

"The whole purpose of education is to turn mirrors into windows.

Sydney J. Harris

February 20

GWIB Broadcaster

February Update

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Used book buy-back and sale

This year's annual Used Book Buy Back and Sale will be May 26-27. Please note that, due to IB changes, this service is now applicable to juniors and seniors only. Used books will be bought back (depending on condition) from current juniors and seniors and resold to rising juniors and seniors. We also will facilitate a group order of new books for rising juniors and seniors. Your participation in this group order helps raise funds to cover book expenses for our IB students-of-need. Look for more information, including a new book-order form, in April's Broadcaster.

Please feel free to contact us with any questions: Kathryn Stieneker 303-881-1839 kstieneker@comcast.net; or Marijke Sheraden 303-810-

From the IBPA President

The IB community has been hard at work as we begin another new year. Our impressive students persist with great insight, creativity and dedication, while our wonderful parents continue to step up with hours of support both at home and at school.

Thank you to Doug Gertner for organizing and facilitating our Patriot Alumni Panel on Jan. 6. It was a fabulous evening, and I encourage you all to attend again next year. It is truly not to be missed! Please note Doug's article in this edition for more details.

We are looking forward to next Tuesday's session (Feb. 9) on estate planning. Thank you to Jamie Sarche for organizing this event and to Kim Ruddell for sharing her time and expertise with our community.

Planning for this year's Senior Brunch is underway. Kim Benson is heading up this great tradition with the help of Kim Kelsay, Pam Kerr and Melanie Bryant. Please note Kim's message within this Broadcaster so you can be involved. Photos of current seniors requested!

With DPS choice forms due last week, our recruiting season is wrapping up. Thank you to Pam Paulien for her role as IB Ambassador and her dedicated involvement in our 20 recruiting events. Also, thank you to our committed group of parents who showed up repeatedly to greet our shadows and their parents: Ali Foster, Kim Griggy, Libby Neid, Jamie Sarche, Lisa Warshafsky and Jennifer Wiener. We had close to 300 shadows! Impressive numbers for recruiting this year!

Please watch for information and volunteer opportunities for our annual Book Sale and Buy-Back (organized by Marijke Sheraden and Katherine Stieneker) and the proctoring of the spring IB exams (chaired by Kate Petterson).

Melanie Bryant, Mary Lane and I would like to have an IBPA meeting on Wednesday, March 16, from 7:30 - 8:30 AM in the IB Center. We plan to offer updates on all of our committees and discuss possible changes to our directory, website, Welcome Picnic and Senior Brunch. Everyone is welcome! Selecting a time and date to maximize attendance is always a challenge. If you

6598 marijke_sheraden@yahoo.com

GW Junior/Senior Prom/After-Prom

Mark your calendars and donate! GW's Junior and Senior Prom/After-Prom is set for Saturday, May 7.

Student Council plans and funds the Prom. After-Prom is the late-night event following the dance, which consists of music, games, raffles, big kid trykes, food, etc. Afterprom is planned in collaboration with the Student Council but is funded and implemented by parents. It is free for the students.

We need to start collecting donations NOW!

Suggested donation is \$50 per family, though any amount is greatly appreciated. Please make checks to George Washington After-Prom and include your student's ID number in the memo line (the treasurer needs it).

Send the check to Kerstin Froyd at 102 S Ulster St., Denver CO 80230.

Any questions? Contact Kerstin Froyd at kerstinfroyd@aol.com.

Save the Date!

The senior brunch will take place from 11 a.m.-1 p.m. on May 1. Please watch for more details! If you would like to help with organization, please contact Kim Benson knbenson@centurylink.net or Kim Kelsay kelsaykim@gmail.com.

Seniors, we need pictures of you! Please send a baby picture, senior picture and pictures of you and your classmates during school events to qwib2016@gmail.com and use the following password: !Pats2College!

No-Cost Fundraising For GW

Thank you to the parents who are already using the King Soopers reloadable gift cards. Last year, we received \$1,800 from the program and we have already received \$1,700 in the first semester this year, so please keep up the momentum by reloading. GW Patriot Parents gets 5% of what you spend and the funds are used to support After-Prom, teacher appreciation events and more.

When you shop at King Soopers, simply reload the card using your usual method of payment at check-out (you

are unable to join us but have ideas, please contact me and I will ensure that your thoughts are represented at the meeting (maura@solucian.com). Also, please let me know if you have suggestions for future speakers or events. We appreciate your input and involvement!

Lastly, we have loyal board members who are moving on with their graduating seniors. Please let me know if you are interested in replacing Jon Sarche as our dedicated Broadcaster editor. Also, we will need help with the IB directory and Senior Brunch planning. Thank you to Jon, Kim Kelsay and Kim Benson for their leadership!

We welcome your involvement! Please consider our many volunteer opportunities and plan to attend the meeting on March 16.

Sincerely,
Maura Mackintosh

IB Foundation: Winter means warmth for IB

Like me, I bet you're ready for permanently warm weather! Spring is around the corner, so we at the Friends of IB Scholars Foundation are getting into the defrost mood!

Here's something to warm your heart: the Foundation greatly benefited from those of you who paid your annual \$40 dues. And what an investment those dues are! We welcome those of you who have not yet paid up, and we thank those who not only kindly stepped up with dues but generously increased donations to the IB Foundation account. Thank you!

Let's keep fertilizing!

Please send dues and donations to:
<https://secure.qgiv.com/for/?key=friendsofib>.

Or, fill out the form at
http://www.georgeib.com/pdf/GWIB_Donation_Form_2009_09.pdf
and mail it to: John Murray, Treasurer, 1243 South Williams Street, Denver, CO 80210.

VOLUNTEER!!! We need parents and friends to join both the IB Foundation and the Parents Association, as well as the numerous other activities that engage our students - speech and debate, publications, Parents Association committees, sports, etc. If not money, give your TIME! Please contact Maura Mackintosh at the Parents Association to help out.

You'll be glad you did because you are instrumental to maintaining the best high school academic program in the city, state, and nation! And when you've cultivated this IB garden, you'll sit back in pride as your investment blooms into a bouquet of success!

still get the points on your credit card) before your order starts ringing up. You also can use it at the gas pumps (some people give their kids one for this purpose).

If you don't have a card and will use one, please contact Kerstin Froyd at kerstinfroyd@aol.com. The card is free and comes pre-loaded with \$5.

Adolesco language immersion

Interested in applying for the Adolesco language-immersion and cultural exchange program? Come to an informational meeting from 2-4 p.m. Sunday, March 6, at the Sam Cary Library (2961 Roslyn St., Denver, CO 80238), to learn more about the three-week to three-month program for children from 9-17 years old to learn French in France, Spanish in Spain or German in Germany. It's open to any English-speaking student in Colorado.

Adolesco will match families in April 2016; the application deadline is March 20. It can take around two months to complete the application process, so interested families should begin as soon as possible.

For more information, visit www.Adolesco.org. To reserve a spot at the informational meeting, contact Marie Meyer at Colorado@adolesco.org or call/text to 303-913-4845.

GW Grounds Committee is Going Green

By Lisa Emerson, Co-Leader of the GW Grounds Committee

Over the past 9 years I have watched an amazing transformation take place outside George Washington High School. People see the grounds and architecture of a school first and often (perhaps not fairly) judge the school by its appearance. With an obsessive eye for landscaping, I have noticed these incremental changes and confess that I have had the impression that the school was improving. Now that I have a student at GW and have joined the Grounds Committee, I understand firsthand what has gone into these improvements over the past 9 years. GW's grounds transformations include the addition of more than 80 trees, installation of an orchard, re-design of the east and north entrance flower beds, and complete renovation of the Gateway at the north entrance.

Behind these improvements is a passionate, dedicated and tireless group

Thank you for your support!

Sincerely,
Tom Zeiler

President, Friends of IB Scholars Foundation
thomaswilliamzeiler@gmail.com

CAS Corner

Notebook check

Notebook check is set for the week of Feb. 16 (right after President's Day). E-mail Marjorie Lane or stop by her room to make a meeting appointment (all members of the group must be present for the meeting). Each notebook must show significant progress in your goals/objectives with evidence.

CAS project notebooks MUST be in a new, 3-ring binder with a clear cover.

The creation of these notebooks should be ongoing.

1. Front cover - Title of project and first and last name of participants.
2. Typed goals / measurable objectives.
3. Timeline (you probably will have many drafts of the timeline, as things often do not happen according to the original plan).
4. Divider for each objective with evidence behind it.
5. Evidence includes a brief, typed description of what the evidence shows; how does it prove (or disprove) that the objective was met.
6. Ongoing reflections. These are individual reflections, kept in journal format. Make sure you include the dates of each reflection. You should plan on writing them often. The reflection can include:
 - Reflect on the timeline. Is it working? If not, why not? What do you need to do differently?
 - Reflect on the goals and objectives for the project. Are they realistic? Are they obtainable? If something is not working, why isn't it working? Do you need to "tweak" any of your goals or objectives? If so, why?
 - What are you learning about yourself: strengths and areas of growth?
 - Are you working with other people? If so, reflect on the collaboration. How is it going? Is everyone doing their share? Have any ethical issues come up? How were they handled?
 - Are you fund-raising or collecting items? Are you reaching your goal? If not, what do you need to change to encourage more people to give?

Completed notebooks are due the week of March 21 (if there is a reason you need more time, you MUST talk to Ms. Lane NOW).

2015-16 Junior CAS Completion Calendar

of students, alumni, parents, teachers, and administrators - the GW Grounds Committee. This committee organizes the annual Go Green day at the school, as well as multiple community service work days where students and adults come together to get a little exercise, get their hands dirty, and make the school a more beautiful place for all. Go Green day typically attracts 70 - 80 students plus adult volunteers, who plant trees and flowers, weed beds, spread mulch, and clean up. Besides having fun, students earn community service hours and gain a sense of accomplishment from being part of a project that creates immediate positive change to their world. This year's Go Green day is scheduled for April 23, from 8 a.m. to noon. Please consider joining us that day; gardening expertise is not required, and pizza is included.

Besides the obvious benefit of beautifying the school, the GW Grounds Committee supports student organizations such as the Grow Club, National Honor Society, AVID, IBLA, and FBLA by helping kids achieve their goals. The GW Grounds Committee also offers important CAS opportunities to the school's IB students. Many students have taken advantage of these volunteer leadership projects, including website development, garden design/project management, and marketing/PR/video production, with the assistance of the committee and benefitting school grounds. Ongoing CAS project opportunities are always available; IB CAS and other student involvement is fundamental to the committee's purpose and success.

For example, GW Senior Nathan DeSarro is developing a beautiful new Grounds Committee website for his CAS project, which will soon be accessible through the school's website. The Grounds website will have detailed information on current and past projects, CAS opportunities, volunteer opportunities, and upcoming committee meetings and community service dates. Another Grounds CAS example is Sophie Nick's informative PR video about the committee, and a third student group is designing a pollinator garden for the school.

The committee raises funds to purchase plants and supplies for GW grounds projects by selling engraved pavers and bricks for the Gateway entrance as well as tree sponsorships, which include an engraved plaque at the tree location. Monetary donations are also welcome. These items will be available for purchase on the new website, but to purchase in the meantime, please visit the old website

Date	Documentation
January - Feb. 19 (end of grading period)	Activities entered in Managebac for all three categories: Creativity, Activity, and Service. One reflection for each activity.
Feb. 20 - March 18	Additional reflections for at least one activity. Investigation / preparation / reflection write-up for first CAS mini project.
March 19 - April 18	Complete mini project with reflection.
April 19 - May 20	Additional reflections for one activity in each category: Creativity, Action and Service. Plan summer CAS activities (include one activity outside your "comfort zone"). Meet with Coordinator for final approval of summer plan.

CAS mini - lessons will be presented in English and TOK classes: Understanding learning outcomes; Reflective writing and the college/scholarship application process; What are the stages of CAS?; How to conduct an investigation to plan a CAS mini-project.

A letter to Ms. Lane from a recent graduate on the value of CAS:

It was great to see you at the Neslins' Christmas Party. Seeing you, I realized I want to thank you for running and facilitating the CAS program. I brought two experiences with me from high school to college. The first is the art of socializing: learning how to interact with diverse people, the negotiations of compromise, corresponding with parents and professionals. The second experience is the CAS program.

It's incredible how much CAS activities have led me from one opportunity to the next at American University. I have used CAS activities in numerous interviews that have granted me considerable scholarships, highly competitive internships with Senator Bennett's office in Washington, D.C., and paid internships at nonprofits. I first used all the CAS activities on a resume to apply for the School of Public Affairs (SPA) Leadership Program after graduation.

The SPA program is comprised of 40 freshmen that study leadership theory and develop leadership skills. At the end of the years, my classmates and I will receive a certificate in advanced leadership development. As part of the program, the students research a social justice problem, design a project to solve the problem, find partnering organizations in D.C., apply to grants, and fundraise for our projects (we're given \$100 to start). The program also has deep connections in Washington for internships.

Once a week, I reflect on the work I have completed in regards to my project and on the assigned reading.

I have found the skills I gained during CAS activities to be

at www.qwhsgateway.com or email Lisa at lemerson8@msn.com. Prices are as follows: Bricks, \$100; medium stone pavers, \$500; large stone pavers, \$1,000; and tree dedications, \$500.

Please consider leaving a meaningful and lasting tribute from your family to the school - a wonderful gift idea to purchase in honor of a graduating senior. All proceeds from purchases benefit GW Grounds Committee projects.

GW Grounds Committee volunteer leadership includes Steve Brown, Ann Cuthbertson, Barb DeSarro, Lisa Emerson, Lee Ann Huntington, Susan Lurie, Jana Roush, and Martha Tucker.

Please contact any of us for more information at GWNorthEntryProject@gmail.com.

extremely useful. Reflecting on my progress? No problem. The skill of self-assessment and reflection on others' actions has been imperative to leadership roles and working with my supervisors. Finding a partnering organization in D.C? Exactly what I did when I looked for an organization to help me create a wildfire restoration day. I just finished applying to a few grants, and assuming I receive the money and my fundraisers are successful, I will start an after school STEM club at a residential charter school for foster children. The point is similar to what you taught me: I am not about just "showing up and stacking books in a library for free" (direct quote from senior year). It is about finding ways to make your task better, accomplish more, and help the cause. I knew going into this project helping foster children that I didn't want to just fill an empty volunteer spot at this school, but really identify what they were missing and fill the gap with a whole new, fully funded program. All of the activities I participate in college (interning, working, newsletter editor, sports) asked me to do what I was already comfortable doing because I had done so with CAS three years ago.

The CAS program also values diversity of activities, which I have found to be exceptionally useful. When I arrived at college I found activities to replace my CAS activities. For example, ultimate frisbee replaced swim team, and working at the career center and interning at Education Week replaced speech and debate. I used all the time I dedicated to yoga during CAS to become a yoga instructor on campus. The point is, without CAS I wouldn't be so involved in various activities on campus/in D.C. and my involvement in activities has helped me manage time and really hone skills employers want, such as professionalism, attention to detail, commitment, and teamwork.

I think the CAS program helped me realize nothing is mundane if I am passionate about it. Whether it is making money, designing a new campaign plan, restoring burnt forests and increasing volunteerism, or helping foster children succeed, passion has been crucial to my success. I was fortunate to learn this lesson and be able to apply my passion early. When my college friends hear about the CAS program they all praise the program and remark that they wish they had a similar program in high school.

I know asking for late reflections, signed papers, and binders can be extremely frustrating and tedious (I am guilty of all those offenses). But, know that CAS really does pay off and it truly is a fantastic program. My GPA and test scores, along with what high school teachers think of me all mattered up to when I was accepted into college. But once in college, what matters is not high school test scores, or how much I remember from my HL classes. What matters and still has an impact on me and my career today is the CAS program.

Best,
Suzanna Steele
American University Class of 2018
School of Public Affairs

Patriot Alumni Panel successful

By Doug Gertner

Ever wonder what happens when a diverse group of George Washington alumni gather during their Winter Break to share with the GWHS community their own experience of searching for and going to college? That's just what happened on Jan. 6, when 11 recent graduates assembled for the Patriot Alumni Panel. The panelists represented in- and out-of-state schools, large and small, public and private, including community college, and transfer students; six were IB graduates, five had taken AP and other tracks through George. (Two additional IB grads were in the audience and introduced themselves briefly.) The questions they answered were about how they selected and transitioned to their respective schools, and what they have learned along the way.

The panelists were amazing, offering honest, thorough information, examples and wisdom that impressed and informed the audience of current GW students and parents. Panel members represented the best of a wide spectrum of George Washington High School's students and their advice was invaluable to everyone who turned out to hear them. Among the nuggets they shared with GW students and parents looking toward life after George:

- Work with the Future Center and the helpful counselors at GW. Parents, let other knowledgeable people help your kids on the college planning path.
- It's great to dream, and you need to be realistic too. How much is college debt worth to you?
- Parents, set expectations early. Tell students what you can afford, how much you expect them to contribute, and what other expenses to consider beyond classes, books, and room and board.
- Parents, when you are having one of many college conversations with your child, set expectations for the conversation. What is on the table to discuss now? Keep it focused to avoid becoming overwhelmed.
- Students, you can change schools and majors once you start college. Several members of the panel are not attending the school where they went their freshman year. Most were in the process of selecting a major rather than deciding before entering.
- Many panel members emphasized the importance of being involved in college by joining clubs and organizations. These extracurricular activities have enhanced their enjoyment of the college experience.

Thanks to the George faculty including Ms. Richason, administration (especially Mr. Martinez and Mary Lane), Student Council, Future Center (Ms. Hall), IB (Melanie and Marjie), IBPA (Maura Mackintosh and Jon Sarche) and parents (Erin Gatlin, Libby Neid), along with our great alumni panel for making this a true One George event. Keep an eye out next fall for notice of

next year's panel and mark your calendar for an informative evening of college prep, not to be missed by any GW family.

Your 2016 Patriot Alumni Panel members are: Sydney Sibelius, Scripps College; Claire Baker, Vassar College; Margaret Schaack, Georgetown University; Hannah Walker, George Washington University; Zach Segall, Grinnell College; Monay Turnbough, University of Colorado at Denver; Jacob Sorokin, Colorado State University; Alex Ackerman, Metropolitan State University of Denver; Natyely Soza, Colorado State University; Ajonte (AJ) Hinton (2015), Community College of Denver; and Tashan Montgomery (2015), University of Denver.

Also attending as additional resources were: Haley Perry, Lewis & Clark College; and Allison DeSarro, UNC at Chapel Hill.

IB Proctoring 2016

For all new and returning IB parents, we have a great volunteer opportunity for you: exam proctoring, or as they say in IB lingo, "invigilating."

The commitment to administer, time, and collect exams takes anywhere from an hour and a half to three hours. The exam schedule is set by the IBO, and exams take place in May. The commitment will include a short morning (before work) training session later this spring. This year we will use an online sign-up form, so please watch for further communication from the IBPA and the GW Weekly newsletter to sign up to proctor once we have the exam schedule set.

Questions? E-mail Kate Pettersen at kbpettersen@yahoo.com.

Girls senior swimmers honored



Several IB students are members of GW's girls swim team, which recently held a senior recognition event. From left to

right, top row: Kat Chorney, Anna Howard, Anna Matefy, Mia Keller, Lexi Killinger, Sydney Melnick, Faith Sena-Hartman, Lizzie Torgerson, Alice Schaack, Annika Moen. Bottom row: Taylor Herman, Becca Hoffman, Claire Jacobs, Marie Smith, Elena Staver, Maya Waldstreicher.

Get ready for Copacabana!



Copacabana, a musical by Barry Manilow, is the story of a girl named Lola LaMar and her lover, Tony Forte. They live in a world created by a songwriter named Stephen, who envisions the glamorous Copacabana nightclub of the late 1940s. Come and join the GW Patriot Players as they bring the music and passion of the Copacabana to the GW stage Feb. 25 -27, at 7 p.m. each night, and a 2 p.m. matinee on Feb. 27.

Please contact us if you have story ideas or information you would like to include in the GWIB Broadcaster Newsletter.

Sincerely,

GWIB Parent Association

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