

Welcome to Lakewood IBPA

International Baccalaureate Parents Association



IB Coordinator Notes

Welcome back IB Tigers! It feels like the most “normal” beginning to a school year in a long time! I want to extend a warm welcome to our new IB prep 9th graders and a few 10th and 11th graders who have joined our LHS family and IB. As the saying goes, time flies! Our first six weeks is already over and we have been busy!

- Our IB seniors are starting to work on their Internal Assessments and have already registered for the IB exams. Parents can expect information on test fees in the next few weeks.
- Seniors will submit their Extended Essays on Oct. 11th - quite an accomplishment!
- We are also excited to offer all LHS seniors a “no new homework week” Oct. 10-14th so they can work on college applications/post high school plans just in time for the Colorado Free Application Days: Oct. 18-21.
- 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 to share information about what to expect in the Diploma program and CAS requirements. Junior parents, please join us for the Oct. 12th IBPA general meeting where I will talk about what it means to be in your 1st year of the Diploma program.
- Juniors also registered for their IB exams. Jr. parents may also expect information on test fees in the next few weeks.
- IB juniors also received the coveted IB keychain!
- We had an IB retreat for our juniors and seniors on Sept. 30th, and it was a wonderful event. We spent the day at Addenbrooke Park building community and having fun!
- Last year, we launched the IB Instagram page. Please follow us @lakewood_ib. To share pictures, DM @lakewood_ib.
- IB Junior/Senior Google classrooms and Remind messages- This is one of the best ways for me to communicate with our IB students. Please ask your Junior/Senior student if they have joined:
 - IB Senior (class of 2023) google classroom join code: wzrkrix
 - IB Junior (class of 2024) google classroom join code: lwon6ne
 - Class of 2023 Remind join code: @h882b64
 - Class of 2024 Remind join code: @aah37dh

As always, if you have any questions, please don't hesitate to reach out. I look forward to working with all of you this year!

Best regards-
Joellen Kramer

Fall Calendar

SEPTEMBER

- 21 – Staff Appreciation Lunch
- 28 – Social Event: LHS Chalk Festival
- 30 – IB Junior/Senior retreat – Addenbrooke Park

OCTOBER

- 12 – Board Meeting; LHS Library, 5:00pm
- 12 – General Meeting; “IB – What to Expect, A Parent’s Perspective and Q&A w/ Ms. Kramer”; 6:30-8pm (geared for 11th grade students/parents)
- 17/18 – IB Information Night for Incoming 9th Graders and Parents; 6:30-8:00pm, LHS Auditorium

NOVEMBER

- 9 – Board Meeting; LHS Library, 5:00pm
- 9 – General Meeting; “Work Hard + Play Hard: Navigating a Healthy Balance with IB and Your Personal Growth”, 6:30-8:00pm (geared for all students/parents)
- 16 – Staff Appreciation
- 21 to 25 - Thanksgiving Break
- 30 – Online Bingo; Zoom; 7-8pm

DECEMBER

- 3 – IB Application Day for Incoming 9th Graders and Parents (Saturday)
- 7 – Board Meeting; Zoom
- No December General Meeting
- 19 – iPie Pizza Fundraiser
- 21 to 1-4-2022 - Winter Break

2022-2023 LHS-IBPA Board

Board

Chair: Ann Koerner

Secretary: Kim Hughes

Treasurer: Carolyn Last

Treasurer Oversight: Mettet Karpinski

Fundraising Chair: Mike Tully

Committee Chairs

Social and Special Events:

Petra St. George/Michele Short
(Chalk Festival)

Short Term Fundraisers:

Mike Tully

Staff Appreciation/ Hospitality:

Leonor Ortega-Till, Mettet Karpinski

Library Program: Sheri Visani

Membership: Michele Short

Scholarship: Nancy Dempsey,
Jen Matteson

Exam Proctors Coordination:

Bretton Utz

Senior Banquet: Amanda

McCord-Icaza, Liz Schneringer

**Marketing/Newsletter/
Website:** Jessica Seybold

Class Advocates

2023: Mettet Karpinski, Petra St. George

2024: Nancy Dempsey

2025: Carol Fabbri

2026: Liz Schneringer

IB Secretary: Joann Giusto

IB Coordinator: Joellen Kramer

From the Chair

Dear IB and IB-Prep Families,

Congratulations to our new and returning families on your decision to be a part of our Lakewood IB community! You've made a great choice. I'm your new IBPA Chair and have enjoyed being an IBPA volunteer for the last 4 years. Our daughter graduated last May and we just dropped her off at college last week. It's a big adjustment for dear old mom, but



this rigorous IB program prepared her extremely well and we are forever grateful. Our son is an IB junior and we are excited to support his own journey.

We have an amazing group of IBPA volunteers. Our mission is to empower students, support the faculty, and promote academic excellence. A few highlights of our IBPA program and activities:

Monthly Meetings

We had a great turnout for our September meeting where our panel of 6 IB and IB-Prep students shared their "Top 5 Best Practices for Students and Parents."

Our Oct. 12th meeting topic is "IB - What to Expect with Ms. Kramer and a Parents' Perspective." This meeting is geared towards IB junior parents who may appreciate a refresher on what's required in the junior/senior years or just the definitions of the IB acronyms :) All families and students of all grade levels are welcome to attend.

Our Nov. 9th topic is "Work Hard + Play Hard: Navigating a Healthy Balance with IB and Your Personal Growth." Life is meant to be lived to the fullest! But how do we balance all that we have to do with all that we are becoming? All students and parents will want to join in on this engaging conversation presented by Leonor Ortega Till. Leonor is a seasoned public speaker, serves as Associate Chaplain at a women's prison, plays saxophone in a punk rock band, and is a fellow LHS-IB parent.

Social Events

We are excited to host our 3rd Annual Chalk Festival and our talented artists continue to impress. A big thank you to Petra St. George and Michele Short! IBPA sponsors this event, and it's open to all LHS students. It's just about enjoying the fresh air and sunshine and having a little fun!

We are looking for volunteers to plan a few more events. It's a great way to get involved - please reach out if you're interested!

Earn Free \$\$\$ for IB/AP Test Fees

I cannot encourage you enough to take advantage of our RaiseRight program. You can earn FREE money to help pay for your student's IB/AP test fees, adding up to \$600-800. Our coordinator, Tara Sawinski, will share details at our Oct. 12th meeting. Start early - this bill comes due November of senior year.

Staff Appreciation

Volunteers Leonor Til-Ortega and Mettet Karpinski organized a delicious Back to School Bagel Bar Luncheon to treat all of our LHS faculty and staff. Thank you to all you parents who contributed and donated funds to help thank our educators!

To learn more about IBPA, including our calendar of events, check out our new website (compliments of Jessica Seybold!) at <https://lakewoodibpa.wixsite.com/lakewoodibpa>. You can also follow us on Facebook and Instagram: @LakewoodIBPA

Feel free to reach out anytime. Thank you for your support and participation!

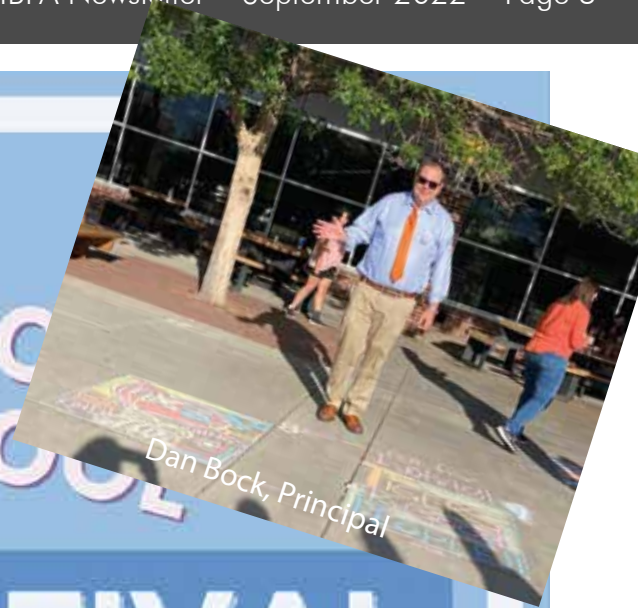
Ann Koerner
IBPA Chair for 2022-2023
lakewoodibpa@gmail.com



Tiger Spirit



People's Choice



Dan Bock, Principal

CHALK FESTIVAL

Thank you to all our Chalk Festival participants and helpers!

Sponsored by LHS - IBPA

Up Sheet code

Chalk Prov

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Art Space ble For ents ON



People's Choice



Creativity



People's Choice



Mrs. Ana Schultz and company



People's Choice

Poster Created by Hero A

FROM THE COUNSELOR'S OFFICE

Hello Tiger families! It is College Fair season in Denver! Although LHS is not a host site, there are several fair options in the Denver Metro area to choose from.



College Fairs of Greater Denver 2022 (FREE Events)

- Virtual Workshops - September 21, 5:00-7:45 PM
<https://www.strivescan.com/greaterdenver/>
- Monarch High School Out-of-State Fair - September 28, 6:00-8:00 PM
- Denver South High School Out-of-State Fair - September 29, 5:30 - 7:00 PM
- Mountain Vista High School In and Out-of State Fair, October 1, 10:00 AM - 12:00 PM
Registration, Student FAQs, lists of colleges attending the fairs, and other information can be found here:
<https://web.cvent.com/event/3879e264-09eb-4194-a697-d7e3bbd294a6/summary>
- Denver National College Fair
Sunday, September 25; 1:00-4:00 p.m. at the Denver Coliseum
<https://www.nacacattend.org/22Denver?gclid=Cj0KCQjw7KqZBhC>
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Top 6 Reasons to Attend a College Fair:

1. Personal Contact with College Admission Representatives. The out-of-state reps are often the first to review the applications of Colorado students.
2. A chance to ask questions. Sometimes it is difficult to navigate websites when looking for specific answers.
3. A chance to demonstrate interest in your top choice colleges. Some colleges track demonstrated interest which can influence the admission decision.
4. Consider it a family event. Students and parents often have different needs for information.
5. Free workshops given by experts are typically part of a college fair. These may include topics such as financial aid, scholarships and essay writing.
6. It may be easier and less expensive than visiting a college, especially an out-of-state school. Although visiting your college of interest is ideal, it may not be realistic due to time and financial constraints.

Who Should Attend a College Fair?

1. All high school students regardless of grade. Underclassmen can get a jumpstart on their research and planning.
2. Mature middle school students can get early exposure to the college process.
3. Attending multiple years is ideal. Students can keep up-to-date about schools of interest. Students and parents can address needs in different stages of the process. Students have the chance to meet any new College Admission representatives or reintroduce themselves to reps they have already met.

How to Prepare to Attend a College Fair:

1. Pick up a College Fairs of Greater Denver bookmark in the counseling office. It has great question suggestions for students to ask college representatives.
2. Students should look at the list of colleges that will be attending the fairs in advance. For a list of colleges attending the College Fairs of Greater Denver fairs, check here:
<https://web.cvent.com/event/3879e264-09eb-4194-a697-d7e3bbd294a6/websitePage:07dd4082-a294-4133-9a2a-fecfff8b693>
3. Students should register for the College Fairs of Greater Denver fairs in advance at www.StriveFair.com. Colleges collect your information so they can communicate with you. The registration process collects this information once and gives you a scan code to be used the night of the fair. This saves time for you and Colleges.
4. Students should make a list of colleges they want to visit in advance either by interest, type of school or geographical location. This will prevent them from feeling so overwhelmed when they arrive at the fair.

Feel free to ask your student's counselor any questions you may have about attending a college fair. Your student received this information through their Counseling Google Classroom.

- The LHS Counseling Team

2022 Tiger Prowl 5k



*Thank you to all who participated,
and to those that designated the
LHS-IBPA - it was so fun!*



Upcoming LHS-IBPA General Meetings

October 12, 6:30-8pm

**IB-What to Expect: A Parent's Perspective and Q&A with Ms. Kramer
(geared for 11th grade students/parents)**

This meeting is geared towards IB junior parents who may appreciate a refresher on what's required in the junior/senior years or just the definitions of the IB acronyms :) All families and students of all grade levels are welcome to attend. LHS Lecture Center.

November 9, 6:30-8pm

**Work Hard + Play Hard: Navigating a Healthy Balance with IB and Your Personal Growth
(geared for all students/parents)**

Life is meant to be lived to the fullest! But how do we balance all that we have to do with all that we are becoming? All students and parents will want to join in on this engaging conversation presented by Leonor Ortega Till. Leonor is a seasoned public speaker, serves as Associate Chaplain at a women's prison, plays saxophone in a punk rock band, and is a fellow LHS-IB parent. LHS Lecture Center.

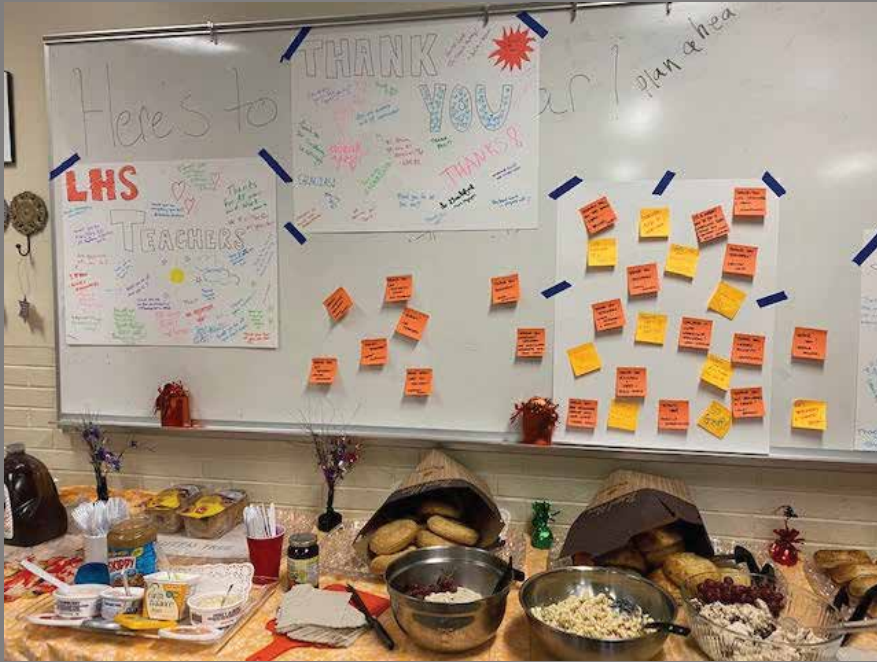
December - No general Meeting.

Thank you to all that attended and spoke at our September 7 general meeting, featuring students talking about Best IB Practices!



Teacher Appreciation Luncheon

On September 21, the IBPA hosted a Teacher Appreciation luncheon to celebrate and support our amazing staff. Many thanks to all the families who donated and for the parents who came to help set/up and clean up...you are appreciated and the teachers/staff were very grateful!



IB Retreat

Mrs. Kramer organized the IB Junior/Senior Retreat on Friday, September 30th at Addenbrooke Park.

Motivational speaker, Nick Thompson, created a custom presentation for our IB students, games were played, bonds were forged and LHS-IBPA was happy to provide lunch.

Thanks to the wonderful LHS teachers/staff/parents who facilitated the small group activities:

Elizabeth Morgan, Amanda Andrus, Sarah Talle, Carl Spetzler, Jen LeJean, Suzanne McClung, Kylie Izienicki, Geoff LaPlant, Ann Koerner and Tara Sawinski.

What a memorable and enriching experience for our students!



Join the LHS-IBPA!

Now you can easily sign up for IBPA membership online! Simply go to our new website, <https://lakewoodibpa.wixsite.com/lakewoodibpa> and use our secure online-payment system. You can also pay for your membership via Infinite Campus in your students fee account.

**Your \$20 IBPA membership goes a long way each year!
Thanks for making a difference!**

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.

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's always a Great Day to be an (IB) Tiger!

Join the LHS-IBPA!



A benefit for LHS-IBPA Members Only! Did you know 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:
<https://lakewoodibpa.wixsite.com/lakewoodibpa/kingsoopers>

Information for RaiseRight is available here:
<https://lakewoodibpa.wixsite.com/lakewoodibpa/raiserright>
Please use RaiseRight enrollment code E55D914764982.



amazonsmile
You shop. Amazon gives.

Also, 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!

Resources

Stay connected with LHS-IBPA on social media

- 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

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://robbies-hope.com/>
<http://www.thesecondwindfund.org/>
<http://www.cwcgirls.com>
<http://coloradocrisiservices.org>

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
<http://terrybradleygifted.com>

Stress Management

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