

# Dolores Secondary Schools

*Parent Monday Memo--February 4, 2019*

## Parent Teacher Conferences THIS WEEK

In an effort to make sure that each parent has time to meet with the teachers they need to see, we are experimenting with a different type of schedule for our spring conferences. We will host conferences Tues-Friday this week, with each teacher being available for 8 of those hours. Please find the online signup system at [https://ptcfast.com/schools/Dolores\\_Secondary](https://ptcfast.com/schools/Dolores_Secondary). **The conference signup is set to launch at noon on Monday, February 4, to give all an equal chance to sign up.**

Please, if your student has a D or an F in any class, make an appointment to see that teacher. Grades 9-11, please bring students so they can update you on graduation progress.

**Susan can also sign you up manually, if you call the office.**

The schedule is below:

### **Tues (4:00-8:00)/Wed(4:00-8:00)**

Miriam Baines/Tom Cochrane  
Pam Pacheco  
Dave Hopcia  
Rob Mellott  
Kris Schurr  
Clint Schurr  
John McHenry

### **Wed (4:00-8:00)/Thurs (4:00-8:00)**

Jessica Kuntz  
Karen Webster

### **Thurs (4:00-8:00)/Fri (8:00-noon)**

Jeromie Schumacher  
Tara Olson  
Peter Swingle/Heather McIntyre  
Liliana Montoya  
Nyibol Bior  
Michael Nielson  
Allison Taylor  
Kady Meyer-Spierung

Kim Sheek  
Tim Kercher  
Maggie Gillette  
Sarah Carr

**Friday (8:00-4:00)**

Caitlin Houser

## Screenagers, Showing on Wednesday February 6, 8:30 p.m. @ Dolores Community Center

Screenagers is a documentary film that explores the topic of the impact of technology and screen time on teenagers. You don't want to miss this important event. Trailer embedded below.



### A Disturbing Trend Among Youth in the Four Corners

I have been spending a lot of time discussing and collaborating about youth mental health with other area schools, from Pagosa Springs to Dove Creek. One thing that we are seeing an increase in, and is cause for concern, is incidents of youth self-harm not related to suicide attempts. Examples of this include: cutting, punching, biting, pulling hair, etc. The link below provides information for parents about youth self-harm types, causes, action planning.

Please talk with your teens about this behavior, and report to the school counselor if you know of a student who is engaging in this behavior. We can provide resources for families impacted. Ms. Elisa Olson, our school counselor, is available to help.

<https://teens.webmd.com/cutting-self-injury#1>

### This week in Advisory/Career Prep

Mindsets: Students will continue to focus on the Mindset of 100% Accountable.

7th/8th: These students will continue to begin career exploration and begin work on their Individual Career and Academic Plans

9th-11th: These students will continue SAT/PSAT prep, with grading and scoring the sample exam that they finished taking

12th: These students will be divided into two groups, based on their preference. One group will work on job applications, resumes, and interviewing skills. The other group will have time for specific focus on scholarship applications, college housing searches, connection with financial aid offices.

