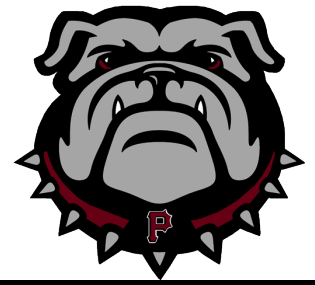


# Palisade High School

## October 2023



Daniel Bollinger, Principal

Brooke Caster, Asst. Principal

Zeb Hayward, Asst. Principal

Gregg Hawkins, Athletics/Asst. Principal

### A Message from Principal Dan Bollinger

Hello PHS Families,

I hope this message finds you well. It has been an exciting and memorable Homecoming Week at Palisade High School, and I would like to take this opportunity to share some highlights and discuss our focus on the International Baccalaureate (IB) learner profile trait of "knowledgeable."

#### Homecoming Week Success

Our Homecoming Week festivities were a tremendous success thanks to the collective efforts of our students, staff, and parents. The spirit, enthusiasm, and camaraderie displayed by the entire Palisade High School community was truly remarkable. From the spirited pep rallies to the unforgettable athletic events and dance, it was a week filled with pride and school spirit. A special thank you to Jennie Stout who stepped in as Mr. Smith and his wife had a newborn little girl, and all the volunteers who helped make this week so memorable for our students.

#### IB Learner Profile Trait—Knowledgeable

At Palisade High School, we are committed to fostering the development of well-rounded individuals who not only excel academically, but also demonstrate a strong sense of character and global citizenship. One of the key traits we emphasize as part of the IB learner profile is being "knowledgeable."

Being "knowledgeable" goes beyond the acquisition of facts and figures; it's about developing a deep and lasting understanding of the subjects we study and the world we inhabit. It encourages our students to be curious, inquisitive, and critical thinkers who are not only well-versed in their chosen academic fields, but also aware of the broader context in which their knowledge can be applied.

As parents, you play a vital role in nurturing this trait in your children. Encourage them to explore new ideas, read widely, and engage in thoughtful discussions. Emphasize the importance of being open-minded and willing to learn from different perspectives and experiences. By doing so, you help shape them into knowledgeable individuals who are prepared to tackle the challenges of an ever-changing world.

We are proud of the dedication our students and teachers have shown in embracing the IB learner profile, and we will continue to foster an environment where each student can develop their knowledge and understanding to the fullest.

### UPCOMING DATES

October 11th

End of 1st Quarter

October 12th

Teacher Workday  
No School

October 13th

Teacher In-Service  
No School

October 16th

No School



# Palisade High School

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## Upcoming Events

As we move forward in the academic year, please stay tuned for updates on upcoming events, parent-teacher conferences, and other important information. Your involvement and support are essential to our students' success, and we value your partnership.

Thank you once again for your participation and enthusiasm during Homecoming Week, and for your ongoing support of Palisade High School. Together, we are building a community of knowledgeable, responsible, and compassionate individuals.

Best,  
Dan



BUY YOUR  
**Yearbook**  
*in October*

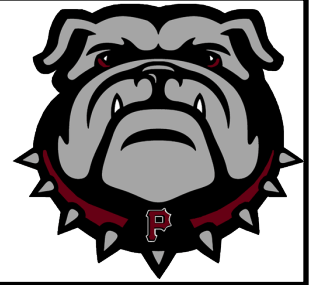
PHS 2023-2024 YEARBOOK  
PRE-SALE PRICES END  
OCTOBER 28TH  
PURCHASE YOURS TODAY AT  
JOSTENS.COM FOR \$65

LINK: [WWW.JOSTENS.COM](http://WWW.JOSTENS.COM)

The advertisement features a background of vibrant autumn leaves in shades of red, orange, and yellow against a light blue sky. The text is centered and uses a mix of bold, serif, and script fonts.

# Palisade High School

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## Counselor's Corner

### OPTIONAL NMSQT –Wednesday, October 25th

**Who:** Juniors looking to qualify for the National Merit Scholarship. The National Merit is extremely competitive. More information can be found at <http://www.nationalmerit.org>

**How to Sign Up**-Cost is \$20 (fee waivers available to juniors who qualify)  
Students sign up and submit payment to the Budget Office

**Deadline to Sign Up:** September 1st

**Date:** Wednesday, October 25<sup>th</sup>

**Location:** At PHS-Test begins at 8:00 am-Students need to arrive by 7:45 am and meet in the Library

**Additional Information:** Bring calculator and extra batteries.

### COLORADO WESTERN SLOPE COLLEGE FAIR (ASPEN COLLEGE FAIR)-SUNDAY, OCTOBER 1<sup>st</sup> 10:00-2:00

The Colorado Western Slope College Fair (Aspen College Fair) is a great way to meet with college reps from across the nation. We will provide transportation for students-sign up in the Counseling Office. All attendees are asked to register on their website at [www.cwscollegeoutreach.org](http://www.cwscollegeoutreach.org)

### ASVAB TESTING FOR MILITARY BOUND STUDENTS- OCTOBER 13<sup>TH</sup> 9:00 AM AT GJHS IN THE CAFETERIA

This is a multiple-aptitude battery test that measures developed abilities and helps predict future academic and occupational success in the military. This test will be administered at Grand Junction High School, students do not need to sign up. Just show up at 9:00 am! This a "blind" test meaning that students will get their scores and it will not be sent directly to recruiters.

### CONSTRUCTION TRADES CAREER TRIP-TUESDAY, OCTOBER 10<sup>TH</sup> 10:00-2:00

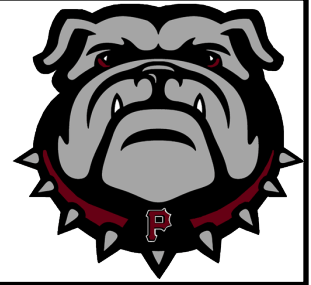
Students have the opportunity to meet with experts and tradespeople from many areas of the construction and building trades world! This is a GREAT way for students to gain understanding (and maybe even job offers!) of these in-demand and high paying careers. Sign up in the Counseling Office.

### SENIOR WORKDAY-WEDNESDAY, OCTOBER 18<sup>TH</sup>

Seniors will have dedicated time to work on college applications, search for careers and complete resumes!

# Palisade High School

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## Counselor's Corner

### COLORADO FREE APPLICATION DAYS-October 17-19

All Colorado colleges will waive application fees during this window. This can save students and families hundreds of dollars! All the details and application codes can be found [here](#). Students are encouraged to start their applications through the colleges' websites or the Common Application early, and then submit with the appropriate codes during the free application window. Counselors will be helping with this process during this time period and during our Senior Workday on October 18<sup>th</sup>.

### COLLEGE & MONEY NIGHT AT COLORADO MESA UNIVERSITY (MEYERS BALLROOM)- OCTOBER 23<sup>rd</sup> 6:00-8:00

College and Money night is hosted by CMU, but students do NOT need to be attending CMU in order to go to this event. Financial aid reps will talk about getting ready for FAFSA (it will open in December instead of the typical date of October 1<sup>st</sup>). Families will also learn about ASCENT, scholarships, and how to complete the first step of the FAFSA- your FSA ID. Students are encouraged to bring their families to this event!

### CONCURRENT INTEREST MEETING IN THE PHS LIBRARY- OCTOBER 25<sup>TH</sup> 11:00 AM

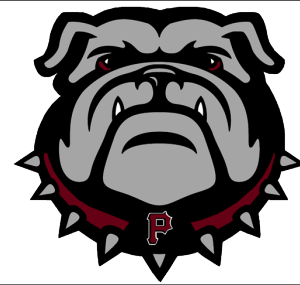
This is a meeting for all students who are interested in taking concurrent classes at Colorado Mesa University of CMU Tech. You will learn about the courses you can take, the fees associated, and how to get registered!

### The Daniels Fund Scholarship

The Daniels Fund Scholarship Program provides a four-year annually renewable college scholarship for graduating high school seniors in Colorado, New Mexico, Utah and Wyoming who demonstrate exceptional character, leadership, and a commitment to serving their communities. It is a "last dollar" scholarship that pays toward tuition and fees, room and board, books and supplies, and miscellaneous educational expenses. Scholars may attend any nonprofit accredited school in the United States. For more information, visit [www.DanielsFund.org/Scholarships](http://www.DanielsFund.org/Scholarships). This is a highly competitive scholarship! **APPLICATION WINDOW IS SEPTEMBER 15-OCTOBER 15 .**

# Palisade High School

October 2023



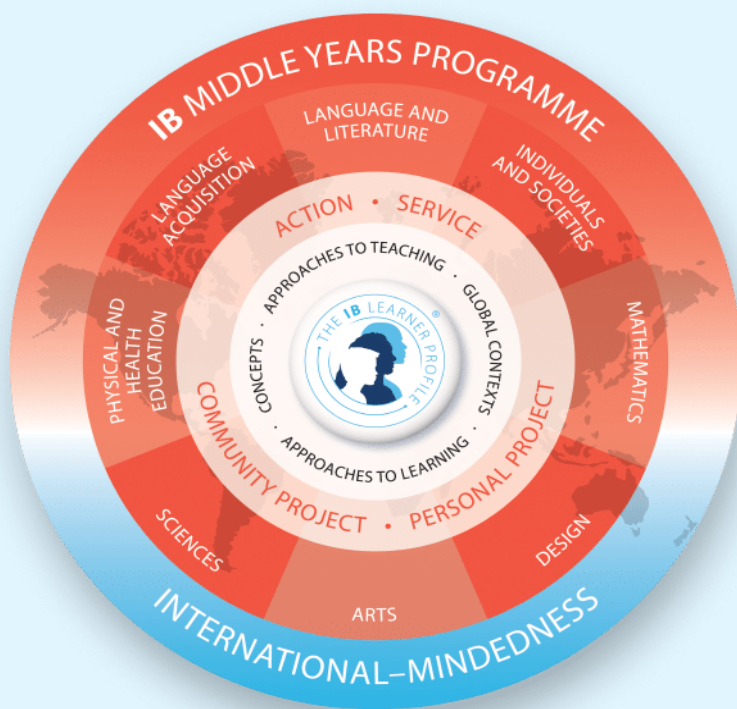
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## What is an IB Education?



The IB Middle Years Program (MYP) has a visual model of the teaching framework and is an excellent overview of an IB education. At the core of all IB programs is the learner profile. These traits include: **Knowledgeable, Risk-Taker, Reflective, Communicator, Balanced, Thinker, Inquirer, Open-Minded, Principled, and Caring.** Developing these traits in our students is the focus of the MYP at PHS. Surrounding the Learner Profile core are the Approaches to Learning and the Approaches to Teaching. The Approaches to Learning skills are those which are necessary to be a strong learner both inside and outside of the classroom. These are the skills employers look for when hiring, as well as the skills necessary to be a contributing member of local and global communities: **Thinking, Communication, Social, Self-Management, and Research.** Instruction in IB is focused on the intentional development of these skills.

The Approaches to Teaching skills are the strategies PHS teachers utilize to provide engaging, relevant, and rigorous learning in their classrooms. As MYP teachers we collaborate and plan our instruction. We are mindful of best practices in assessment, differentiation, student collaboration, and inquiry.

The next layer of the model shows equal distribution of each subject area. MYP at PHS is committed to providing broad, balanced, and connected courses. Students in MYP take each subject group concurrently to provide multiple opportunities to connect learning between the disciplines and receive a well-rounded education.

Notice that an IB education is focused on the learner at the core. There is a commitment to prepare students to contribute to an ever-increasing global society and take action in their local community to "Think Globally, Act Locally."

# Palisade High School

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## Attention ALL Class of 2024 Graduates & Families...



### SENIOR PICTURE & QUOTE INFORMATION

#### **DEADLINE**

Friday, October 13th by 3:15pm

**Late fee:** Any photos turned in **after** Friday, October 13th at 3:15 will be subject to a **\$25.00 fee.**



**Photos WILL NOT be accepted after Friday, December 15th, 2023**

#### **Senior Picture Requirements**

**Both photos AND quotes must be submitted via the QR code above by the due date!**

**Photos and quotes cannot be changed with a \$25 processing fee of \$25**

**-Google Form ONLY:** Photos will only be accepted through the Google Form QR code, available above, outside of room 156B, or posted around the school. This form is only accessible with your District 51 email address.

Photos must be uploaded as a JPG file. The photo should reach a minimum standard of 3.0 megapixel resolution (300 dpi). Any lower resolution will be rejected. Photos with low resolution will appear pixelated in comparison to other photos.

Photos submitted must be vertical, due to the fact that no horizontal photos can be placed without major cropping.

Photos cannot contain any of the following: photographer watermark, double images, busy backgrounds and/or excessive shadows or anything obscuring the face.

**-EARLY GRADUATES:** You must also turn in your photos and quotes by this date.

#### **IMPORTANT**

Please respect the following dress/photo expectations for the photo & quote that you choose to submit:

- No photos/quotes can be submitted with any reference to guns/weapons, drugs, gangs, or sex will be rejected
- Any strapless tops or exposure of butt cheeks will not be permitted
- Minimal or incidental cleavage and midriffs will be reviewed by a three-stage panel

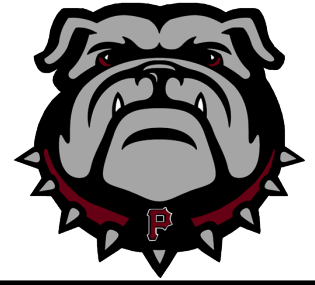
#### **NOTE:**

Any photos or quotes that are in question, will be at the discretion of a three-stage panel of students, staff, and administrators to determine if a new photo or quote will need to be submitted.

If you have any questions about Senior Photos, Quotes, or submitting them please contact PHS Yearbook at [Hannah.Martinez@D51schools.org](mailto:Hannah.Martinez@D51schools.org) or by calling 970-254-4800 ext. 25247

# Palisade High School

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## News from the PHS Ski & Snowboard Club

Dear Parents/Guardians,

We are excited to offer discounted High School Season Passes again for the 2023-24 season to Powderhorn Mountain Resort! There are a few changes this year so please carefully read through the information below.

Here are some details to keep in mind when making your purchase:

- Students are required to pay a \$5 Club Fee to Palisade High School in order to participate in the following discounts.
- All Checks should be made out to: Palisade High School Memo: Ski Club
- Early bird pricing for HS Passes is \$209.00, available until October 30<sup>th</sup>
- The regular price HS Pass is \$249.00, available from October 31<sup>st</sup> to December 15<sup>th</sup>
- No HS Passes will be available beyond the December 15<sup>th</sup> deadline
- Please submit the completed order form with payment by the deadline date directly to the accounting window at Palisade High School.
- Parents must fill out the season pass waiver using the attached printable form or online link here: [SEASON PASS WAIVER LINK](#)
- No HS Passes will be available and there will be no additions or changes to rosters or invoices beyond the December 15<sup>th</sup> deadline
- If students had a pass last year, Powderhorn can reload their pass this year and they do not need to come to the ticket office - WTP number (located on the bottom of pass) must be included on the order form
- For any students purchasing a pass this year who did not have a pass last year, we need to take a photo of them for submission to Powderhorn.
- Please note there are no Buddy Passes or Partner Mountain Access included on HS passes
- This program is for HS Ski & Board Club, or Outdoor Club, students and coaches only. Family members are not eligible.
- Students who have already purchased a 23-24 season pass will be credited the difference in pass price. Credit may be used any used at all Powderhorn locations/departments excluding lodging. No refunds will be made.

Thank you and any further questions you have please direct them to me via email at [andrew.torfn@d5schools.org](mailto:andrew.torfn@d5schools.org)

PHS Ski Club Sponsor,  
Andrew Torfin

# Palisade High School

October 2023



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## PALISADE ELEVATE! INTERNSHIPS



**APPLY FOR AN  
INTERNSHIP TODAY  
FOR THE 2023-2024  
SCHOOL YEAR!**

**EARN ELECTIVE CREDIT!**

### **THROUGH AN INTERNSHIP:**

- BE BETTER PREPARED TO CHOOSE A CAREER AND BE SUCCESSFUL
- MAKE A CONNECTION BETWEEN THE CLASSROOM AND YOUR FUTURE GOALS
- LEARN INDUSTRY SKILLS
- IMPACT BUSINESSES AND THE COMMUNITY
- EXPAND YOUR NETWORK
- EARN A JOB OFFER AND START YOUR CAREER NOW!



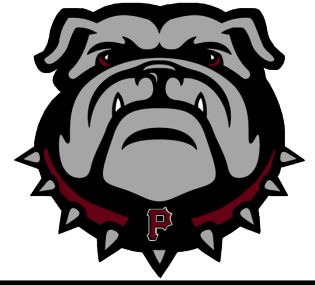
[tinyurl.com/PHSinternships](https://tinyurl.com/PHSinternships)

Questions?  
[crystal.green@d51schools.org](mailto:crystal.green@d51schools.org)



# Palisade High School

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## Real Estate INTERNSHIP

Interested in an internship opportunity through Palisade High School... THIS  
COULD BE FOR YOU!

### About us

Amy Ashcraft and Nikki Meliva are both real estate agents for Coldwell Banker Distinctive Properties here in Grand Junction, CO. Both have grown up locally, with Amy being a PHS alumni and Nikki currently living in Palisade.

### Why Us?

Amy and Nikki are the local market experts and truly enjoy giving back to the community. They love working with our youth to provide insight into the REALTOR career and what it means to be real estate agent overall.

### Overview



#### TIME COMMITMENT

- 1-1 1/2 hours of education each week- Conducted on PHS campus.
- Staff Meetings at Coldwell Banker (131 N 6th Street)
- Showings, Buyer and Seller consults
- Open Houses
- Research/Assignments



#### EXPECTATIONS

Hard working individuals that have the entrepreneur spirit and wants to learn what being a real estate agent is all about. Also interested in Marketing and Advertising  
**Roughly 10-12 hrs a week DRIVING IS A PLUS**



#### CURRICULUM/DUTIES

Interns will work side with professionals side by side to learn about the real estate market as a whole- how to price homes using comparable properties and how to work with home buyers among many other things.

#### INTERESTED?

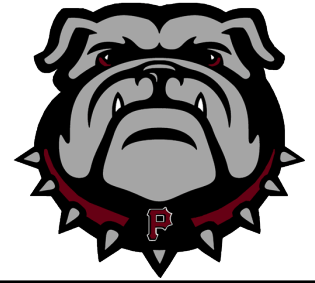
Reach out to Mrs. Green  
at PHS  
OR  
Call/Text  
(970)216-1441- Amy  
OR  
(970)216-6060- Nikki



**COLDWELL BANKER**  
DISTINCTIVE  
PROPERTIES

# Palisade High School

October 2023

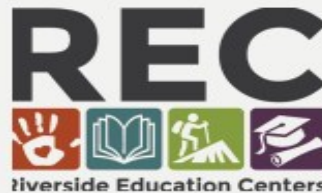


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Monday - 2:45-5:30  
Tuesday - 3:15-5:30  
Wednesday - 3:15-5:30  
Thursday - 3:15-5:30  
Some Fridays - Field Trips

WELCOME BACK TO REC

## WELCOME BACK TO REC!

Welcome back!

We look forward to a great  
year at PHS

We currently have 56 Registered Students  
Our goal at REC is to help support our students  
with not only their time in high school,  
but beyond.

Below, is a list of a few of the opportunities  
each one of our students will have this year

Homework help  
Tools for College and careers  
Enrichments (Real life skills)  
Cooking  
Social and Emotional Lessons  
Field Trips  
Friendships  
Youth Council  
And MORE

Please reach out with questions  
or concerns at 970-985-1647

- Rebecca Thye



### SAVE THE DATE

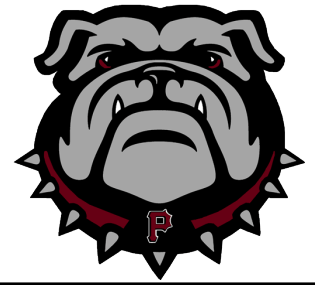
October 27th High School Night  
Murder Mystery  
More information will come

November 15th Family Dinner at PHS  
More information will come

We are so excited for all of the  
amazing opportunities our students  
will have this year.  
Thank you for being  
a part of our REC family.

# Palisade High School

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## Booster Club



We love to support PHS, the students, the clubs, and staff!!

We always welcome new faces to volunteer and help support our mission.

**We have new apparel and hats coming soon!!**

Just a reminder that if you or your event/program are planning a raffle, you must first reach out to Booster Club before conducting such raffle.

Booster mission is to enhance, assist, and encourage enthusiastic support for all Palisade High school programs. The Booster club provides financial support, athletic fee scholarships, assists with travel expenses, fulfills wish lists and promotes school spirit. Fundraising efforts and contributions enable Booster Club to achieve our mission.

Without fundraising we would not exist. We provide this through a program that encourages participation. Thank you for your support!

Feel free to reach out to us with questions at [palisadebooster@gmail.com](mailto:palisadebooster@gmail.com)

Or join us for a monthly meeting held the 2nd Tuesday of each month at 357 Cafe in Palisade at 6pm

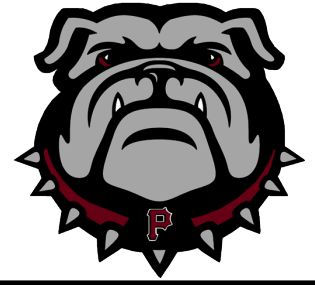
**Are you interested in advertising in our newsletter?**

The PHS Newsletter goes out at the beginning of every (school) month to over 1,100 families as well as to some of our Palisade Community members!

Call 254-4800 ext. 25247 for pricing and more information today!

# Palisade High School

October 2023



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Gregg Hawkins, Athletics/Asst. Principal

Fall 2023



CRIMSON SKY  
AESTHETICS

## AVICLEAR ACNE LASER TREATMENT



### THE FUTURE OF CLEAR SKIN

Dr. Anna Jensen is excited to introduce AviClear, the first FDA-cleared laser treatment for acne-prone skin.

**What is AviClear?** AviClear is a laser treatment that can treat moderate to severe acne. AviClear targets acne at the source. This revolutionary laser treatment uses a 1,726nm wavelength to selectively target and down regulate sebaceous glands.

**How many treatments are needed?** Three quick 30-minute treatment sessions over 3 months.

TEXT 833-942-0522 TO LEARN MORE ABOUT AVICLEAR AT CRIMSON SKY AESTHETICS

### FALL TREATMENT SPECIALS

Receive up to \$800 in savings when treatment is started from September 20th thru October 4th or up \$300 after October 4th to end of school semester.



**THE COST OF ACNE TREATMENT\***

Treatment Option	Cost
AviClear Treatment	\$3,000 (3 sessions)
SPR Skincare	\$500/month
Hydrafacial	\$150/session
Skincare Consultation	\$50 (one-time fee)
Skincare Plans	\$100-\$200/month
Medical	\$100-\$200/session
Skincare Products	\$50-\$100/month
Acne Medication	\$50-\$100/month
Skincare	\$50-\$100/month

**3 TREATMENT SESSIONS**

**\$3,000**

**Special Offer: \$4,280-\$6,320**

\*For comparison purposes only. Actual cost varies by treatment and location.

OUR INSTAGRAM

OUR WEBSITE



**Is it safe?** Unlike most traditional acne treatments, AviClear is free of harmful side effects, free of chemicals and toxins and safe for all skin types and tones.

**Is the treatment comfortable?** AviClear is equipped with exclusive AviCool™ sapphire skin cooling and sensory controls that maintain your skin's temperature during treatment for a more comfortable experience.

**What about the cost?** For those with moderate to severe acne, traditional treatment programs can become quite complex and take its toll in medication side effects, frequent monitoring of blood work and time away for medical visits. These costs can run up to \$4,000-\$6,000 whereas AviClear is \$3,000 for 3 sessions.

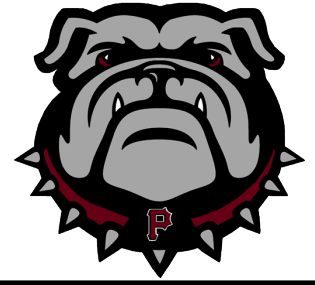
403 KENNEDY AVE. #4, GRAND JUNCTION, CO 81501

TEXT 833-942-0522 FOR FINANCING INFORMATION

WWW.CRIMSONSKYAESTHETICS.COM

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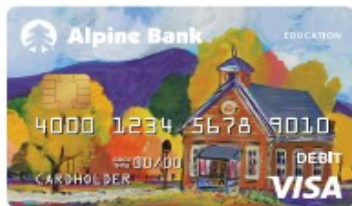
Brooke Caster, Asst. Principal

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## OUR EDUCATION LOYALTY DEBIT CARD & YOU: MAKES PERFECT CENTS!



With every one of your Alpine Bank EDUCATION Loyalty Visa Debit Card\* transactions, Alpine Bank donates 10 cents to Mesa County schools and educational enrichment programs. Use your card, shop locally, and remember: The change starts with you!

\*Alpine Bank debit cards are available with no annual fee to individuals with an Alpine Bank checking account.

YOU ARE MESA COUNTY *So are we!*



**Alpine Bank**

INDEPENDENCE - COMMUNITY - COMPASSION - INTEGRITY - LOYALTY

ALPINEBANK.COM - MEMBER FDIC