

# CAÑON CITY HIGH SCHOOL

# January

# NEWSLETTER◀



Issue 5 | Date: January 2022

## PRINCIPAL'S MESSAGE

Tiger Family,

Mr. Carter, the CCHS GATE Specialist, shared an article with me this week entitled, *Four Messages Your Freshmen Need to Hear this Year*. I've extracted them from the full linked article because I think they have merit for our entire community. Parents, we will look at them from an educator's perspective and ask that you do the same from your end. Together, we can get through this time of struggle.

### **1. I'll give you my empathy if you'll give me your effort.**

Often, students must be reminded that this strange time isn't fun for anyone. Teachers are human too, and both students and faculty will need to agree upon a trade-off: empathy for effort. I suggest you even articulate this trade-off. "I will extend to you compassion and grace on your assignments if you extend to me your very best effort." Both must agree upon a social contract in order to make it. When one party extends what they promise, the other party must reciprocate.

### **2. In today's world, your attitude is as important as your aptitude.**

Time will tell how this pandemic will affect grades and outcomes as students graduate. One truth, however, seems sure. A student's mindset as they endure a second full year of COVID-19 will make a greater difference than their smarts. Certainly, we must encourage good grades, but senior citizens who grew up in the Great Depression will tell you it was their attitudes that enabled them to thrive.

### **3. You must trade being fragile for being agile.**

Fragile and agile are antonyms. Fragile implies something is delicate and breakable. Agile implies something is adaptable and pliable. Ask any pediatrician and he or she will say kids are naturally resilient, at least most of them. We are the ones who unintentionally make them fragile because we treat them as fragile. We must convince them they can bounce back and adjust to the new normal in which we find ourselves. Why not make *agility* a core value of your school?

### **4. You are strong enough to flourish, not flounder.**

Too many students languish because every message they consume (especially on social media) tells them life is awful and we shouldn't expect much of ourselves. Too often, it is memes that shape their worldview, not great role models. Teens need to hear a chorus of messages from caring adults-all singing in unison-that they have what it takes to rise to the occasion. They can flourish, much like their grandparents or great-grandparents did in the difficult times of their childhoods.

Thanks for your ear,

Bill Summers  
Principal, Cañon City High School

# Let's talk



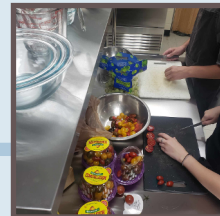
The Counseling Department will be meeting with students soon to start the 2022-2023 school year pre-registration process. These will be individual meetings with students to build their schedule for next year.

## CAREER AND TECH ED.

### Culinary Arts and ProStart

When the world shut down we all came into our homes and gathered as families. We spent time in the kitchen and around the dinner table. Spending time with our loved ones, creating memories and sharing recipes is a time honored tradition that I am pleased to see resurface. The Culinary Arts program at CCHS is alive and thriving. With numerous students passing through our kitchens each semester, they are learning basic knife skills, classic French Techniques as well as trying new foods and creating fabulous meals. I have seen students find their comfort in the kitchen.

ProStart is an opportunity at CCHS for our students that want to further pursue this career, or just really enjoy cooking, in the Culinary Arts field and gain industry specific skills, college credit through PCC, and have some amazing catering opportunities. ProStart students have stepped up to the plate and catered large events for up to 100 and have events on the books for this semester for up to 150 people, with more coming in each day. These are hard working Chefs in training that are also obtaining rigorous industry certifications, such as ServSafe Food Handler/manager and national Restaurant Associations Pro-Start certifications.



## CAREER AND TECH ED.

### Clothing and Fashion

Clothing and Fashion students this past semester created drawstring bags by learning how to hand sew. Not only did they learn the back stitch and whip stitch but they also used 2 popular ways to hem unfinished edges. Then they turned their creativity loose and drew out a monster and used their embroidery skills and hand sewing skills to put on the face and buttons. Finally they had to learn how to sew curves on the sewing machine in order to put their mini monster together. For the final project students had to use 3 skills they learned during class, or outside of class, to create a project of their choosing. We had so many great projects turned in like plushie stuffed animals, an embroidered jacket, a toddler skirt, a dog jacket, a crocheted blanket and many others. I couldn't have been more proud of this class and the skills they learned to use their imagination to create on their own in the future.



## CAREER AND TECH ED.

## Culinary Nutrition

Culinary Nutrition started off the year learning knife skills by practicing on play dough then moved into the kitchen, making salsa or guacamole. They then practiced their measuring and baking skills by creating a food borne illness cupcake, for a class competition. This helped students learn about food borne illnesses while being creative and having fun. Next, we move on to our nutrient unit, where students chose from a list of Halloween inspired snacks and researched how each one of the nutrients are represented. As the semester processed we kept visiting the kitchen and students had more and more freedom to choose their own recipes within certain guidelines. We ended the semester with students making a dish that was meaningful to them, except they had to make one healthy substitution. Overall the semester went extremely well and hopeful the students learned their way around the kitchen as well as a few healthy meals.



## CAREER AND TECH ED.

## Graduate Life Skills

This past semester was the first class of the newly created Graduate Life Skills curriculum. We started off the year learning about simple recipes, family dinners, basic stitches and home repairs. We then finished up the home unit with student created presentations about renters rights. Next, we were lucky enough to welcome community members, who took time off their busy schedules to teach us topics they're experts in. Brian Konty, Peggy Dunn and Krystal Baker from Sunwest Credit Union all came to the class to teach us about the importance of investing, details of how to buy a home and the ins and outs of creating a checking account. During the semester we traveled over to the auto department where Mr. Duston's class was kind enough to teach us basic auto maintenance and what to look out for.

We then finished off the semester playing the stock market game while each while each student created a slideshow presentation that detailed a life plan that included when they were going to start saving for retirement, how they were going to pay off their student loans, when they were saving to buy a house, how much their wedding was going to cost and many other details we run into in everyday life. In our last couple days the students created a dinner, learned how to set a table and wrap gifts. I'm hoping we were successful in helping prepare these students for some of the challenges they might meet when they graduate high school.





## CAREER AND TECH ED.

## TIGER TV

Tiger TV is not just the announcements. Tiger TV is a part of the CCHS Video Production curriculum. What is Video Production? At Cañon City High School we were given an opportunity to go out and build a Video program that includes Video Production classes that introduce students to films and film making. From the Innovations that created the film industry to writing and producing original films, we cover the many aspects of film production. We also offer students an opportunity to hone their skills in Film Editing in a concurrent enrollment class through PCC. This class offers the skills and environment to tell the stories that matter in a cinematic style while also working on certification in Adobe Premiere. And finally, we have Tiger TV. We offer a studio with lights, sound, green screen and more where students can create and show off their skills by presenting the daily announcements for the school. Students get to engage in activities and events at the school and then send footage and information about these events throughout the school and to the public on our YouTube Channel.



## ➔ Youth Leadership Program ➔

**Super Opportunity for Students!** Youth Leadership Program

For any high-achieving students that might be interested.

The application deadline is Feb. 4th.

Held at the FBI Training Academy in Quantico.

No cost to students.

Please contact Cañon City Police Chief Schick @ 719-276-5611.



# CCHS CAPSTONE EXPO

*Come support the class of 2022!*



WEDNESDAY FEBRUARY 16TH 6 PM TO 7 PM IN THE TIGER DOME



*The Capstone Scholarship Competition will be held in the  
Del Pizzo Auditorium on  
February 16-17 from 5:00pm to 8:00 pm*