

September 2021

IB NEWS

CALENDAR

9-29 3rd Annual LHS Chalk Festival
4 - 6 pm, LHS West Patio

10-6 Board Meeting
5:30 - 7 pm, Zoom

10-13 General Meeting "IB – What to Expect, a Parent's Perspective/ Q&A with Ms. Kramer"
6:30 - 8 pm, Zoom

10-18 and 10-19 IB Information Night
6:30 – 8 pm, LHS

11-3 Board Meeting
5:30 – 7 pm, Zoom

11-10 General Meeting "Mental Health and Fitness for Parents and Teens" 6:30 – 8 pm, TBD

11-16 Staff Appreciation, LHS

TBD Social Event – Online Bingo
6:30-7:30 pm, Zoom

11-22/26 Fall Break

12-1 Board Meeting
5:30 – 7 pm, Zoom

12-4 IB Application Day, LHS

12- 20 iPie Fundraiser,
All Day, Infinitus Pie

12-23/ 1-4 Winter Break



IB COORDINATOR NOTES

Welcome back IB Tigers! It is so great to see you all in person and have some sense of “normalcy” beginning the 2021-22 school year! I want to extend a warm welcome to our new IB prep 9th graders and any other students who were learning remotely last year and are back in the building. It’s hard to believe our first six weeks is already over. Our seniors are beginning to work on their Internal Assessments and will register for their IB exams this week. They will submit their Extended Essays on Oct. 11th- quite an accomplishment! IB Juniors are working hard in their first year of the Diploma program. I went into IB 11 English classes a couple of weeks ago and shared information about what to expect in the Diploma program as well as explained the CAS requirements. Juniors will register for their IB exams in the next couple of weeks. We anticipate students will take exams in person this May.

I am excited to share some new things happening this year:

- **The IB Instagram page is live!** Please follow us @lakewood_ib. To share your fun pictures, DM @lakewood_ib. We love to see our IB students in action
- **IB Ambassadors-** We have an excellent group of seniors this year who are working to promote the LHS IB program and provide community building activities for our students. They are currently working on an activity for our IB Prep 9th and 10th graders, an IB senior retreat and have established a Student Resource hour on late start black days from 7:30-8:20 in room A117. Students can get help with classwork, homework, and general LHS questions. Our IB/IB prep students can talk with upper class students about the IB program, course pathways and anything else IB. Please encourage your student to take advantage of this great resource. A HUGE thank you to our IB Ambassadors!
- **IB Junior/Senior Google classrooms and Remind messages-** One of the (few) good things to come from COVID last year was finding ways to keep students informed. I created an IB Google classroom and a Remind class, which provided a way for me to share important information with students. This year, there is an IB Senior (class of 2022) and an IB Junior (class of 2023) Google classroom and Remind. If your student has not joined the Google classroom and/or Remind, please have them see me.
- **Academic Pathways page on the IB website:** Parents have asked for more information on the various IB academic pathways; ask and you shall receive! Check out the “Academic Pathways Information” tab on the IB webpage for course selection guidance.

As always, if you have any questions, please email me. Best regards and here’s to a great year!

Joellen Kramer

IB Coordinator

Joellen.Kramer@jeffco.k12.co.us



2021-2022 LHS – IBPA

Board

Ann Fletcher
Chair

Ann Koerner
Secretary

Carolyn Last
Treasurer

Committee Chairs

Amy Swanson
LHS – IBPA Website
King Soopers Program

Tara Sawinski
ShopWithScrip Program

Kim Hughes
Lori Avery
Social Media

Mike Tully
Short Term Fundraisers

Sheri Visani
Natasha Lamas
Library Prg Coordinators

Ann Fletcher
Newsletter

Michele Short
Staff Appreciation

Bretton Utz
Exam Proctor Coordinator

Nancy Dempsey
Scholarship

Dorrie Weining
Diane Koziol
Senior Banquet

Class Advocates

2022 **Jen Matteson**
2023 **Petra St. George**
2024 **Nancy Dempsey**
2025 **Carol Fabbri**

Joann Giusto
IB Secretary

Joellen Kramer
IB Coordinator

FROM THE CHAIR



Dear IB and IB-Prep Families,

Welcome back to all IB prep Sophomores, and IB Juniors and Seniors! A special WELCOME to our class of 2025 Freshman! It is great to begin another school year!

Now in its 25th year, Lakewood High School's IB program guarantees to enrich our students' high school experience and provide opportunities for growth that will shape their lives. Its success and continuity are directly related to the leadership and vision of Principle Dan Bock, IB coordinator Joellen Kramer, and the entire LHS staff. Thank you!

Last year, the LHS - IBPA pivoted to meet the challenges of a COVID-19 world. We adjusted our approach to continue to provide value to the LHS IB community, while operating safely and effectively. We came away with some interesting observations, most notably that some meetings actually work well on-line. Accordingly, all board meetings will continue to be conducted via Zoom. General meetings and social events will be a mix of on-line and in-person, depending on the topic.

The Library After School Program is back! IB families volunteer to staff the LHS library from 3:15 – 5 pm, Monday through Thursday. This supports all LHS students who need a place to study, do homework, or wait for a ride home.

This summer, we met to plan for the school year and enjoyed a fun kickoff meeting with the 2021-2022 board and committee chairs. A big thank you to all who joined! We have new and returning members, all with a plethora of experience and a dedication to support our IB families. Thank you for sharing your time and talents! Thank you, also, to those who recently answered a call for volunteers – we will be connecting with you soon.

We are excited to sponsor the 3rd Annual LHS Chalk Festival on Wednesday, September 29th from 4-6 pm on LHS' west patio. Please encourage your student to participate by signing up [here](#) by Tuesday, September 28th.

Please plan to join us at our general meetings from 6:30-8 pm on October 13th, "IB – What to Expect, A Parent's Perspective/Q&A with Ms. Kramer," and November 10th, "Mental Health and Fitness for Teens and Parents". The full LHS – IBPA 2021-2022 calendar may be found on our website [here](#).

The LHS-IBPA is dedicated to empowering students, supporting faculty, and promoting academic excellence. We rely on annual membership dues (\$20), fundraising efforts, and the work of our valuable volunteers. Our membership goal is 100% of IB and IB prep families. For information and to join, please click [here](#).

Thank you again for your ongoing support and participation! It is always a great day to be an (IB) Tiger!

Ann Fletcher
2021-2022 LHS - IBPA Chair
lakewoodibpa@gmail.com

3RD ANNUAL LHS CHALK FESTIVAL, SPONSORED BY THE LHS - IBPA

It's back and it's in-person!!! Come to the LHS west patio on **Wednesday, 9-29-2021 from 4-6 pm!!!** All LHS students are welcome to participate, either as individual artists or in teams. **Sign up [here](#) by Tuesday, 9-29-2021.**

We will provide chalk and a 3' x 3' square. Drawing time is from 4-5 pm. Awards will be announced by IB Art teacher Gwen Ahlers at 5:30 pm for the following categories:

- School Spirit
- Originality
- Creativity
- Best in Show

We cannot wait to see the chalk art from our creative and talented Lakewood Tigers! Families, please come to support your student artist – bring your cameras!!



Come to the LHS 2021
Chalk Art Festival

Cora Larsen - 2020 1st Place Winner

When: Wednesday, September 29
Where: West Patio
Time: 4pm-5:30pm
#lhschalkfestival
FB/IG@lakewoodIBPA
Prizes awarded at 5:30 pm

LHS IBPA

A WORD FROM THE LHS COUNSELING TEAM

Hello Parents/Guardians of LHS Students:

The College Fairs of Greater Denver (CFGD) is hosting a virtual college fair. **Tuesday, September 28th** there will be free workshops providing information about financial aid, writing the college essay, finding your college fit, scholarships, first generation college applicants and much more.



On **Wednesday and Thursday, September 29th & 30th** there is the virtual college fair (open the poster link below for more details on dates/times). Although there are other virtual fairs happening this fall, this is the one Lakewood Counseling is choosing to highlight. We hosted this fair in our gym pre-pandemic. Students/parents **MUST REGISTER** for the fair and workshops in **ADVANCE!** You can do this below by clicking into the website for the CFGD- Strive Scan. Please do some research to make an informed decision about which panels will benefit you the most and which colleges you would like to visit at the fair. All the workshops should be recorded so you can watch them from the CFGD website at a later date.

We hope you can take advantage of this amazing opportunity!

[2021 College Fair Infographic - Proof \[3\].png](#)

<https://www.strivescan.com/greaterdenver/>

UPCOMING LHS – IBPA GENERAL MEETINGS**OCTOBER 13, 2021****“IB – WHAT TO EXPECT, A PARENTS PERSPECTIVE AND Q&A WITH MS. KRAMER”**

Despite everything you have researched about the IB program you still might be confused or have questions about how things work. You are not alone!

This general meeting provides a perspective on the LHS IB program from LHS – IBPA senior parent Ann Fletcher and will offer a forum to ask questions/ receive answers from LHS IB coordinator Joellen Kramer.

Please plan to join us for an interactive Zoom session from 6:30 – 8 pm. A link will be distributed via email prior to the meeting.

**NOVEMBER 10, 2021****“MENTAL HEALTH AND FITNESS FOR TEENS AND PARENTS”**

Culum Walsh, a Certified Academic Life Coach and Professional Certified Coach will speak about three ways that you can improve your and your child's mental health. Each third of the program includes a 10-minute Q&A.

First, Culum will present about the relationship between mental health and physical health, and he will share common warnings signs of mental health challenges among teens. He will make recommendations for improving both physical and mental health that are bite-sized and manageable.

Next, it's no secret that we all have an Inner Critic, that voice in our heads that is out to sabotage our success. The Positive Intelligence Program for Families is a practical method for dealing quickly with the saboteurs that prolong unwanted feelings and stop us from moving forward. Culum will outline simple and clear steps that empower you to deal quickly with negative emotions and create new openings for action.



The final third of the content is a demonstration of a coaching tool that is simple, powerful, and fun. Come with the most important people in your life in mind. Be prepared to take notes. Culum will guide the entire group through a clear process that could transform your relationships.

Attendance is free but registration is required.
Watch for a sign-up link in October!

STAFF APPRECIATION – SEPTEMBER “WELCOME BACK”



How great was it to know that our teachers were able to return in-person this year! We are so appreciative of them and their dedication!

To recognize the fact, LHS – IBPA Hospitality/ Staff Appreciation chair, **Michele Short and her family** placed sticky pads with a welcome message in each teacher’s mail slot.

Those details mean a lot!!



SEPTEMBER GENERAL MEETING – “FIVE BEST IB PRACTICES”

THANK YOU!! What a great in-person general meeting we had on September 8th! Many thanks to our IB Prep/IB student panel: **Fiona, Torrey, Olivia, Ross, Jenna, and Henry**. We appreciate our students for sharing and for their honest, funny, and insightful responses...so impressive!

Big thanks, also, to the parents who participated!

Please find a summary here [Notes & Newsletters](#).



2021 TIGER PROWL

THANK YOU to all who designated the LHS – IBPA for your registration fees!!



It was a blast, and we look forward to sharing the final donation number as soon as it is released.



FAMILY RESOURCES

These days, the amount of school information coming home via email/text/phone can be overwhelming. Sometimes, as parents, you might wonder about what your student is doing in IB or IB Prep...and you do not know who to ask, where to turn, or how to find an answer to your question.



A group of LHS - IBPA parents have created several ways to stay informed and expand the IBPA community on social media! We encourage you to take advantage of these **family resources** and expertise to help support your students and the IBPA family. In these interesting times, it can be helpful to stay connected!

Facebook Page: We have created a Facebook page that shares reminders and helpful information for upcoming IBPA meetings and events. [Like us on Facebook @LakewoodIBPA](#)

Facebook Group: We also have a **private Facebook Group** if you're more comfortable asking questions or getting advice that is only seen by members in the group, your fellow IBPA parents, both new and experienced. [Join the group here](#) or search for Lakewood IBPA Parents.

Instagram: Our [Instagram @LakewoodIBPA](#) account shares IBPA reminders and information, similar to our Facebook page.

LinkedIn: Connect with the [Lakewood IBPA professional community](#) by following Lakewood High School IBPA and add Lakewood IB students, alumni, and families to your growing network. We look forward to connecting with you!

PLEASE JOIN THE LHS - IBPA!

Now you can easily sign up for IBPA membership online!

Simply click on the tiger paw and use our secure online-payment system.



Your \$20 IBPA membership goes a long way each year!

Our modest dues enable the LHS - IBPA to help Lakewood's renowned IB program in many significant ways. So if you're not already a member, please join today.

The LHS – IBPA is a 501(c)3 organization – Tax ID Number 46-1450238.

Thanks for making a difference!

Special Note to Families of Seniors: For your senior to be eligible to apply for a scholarship from the LHS - IBPA in the spring of graduation year, a parent or guardian must be a member by February 1st of that year.

It is Always a Great Day to be an (IB) Tiger!

COMMUNITY REWARDS PROGRAMS

A Benefit for LHS – IBPA Members Only!

Did you know that you can effortlessly earn contributions to defray your student's AP and IP test exams?

The LHS – IBPA is pleased to offer two programs for member to earn credit towards IB and AP testing fees while also supporting the organization.

10% of the overall donations from both programs will be allocated to the LHS-IBPA general fund and you must be a member of the LHS – IBPA to take advantage of this opportunity!

Information on Kings Soopers is available [here](#) and ShopWithScrip [here](#). Please use SWS enrollment code 91AA3BEF64982.

Thank you to everyone who participates in these programs! Please look at the new ways ShopWithScrip has made participation even easier!

and



Support the LHS - IBPA effortlessly by shopping at smile.amazon.com.

Amazon donates .5% of the price of your eligible AmazonSmile purchases to Lakewood IBPA (Lhs-Ibpa) when you select it as your charity organization.

It costs nothing extra, and it is just like shopping normally on Amazon!

To get started, click [here](#).

RESOURCES

To strengthen support for IB and IB prep families, we have added resource links to the newsletter. We hope they will come in handy. If you have a link you would like to recommend, please submit it to lakewoodibpa@gmail.com

Mental Health

<https://robbyies-hope.com/>

<http://www.thesecondwindfund.org/>

www.cwcgirls.com

[Home - Colorado Crisis Services](#)

College Planning/Career Readiness

<https://lakewood.jeffcopublicschools.org/counseling>

<https://www.naviance.com/>

<https://www.nacacnet.org/>

Student Aid

<https://studentaidhelp.ed.gov/>

International Baccalaureate Organization

<http://lhstigerib.weebly.com/>

<https://www.ibo.org/>

Gifted and Talented

https://www.jeffcopublicschools.org/programs/gifted_talented

[HOME | TerryBradleyGifted](#)

Stress Management

https://www.nagc.org/sites/default/files/PHP_dec2017_Mindfulness-Kane.pdf

Academic Coaching

[The Paradigm Shift of International Academic Life Coaching for Students \(humanbyhuman.com\)](#)

