

April 2024 Newsletter



School Hours

Monday through Thursday 9:30 a.m. to 5:00 p.m.
Friday 9:30 a.m. to 2:00 p.m.

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IMPORTANT DATES

4/1 April Fool's Day
4/4 Last Ski Trip
4/9 Networking Event 4:30pm- 6:30pm
4/15 Tax Day
4/17 Awards Night 5:30p,m
4/18 Activity- Botanical Gardens
4/21 Ms. Kate's Birthday
4/22 Earth Day
4/27 Wonderland Tea at the Fitzroy Event
4/27 Mr. Dan's Birthday

[Click Here to View Our April Calendar!](#)



Monthly Message From Our Executive Director, [Michelle Tuengel](#)



Happy Spring -

The first day of Spring was March 20th. Even though we have been getting our fair share of snow recently, I can see the first signs of spring and all the

beautiful things that follow: buds on the trees, the first crocus popping up from the ground, and birds singing. This is my favorite time of year.

I would like to welcome John K. to our middle school community. We are so happy to have you here.

April has many special days to keep in mind. April is Autism Awareness Month, and we have Arbor Day, World Health Day, and Earth Day, just to name a few. Accelerated Schools will hold our annual Awards Night on Wednesday, April 17, 2024. We are really excited to be able to celebrate our students. Light refreshments will be served from 5:30-6:00, and the ceremony will start at 6:00 p.m. All students are encouraged to be here with a parent or guardian. For all students that attend, this will count as their homework for the night. This is a wonderful opportunity to meet and greet with our staff, students, and other parents and celebrate your student's accomplishments. Invitations have already been mailed out. If you have not received one, please contact the school.

Birthdays this month

4/21 Ms. Kate's Birthday

4/27 Mr. Dan's Birthday

Donor Spotlight April 2024

We would like to thank the following individuals and companies for their generous donations and pledges of support during the month of March:

- **Madonna Nuce**
- **April De Roin**

For information on becoming a donor, please visit acceleratedschools.org or contact us via [email here](#).

Donate Here

March Pictures

Art Museum 3/1/24



Zoo 3/28/24

For many of our students, the end of the school year is less than two (2) months away. We are planning our graduation celebration for our seniors who have met all their graduation requirements. The ceremony will be held on Friday, May 24, 2024, at 10:00 am, here on the grounds of Accelerated Schools.

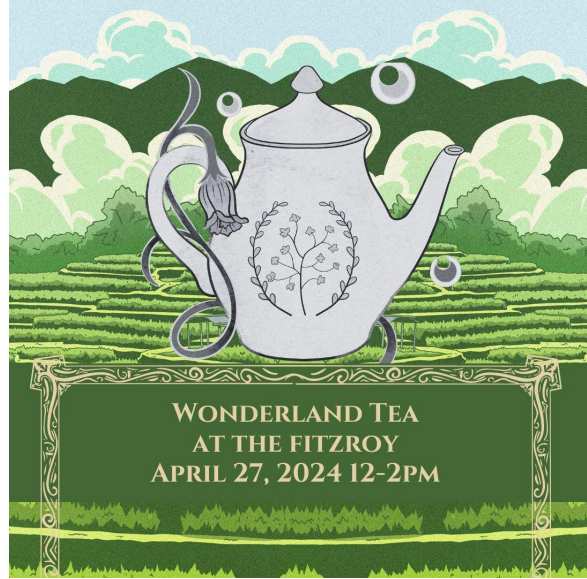
Parents of graduating seniors should have received a packet of information in the mail with all the essential details. Please let me know if you have any questions.

Please keep in mind that Accelerated Schools will be open all summer. The summer session starts on Tuesday, May 28, 2024, for any student that will be attending. For our students who will be returning in August, mark your calendars; the first day of school will be Monday, August 12, 2024. More details will be sent out mid-summer.

Sincerely,



Join us for our next school event!!!!



Tickets are being sold via Event Bright!

Get yours now to get the early bird special pricing!

Use code APRILFOOLS05 for \$5 off your purchase on EventBrite!

All proceeds will go towards our Preservation Fund to repair and maintain our historic building

[Register Now!](#)

10 Suggestions for Limiting Your Teen's Screen Time

Kyle Pepper, History Instructor and Enrollment Counselor



While we know that screen time and the use of cell phones is inevitable in today's modern, tech-oriented society, it is important to know how to limit the time your teen is spending in front of their laptop, gaming system, and/or cell phone.

"Media multitasking", or the use of several screens at once, such as watching television while at the same time scrolling through TikTok on a cellphone, can be even more detrimental to teens. A recent study by Kaiser Family Foundation found that teens spend an average of 53 hours per week or 2770 hours each year watching media entertainment.

In an attempt to protect our teens from the harm of overusing technology and media multitasking, I wanted to provide some tips and suggestions for parents struggling to manage the time their children spend on electronics. Rather than trying to police the use of your teen's cell phone/TV/computer/game system use and causing further problems and issues, I believe it is more productive to come up with a manageable solution and establish clear cut guidelines for using technology and limiting screen time at school and/or in the home. I have listed 10 strategies below to help limit your teen's screen time.

1. Make Screen Time a Privilege
2. Role Model Healthy Habits
3. Discourage Multitasking
4. Establish Clear Rules
5. Encourage Physical Activity
6. Educate Your Teen
7. Electronics-Free Mealtimes
8. Screen-Free Days
9. Schedule Family Activities
10. Hold Family Meetings

Amy Morin, L. (2019, August 8). *How parents can set limits on TV, computers, video games, and phones*. Verywell Family. <https://www.verywellfamily.com/strategies-limit-your-teens-screen-time-2608915#:~:text=Role%20Model%20Healthy%20Habits,limiting%20your%20own%20screen%20time.>

History's First Epic

Raechel Kimsey, Fine Arts Instructor

This semester, Art history students studied Prehistory, The Ancient Near East, and Egypt through historical art. During our unit on the Near East, we studied the Babylonian classic *The Epic of Gilgamesh*. *I have always had a soft spot for this story and what it*



represents. What a privilege to delve into this material and share it with another generation! For those of you who are not familiar, allow me to provide some basic context and facts.

History (as opposed to prehistory) begins with the invention of the written word. Cuneiform is generally regarded as the type of written language. The Epic of Gilgamesh was written in the Akkadian language using cuneiform on clay tablets. It is the first literary epic ever.

Gilgamesh is a king with divine parentage, who is nonetheless mortal. He is not a kind ruler. This is why the goddess Aruru creates Enkidu, meant to be an equal match for Gilgamesh. Enkidu proves an adequate distraction,

and together they defeat the forest demon Humbaba. Later, Enkidu dies at the behest of the goddess Ishtar after Gilgamesh dramatically rejects her. Without Enkidu, Gilgamesh is left feeling lost and alone. He realizes that he doesn't want to die, and so he pursues immortality by going through an arduous quest to speak to the gods.

Gilgamesh suffers through many difficult trials failing each time before he accepts his ultimate fate. However, through his suffering, Gilgamesh has attained something profoundly valuable: compassion. Before Gilgamesh had undergone his transformative journey, his rule was abusive and authoritarian. When he accepts his limitations as a human being, he understands his subjects more than he did before and ceases to rule over them unfairly.

I think we can all learn something from Gilgamesh, and our students were very engaged in learning about this fascinating bit of history.

Image: A Cuneiform Tablet on which part of The Epic of Gilgamesh is written

Accelerated Schools Celebrates Autism Awareness

Taleya Zinne, Mathematics Instructor

As we observe Autism Awareness Month this April, Accelerated Schools proudly stands as a beacon of support for students facing diverse learning challenges. In our positive and inclusive atmosphere, we specialize in guiding students who may not have thrived in traditional school settings, providing them with the tools to excel both socially and academically. Our approach extends support to students with various learning differences, including Autism Spectrum Disorder, ADHD, OCD, depression, anxiety, and even those who are gifted and talented and require additional challenges.

At the heart of our success lies a tailored methodology designed to cater to the unique needs of each student. Our diagnostic testing goes beyond mere identification of strengths and weaknesses as it delves into the intricacies of how students with ASD process information. This allows us to prescribe materials that are not only appropriate for academic advancement but also tailored to accommodate the specific learning styles of students on the spectrum. The intensive, individualized instruction that defines our approach is particularly beneficial for students with ASD, providing them the flexibility to advance academically at their own pace while addressing their specific challenges.

The small classroom sizes we embrace further contribute to the success of students with ASD, fostering positive teacher interactions essential for meaningful learning. The Daily Report Card also becomes a vital tool for students with ASD, offering clear communication about their progress and providing a structured routine that aids their understanding and comfort. Moreover, our effective reward management system, designed to motivate students to reach their maximum learning potential, is especially impactful. Recognizing the importance of collaboration, we extend robust parent support, emphasizing a team approach to guide students with autism towards success.

Through this holistic approach, Accelerated Schools remains dedicated to creating an environment where every student, regardless of their learning differences, can flourish.

Time to Reconnect

Val Montano, Music Instructor

It's always healthy to reconnect with good friends, and the same goes for your musical instruments at home. Students, I encourage you to pick up your old violin, flute, guitar, harmonica, soprano recorder, cello, drum set, or whatever you have at home. Dust it off and start playing. It's a common misconception that if you stop playing, then you have "forgotten everything." That is simply not true. Your skills will come back. So, please pick up the old music that you have worked on in the past. Look up fingering charts online to refresh your memory. Find a new tutorial for your instrument that interests you in a new way.

There is no better time to reconnect!

Accelerated Schools' Cooking Class Fundraising Event

Kate Oh, High School ELA, Korean and Cooking Instructor/Enrollment Counselor

Get ready for a delicious initiative brought to you by our talented cooking class students! We're excited to announce our fundraising campaign through the sale of homemade cookies, and we invite you to join us on this flavorful journey.

When: Every Wednesday and Friday in April and May

Time: Homeroom and Lunch and After School

Where: Front Office

The Purpose Behind the Passion

Our cooking class students are not just baking cookies; they are crafting a meaningful experience. Through this project, they are learning essential life skills, including budgeting and understanding the value of hard work. Each cookie is a testament to the effort and dedication they put into creating something special for our community.

Cookie Details: 2 for \$2

Indulge your sweet tooth with our delightful homemade cookies, priced at 2 for \$2. These treats are not just tasty; they represent the dedication and creativity of our students. By purchasing our cookies, you're not only satisfying your cravings but also supporting our students' journey toward valuable life skills.

Beyond Baking: A Lesson in Life

This fundraising event is about more than just cookies. It's about instilling a sense of purpose and meaning in our students' lives. As they learn to budget and calculate the costs involved, they are gaining insights that will serve them well in the future. Your support will contribute to their personal and educational growth.

How You Can Participate

Participating is as easy as enjoying a sweet treat! Come by our designated location on Wednesdays and Fridays to purchase your cookies. Your involvement not only satisfies your sweet cravings but also makes a significant impact on our students' learning journey.

Your Support Matters

We invite you to be a part of this unique fundraising experience. By buying cookies from our cooking class, you're not just getting a tasty treat; you're investing in the future of our students. Your support provides them with valuable lessons that extend far beyond the kitchen.

Contact Information:

If you have any questions or would like to pre-order, please contact us at 303-758-2003

Thank you for joining us on this delightful journey! Together, we're cooking up a brighter future.

ANNOUNCING ACCELERATED SCHOOLS' BAKE SALE

April-May 2024



JOIN US

 **When: Every Wednesday and Friday in April and May**

 **Time: Homeroom and Lunch and After School**

 **Where: Front Office**

2160 S Cook St
Denver, CO 80210
303-758-2003

www.acceleratedschools.org



Last Month in Science

Dan McMahon, Science Instructor

Middle School

This month Middle School Science students have made use of microscope images of living and nonliving objects to help develop the concept of cells. Students used the observations to formulate the idea that all living organisms, including human beings, are made of cells.

With this concept students were asked to analyze video and microscope images of growing and dividing cells. The activity was to help explain how skin can heal and reappear around a scrape or laceration, like the one we saw in activity 1. Last week they viewed a couple of time-lapse films of a wound healing on a finger and knee. These were to gather more information about how the body responds to a wound at a cellular level. Students are currently culturing bacteria collected from Harvard Gulch as part of an investigation into single-celled organisms to see if they reproduce the same way cells in the body do.

Environmental Science

Environmental Science students wrapped up their investigation of ground level ozone in the Denver Metro Area comparing ppm in the Observatory Park neighborhood around Accelerated Schools, with the south west corner of Evans Ave and I25.

Our focus was then directed upward to the stratospheric ozone layer. After an introduction to UV light and the ozone layer, students studied the UN Report on the "ozone hole." From this material they went on to look at the origins of the atmospheric science that led to the Montreal Protocol. The final assignment submitted in this unit was a review of one of several films from that era detailing aspects of the landmark agreement between every country on the planet.



Celebrating Earth Day at Accelerated Schools

Debby Sharp, Middle School Instructor

April 22nd is National Earth Day and we will be doing some Spring cleaning around the Accelerated grounds. After all, Earth is our home and we must help take care of it.

Earth Day is a yearly celebration that honors the achievements of the environmental movement and helps increase awareness of the need to protect Earth's natural resources for future generations. The first Earth Day was held April 22, 1970. Sen. Edmund Muskie was the author of the 1970 Clean Air Act, addressing an estimated 40,000-60,000 people as keynote speaker for the first Earth Day celebrations in Philadelphia.

Here at Accelerated, the middle school will celebrate Earth Day by picking up trash around the school grounds. We will also learn more about how to reduce, reuse and recycle trash.

There are also many family-friendly festivals, fairs, recycling events, workshops and other celebrations happening across the Front Range.

- Earth Day celebration in downtown Denver on Friday, April 24th at the Colorado Convention Center.
- Earth Day Cleanup on Sat., April 22 in Cherry Creek
- Great Global Cleanup on April 22 in Westminster and the Hyland Hills Park and Recreation District.
- Lakewood's Earth Day Celebration on Sat., April 22 at Heritage Lakewood.
- P(art)y For the Planet on Sat., April 22 at The Brighton, 3403 Brighton Blvd. in RiNo.
- [Earth Day, Every Day in Lafayette](#) on Sat., April 22 at Lafayette City Park.

All of these events offer a wide variety of family fun activities such as food, entertainment, face painting, art shows to a parade walk with pets so get out and enjoy this special day to honor our mother earth while helping to spring clean her. For more information on Earth Day celebrations in Denver go to <https://www.milehighonthecheap.com/earth-day-denver/>



"It's no use going back to yesterday because I was a different person then."

Jessica Machetta, English Language Arts, English Literature, Civics, Life/Study skills, and Activities Coordinator

Not only is this a great quote from "Alice in Wonderland" that I feel fits our school paradigm rather well, but it's a reminder of forward thinking and perseverance. Spring is a season of growth and rebirth, so we're hosting our inaugural "Wonderland Tea at Fitzroy" – an event to gather, enjoy friends and family, and sure, be a little silly, too. "We're all mad here," remember?

We love inviting guests to our wonderful Victorian mansion with all of its historic charm and the quirkiness of being a busy school.

Fun fact: Our school – in the days of yore – used to have high tea. Well, we decided it's time to get out our huge assortment of tea service sets, show off our cooking skills, and invite everyone for a little taste of Wonderland.

Art Teacher Raechel Kimsey has a little magic up her sleeve, so to say. Science Teacher Adrienne Chainey put her prior experience in restaurant management to use in creating a stellar menu. Cooking Teacher Kate Oh is lending her expertise to the event, and well, all of us will have a "part to play" in this fundraiser for historical preservation for the Fitzroy Mansion.

Maybe you'll spot the Cheshire Cat? He's a symbol of wisdom and guidance, you know. Please consider joining us on the afternoon of **April 27th from 12pm to 2pm**. We will have finger food, tea, mimosas, hand-crafted playing cards, crafts, outdoor games, tarot readings, and much more. This is a great time to gather with your friends and family, be fancy, be silly, and maybe ask yourself, "Who in the world am I? Ah, that's the great puzzle!"

For tickets:

Please visit [Eventbrite.com](https://www.eventbrite.com) to purchase your tickets at a discounted price of \$20 for adults and \$10 for children under 12. PLUS you can use the discount code:

APRILFOOLS05 for an extra \$5 off your purchase on Eventbrite!

Tickets will also be available day of but will be full price of \$30 for adults and \$15 for children.

Accelerated Schools Presents



April Garden Planning

Adrienne Chainey, Science and Gardening Instructor

Spring is an exciting time, when new plants come from the depths of winter, beginning often with grape hyacinths, followed quickly by the remainder of the spring bulbs. This spring we will resume our gardening program! We have many yards of raised beds to fill, providing an opportunity for our students to experience the joys, hardships, and the progression of growing vegetables!



The garden beds will hopefully grow enough to provide at least one batch of produce to the cooking program! A well-kept garden needs flowers to attract the attention of pollinators. From edible flowers, to beneficial species pairings, to good-ol' pretty petals we will of course be planting a full range of botanicals! Soon the season will be in full swing, the temperatures will rise, and our flower baskets will be filled! I look forward to seeing our campus in all its' floral-glory!

Current parents, families, and alumni are invited to donate any unused gardening supplies to our program! We are always looking for new varieties, flowers, and seeds! Donations can be made to Accelerated Schools directly through our website, in person, or by mail. Any physical drop offs can be made during school hours.



For more than 40 years, concerned parents have turned to Accelerated Schools for individualized learning programs helping students overcome challenges, and excel academically. The fact is, a traditional school system is not designed to meet the needs of every child. When a student is not being successful, or is not thriving in a traditional environment, parents must often look elsewhere for a solution. This is where Accelerated Schools comes in.

Accelerated Schools begins by creating a learning program designed specifically for a student. Our work points are toward changing the ratio of failure to success and by cultivating an environment of accountability. Our students are given attainable goals and are rewarded by celebrating their accomplishments. Once a student starts experiencing success, their attitude, motivation and effort improve dramatically. This ends the negative cycle and leads to positive academic progress and positive self-esteem.

If you have comments and/or suggestions about our newsletter, email [Kayla Presnal](mailto:Kayla.Presnal)

Accelerated Schools

www.acceleratedschools.org



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