

**TIMNATH MIDDLE-HIGH SCHOOL**

POUDRE SCHOOL DISTRICT

4700 Prospect Road, Timnath, CO 80547

Phone 970-419-3400 | Attendance 970-419-3403

THE CUB NEWS

Principal
Jesse Morrill

Assistant Principal
Chris Bergmann

Assistant Principal
Emily Dunn

[School Website](#)

**CLICK IT**

Click on the
Ads in this
Newsletter



...to learn more about
these great companies!

Advertising in this
newsletter does not imply
endorsement by Poudre
School District.

Cub Kudos

Super Art Show at the Superintendent's office

Representing the middle school- Aislin Long's digital drawing and for our high school piece- Olivia Gregov's mixed media painting.



All Conference Girls Basketball: Tiana Guzman, 1st Team, Gretchen Deines, 2nd Team

All Conference Boys Basketball: Tanner Mock & Luke Jacobson

Girls' Basketball made the state playoffs in its re-established first program year!

Worried something is wrong?

they're behavior is very odd

THEY SEEM UNUSUALLY AGITATED



These may be symptoms of psychosis and it's more common than you think. We provide support to youth (15-29) experiencing FEP (first episode psychosis).

Find out more:
SummitStoneHealth.org/ascent



Upcoming Music Concerts

Orchestra: March 7th at 7pm

Choir: March 8th at 7pm

Band: March 9th at 7pm

TMHS Tech Education

TMHS Tech Education classes (construction, welding, robotics, engineering) are looking for donations of time, expertise and materials from the local community. If you know of anyone with knowledge of the following, please reach out to Kevin Murray at kemurray@psdschools.org.

- Vertical milling machines
- CNC router tables
- CNC Plasma cutting
- 5 axis mills
- CNC Lathes

In addition to expertise, we are seeking local community business connections for ideas, student internships, materials donations, guest speakers and more. If you know anyone in any of the following fields that wants to help us develop our student > career pipeline, please contact Kevin Murray at kemurray@psdschools.org.

- Welding
- Manufacturing
- Robotics & Automation
- Construction & Carpentry
- Engineering

Sponsorship space in this newsletter is extremely affordable!

Reach parents in your local community & a significant portion of your investment goes back to the school!

Want to sponsor this school?

Please contact
Joe Mivshek at

SchoolNewsletterCompany@gmail.com or
(970) 420-7163.

Spring Break Reading Photo Challenge!

Hey Cubs! We want to see you reading over Spring Break! Join us in a fun school-wide contest and take a picture of yourself reading ANYWHERE! Your cozy couch, the top of a ski mountain, on an airplane, on the beach, anywhere! You will be entered in a drawing for some great prizes for sending in a photo with your name, book title, and location (where the photo was taken). We will also have prizes for most creative photos, farthest distance from our school, and more! You can show your face in the photo or "hide" it with your book. Get as creative as you'd like, and most importantly, KEEP READING!

To submit a photo, just email it to Mrs. Decker at joyd@psdschools.org with your name, grade, book title, and location.

We can't wait to see them all!

Upcoming College Campus Field Trips

These field trips are opportunities for students to set foot on a college campus and learn about the unique academic programs and extra-curricular experiences each school has to offer. For both field trips, students will need to wear comfortable clothes and shoes for a walking campus tour.

CSU field trip - April 4th. Open to both Freshmen and Sophomore students. Lunch is not provided so students will need to bring money to purchase lunch at the Lowry Student Center or bring their own lunch.

UNC field trip - April 28th. Open to Sophomores. Lunch will be provided. This field trip departs prior to the school day. Students must meet at the front of the school by 8:10am for an 8:15 departure.

Please see Mr. Sifrit in the College/Career Center for more information and to pick up a field trip permission slip.

TMHS Drama Club Needs Your Help!

TMHS drama club is looking for the following items for our April performances of *A Year with Frog and Toad*. This performance is set in the 1920s-60s, so please consider this when donating. If you can donate any of these items, contact Will Ecker at wecker@psdschools.org

- | | | |
|--------------------------|------------------------------------|-------------------------|
| - cookies (3 packages) | - leaf rakes | - lamp |
| - fake/cloth flowers | - fake leaves (from a craft store) | - frying pan |
| - 2 vintage alarm clocks | - tea set | - 2-3 inch thick ribbon |
| - kite | - toboggan (or a wooden sled.) | - blanket |
| - 6 suitcases | - 1 Styrofoam ball (3 inch) | |

We are here for your child's health!
¡Estamos aquí para la salud de su hijo!

Schedule your school or sport physical today!
¡Programe hoy su examen físico para la escuela o deporte!



Salud Family Health (303) 697-2583
(303) MYSALUD

1635 BLUE SPRUCE DR | FORT COLLINS CO

OUR CARE IS DINO-MITE!
MEDICAL • PEDIATRICS • DENTAL • BEHAVIORAL saludclinic.org

FORT COLLINS SYMPHONY
WES KENNEY • MUSIC DIRECTOR

Escape to the movies

MAR 24 • 7:00 PM
Music in Film Pops Concert
Timberline Church Auditorium




DETAILS & TICKETS:
LCTIX.COM

April 17th | 5:30p

Hosted by Rocky Mountain High School

Save the Date: Mental Health Matters

Please join Poudre School District for the 8th Annual Mental Health Matters K-12 Event, this year hosted IN PERSON at Rocky Mountain High School. Speakers will address a wide range of mental health topics that effect all grade levels.

More information coming soon.

Brought to you by the PSD

School Healthcare Professional Grant team

EAT, DRINK & RAISE FUNDS

PARTNER WITH US: [QDOBA.COM/FUNDRAISERS](https://qdooba.com/fundraisers)
25% of our sales go to organizations doing good. Fundraise for your non-profit or school today.



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MEXICAN EATS

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Opportunities

to start nursing
or culinary pathways

Food and Nutrition
(Age 16)

Personal Care Provider
(Age 17 - will train)

CNA
(Age 17 - will train)



COLUMBINE
HEALTH SYSTEMS

www.columbinehealth.com

GRADES 6TH-8TH INTERESTED IN SCIENCE OLYMPIAD?

Scan the QR code to complete
the Google Form.

Questions? Contact Lynne Diaz for more info:
ldiaz@psdschools.org



SAVE THE DATE

**Middle School Social
(Grades 6-8)
Friday, April 28th
6-8pm**

More info to come!





Work-Based Learning

POUDRE SCHOOL DISTRICT

Work Based Learning (WBL), Alternative Cooperative Education (ACE), & College and Career Coordinators at Timnath are available to help students find jobs, internships, apprenticeships, or ongoing volunteer experiences and support students throughout the hiring process. Creating a resume, filling out an application, talking to a boss about a work-school schedule balance, informing students about youth labor laws, and communicating with a manager are some of the things these coordinators can help with. Students should look for current openings on Xello under "Opportunities" first, then email Mrs. Smith to set up an appointment. You can also view these openings on our WBL google classroom. Join the WBL classroom using this code: **gupvc5e**

Students can gain hands-on work experience through the ACE Career Skills class in which they will be working in the school coffee shop and other student-run businesses within the school. Ask Mr. Tolar for more information.

Students can also earn elective high school credits if they are working!. Ask Mrs. Smith for more information.

Additionally, these coordinators take students on career-related field trips. Click [here](#) to see the schedule and register!

Troy Tolar - ACE Coordinator, ttolar@psdschools.org

Jason Sifrit - College and Career Coordinator jsifrit@psdschools.org

Shannon Smith - WBL Coordinator shannons@psdschools.org

St. Patrick's Day

LUCK

An advertisement for The Youth Clinic and Pediatric Urgent Care of Northern Colorado. The background is a warm, orange-toned photo of a smiling young woman. The text is white and orange. At the bottom, there are logos for The Youth Clinic and Pediatric Urgent Care of Northern Colorado.

We understand the stress of caring for a sick child.

Our providers are here to help get your family on the fast track to healthy.

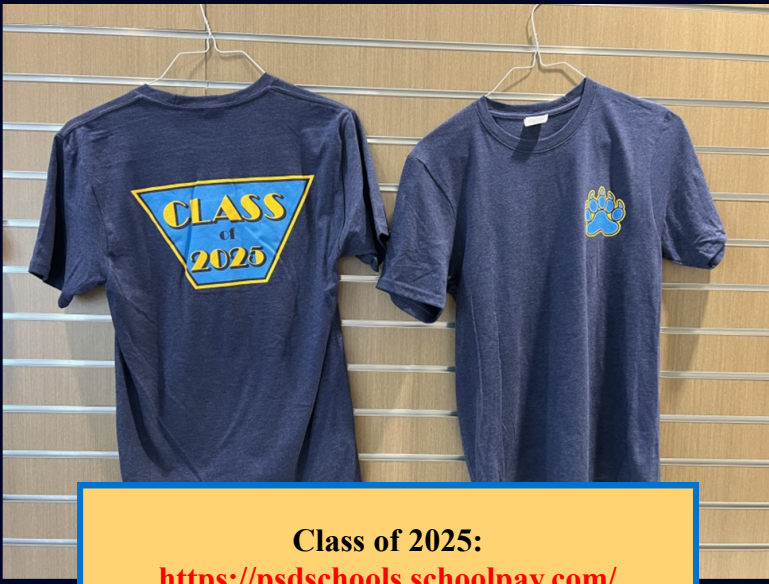
The Youth Clinic
caring for our future generations

Pediatric Urgent Care
OF NORTHERN COLORADO

Class T-Shirts

Class T-shirts are now available for purchase. Class T-shirts are \$10 each. Students can purchase the shirts from Cub Corner or Coffee Cave during the first two periods every day. The shirts can also be purchased online through SchoolPay and then the student can bring in the printed receipt to pick up their T-shirt.

Here are the links to pay for the shirt online (note: there is a specific link for each class):



Class of 2025:
[https://psdschools.schoolpay.com/
link/2025-Class-T-shirt](https://psdschools.schoolpay.com/link/2025-Class-T-shirt)



Class of 2026:
[https://psdschools.schoolpay.com/
link/2026-Class-T-shirt](https://psdschools.schoolpay.com/link/2026-Class-T-shirt)



The
Women's Clinic
of Northern Colorado

Schedule Your Appointment Today!

CLICK IT

Click on the
Ads in this
Newsletter

...to learn more about
these great companies!

Mention this ad and
enjoy 50% off your oil change



Find yours at
Fort Collins
Dodge Chrysler Jeep Ram

224 W Harmony Rd | 970.632.9770 | fortcollinsJEEP.com

Counseling Update

The counseling team is excited to kick off ICAP (Individual Career and Academic Planning) work with students on Xello, PSD's software home for college, career, and academic planning and exploration. While we firmly believe that this ICAP work happens through everything students do and experience both in and out of school, Xello is a helpful and robust platform offering a wide variety of tools and resources for students in grades 6-12. As students progress through their time at Timnath their Xello portfolio will change and grow with them, helping them develop and share their interests and passions, skills and strengths, and future goals and dreams.

To orient and guide students through the platform, students will be completing four lessons in each grade level (outlined below) during ELO throughout the remainder of the school year. The lessons for each grade level are as follows:

Grade 6:

1. What is ICAP? Build your Xello Profile: Introduction to individual career and academic planning process and the Xello Platform
2. Explore Learning Styles: Investigate visual, auditory, and tactile learning styles and explore how their learning style can help them in school and a future career.
3. Explore Interests: Complete an interest inventory and investigate how their interests match up with careers or pathways that may suit them well.
4. School Subjects at Work: Investigate how school subjects relate and apply to future careers.

Grade 7:

1. Explore Career Matches: Dig deeper into career match assessment results and explore aspects of a career of interest.
2. Discover Learning Pathways: Complete the Learning Style quiz and investigate post-secondary pathway options
3. Decision Making: Explore the importance and consequences of making informed and well-reasoned decisions and reflect on a recent important decision.
4. Time Management: Explore ways to improve time management skills and assess how they currently manage their time.

Grade 8:

1. Skills: Identify skills needed for a variety of occupations and how school, extracurricular and leisure activities can help build their skillset.
2. Biases and Career Choices: Identify and explore how biases (gender, ethnicity, ability, and class) can influence career choices
3. Transition to High School: Explore ways to make their transition to high school easier and more successful.
4. Spark Interview! Students will engage in a conversational interview with a Timnath staff member about their passions, interests, and connections to our school and will upload a summary and reflection on this process into Xello.

As parents, you can learn more about Xello by visiting the parent guardian section on xello.psdschools.org. You can view your student's work and their developing portfolio by creating a parent account. Middle school parents should be receiving an invitation to create an account linked to their students portfolio when this newsletter is delivered. Please reach out to counselors with any questions - we look forward to supporting your students as they engage in this work!

Supporting our Schools



Joe Mivshek

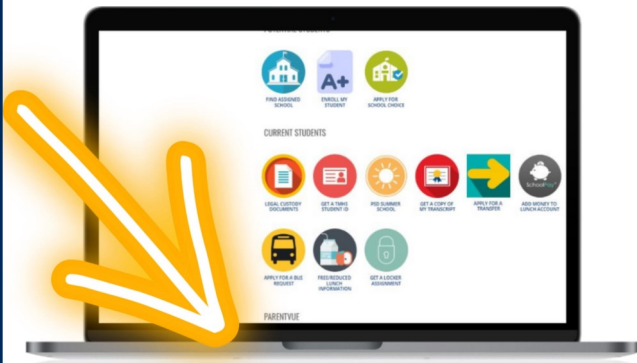
Joe.Mivshek@KW.com

kW NORTHERN
COLORADO
KELLER WILLIAMS.

970.420.7163



HAVE YOU CHECKED OUT THE
REGISTRAR
WEBSITE? YOU DEFINITELY SHOULD.



CLICK HERE

Bus requests. Summer School. Transcripts.
Lockers. Lunch Money. Emergency Contacts.
ParentVue Help. ID cards. School of Choice.
...all the things!

HIGH SCHOOL SPRING SPORTS

Registration opens February 6th

<https://tmh.psdschools.org/athletics/sports-registration>

REQUIRED STEPS COMPLETE FOR PARTICIPATION

- ☒ PSD REGISTRATION ON SPORTS ENGINE COMPLETE
- ☒ PSD ATHLETICS FEE PAID
- ☐ PHYSICAL SUBMITTED—VALID THROUGH _____

once the first 2 steps are complete, stop by the Athletic Office with a valid physical or to confirm your physical and receive your Spring Sports Gold Card

HS SPRING SPORT OPTIONS

offered @ Timnath

*Baseball *Girls Golf *Girls Soccer *Girls Tennis *Co-Ed Track & Field *Unified Soccer



*Boys Swim & Dive (Wellington Co-op) *Boys Lacrosse (PSD Stars)

offered through other PSD schools



*Girls Lacrosse (PSD Stars-Rocky Mountain) *Boys Volleyball (PSD Stars-Fossil Ridge)

Gold Cards due to coach before you step on the field, green, court,
track, pool deck, etc on Monday, February 27th
(Boys Swim/Dive & Boys Volleyball start 2/20/23)

HIGH SCHOOL ATHLETICS AWARDS NIGHT

**MAY 15TH
6:30PM
AUDITORIUM**

[High School Athletic Schedule](#)

TMHS SPRING TESTING

More details to
follow

Scan the QR code For
more info about state
assessments



Please contact Jill
Frey if you have any
questions.
jfrey@psdschools.org

CMAS ELA & MATH

GRADES 6TH-
8TH

3/28, 3/29, 3/30

*High school will
follow an
alternative
schedule

CMAS SCIENCE

8TH GRADE
ONLY

4/12

*The rest of the
school will follow
a regular
schedule.

PSAT 9/PSAT10 High School only

4/13

*Middle School will follow a
regular schedule.

*Asynchronous learning for
high school students after
testing

Spring Leadership Summit



Wednesday, March 1, 2023 8-10 AM

Young Women in
Leadership
Guest Speaker Series

at
Otterbox Headquarters

RSVP by 2/24
bit.ly/ywlpdspring23
Breakfast Provided



Shantel Hansen
Marketing Consultant,
Director and Producer
(herturf.com)



Erin Kelley
Welder and Lab
Manager, CSU
Powerhouse



Abbye Neel
Engineer II,
Brendle Group



Lindsay Ogden-Herrera
Senior Solutions
Architect, MarTech
visionary



Lindsey Singleton
Design Engineering
Manager, Otterbox



Laura Harder
Cybersecurity
Air Force



PRESENTED BY FUTURES LAB. OPEN TO HIGH SCHOOL STUDENTS IN POUDRE SCHOOL DISTRICT.
STUDENTS MUST PROVIDE THEIR OWN TRANSPORTATION. COST IS \$5.00



MIDDLE SCHOOL ULTIMATE FRISBEE CLUB

PRACTICES BEGINNING MARCH 21

TUESDAYS

4 - 5:15PM

IN THE COMMONS, THEN HEAD OUTSIDE!



WHY JOIN? • Learn to play • Develop your skills • Make new friends •

Get fit • Play in a tournament • Get involved •

QUESTIONS?

Email coolstermc@gmail.com

GET READY FOR
SPRING BREAK
HAVE FUN IN THE SUN

Sponsorship space in this newsletter is
extremely affordable!

Reach parents in your local
community and a significant portion
of your investment goes back to the
school!

Want to sponsor this school?

Please contact Joe Mivshek at
SchoolNewsletterCompany@gmail.com or
(970) 420-7163.