



IB *matters*

January 2020

Douglas County High School
2842 Front Street
Castle Rock, CO 80104

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Coordinator's Corner

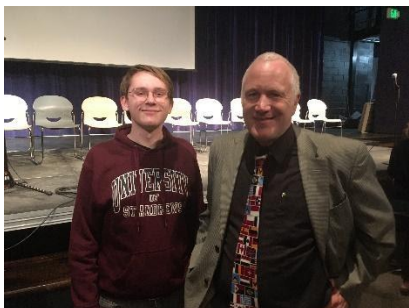
by Dr. Steve Fleet, DCHS IB Coordinator

On Thursday, January 9th IB sophomores and their families heard from 10 past graduates of our IB diploma program. They shared advice, considered the differences between IB and AP, reflected on their extended essays, articulated the power of their CAS experiences, and described how the skills they learned in IB continue to contribute to their success. As always, the evening provided a clear picture of the benefits of investing in your education.

Specifically, it was clear that the rewards of a meaningful education come as a result of patience and perseverance. Regrettably, these two characteristics tend to be in short supply in an age of immediate gratification. I don't mean this simply as a "kids these days" rant; I mean that the ease and immediacy with which the present generation can access anything from movies and information to friends and parents removes the opportunity for a great deal of reflection that can lead to self-sufficiency. I also think that such self-sufficiency provides many of the skills necessary to cope with stress and uncertainty.

That is why encouraging students to mentally invest in their education is so essential. By this, I mean that we cannot promote ideas or animate behaviors that convert education into a system that seeks to merely satisfy short-term desires substituting what is necessary for what is expedient. Parents and educators do not represent the interests of students when we allow you to find the "easy" way, or when we do not insist that you advocate for yourselves; we merely make you dependent and encourage you to see yourselves as victims of a system. Students, you fail to represent your own interests when you do not actively commit to your own maturity. You must dedicate yourself to valuing the development of learned perspectives.

The message clearly expressed by our many successful graduates emphasizes the need to have faith in an educational system designed to develop your skills, and to have faith in yourself



that you can create success. True learning is not reflected in the many measurements along the way, it is seen in active engagement in a process committed to maximizing choice. When the graduates enthusiastically shared all of the opportunities before them and credited their decision to be International Baccalaureate students they validated the program; but far more importantly, they validated the effort and the perseverance that got them to where they are today.



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CAS Trip 2019 – Prague and Krakow

We have reports of the amazing CAS trip to Europe during October of 2019 by two of our wonderful students.

By Cole Brownjohn

I participated in the IB CAS trip to Prague and Krakow in October 2019 over fall break and I learned a lot from the service projects that we did. The first service activity that we completed in Prague was cooking food for the homeless. During this visit, we worked in teams to make fried rice. My group worked fairly well together, allowing us to make a sufficient amount of food. We started by choosing the ingredients that we wanted in the fried rice, with this ended up being chicken, peas and several other vegetables. During the process, all of the groups worked together to make enough food to fill one and a half fairly large containers. We transported them to a homeless shelter about a block away. Although we never got to see those that we were aiding, I am sure that even if the food did not taste the best, it was gratefully accepted.



The second activity that we completed was making dolls to be sold to raise money for a local charity. This activity was significantly more difficult than the first, however it was made to mean as much good to society. In this, we created dolls out of cloth, all of which were sent to a local store and the proceeds were used to fund a charity that aided a large homeless population in the city. We had the ability to directly aid the charity by purchasing the doll which we made. I chose to do this due to my doll turning out badly, and I knew nobody would buy it, so I might as well so that the charity could at least get the money. I believe several others in our group did this as well. Unfortunately, this activity was not as certain to aid people as it entirely depended upon the sale of the doll. I certainly hope that all of the work we put into creating these dolls turned out well and made some money for charity.

During both of these processes we learned a lot about what it takes to care for those in need, as well as how something as little as spending a couple hours cooking can help those who haven't been able to eat a proper meal. We got to see the world in a different light that caused us to realize the severity of poverty and homelessness in other parts of the world. The perspective that this gave us will forever be in our minds and will hopefully cause everybody involved to volunteer to aid the homeless more.



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By Olivia DiGiacinto

Among the Creativity, Activity, Service (CAS) projects offered at DCHS is the fall trip abroad to learn hands on about other cultures. In October 2019 such a trip was offered to go to Prague in the Czech Republic and Krakow, Poland to visit a concentration camp among other things. So I opted to participate.

Before the trip, I was worried I wouldn't be able to keep up with the group knowing there would be a lot of walking and I am unfit for a lot of exercise. However, I found it was not as bad as I had thought it to be. During the trip to Prague and Krakow we did a lot of walking around the old cities and to many of our destinations, but our destinations were generally close.

My friend had a pedometer and she counted that we had some days where we would walk 20 miles! I loved every step of it, honestly. Although I found the cobblestone to be quite uncomfortable to walk on for miles at a time, I enjoyed the sights we were able to see while walking. I find that when walking between destinations you see so much more than when you drive. I identified one area for growth- physical exercise- and began to implement it.

Olivia's Photos

On the next page are a few of Olivia's photos. To see them all, go to <https://1drv.ms/a/s!AnWdeMROrHNRhAAQNohbpGEWHYDc>





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Student Photos

Selected photos by Olivia DiGiacinto and Kyle Lewis



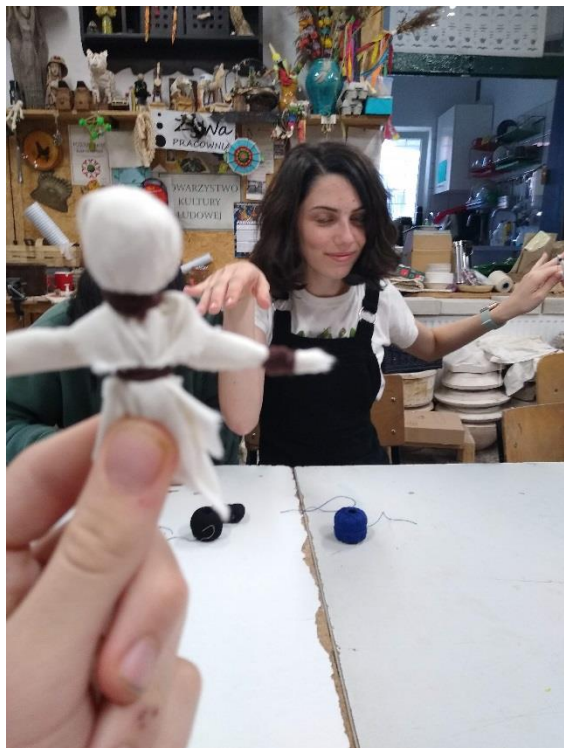
*The group walks through a park in Krakow.
The city's castle is visible in the upper right.*



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Abigail Lowe poses behind an in-progress doll to which she bears a striking resemblance.



Gokul Gopakumar and Aneesh Warriar enjoy a game of imaginary basketball as we leave the kitchen in Prague.

CAS Trip 2020

For the 2020 CAS trip, the IB program is planning to go back to Peru (destination of the 2018 trip). We will update you with more information as soon as possible.



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International Week Nov 2019

An International Week is held every year at DCHS coordinated by the World Languages and ELL departments. This year it was held the week of Nov 18-22. As part of the week to honor our international students and “World School” status, there are different events on each day. The two biggest events are the International Tea sponsored by IB (Tuesday) and the “Taste of Nations” (Thursday) where student chefs create delicious food items from their countries.



This year's tea featured student presentations from Spain, Japan, Italy and Thailand. It included information on customs, food and even dance! Culture kits from 9 different countries were also put on display in the library, north and south offices, Athletics Dept, Counseling and Home Base and included England, Spain, Japan, Africa, India, France-Switzerland, Russia, Mexico and Asia. These were enjoyed by many students and staff.



The week also featured a foreign film night (Wed) and lots of displays around the building. The IB World School played a big part in making the week a success!



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IB information Nights

Reporting by Kathy Kramer

Info night 1 - Oct 28

Monday, October 28, 2019 was the first of two IB Information nights held in the DCHS theater auditorium. 8th grade students from across the District including Charter schools were sent personal invitations to come and learn more about the IB Diploma Program (IBDP) offered at DCHS. A good crowd was on hand on a cold autumn night to learn more about the IB program.



Eight IB students talked about their IB experience including their Extended Essay project. Dr. Fleet gave the main presentation helped by Kelse Risner who focused on Creativity, Activity, Service (CAS) as well as the Theory of Knowledge (TOK) class. Kim Clever talked about the Extended Essay (EE). A warm reception was given to all in attendance.



IB teachers were on hand to answer questions about the core subject areas and it was a good evening of interaction with possible future IB students.



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Info night 2 - Dec 3

The second IB information night was held at DCHS on Tuesday, December 3, 2019 in the theater auditorium. Dr. Steven Fleet welcomed the group of over 140 people (41 total families) and gave a PowerPoint presentation about the IB Diploma Program and its many benefits to students during their high school and college years and beyond. 8th graders and their parents listened as he explained the difference between IB and AP and gave incredible scholarship totals offered to the most recent class of 2018. Video testimonials from IB graduates were also shared.



Kelse Risner spoke about the Theory of Knowledge (TOK) class which teaches students how to think. He also discussed the Creativity, Activity and Service (CAS) part of the IB program including CAS trips to Prague & Krakow (2019) and Peru (2018)- exceptional learning experiences for students and faculty. Kim Clever gave a presentation on the Extended Essay (EE) portion of the program as something that would give invaluable skills

to writing a research paper in college. Five current IB students were on the stage to talk about their IB experience, how it has helped them and gave some samples of their Extended Essay topics. It was clear the students were a “small family” on campus that truly liked and helped each other every day.



IB teachers were on hand at each table for the core subject areas including English Language & Literature; World Languages; Individuals & Societies; Sciences; Math and Theater, Art and Music. Cookies and hot beverages were provided to all in attendance and folders with IB details and application forms were distributed. It was a lively, interactive evening for all. Special thanks to two students who helped Kathy Kramer with the set-up- Trae Burnett and Arabella Griffin!





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IB Grad Panel at DCHS

Thursday, Jan 9, 2020

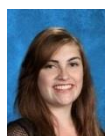
By Kathy Kramer

Ten DCHS IB Graduates Together for IB Grad Panel Night January 9, 2020

Every year during the first week of January the DCHS IB Department hosts an IB Grad Panel event for the Sophomore IB students. IB staff presented information about the “core” of the IBDP program- Theory of Knowledge (TOK); Extended Essay (EE) and Creativity, Activity, Service (CAS). A panel of DCHS IB Diploma Program graduates provided perspectives on their experience in the program, benefits, and their lives today. It was a grand, fun reunion!



Left to Right, Top to Bottom: Etash Kalra-2019; Ariana Fleet-2019; Shannon Thompson-2019; David Roney-2017; Justin Kopek-2019; Isabelle Dean-2017;; Blake Vieira-2018; Harry Burrows-2019; Jade Brownjohn-2018; Paige Schonher-2011



Jade Brownjohn: Jade graduated from the IB at DCHS in 2018. She then headed to British Columbia, Canada, to study Makeup Design at the Vancouver Film School. She studied for a year and graduated with a diploma. Thanks to the IB Program, she found the rigorous one year course a lot easier than the majority of her classmates. Jade would recommend IB to anyone who wishes to push their limits and build their confidence. She got to try new things like Yoga and Poetry and this creative endeavor led her to work on the use of shelter dogs for Mental Health Therapy. She learned to not procrastinate but also to have fun.



Harrow Burrows: Harry graduated from DCHS in 2019. He is currently a freshman at the University of St. Andrews (Scotland). He is pursuing a Master's Degree in Chemistry with a focus in Medicinal Chemistry and plans to graduate in 2024. St. Andrews is treating him well and he says his IB experience helped him in getting used to new classes in another place in the world. He learned to finish what you start! (getting started may be the hardest step).



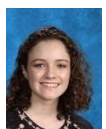
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Isabelle Dean: Isabelle graduated from DCHS in 2017. During high school she was involved in the speech and debate team and served as Student Body President. Her IB experience was pivotal to her education and success in college. She is currently a student at CU Boulder with a major in Political Science and a minor in Leadership Studies. She is involved in CU student government, President's Leadership Class, the Pre-Law Club, and the Pi Beta Phi Sorority. This semester she is working in Washington DC as an investigative Intern at the Georgetown Law Center. Upon graduation she hopes to attend law school and pursue a career in social justice. IB helped her to become a strong writer. She did a project on Food Insecurity in Douglas County and hopes to include this experience in her life.



Ariana Fleet: Ariana graduated from DCHS in 2019. Ariana is currently a freshman at Reed College in Portland, Oregon, with a major in Art History and a minor in French. IB was the perfect preparation for a small liberal arts college. When she arrived at Reed, it was an environment in which people cared about what they were learning. In normal high school classes, it's about the grade or it's about the requirement. In IB, 70% of the drive is whether or not what you are hearing makes sense. It's about asking questions. It's really an inquisitive mindset, which is vital for a small liberal arts school like Reed. Her CAS project (working in a hospital) helped her change her career choice from being a doctor- sometimes you learn what you don't want to do!



Etash Kalra: Etash graduated from DCHS in 2019. He is currently studying Computer Engineering at CU Boulder. He was named a National Merit Scholar and received a Boettcher Scholarship. CAS taught him to explore and include multiple extracurricular activities that helped him balance his love of academic study with other things. He encouraged everyone to explore new adventures and just enjoy learning all kinds of things!



Justin Kopek: Justin graduated from DCHS in 2019. He is currently attending Barrett Honors College at Arizona State University with a double major in Global Studies and Sociology and minors in History with Certificate in Latin American Studies. He was a National Merit Scholar and is an officer with the Alexander Hamilton Society at ASU. He is potentially interested in a



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career in academia, foreign policy or working for a non-profit organization. He will be spending spring 2021 semester studying abroad in Santiago, Chile, focusing on Spanish Language and Human Rights. While at DCHS his EE topic was *No Child Left Behind Act- successful in improving the education for K-12 students in the US*.

He found the CAS trip to Peru to be transformative! Learning other cultures is a huge benefit of the IB program and he plans to continue this in his life.



Paige Schonher: Paige graduated from DCHS in 2011 and attended Mount Holyoke College with a major in Philosophy and a minor in Education. She received a Master of Philosophy degree from the University of St. Andrews (Scotland) and now teaches social studies at Elizabeth High School in Elizabeth, CO. As the oldest one on the panel, she said IB taught her to just get started- move in some direction and learn from every experience. Such was her CAS project that “fell apart” but provided huge life lessons that she can now use.



Shannon Thompson: Shannon graduated from DCHS in 2019. She is currently in her first year at CU Boulder with a major in Psychology. She did her EE project in WWII History and learned that if you break things into pieces, it makes the whole much easier to write. She also said the CAS trip to Peru was eye opening for her. Working with the residents of a poor village in a 1-1 way gave her a lot of empathy for those around her. IB helps to know how to do life and not just how to do school.



Blake Vieira: Blake received his diploma from DCHS IB in 2017. Blake is currently a third year undergraduate at American University in Washington DC, where he is pursuing a combined BA in International Studies and MS in Terrorism and Homeland Security Policy. In Wash DC, he has interned and worked for a foreign embassy, Congress, the federal government, NGOs and nonprofits. He did his EE about Politics- the “iron triangle” in Wash DC. He learned you need to do your research and report the truth. His CAS experience at a local hospital also convinced him NOT to pursue a medical profession. IB taught him great time management skills.



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David Roney: David was a last minute addition to the panel- and a wonderful one at that! He graduated from DCHS in 2017 and attends Wooster College in Ohio where he studies Psychology and Communication Disorders. He openly confessed he has a stutter but he overcame that obstacle and decided to speak publically for our event- thank you!. He says his Speech Therapist is one of his best friends and he may end up working in Speech Pathology. His EE was in Effectiveness of Speech Therapy Techniques. His CAS project was to create a charity golf tournament to raise funds for a local non-profit- an event that still continues today! He said IB helped him gain confidence in himself and others.

Advice from IB Grads

- Remember Learning is fun! Try new things!
- TOK-CAS-EE present great opportunities to learn- use them!
- Don't believe the lie "I am not smart enough"- persevere!
- Do not procrastinate! Just get started- you can do it and keep your stress down.
- Talk to your IB teachers- they are a great help!
- You only get out of life what you put into it- give your best effort!
- Take breaks when you need to- breathe-relax- don't force yourself into anxiety
- Find some good study buddies- it makes learning easier and more fun!
- Make connections- they may last a lifetime
- Be open to all types of learning- take risks!



A mom from England with a son in Scotland- now that is a world school!



We always thought Mr. Risner was a great teacher



Olivia was a great photographer on the CAS trip to Prague- tonight too!



Kathy & Bill Kramer- a husband/wife team who love to encourage all things IB



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An IB Family Journey

The Van Egeren Family's Journey with IB

By Lana Van Egeren, Proud Mom, Dec 2019

My youngest son, Andrew, was just accepted into the IB program at DCHS. Even as I am processing how quickly time has led us here, I am so proud to know he is choosing IB for his high school career. He is following in the footsteps of his two brothers who got their IB Diploma at DCHS and a sister, Kathryn, who is a junior currently pursuing hers, a niece who graduated with her IB diploma in Indiana and is now at Georgetown Law, and another niece and nephew who did partial IB in Missouri. My niece has her master's degree in Counseling Psychology and my nephew is applying to master's programs in Psychology. My son has watched these people he loves grow and thrive in the program and he is excited to pursue his own journey through IB.



Andrew Van Egeren

Before the children began IB, my family was becoming passionate advocates. My Dad was a high school principal in Springfield Missouri and in 1997 was asked by a group of parents advocating strongly for an IB program that would challenge their children in ways not currently available in their District, if he would support creating an IB program. As my Dad learned about the program, he became an ardent supporter and to this day believes that IB is the key to a full and robust curriculum. In fact, he went on to pursue and help create an IB program at his next high school in Kansas City.



Kathryn Van Egeren

My sister, who worked as a counselor at the high school in Springfield, has been a dedicated IB counselor for the past 18 years and is a passionate advocate, meeting with college admission counselors often to educate them on the advantages of admitting IB students to their college communities and tirelessly working to get more credit hours awarded for the amazing work these students do during their high school years.

As a parent, even knowing how much the program had benefited my nieces and nephew, I still had trepidation with my first child going into the IB program. I knew that the pressure and stress of on students appeared to be leading to increased levels of anxiety and depression. I remembered my high school years and all the activities I was able to



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participate in without fearing for my grades. I wanted my son, Jonathan, to have a relaxed high school experience and feared that IB might interfere. He, however, after going to the information sessions and talking with his Aunt and his cousins, decided that this was the path he wanted to follow. It is a decision we would not regret. The depth of learning, of experience, of friendships with both staff and students has been a gift to him in life. He is now a junior at the University of Missouri studying Information Technology with a minor in Spanish.

His brother, Bradley, followed a year behind and again, had an amazing high school experience in IB and is now a sophomore at Lake Forest College, studying Computer Science and is a member of the men's soccer team. Both boys played soccer both at DCHS and competitively, they participated in activities and groups, and worked part-time. I know they worked incredibly hard, but I never felt that they were sacrificing their high school experience and the advantages to them academically once they were in college, and the extra credit hours was a tremendous benefit.

When my boys come home, they can't wait to get together with their IB friends, I think of students who come back year after year to participate in the IB panels – volunteering their time years after they graduate to come back to talk to students about their amazing IB experience and I know why they do it – because it really did change their lives for the better academically and socially.





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Alumni Update

Colin Kolbus (IB Class of 2016)

Colin recently published an article in the journal, *Nature*. He has given us permission to share it. Below is part of the email he sent for background.

I just wanted to share a research project I've been working on for almost all of college. I recently co-authored a publication in Scientific Reports with a bunch of graduate students and professors (I was the only undergrad). Since sophomore year, I've worked in the UW Biogeotechnics lab studying a bio-stimulated cement using ureolytic bacteria. Doing the IB program allowed me the opportunity (and time) to look outside of my classes for a job like this. I am currently in my last year at the University of Washington Seattle studying Environmental Engineering with a minor in Chemistry and Applied Math while still getting out early! (thanks IB) Next year, I hope to go to graduate school for a professional Masters in Environmental Engineering. I have linked the journal here:

<https://www.nature.com/articles/s41598-019-54666-1>

Congratulations, Colin!



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Princeton Review Sessions Practice ACT-SAT tests held at DCHS

The Princeton Review is a college admission services company offering test preparation services, tutoring and admissions resources, online courses, and books published by Random House. As such, it is a great resource to help DCHS students maximize their scores on the SAT and ACT tests.



The IB Parent Organization hosts a Princeton Review Session in the fall and winter of each year. The first one was held on Saturday, September 28.

Results are sent to the Khan Academy and students are offered free tutoring to bring up any scores that need improvement. All DCHS students are included.

Next Session: Feb 1

The next session will be held on **Saturday, February 1st** and registration is now open, by following the registration from our IBPO website or directly: <https://ibpo.wufoo.com/forms/2020-pr-actsatpsat-spring-practice-test/>

We will be selling breakfast burritos and water prior to the exam, and snacks during the breaks.

Workshops

While the students are taking their practice tests, college financial planning, admission guidelines, and ACT/SAT/P-SAT Tests workshops are also held.

- Workshop I - How to Pay for College
- Workshop II – Guidelines/Admission Tips to get into College(s) of Your Choice
- Workshop III - Guidelines and Tips for taking the ACT and ACT Tests
- Workshop IV – IV. The Pragmatist's Guide to College Scholarships: How to Really Find and Win \$40,000 for College.

You can sign up for these with your student registration.

If you have any questions, please do not hesitate to contact us at huskieibpo@gmail.com



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2019-2020 IB CALENDAR

Month	Date	Day	Time	Event	
August	8/6/2019	Tuesday	4:30 – 7:30 PM	Back to School night and Ice Cream Social	
September	9/12/2019	Thursday	6 – 8 PM	Jr Induction	
	9/28/2019	Saturday	8 AM-1:00 PM	Princeton Review Practice Tests	Mult classrooms
October	10/02/2019	Wednesday	6:30-7:30 PM	Parker Core Knowledge HS Fair	
	10/13-10/19/2019	Sun-Sat		Fall Break-no school / CAS Trip	
	10/28/2019	Monday	6-8 PM	8th grade IB Info Meeting #1	Theater
November	11/8/2019	Friday		1st Deadline to register for IB Exams in May 2020	
	11/15/2019	Friday		All IB exam forms and money due to IB international office	
	11/24-11/29	Sun-Sat		Thanksgiving Break	
December	12/3/19	Tuesday	6-8 PM	8th grade IB Info Meeting #2	Theater
	12/7/2019	Saturday	All Day	Extended Essay Camp	DCHS-Clever
	12/20-12/31			Winter Break-no school	
January	1/1/20-1/3/20	Wed-Fri		Winter Break-no school	
	1/7/2020	Friday		2nd Deadline to register for IB Exams in May 2020	
	1/9/2020	Thursday	6-8 PM	IB Grad Panel-TOK/CAS/EE	Theater
	1/15/2020	Wednesday		8th Grade Freshman and New Family Orientation Night.	DCHS
February	2/1/2020	Saturday	8 AM-1 PM	Princeton Review Practice Tests	Several Classrooms
	2/28/2020	Friday	All Day	EE Field Trip to Auraria Campus	Off Campus
March	3/3/2020	Tuesday		IBPO Monthly Meeting	IB Office 31 N
	3/16/2020	Monday		Upload deadline EE, TOK,	
	3/14/2020	Saturday	All Day	EE Camp at DCHS	DCHS-Clever
	3/15-21/2020			Spring Break- no school	
April	4/16/2020	Thursday		Deadline IAPG & Arts	
	4/28/2020	Tuesday	5:30-8:30 PM	IB Year End Celebration	North Commons
	4/29 – 5/21			IB exams	Schedule
	4/30/2020	Tuesday		Visual Arts submission	
May	5/19/20	Tuesday	Morning	DCHS Graduation-No School	Football Field
	5/27-28/2020	Wed-Thurs	All Day	EE Summer Camp Auraria	Off Campus



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2018-2019 IBPO Board Contacts

IB Coordinator

Dr. Steve Fleet 303-387-1132 Steven.Fleet@dcsdk12.org

IB Assistant

Kathy Kramer 303-387-1008 kathy.kramer@dcsdk12.org

2019-2020 IBPO Board

Name	Role	Phone	email
Myrian Lewis	President	720-988-3157	myrianl@q.com
Sabrina Alvarez	Vice President	720-369-3290	sabrinass23@hotmail.com
Tami Kopek	Treasurer	303-641-6518	tkopek@hotmail.com
Ricardo Arenas *	Technical Support	303-620-6066	rrarenas@yahoo.com
Leora DiGiacinto	Social Media		lsf1100@yahoo.com
Nelleke van der Voort	Newsletter		ibpo@nelleke.com
Sonia Arenas	Member-at-Large	720-472-1104	seberenstein@yahoo.com
Shelly Nebel	Huskie IBPO Website		shellynebel@yahoo.com
TBD	IB Secretary		

Help Wanted!

The **IB Parent Organization (IBPO)** is a group of dedicated parents of IB students at DCHS that organizes events and activities throughout the school year. The IBPO is looking for parents to help out with various activities. Several IB parents have students graduating this year. See the IBPO website www.huskieibpo.com for the date of our next meeting. If interested, contact us at huskieibpo@gmail.com

If you are interested in any of these positions, please contact us at Huskieibpo@gmail.com

We want to hear from you!

For Newsletter Comments, Suggestions, Articles please email Leo Alvarez @ huskieibpo@gmail.com