

"What we learn with pleasure, we never forget."

*Alfred Mercier*

August 2016

# GWIB Broadcaster

## November 2016 Update

Please contact us at [gwibnews\(at\)gmail.com](mailto:gwibnews(at)gmail.com) if you have story ideas or information you would like to include in the GWIB Broadcaster Newsletter.



Join Our Mailing List!

### Save the date for the annual PATRIOT ALUMNI PANEL

It will be a group of GWHS alumni talking about the transitions, possibilities and preparing for life after graduation

#### STUDENTS & PARENTS WELCOME

Wednesday, January 11, 2017 ~6:30-8:30 p.m.~  
GWHS Community Room

Direct Your Questions and Panelist Suggestions to  
Doug Gertner  
[doug@dougertner.com](mailto:doug@dougertner.com) | 303-886-4114

### IB Dues

Please remember to pay your annual dues to the IBPA. Each IB family is asked to donate \$50 annually to sustain our many worthwhile endeavors, including supporting our teachers and providing financial assistance to our IB students.

Here is the link:

<https://secure.qgiv.com/for/friendsofibdues/>

Checks can also be mailed to the

### MESSAGE FROM the GW IBPA PRESIDENT

Our George parent P3 organization has been busy with productive engagement opportunities. Please watch your weekly update via the GWHS correspondence to take advantage of upcoming events.

The next P3/IBPA highlighted evening is scheduled for Wednesday, 11/16, at 6:30 in the GW library. The topic is Stress Management. GW students and parents are invited for an event to address positive ways to manage stress and maintain a healthy perspective in busy teen lives. Our presenter, Dr. Maia Sidon, is a licensed psychologist and graduate of Columbia University, University of Denver and George Washington High School. She will address topics including how efforts to avoid stress can make it worse, what is "mindfulness" and how it can help with stress management, and how to adopt healthy distraction habits rather than relying on avoidance.

Please plan to attend, and your formal reply via the sign up offered through the GWHS announcement is appreciated or here:

[P3 Community Meeting - Stress Management RSVP](#)

The following morning on Thursday, 11/17, at 7:30 AM, we will hold an IB Parents' Association meeting in the IB office area. The future of our organization is on the agenda. What is our future, both as an individual organization and fundraising entity? Melanie Bryant will specify what our IB needs include, and we welcome your contributions for ideas for the future.

We will also discuss plans for our beloved Senior Brunch. To inform those of us who have never had the delightful opportunity to partake in this special tradition offered every spring, our senior IB students and their loved ones gather for an event to celebrate and enjoy an amazing photo video show and an impressive, often-comical skit representing the many amazing IB teachers. It is a highlight of senior year, and we would like to discuss ideas for its future. Also, we do need volunteers to help with the 2017 Senior Brunch. Specific

Friends of IB Scholars Foundation  
c/o John Murray, Treasurer  
1243 S Williams Street  
Denver, CO 80210-1823

## THE IB COUNSELING COLLEGE CORNER

There is a wealth of information on the GWHS Counseling Dept website (<http://gwhs.dpsk12.org/counseling/>) On the left side of the page, under Academics, click on Checklist by Grade. Then go to your student's year and see what is recommended to set the stage for being successful in the college application process. Naturally, as students progress through high school, each year brings greater challenges and expectations, but it's never too early to focus on doing one's best.

[CLICK HERE FOR A PDF of DETAILED INFORMATION](#)

### Your Kiddo in Europe this Summer?

#### START HERE ADOLESCO YOUTH EXCHANGE

is a flexible and affordable not-for-profit program of 3-week to 3-month short-term language immersion and cultural family-to-family exchanges for kids (between 9 and 18) to learn French in France, German in Germany and Spanish in Spain - open to qualifying students in Colorado and the US. Apply NOW for 2017 and 2018 exchanges  
[www.Adolesco.org/pre-application](http://www.Adolesco.org/pre-application)

Marie Meyer 303-913-4845/ [marie@adolesco.org](mailto:marie@adolesco.org)  
Colorado Volunteer on behalf of Team Adolesco Youth Exchange  
Newsletter sign up at  
[www.adolesco.org/contact](http://www.adolesco.org/contact)  
<https://www.facebook.com/Adolesco.org>

#### GWIB Parent Association Contacts

##### President

Maura Mackintosh [maura@solucian.com](mailto:maura@solucian.com)

##### Vice President

Josie Ostrander [ibestrander@gmail.com](mailto:ibestrander@gmail.com)

overseeing the favors for the seniors, and managing the replies and money once the invitations go out. Please email me at [maura@solucian.com](mailto:maura@solucian.com) if you would like to help.

We look forward to seeing you on 11/16 and 17, if not before!

Maura Mackintosh  
President IBPA

### From the President, Friends of IB Scholars Foundation

Happy Fall from the Friends of IB Scholars Foundation!

On behalf of the President of the Friends of IB Scholars Foundation, please remember to pay your annual dues of \$50.00. Any contributions above and beyond the annual dues are sincerely appreciated and truly helpful to the continued excellence of the GW IB program. Your donation allows us to continue to support the oldest, and the best, IB program in the state! As we have for more than twenty years, the Foundation continues to fund the following programs:

- Loans and grants for students needing financial assistance to pay for IB tests
- Honoraria for teachers working with students on their extended essays
- Software needed to manage CAS projects
- IB office needs for our dedicated and committed IB program managers
- IB student-focused opportunities

Because the Foundation is a 501(c)(3) tax-exempt entity, your donations are tax-deductible.

Donate at <https://secure.ggiv.com/for/?key=friendsofib> or, if paying by check, make checks payable to: Friends of IB Scholars Foundation, c/o John Murray, Treasurer, 1243 South Williams Street, Denver, Colorado 80210.

Great things are happening at GW and we all have a role to play in strengthening the One George community as well as the IB program. Thank you to students, teachers, parents, families, GW administrators and staff for everything you do to make GW a jewel of a school!

Tim Bakken, President, Friends of IB Scholars Foundation  
[timbakkenib@gmail.com](mailto:timbakkenib@gmail.com)

### Who should attend the Patriot Alumni Panel on Wednesday, January 11, 2017, in the GWHS Library?

The entire GW community, that's who. This annual event features recent GW graduates talking about their 'life after

John Murray jm1241@gmail.com

**Secretary**

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**Proctor Coordinator**

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**Senior Brunch Co-Chair**

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Open Position

**Spring Book Sale and Buy Back**

Kathryn

Stieneker kstieneker@comcast.net

Marijke marijke\_sheraden@yahoo.com

Sheraden

**Student Directory Chair**

Robyn Frahm purgus@comcast.net

**Friends of IB Foundation President**

Tim Bakken timbakkenib@gmail.com

**Friends of IB Foundation Secretary**

Kitty Hook khook@ngkf.com

and how GWHS helped them learn.

First year students and their parents will get a wonderful introduction to GW and see the impressive legacy of our alums.

Sophomores and their parents can get a jump on their college planning by hearing about the various, diverse paths that George grads have taken.

All juniors and their parents will find this panel most timely as they begin the college search process.

And George seniors and their parents will hear from some familiar folks about what to expect as they prepare to graduate.

It's an evening for everyone, so mark your calendar now and join us for this valuable tradition.

Doug Gertner, Ph.D.  
doug@dougertner.guru

## GROUNDS COMMITTEE NEWS

**Community Garden** GW has begun the process of building a new school/community vegetable garden on campus! This is a valuable addition to the school that will benefit students, teachers and families for years to come. Please watch for more information about how to get involved, check out the GW Grounds Committee website at <http://gwgroundsccommittee.weebly.com/> and contact Lisa Emerson at [lemerson8@msn.com](mailto:lemerson8@msn.com) for additional information. We will have several work days over the next 6 months to build the garden, including Go Green Day on April 15th, 2017. ATTENTION STUDENTS: this is a wonderful CAS opportunity! Please contact us if you need a project.

**Photography Contest** Announcing a photography contest sponsored by the GW Grounds Committee and Ms. O'Ryan! A calendar will be produced with the winning entries featuring GW through the seasons. Now is a great time to get some outstanding autumn shots. All students are highly encouraged to participate and can submit their pictures to:

<http://graphicdesignqwhs.weebly.com/qwhs-calendar-submissions.html>

**Service Days** The GW Grounds Committee hosts service dates throughout the fall and spring to spruce up the GW campus. Students have the opportunity to log service hours and contribute to beautifying the school campus. This fall, we have removed dead trees and bushes, planted one big new tree, cleaned out the greenhouse, removed unsightly plants from planters, and started installing new bushes in planters. We are continually weeding the north side and placing new mulch.