



# MHS Newsletter: December 2018



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## FBLA

Rhonda Follman the director of the Montrose Dolphin House stands with the Montrose FBLA club. FBLA made and donated nine blankets to the Dolphin House for clients who use their services.



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Front



## Counseling Center

December Counseling Center News [Counseling Corner](#)

[Click Here for First Semester Finals](#)

## MHS December Division



Ivett Segura, Jacqueline Cortez-Suarez, Cesar Trujillo, Angeline Alcaraz, Adam Curtis, Connor Imus, Jaime Vanchaik, Jeremy Alcazar, Dory Schmidt, Kyle Cohick.



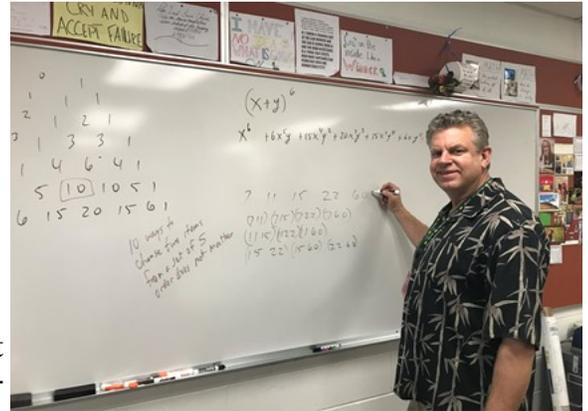


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## Instructional Technology

Math and science teacher Dan Herod has been creating podcasts for his AP Physics class to enhance his students' understanding of the topics he teaches. Students are loving them so far because they can listen to content several times and they can do it without Wi-Fi access once they have downloaded the podcast. He is hosting these on his classroom website along with many other resources for his students. His goal is to create a podcast for each of the topics that he teaches. This is a great way to provide students with one more way to learn content.



Dan Herrod records a podcast lecture so students can replay it for increased understanding.

## STEM

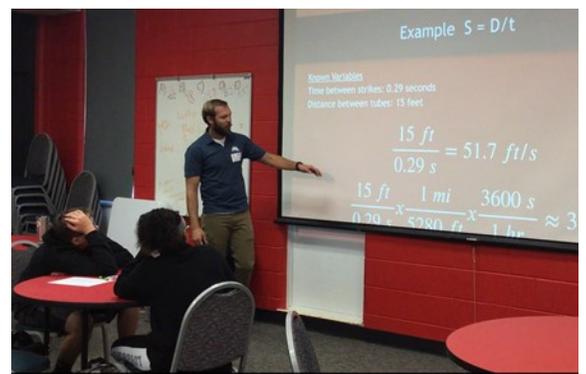
Jeremy Harthan's and Rusty George's biology classes investigated the impact the whitewater sports park is having on the aquatic organisms, as well as the possible impacts of removing the natural riparian area around the water park. They evaluated the benefits and adverse effects on the aquatic ecology of the Uncompahgre River in and around River Bottom Park. Solutions were presented, proposed to city officials and will be implemented with the City of Montrose FUNC Fest in early July. During this ecology unit, students applied an understanding of energy flow through ecosystems, and how an ecological disturbance can affect an ecosystem. They also learned about ecological pyramids and cycles of matter.



Biology Teacher Rusty George works with Hannah Lee and Austin Gregersen to gather water and soil samples.

## Problem Based Learning

The geometry and algebra classes worked with Montrose City Engineer Ryan Cushman to address parking and traffic flow at Montrose High School. Geometry students applied geometric concepts in modeling situations, asking themselves the following questions: Is there a problem with parking and ingress-egress? If so, what is creating the problem, when and where is it a problem, and how would you fix it? Algebra students analyzed pickup and drop-off traffic to most efficiently use the physical space and reduce congestion. Both groups used drone footage for the analysis.



Civil Engineer Ryan Cushman explains how he uses geometric shapes and algebraic equations to address issues with traffic and parking around Montrose.



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Angeline Alcaraz

*Go Montrose Indians*



## Athlete of the Month

Angeline Alcaraz is the athlete of the month for December. Angeline is a senior and a swimmer for the Indians. Angeline told me that she started swimming lessons when she was in 6th grade and that her mother, while attending those lessons saw the Montrose Marlins practicing. Angeline said that shortly after that she began swimming for the Marlins. Currently Angeline participates in the 100 fly, 200 free, and the 500 meters. Angeline told me that the best thing about swimming is being around her teammates. She said she also enjoys swimming because she enjoys suffering (the hard workouts) along with her teammates. Angeline said the people who inspire her the most are her parents and family because they push her to be the best she can be and that she strives to make them proud in everything she does. Angeline said she wants to become a registered nurse and will either attend Regis or CMU next fall as she had been accepted to both schools. We are very confident that Angeline will achieve all her goals and look forward to watching her swim this season! Please come to one of the home swim meets (12/15 or 1/11) and watch Angeline and all the other Lady Indian Swimmers compete!

On another note we want to congratulate all our fall athletes and athletic teams and the band. ALL our fall sports teams and the band made it into post season play! The highest finishers were the boys golf team winning the 4 A state title for the second year in a row and the football team finishing in the top 4 and hosting a semi final playoff game for the first time since 1991. Congrats fall sports teams!!!!

Go Indians!

## Special Olympics

Montrose Special Olympics basketball teams are practicing 2 days a week after school at Cottonwood Elementary. Tuesday the Canyoneers practice and Thursday, the Shooters practice on Thursday both 4 – 5 PM. Partners are still needed for the Shooters team. Please stop in room 128 if you are interested in being a partner.

Wednesday, Dec. 12, the Project Unify class and club are hosting Christmas party in the cafeteria from 4-6 PM. Fun games and snacks are planned.

Jan. 9, is the 1<sup>st</sup> day of snow shoe practice. Meet in room 128 to pick up snowshoes. Practice will be on Wednesday from 3-4 on the soccer field. Partners are needed to make up the relay.

Members the STEP (Step UP to Life) transition class have be learning how to refurbish computers. Gift contributions are being accepted for the six computers now completed. All proceeds will be used to help cover Special Olympics expenses. Please call Dawn Olert, at 240- 6479. For more information [CLICK HERE](#).



**Special Olympics**