Health Provider

Mrs. Fehr grew up in Pella, Iowa, home to the famous window manufacturer and loads of tulips. She attended Bethany Lutheran College, earning a Bachelor's Degree in Counseling Psychology. Her Master's Degree is in Social Work which she earned from the University of Denver.

Elisabeth met her husband while at Bethany and they have lived in Colorado since 2007. They have three children, the two school-aged children both attend Addenbrooke. Mrs. Fehr has been our mental health provider for four years, working two days a week; she also works at Children's Hospital in the Emergency Room Department. The Fehrs love to camp and hike, with Colorado National Monument being one of their favorite places. Elisabeth also enjoys scrapbooking.

2022/2023

Addenbrooke High School Yearbooks - \$45

You can pre-order your 22/23 yearbook now by paying with cash, check or card. Checks should be made out to Addenbrooke. Please write your student's name in the Memo section of the check to ensure your student receives it. If you're paying with a card please contact our financial office at 303-989-1336 ext. 169 Thank you!

From The Science Department

Volunteers Needed

The Biology class will be taking a field trip to the Denver Botanic Gardens on Thursday, March 16th. We will leave the high school at 9:15 and return by 1:30. The students will be completing science inquiry stations from 10:00 - 12:00 and then we will be able to explore the grounds and have our sack lunches. Please contact

Mrs. Adams; ladams@addenbrooke.org if you would like to volunteer to chaperone.



Skate City Night

Tuesday, March 7th, 6-8pm

Come to a private ACA party and skate with friends and family!

\$7 Admission

\$3 Skate Rental

\$5 Trainer Rental

\$4 Dinner Special (*Hot dog, chips & a drink OR 2 slices of pizza & a drink*)



<https://www.signupgenius.com/go/4090f4b-abae23a7f85-k8chili2#/>

Annual Chili Cook-Off

Do you have a great Chili Recipe?

Sign up to support our teachers and staff during conferences (Tuesday, March 14th)

AND win a \$25 Visa gift card (and bragging rights)! Contact Karissa Chaparro for questions 720-560-3988.

Upcoming Events

March 14 High School Parent/Teacher conferences 4:00 - 8:00 p.m.

March 15 Senior Capstone - Rough Draft Due, High School perform 20th Century concert pieces for the K-8 (8:15 a.m.) We will all walk down there.

March 16 Our Lost & Found will be cleaned out. Students should check for their missing things.

March 17 - 24 Spring Break

March 28 CMAS Science Only Juniors attend from 1:00 p.m. - 3:30 p.m. Free pizza will be served.

March 31 MCR #4 in English (Seniors are exempt)

April 3 Shorts Return!!

April 6 Senior Capstone - Final Copy Due
Addenbrooke Annual Sock Hop 4:30 p.m. - 8:00 p.m.

April 7 - 10 No School

April 11 Board of Directors Meeting 6-8pm 3rd Floor - HS Building

April 12 SAT Only Juniors attend today from 8:00 a.m. - 11:30 a.m. Free pizza will be served.

April 13 PSAT 10 Only Sophomores attend from 8:00 a.m. - 11:30 a.m. Free pizza will be served.

April 14 PSAT 9 Only Freshman attend today from 8:00 a.m. - 11:30 a.m. Free pizza will be served.
PACS Meeting 8am - Grammar Commons

April 24 - May 2 Senior Capstone Presentations (more info to follow)

April 25 All School Field Study to Arvada Center - *Our Town* 9:00 a.m. - 1:30 p.m.

April 28 High School Social 11:30 a.m. 3:30 p.m.

April 29 Prom 8 - 11pm

Addenbrooke Annual Sock Hop

RESCHEDULED: Thursday, April 6th (Last day before Easter break)

- 4:30-6:00 PM – Pinewood Derby Racing
- 5:00-8:00 PM – Food Trucks
- 6:00 PM – Silent Auction opens
- 6:00-8:00 PM – Dance, Games, & Activity Booths

Pre-order tickets for best pricing! See the attached flyer for more information. **LAST DAY TO ORDER DERBY CARS & PRESALE TICKETS IS NOW FRIDAY, MARCH 31ST!**



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

ACA's Family SOCK HOP

Thursday, April 6, 2023

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

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

4:30-6:00 PM

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 Thursday, 4/6 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.

6:00-8:00 PM

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 - Now till 3/31

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)

\$ _____ \$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: ___ Venmo ___ Cash ___ Check (Please make checks out to PACS)

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



ALL order forms received by 3/31 will receive a confirmation email to verify your order submission. For any questions, please contact Heather Davenport at heatherpacs@addenbrooke.org

PACS Snacks: Wednesday, March 8th

Sign up to bring snack items in on Monday the 6th by typing the link into your web browser or scanning the QR Code:

<https://www.signupgenius.com/go/4090F4BABAE>

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Scholarships

Study.com wants to help empower BIPOC students by helping them reach their education goals. To do that, we're offering several [Study.com Student Scholarships](#) for students of color pursuing college degrees. Our scholarships award up to \$2,000 to provide some financial relief for the high cost of college. Our scholarships include:

- [Study.com Scholarship for Latin American Students](#)
- [Study.com Scholarship for Black Students](#)
- [Study.com Scholarship for Indigenous Students](#)
- [Study.com Scholarship for Asian & Pacific Islander Students](#)

These scholarships all have an application deadline of May 1st, so we're trying to get the word out to help as many BIPOC students as possible pursue their college dreams. Will you please help us by posting a link to some or all of them on your [Scholarships](#) page?

Your readers might also be interested in our resource on [College Scholarships for Underrepresented Students](#), which includes additional scholarship resources and tons of information about applying for and managing financial aid.

Thank you for your consideration of our [Study.com Student Scholarships](#) and partnering with us to make education accessible to all students of color.

Best regards,

Jackson | Academic Specialist

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