



RAPTOR NEWS

Have you visited our school website at tvk8.svvsd.org? You will find so much information so check it out!

Dates for next week: (Please follow school dress code during Spirit Week)

- Mon 3/30 – **SPIRIT WEEK: SUPER HERO DAY (No masks or weapons allowed)**
Orchestra to Silver Creek High School 8:15-11:00am
Run Club 3:20-4:30pm
Track Practice 3:30-5:00pm
Soccer Practice 3:30-5:00pm
- Tues 3/31 – **SPIRIT WEEK: Sports Day (Hats okay all day)**
Class/Group Picture Day
Band to Silver Creek H.S. 2:15-4:30pm
Fit for Lit (Last one for this school year) 3:20-4:45pm
Track Practice 3:30-5:00pm
Soccer Game @ Thunder Valley K8 (B game @ 4:00pm & A Game @ 5:30pm)
District Geography Bee @ Thunder Valley K8 6:00pm
- Wed 4/1 – **SPIRIT WEEK: PAJAMA DAY**
LATE START (school starts @ 10:50am/NO AM Kinder class; PM Kinder @ 12:35pm)
Late Start Movie (Flyer went home with students)
FHS Cheer Team here during 8th grade lunch
Track Meet @ Thunder Valley K8 3:30-6:00pm
4th grade Band Practice 3:30-4:30pm
6th - 8th grade Orchestra @ FHS/Carbon Valley Arts Night: Practice-4pm; Performance 5:30pm
- Thurs 4/2 – **SPIRIT WEEK: COLLEGE DAY**
Track Practice 3:30-5:00pm
Soccer Practice 3:30-5:00pm
Run Club 3:20-4:30pm
MESA 3:20-5:00pm
8th grade students: FHS Dance Team Parent Meeting at FHS Library 7-7:30pm (Flyer Below)
- Fri 4/3 – **SPIRIT WEEK: CLASS COLOR DAY (See color list posted in cafeteria)**
6th-8th Zero Day (All missing work DUE!!)
Denver Zoo here for 3rd & 4th grades
Track Practice 3:30-5:00pm

SPRING BREAK is next week April 6th-10th. School will be closed during this week.

MUSIC NEWS:

Band – Visit website to get information <http://www.thundervalleybands.weebly.com/>
Rescheduled Concert:

Elementary Music - See Mrs. Kirkwood's website for more information.
<https://sites.google.com/a/svvsd.org/mrs-kirkwood-s-music-room>

Community School Activities (After School/Registration & Payment Required):

Registration for Lego class has been extended until April 14th there is still time to register for:

April Late Start

- * You must pre register
- * 4.00

Origami Classes with Mr. Steele

- * April 14th
- * \$10.00
- * 3:30-5:00

Bricks 4 Kids Legos

- * \$60.00
- *Thursdays April 2- 30

Minecraft Challenge Island

- * \$50.00
- *Mondays 4/13, 4/20, 4/27, 5/4

Crack Pots Glass Fusing

- * \$20.00
- *Wednesday April 29th

MIDDLE SCHOOL NEWS:

Attention 7th grade students (8th graders for 2015-16):

Register to go to Washington DC with your classmates! Come see what it's all about.

-Parent meeting for NEXT year's trip - Wednesday April 22nd 6-7pm Mrs. Baldivia's room.

-Walk-a-thon fundraiser for next year's trip - Friday May 8th 3:30-5:30pm on the track.

Middle School SPORTS NEWS:

TRACK: Here is the Track schedule:

Wed. April 1st @ Thunder Valley 3:30pm

Wed. April 15th @ Thunder Valley 3:30pm

Fri. April 17th – 6th grade Meet at Lyons Middle School 3:30pm

Tues. April 21st @ Erie Middle School 3:30pm

Sat. April 25th – 7th/8th grade Meet @ Longmont High School 9:00am

SOCCER: Practices will be at Thunder Valley on Mon, Tues and Thurs.

Here are the scheduled Soccer Games:

Tues. March 31st @ Thunder Valley - B game 4pm; A game 5:30pm

Mon. April 13th @ Erie Middle School - B game 4pm; A game 5:30pm

Wed. April 22nd @ Thunder Valley - B game 4pm; A game 5:30pm

IPAD INFORMATION:

Learn more about the iPad s and other technology students are using. Here is the newly District released Family Technology Connection newsletter and blog for parental communications: <https://tech.svvsd.org/family/> .

ATTENTION 8TH GRADE STUDENTS: Here are some flyers for activities you can get involved in next year at Frederick High School.....

FHS Dance Team Auditions



Informational Student & Parent Meeting:

Thursday April 2nd- 7pm at FHS Library

Auditions:

Wednesday April 15th, Thursday April 16th and Friday April 17th - 6-8:45pm at FHS (small gym)

Contact:

Coach Dori Jacobs at jacobs_dori@svvsd.org for more information.

Frederick High School Football

Lift-a-Thon

March 30th to May 1st, 2015

Weightlifters and supporters of Frederick Football

The 9th Grade Lift-A-Thon will be held May 1st, 2015 at 3:00pm

Each participant, with the help of his parents and friends, will seek sponsors and donations for the Lift-A-Thon.

The participant will attempt a maximum lift in the

BENCH PRESS and SQUAT

Participants will **Record neatly and accurately all information on the sponsor form and turn the form and the donations into Coach Lear or a member of the coaching staff no later than May 2nd, 2015.**

START RIGHT NOW GETTING PLEDGES!!!

Get started by texting people, using Facebook and social media as well visiting people you know. You don't need to be concerned about "how good" you sound when you talk to them. People will know what you are talking about and what you need as soon as you tell them your name and that you are on the **Frederick High School Football Team.**

People like to help and people love the game of football. We are fortunate that we have hundreds of businesses in our area. Give them a chance to help by asking them for a donation.

Collect the donation: Fill in one line on the collection sheet for each donation. If you work hard, you will run out of space on your first collection sheet. Then ask Coach Lear for a second sheet.

Turn in all donations to Coach Lear or Conway no later than **May 2nd, 2015**

Tell people who wish to write checks to make the check payable to Frederick High School Football.

Thank you very much,

Coach Lear

If you have any questions, please feel contact Coach Lear or any of the football coaching staff.

THE WARRIOR CHECKLIST

The LIFT-A-THON is being run for your benefit, so you will want to help yourself and your team by giving your best effort. The first thing to remember is that you must ask people to support you.

- MOM & DAD
- GRANDPARENTS
- AUNTS & UNCLES
- BROTHERS & SISTERS
- YOUR FRIENDS
- FAMILY FRIENDS
- PARENTS' FRIENDS
- NEIGHBORS
- COUSINS
- CHURCH FRIENDS
- RESTAURANTS

IF YOU HAVE A JOB, BE SURE TO LET YOUR EMPLOYER KNOW WHAT YOU ARE DOING AND ASK FOR SUPPORT.

ALSO, ASK MOM AND DAD TALK TO THEIR EMPLOYERS AND TO OTHER PEOPLE WHERE THEY WORK AND ASK FOR THEIR SUPPORT. LET THEM TAKE A PLEDGE SHEET WITH THEM TO WORK!!!

YOUR PERSONAL GOAL IS TO EARN ENOUGH TO PAY FOR YOUR SUMMER CAMPS

LIFT-A-THON SCRIPT

Hi! My name is _____ and I play for the Frederick High School Football Team. We are doing our annual fundraiser called the Lift-A-Thon, and I am asking you to make a donation. We are going to have football camps this summer that I will be attending. The Lift-A-Thon will be one of our major fund-raisers to help us pay for costs of going to camp. You can base your donation on the number of pounds that I lift, or make a contribution regardless of the weight I lift. Would you like for me to tell you about our weight lifting tests, or would you rather make a set contribution?

(If they ask about your weightlifting, have a pound/contribution chart ready.)

We will be lifting May 1st 2015.

Examples:

1 cent per pound and the athlete lifts 500 pounds then the total amount due is 5 dollars

5 cents per pound and the athlete lifts 500 pounds then the total amount due is 25 dollars

10 cents per pound and the athlete lifts 500 pounds then the total amount due is 50 dollars

25 cents per pound and the athlete lifts 500 pounds then the total amount due is 125 dollars

(If they ask how much most people contribute):

The average contribution is \$1.00 per pound

but everything helps and we do appreciate any donation you can make.

★ 2015 ★

Frederick Football Summer Camp FLYER

Return this portion to the Coach Lear Attn: FHS Football Camp with a **\$125.00** Check payable to Frederick High School **Football DUE May 1st along with Western State Money if you are attending Western Camp** -FHS Camp fee must be paid regardless of whether you are attending Western camp or not.

Camp Dates: week one –May 26,27,28,29@FHS

Week two- June 2nd @ FHS – Leave for Western 6/3

2015 WARRIOR FOOTBALL CAMP REGISTRATION

Student Name _____ Grade Next Year _____

Student Phone# & Carrier _____ - _____

Address _____ E-mail _____

Parent's Name _____ Telephone _____

Parent's Email _____

Emergency phone number(s) _____

Insurance Co. _____ Policy# _____

T-Shirt Size _____ Short Size _____

I give my child permission to participate in football camp and will not hold the coaches or the Frederick High School liable for accidental injuries. All participants must have their own proof insurance and a current Physical.

Parent Signature _____

T-SHIRT SIZE (please circle) M/L/XL/XXL/XXXL

SHORT SIZE - (please circle) M/L/XL/XXL/XXXL

Please mark FHS FOOTBALL CAMP on the envelope • **\$125.00 fee includes both weeks of camp, Practice Jersey, T-Shirt, & Shorts and cost of Transportation to and from Western State University Football Camp**

Mail to: Coach Thad Lear • Attn: FHS Football Camp • Frederick High School • 5690 Tipple Parkway • Frederick, CO 80504 • 303-833-3533

FREDERICK HIGH SCHOOL FOOTBALL

LIFT-A-THON FORM

Dear Player/Parents: The **Frederick High School Football Team** is hosting a LIFT-A-THON to raise money for summer football camps.

- Each player will perform two core exercises, the **squat** and **bench press**. We will take the players combined score to get his final weight.
- Each player will get a money donation per pound (flat donations are acceptable). The amount of your pledge will be the result of the players combined squat and bench scores.
- We are asking each player to get a minimum pledge total of \$1.00 per pound. GO WARRIORS!

Important Dates:

- **Lift-A-Thon-Monday April 20th @ 3:00pm in the Weight Room** All SPONSORS are invited to attend.
- **ALL PLEDGE MONEY AND FORMS MUST BE HANDED IN BY May 2nd.**
- **ALL MONEY RAISED WILL BE USED FOR SUMMER CAMPS**
- **MAKE CHECKS PAYABLE TO: FREDERICK HIGH SCHOOL FOOTBALL**

Player Name: _____

NAME	PHONE #	CONTRIBUTION (\$.01 / \$.05 / \$.10 / Flat Donation)	Cash or Check	Total Amount
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				

Total _____

April 2015 - Elementary Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST































Daily Breakfast Menu Includes:
(Served in Select Schools Only)

Cereal ★ Fruit ★ Oatmeal ★ Yogurt ★ Fruit Juice ★ Milk

Cinnamon Tastry	French Toast / Sausage	Breakfast Pizza	Breakfast on a Stick	Breakfast Sandwich
-----------------	------------------------	-----------------	----------------------	--------------------

LUNCH

Daily Lunch Menu Includes:
Fresh Veggie Bar ★ Milk

		<p>1 Late Start Day</p> <p>French Toast / Sausage  Yogurt Basket Orange Smiles / Juice</p>	<p>2</p> <p>Cheesy Lasagna  PBJ Sandwich Fresh Grapes / Juice</p>	<p>3</p> <p> St. Vrain Fresh Baked Pizza  Cheese Tortilla Roll-Up Strawberry Cup / Juice</p>
6	7	8	9	10
No School - Spring Break				
<p>13</p> <p> Cheesy French Bread / Marinara  PBJ Sandwich Cinnamon Apples / Juice</p>	<p>14</p> <p>Roasted Chicken  Tex Mex Pasta Salad  Fruit & Cheese Plate Baked Beans Orange Smiles / Juice</p>	<p>15</p> <p>Chicken Sandwich Oven Potatoes  Yogurt Basket Banana / Juice</p>	<p>16</p> <p>Crispito / Green Chili  Black Bean Salsa and Chips  PBJ Sandwich Fresh Grapes / Juice</p>	<p>17</p> <p> St. Vrain Fresh Baked Pizza  Cheese Tortilla Roll-Up Tropical Fruit / Juice</p>
<p>20</p> <p> Pizzas / Marinara  PBJ Sandwich Apple Wedges / Juice</p>	<p>21</p> <p>Chicken Tenders Mashed Potatoes / Gravy  Fruit & Cheese Plate Orange Smiles / Juice</p>	<p>22</p> <p>Cheeseburger on Whole Wheat Bun Sweet Potatoes  Yogurt Basket Kiwi / Juice</p>	<p>23</p> <p> Chili Cheese Nachos / Cinnamon Tastry  PBJ Sandwich Pineapple Chunks / Juice</p>	<p>24</p> <p> St. Vrain Fresh Baked Pizza  Cheese Tortilla Roll-Up Fresh Grapes / Juice</p>
<p>27</p> <p> Stuffed Bread Sticks with Marinara  PBJ Sandwich Orange Smiles / Juice</p>	<p>28</p> <p> Orange Chicken / Brown Rice / Egg Roll  Fruit & Cheese Plate Broccoli Trees Apple Wedges / Juice</p>	<p>29</p> <p> Bean and Cheese Burrito Cilantro Lime Rice  Yogurt Basket Kiwi / Juice</p>	<p>30</p> <p>Turkey and Gravy / Whole Wheat Roll Mashed Potatoes Green Beans  PBJ Sandwich</p>	<p>All menus subject to change.</p> <p> - Vegetarian Option, or can be made vegetarian.  - Scratch-made in our kitchens.</p> <p>All meals served with 1% white or fat free chocolate milk.</p>

"Providing Fuel For Student Achievement"

March 2015 - Elementary Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Daily Breakfast Menu Includes:
(Served in Select Schools Only)

Cereal ★ Fruit ★ Oatmeal ★ Yogurt ★ Fruit Juice ★ Milk

Cinnamon Tastry

French Toast / Sausage
























































































Breakfast Pizza

Breakfast on a Stick

Breakfast Sandwich

LUNCH

Daily Lunch Menu Includes:
Fresh Veggie Bar ★ Milk

<p>2</p>  Pasta with Marinara  Cheesy Bread Stick  PBJ Sandwich  Blueberries in a Cloud / Juice	<p>3</p>  Hot Dog / Chili / Cheese  Baked Beans  Fruit & Cheese Plate  Orange / Juice	<p>4 Late Start Day</p>  French Toast / Sausage  Yogurt Basket  Apple Wedges / Juice	<p>5</p>  Cheesy Lasagna  PBJ Sandwich  Green Beans  Fresh Grapes / Juice	<p>6</p>  Popcorn Chicken  Macaroni and Cheese  Cheese Tortilla Roll-Up  Kiwi / Juice
<p>9</p>  Mini Italian Ravioli  Whole Wheat Roll  PBJ Sandwich  Tropical Fruit / Juice	<p>10</p>  Chicken Teriyaki, Rice, Egg Roll, Fortune Cookie  Broccoli Trees  Fruit & Cheese Plate  Orange / Juice	<p>11</p>  American Deli Sandwich  Fresh Carrots  Yogurt Basket  Apple Wedges / Juice	<p>12</p>  Crispito / Green Chili  Refried Beans / Corn  PBJ Sandwich  Kiwi / Juice	<p>13</p>  St. Vrain Fresh Baked Pizza  Cheese Tortilla Roll-Up  Strawberry Cup / Juice
<p>16</p>  Cheesy Flatbread  Marinara  PBJ Sandwich  Orange / Juice	<p>17</p>  Chicken Tenders  Mashed Potatoes / Gravy  Fruit & Cheese Plate  Apple Wedges / Juice  Holiday Cookie	<p>18</p>  Cheeseburger  Baked Beans  Yogurt Basket  Fresh Grapes / Juice	<p>19</p>  Chili Cheese Nachos  Salsa  PBJ Sandwich  Kiwi / Juice	<p>20</p>  Popcorn Chicken  Macaroni and Cheese  Cheese Tortilla Roll-Up  Pears / Juice
<p>23</p>  Italian Shells  Whole Wheat Roll  PBJ Sandwich  Apple Wedges / Juice	<p>24</p>  Roasted Chicken  Whole Wheat Roll  Scalloped Potatoes  Fruit & Cheese Plate  Orange / Juice	<p>25</p>  Soft Taco  Refried Beans  Yogurt Basket  Kiwi / Juice	<p>26</p>  Italian Deli Sandwich  PBJ Sandwich  Fresh Grapes / Juice	<p>27</p>  St. Vrain Fresh Baked Pizza  Cheese Tortilla Roll-Up  Strawberry Cup / Juice
<p>30</p>  Macaroni and Cheese  Whole Wheat Roll  PBJ Sandwich  Peaches / Juice	<p>31</p>  Bean and Cheese Burrito  Fruit & Cheese Plate  Apple Wedges / Juice		<p> - Vegetarian Option, or can be made vegetarian.</p> <p> - Scratch-made in our kitchens.</p> <p>All meals served with 1% white or fat free chocolate milk.</p>	<p>All menus subject to change.</p>

"Providing Fuel For Student Achievement"

Community Homework Help:

Tutor Doctor and The Carbon Valley Recreation Center are teaming up to offer Homework Help!!

Thursday afternoons from 4:30-7:30 Tutor Doctor will have a tutor (or tutors, depending on pre-registration information) to help students with their homework.

The opportunity is open to **1st-12th grade students** from the Carbon Valley Area.

Each student must bring their own homework.

The cost is \$5.00 per student.

Students must be able to work independently and quietly while the tutor is helping other students.

Pre-registration is **STRONGLY** recommended to ensure that we have enough tutors AND so that we can meet each student's academic needs.

To register: Parents please contact the Rec Center at [303-833-3660](tel:303-833-3660) before 2:00pm on Thursday to register your students.

Ages: 1st-12th grades

Day of the Week: Thursday

Time: 4:30-7:30pm

Location: Carbon Valley Recreation Center Multipurpose Room

Instructor: Tutor Doctor Staff

Fee: \$5.00