



HHS IN THE KNOW

Weekly Bulletin

April 24, 2017

MENTAL WELLNESS WEEK: Rachel's Eagles Club is sponsoring Mental Wellness Week April 24 through April 28! This week focuses on strategies to promote wellness and addressing mental health issues and other challenges students may face. Activities include dress up days, presentations, positivity activities, and a student panel. Throughout the week there will be numerous coloring pages in the Second Floor Study Area for those who would like to color. Please participate!

- **Music Monday** - Wear your favorite music related shirt such as your favorite singer or band. There will be a table located in the front entrance run by students who participate in Band who will have sticky notes and candy during Periods 3 through 6. To receive a piece of candy, students must write their favorite "relaxation" song on a sticky note and put it on a poster board.
- **Super Hero Tuesday** - Dress like a Superhero. Periods 3 - 5 in the Community Room, students from Rachel's Eagles will run a set of Pixar Animated shorts and there will be snacks provided by the Film Club.
- **Life Planning Wednesday** - Represent your favorite college. Mrs. DeVries will be presenting in the Second Floor Lecture Hall Periods 4 and 6 about how to cope with high school life as well as life after high school.
- **Tye Dye Thursday** - Wear tye dye. There will be an HHS student panel hosted in the Third Floor Lecture Hall Periods 4 through 6 with multiple students talking about their individual struggles and coping strategies with a focus on maintaining mental wellness.
- **White Out Friday** - Wear white. Rachel's Eagles will be handing out green ribbons symbolizing "Day Without Hate" as well as suicide prevention in the Main Entrance before school.

STUDENT GOVERNMENT APPLICATIONS:

- **Current Students** - Applications are due online on Monday, April 24, at 3:30 p.m. for current HHS Students. Anyone wishing to be a part of Student Government for the 2017-2018 school year must apply - this includes returning members and newbies. You can find the application by clicking on this link to the [HHS website](#) - or click on "Activities" and "Student Govt" then click on "How to Apply." See Ms. Brethauer in Social Studies with any questions or email her at kbrethauer@lps.k12.co.us.
- **Incoming 9th Graders** - Student Government Applications are now available. If you would like to be a part of the program for the 2017-2018 school year, please make sure you submit your application by 3:30 p.m. on Monday, May 15. You can find the application by clicking on this link to the [HHS website](#) - or click on "Activities" and "Student Govt" then click on "How to Apply." Email Ms. Brethauer with any questions at kbrethauer@lps.k12.co.us.

ATTENTION SENIORS: Have you been wondering how to get your picture on the board outside of Counseling? Come into Post Grad and complete your graduation survey. We want to know what your plans are. This survey takes about three minutes and determines where your final transcripts will be sent after graduation. You must complete the graduation survey before you will be able to pick up your cap and gown. If you have been awarded scholarships to ANY of the colleges or universities to which you applied, please be sure to bring in this information.

DECA STORE SALE: Every week through the end of the school year there is a special sale on one item in the Deca Store. Look for flyers throughout the school or come to the store, located in the Student Center, to see what the item of the week is. Store hours are Monday - Periods 3, 4, 6; Tuesday - Periods 3 - 6; Wednesday - Periods 2 - 6; and Thursday - Periods 3 - 6. Don't miss out! If you have questions, see Ms. Bolen in Room 107 or email bbolen@lps.k12.co.us.

HERITAGE IDOL: The Annual Heritage Idol Competition will be held this Wednesday, April 26, at 6 p.m. in the Theatre. Come check out some of our rising stars and help choose the next Heritage Idol. This event is free so don't miss it!

ATTENTION SENIORS: Keeping with tradition, there is a slideshow at the end of the year consisting of pictures of seniors through the years. We want your help! Any pictures from elementary or middle school and any pictures or videos from high school taken both in and outside of school (must include Heritage students) are being accepted until Wednesday, April 26! Send pictures/videos to hhsseniorslide@gmail.com. Please help us make a great senior night and to build a slideshow that includes all our seniors.

FELLOWSHIP OF CHRISTIAN ATHLETES: Hey Heritage! Come join us next Thursday for FCA where we eat breakfast and have a fun lesson! It's going to be extra fun this week because we have an awesome guest coming. You don't want to miss it! We'll meet at 6:30 a.m. in the Health Room (Room 336) on Thursday, April 27. Please join us!

ONE ACT PLAYS: Heritage Theatre proudly presents One Act Plays! These student-directed plays will each be performed twice. The first set of plays will be at 6 p.m. on Thursday, April 27, and again at 7 p.m. on Saturday, April 29. The second set of plays will be presented at 7 p.m. on Friday, April 28, and again at 2 p.m. on Saturday, April 29. Tickets are \$5 per person (general admission) and will be sold at the door.

BOYS' SWIM AND DIVE FUNDRAISER: Please support the Boys' Swim and Dive Team on Tuesday, May 2, from 4 - 8 p.m. at Freddy's Frozen Custard & Steamburgers located at 2660 West Belleview Avenue. Please mention the Heritage Boys' Swim and Dive Team when paying, and Freddy's will donate 15% of the proceeds to our team!

BONFILS BLOOD DRIVE: Save lives by donating with Bonfils! Heritage will be hosting a Blood Drive in Room 336 on Friday, May 5, from 8:00 to 9:40 a.m. and then again from 11:00 a.m. to 1:30 p.m. Donors need to bring an ID and make sure to eat a substantial meal and drink plenty of water before/after donating. Parents if you are donating, please make sure to sign-in at the front desk first. If you are 16 or 17 years old, you need a signed Parental Acknowledgment Form, which can be found in the Counseling Office. Sign up for appointments using the Google Form on the HHS homepage under Announcements (NOT Daily Announcements). Please contact Jackie Peach if you have any questions at jpeach@lps.k12.co.us.

PTO NEWS:

- **After Prom:** Volunteers are needed for After Prom ticket sales on Friday, May 5, and the week of May 8 -12. We have two shifts for the six days tickets are being sold: 9:40 to 11:35 a.m. and 11:30 a.m. to 1:30 p.m. Pick one shift or multiple shifts, whatever fits your schedule! Please email HHSAfterProm99@gmail.com if you are available to help or if you would like more information.
- **Teacher/Staff Appreciation:** Your PTO is planning a week of treats for the upcoming Heritage Teacher/Staff Appreciation Week. Parent volunteer Linda Hancock, the PTO's Teacher/Staff Appreciation Coordinator, has put together a great line-up of daily goodies for the hardworking team at Heritage. We'll reveal the details soon!
- **(New!) PTO Communications & Outreach:** Join our new communications committee! We'd love to have your share your time and talents! We have a range of volunteer jobs we need your help with:
 - One-time projects you can do from your home computer
 - Facebook posts
 - PTO website copy or design updates
 - Website blog posts
 - Parent handbook update
 - Annual communication calendar
 - Other special projects

Can you help? Your input is needed and appreciated to help shape the new PTO communications committee. For more information, please contact Volunteers Coordinator Cyndia Zwahlen at cazwahlen@gmail.com or (303) 506-6909.

Stay informed: PTO website : <http://heritagehighpto.wordpress.com/>
Like us on Facebook: "Heritage high School PTO Littleton, Colorado"
Kristi Lucas, PTO President- kmlucas@comcast.net, 303-945-5280

PHONE NUMBERS:

- **Heritage High School Main Office: 303-347-7600**
- **Safe2tell, a toll-free, anonymous Colorado tip line answered by the State Patrol, is for anyone concerned about a threat to student and staff safety: Statewide Tip Line: 1-877-542-SAFE**
- **HHS Tip Line - The purpose of the phone tip line is to provide a confidential opportunity to give school officials information about use, possession, distribution or sale of drugs or alcohol, as well as any information regarding a dangerous situation. HHS Tip Line: (303) 734-6730**

LINKS:

- **Heritage High School Website: <http://heritage.littletonpublicschools.net/>**
- **Heritage High School [Important Dates and School Calendars](#)**
- **Heritage High School [Sports and Activities Calendar](#)**
- **Heritage High School [Bell Schedules](#)**
- **Heritage High School [Staff Directory](#)**
- **Click this link to get information about the [Go Heritage Mobile App](#)**
- **Click this link to view all district-approved flyers posted to the LPS website. [Flyers](#)**

SOCIAL MEDIA:

Like us and then follow us to get automatic messages when we update our news feeds:

- www.facebook.com/HeritageLPS
- <https://twitter.com/hhslps>

The HHS In the Know is generally emailed to parents/guardians and posted to the "For Parents" page of our website by Monday morning during the school year.

To submit information to be included in the weekly bulletin, please email KASmith@lps.k12.co.us by 10 a.m. on Thursday.

Littleton Public Schools does not discriminate on the basis of race, color, sex (which includes marital status), sexual orientation, religion, national origin, ancestry, creed, age, disability, or need for special education services.

The following individuals have been designated to handle inquiries regarding the nondiscrimination policies: Michael Jones, Assistant Superintendent of Human Resources or Melissa Cooper, Director of Special Education and Student Support Services; Littleton Public Schools - 5776 S. Crocker St. Littleton, CO 80120 - 303-347-3300

* Please scroll down to view Eagle Events and other attachments for this week. *

Heritage 2017 Multiple Activities Schedule
(as of 04-21-2017)

Activity	Time	Versus	Location	Location Detail	Comments
MONDAY, APR 24, 2017					
Rachel's Eagles - Mental Health Awareness Week					
Golf: Girls JV Match	TBD	Mountain Vista	Littleton Golf And Tennis Club		
Rachel's Eagles - Mental Health Awareness Week	7:00am-2:18pm		Commons Area - 2nd Floor	Commons 2nd floor	
Admin Team Meeting	7:30am-11:00am		Conference Room - Main Office	Conference Room - Main Office	
Advisory - Senior Class Meeting	9:13am-9:43am		Theatre	Theater	
Golf: Girls Varsity Match	10:30am	Wheat Ridge	Rolling Hills Golf Course		
Rachel's Eagles - Mental Wellness Activity	10:43am-1:23pm		Hallway - Main Entrance	Hallway - Main Entrance	
Counseling - Sit Team Meeting	11:38am-12:28pm		Conference Room - Main Office	Conference Room - Main Office	
Drama - One Act Dress Rehearsal	2:30pm-5:30pm		Theatre	Theater	
Band - Dress Rehearsal	2:30pm-5:00pm		Theatre	Theater	
Art Express Club	2:30pm-3:30pm		Room 116	Room 116	
Operation Eagle Club Meeting	2:30pm-3:30pm		Room 329	Room 329	
Rachel's Eagles - Meeting	2:30pm-3:30pm		Room 205	Room 205	
Basketball - Boys Open Gym	2:30pm-3:30pm		Gym - Auxiliary	Auxiliary Gym	
GSA Club Meeting	2:30pm-3:30pm		Room 326	Room 326	
Grading Committee	2:30pm-3:30pm		Conference Room - Community	Conference Room - Community	
AP Practice Test	2:30pm-5:30pm		Lecture Hall - 3rd Floor	3rd Floor Lecture Hall	AP Biology Practice Exam
Drama - One Act Rehearsal	2:30pm-4:00pm		Student Center	Student Center	
Cheer Practice	2:45pm-5:30pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Belles - Tryouts	4:00pm-7:30pm		Gym - Auxiliary	Auxiliary Gym	
Baseball: Boys Varsity Game	4:15pm	Regis Jesuit	Regis Jesuit High School		
Baseball: Boys Sophomore Game	4:30pm	Regis Jesuit	Heritage High School	Field - Baseball	
Soccer: Girls C-Level Game	4:30pm	Highlands-Ranch	Heritage High School	Field - Soccer	(Cancelled)
Lacrosse: Boys JV Game	5:00pm	Valor Christian	Valor Christian High School		
ACES Swim Club	5:45pm-7:45pm		Pool	Pool	
Patrons of Academic Excellence Awards Night	6:00pm-8:00pm		Gym - Main	Multiple Locations	
Lacrosse: Boys Varsity Game	7:00pm	Valor Christian	Valor Christian High School		

TUESDAY, APR 25, 2017

Rachel's Eagles - Mental Health Awareness Week

Soccer - Boys Workouts	5:45am-6:45am		Weight Room	Weight Room	
Swimming/Diving - Boys Practice	5:45am-6:45am		Weight Room	Weight Room	
Rachel's Eagles - Mental Health Awareness Week	7:00am-2:18pm		Commons Area - 2nd Floor	Commons 2nd floor	
SAT - Make-up Test	7:21am-11:30am		Room 336/Personal Survival Room	Room 336 - Personal Survival Room	
Golf: Girls Varsity Match	8:30am	Douglas County	Plum Creek Golf Course - Castle Rock		
Counseling - Sit Team Meeting	9:23am-10:18am		Conference Room - Main Office	Conference Room - Main Office	
Rachel's Eagles - Mental Wellness Activity	9:23am-12:18pm		Conference Room - Community	Conference Room - Community	
DECA	12:00pm-1:00pm		Hallway - Senior Pit	Senior Pit	Mens Warehouse
Drama - One Act Dress Rehearsal	2:30pm-5:30pm		Theatre	Theater	
No Place For Hate Club Meeting	2:30pm-3:30pm		Room 115	Room 115	
Ultimate Frisbee	2:30pm-3:00pm		Room 323	Room 323	
Botany Club Meeting	2:30pm-3:30pm		Greenhouse		
TSA Club Meeting	2:30pm-3:30pm		Room 111	Multiple Locations	
AP Practice Test	2:30pm-5:30pm		Lecture Hall - 3rd Floor	3rd Floor Lecture Hall	AP Biology Practice Exam
Faculty - Induction Meeting	2:30pm-3:30pm		Conference Room - Community	Conference Room - Community	
Cheer Practice	2:45pm-5:30pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Tennis: Girls Varsity Match	3:30pm	Douglas County	Douglas County High School		
Tennis: Girls JV Match	3:30pm	Douglas County	Douglas County High School		
Belles - Tryouts	4:00pm-7:30pm		Gym - Auxiliary	Auxiliary Gym	
Baseball: Boys JV Game	4:30pm	Regis Jesuit	Regis Jesuit High School		
Baseball: Boys Freshman Game	4:30pm	Regis Jesuit	Heritage High School	Field - Baseball	
Soccer: Girls JV Game	4:30pm	Highlands Ranch	Heritage High School	Field - Soccer	
Lacrosse: Girls JV Game	4:30pm	ThunderRidge	Gallup Park		
Lacrosse: Girls Varsity Game	5:30pm	ThunderRidge	Littleton Public Stadium	Stadium(Not Avail bet 8/01-12/1 and 02/16-06/01)	
ACES Swim Club	5:45pm-7:45pm		Pool	Pool	
AP Calculus BC - Test Prep Workshop	6:00pm-9:00pm		Room 313	Room 313	
Colorado Columbines Track workouts	6:00pm-7:00pm		Track - Heritage High School	Track	
Band/Orchestra - Concert	6:00pm-9:00pm		Theatre	Theater	
Soccer: Girls Varsity Game	7:30pm	Highlands Ranch	Littleton Public Stadium	Stadium(Not Avail bet 8/01-12/1 and 02/16-06/01)	

WEDNESDAY, APR 26, 2017

Rachel's Eagles - Mental Health Awareness Week

Field Trip	6:45am-6:15pm				Net class field trip to Northeastern Junior College and UNC-Greeley
Rachel's Eagles - Mental Health Awareness Week	7:00am-2:18pm		Commons Area - 2nd Floor	Commons 2nd floor	
PSAT- Make Up Test	7:21am-10:30am		Room 336/Personal Survival Room	Room 336 - Personal Survival Room	
Advisory - Enrichment	9:13am-9:43am		All School	ALL School	
Rachel's Eagles - Mental Wellness Activity	10:43am-11:33am		Lecture Hall - 2nd Floor	2nd Floor Lecture Hall	
Rachel's Eagles - Mental Wellness Activity	12:33pm-1:23pm		Lecture Hall - 2nd Floor	2nd Floor Lecture Hall	
FBLA Club Meeting	2:20pm-3:00pm		Room 107	Room 107	
Drama - One Act Dress Rehearsal	2:30pm-5:30pm		Theatre	Theater	
Curling Club	2:30pm-3:30pm		Room 109	Room 109	
Drama - One Act Rehearsal	2:30pm-4:00pm		Student Center	Student Center	
Basketball - Boys Open Gym	2:30pm-3:30pm		Gym - Auxiliary	Auxiliary Gym	
Thespian Club	2:30pm-3:30pm		Theatre	Theater	
Counseling - Freshman Registration	3:00pm-4:00pm		Lecture Hall - 2nd Floor	2nd Floor Lecture Hall	
Track & Field: JV Meet	3:30pm	TBA	Highlands Ranch High School		JV Championships
Belles - Tryouts	4:00pm-7:30pm		Gym - Auxiliary	Auxiliary Gym	
Lacrosse: Boys JV Game	4:00pm	Colorado Academy	Euclid Middle School		
Baseball: Boys Varsity Game	4:15pm	ThunderRidge	Heritage High School	Field - Baseball	
Soccer: Girls C Level Game	4:30pm	ThunderRidge	ThunderRidge High School		
Baseball: Boys Sophomore Game	4:30pm	ThunderRidge	ThunderRidge High School		
Lacrosse: Boys Varsity Game	5:30pm	Colorado Academy	Littleton Public Stadium	Stadium(Not Avail bet 8/01-12/1 and 02/16-06/01)	
ACES Swim Club	5:45pm-7:45pm		Pool	Pool	
Choir Idol	6:00pm-9:00pm		Theatre	Theater	
Visual Arts Award	6:00pm-7:00pm		Library	Library	
AP Calculus BC - Test Prep Workshop	6:00pm-9:00pm		Room 313	Room 313	
Volleyball - Boys Open Gym	7:00pm-9:00pm		Gym - Main	Main Gym	
After Prom Committee Meeting	7:00pm-9:00pm		Conference Room - Community	Conference Room - Community	
Basketball - Boys Practice	7:30pm-9:00pm		Gym - Auxiliary	Auxiliary Gym	

THURSDAY, APR 27, 2017

Rachel's Eagles - Mental Health Awareness Week					
Soccer - Boys Workouts	5:45am-6:45am		Weight Room	Weight Room	
FCA Club Meeting	6:30am-7:05am		Room 336/Personal Survival Room	Room 336 - Personal Survival Room	

Rachel's Eagles - Mental Health Awareness Week	7:00am-2:18pm		Commons Area - 2nd Floor	Commons 2nd floor	
Advisory - Enrichment	9:13am-9:43am		All School	ALL School	
Counseling - Sit Team Meeting	9:48am-10:38am		Conference Room - Main Office	Conference Room - Main Office	
Counseling - Military visit	10:30am-12:30pm		Hallway - by Student Center	Hallway - by Student Center	Army visit
Rachel's Eagles - Mental Wellness Activity	10:43am-1:23pm		Lecture Hall - 3rd Floor	3rd Floor Lecture Hall	
Counseling - Department Meeting	12:30pm-2:18pm		Conference Room - Main Office	Conference Room - Main Office	
Creative Writing	2:20pm-3:00pm		Room 304	Room 304	
Drama - One Act Dress Rehearsal	2:30pm-5:30pm		Theatre	Theater	
Film Club Meeting	2:30pm-3:30pm		Room 204	Room 204	
Green Club Meeting	2:30pm-3:00pm		Room 321	Room 321	
Space Club Meeting	2:30pm-3:30pm		Room 324	Room 324	
Cheer Practice	2:45pm-5:30pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
Lacrosse: Girls JV Game	4:00pm	Denver South	Denver South High School		
Soccer: Girls JV Game	4:30pm	ThunderRidge	ThunderRidge High School		
Baseball: Boys JV Game	4:30pm	ThunderRidge	Heritage High School	Field - Baseball	
Baseball: Boys Freshman Game	4:30pm	ThunderRidge	ThunderRidge High School		
Soccer: Girls Varsity Game	5:00pm	ThunderRidge	Shea Stadium		
Lacrosse: Girls Varsity Game	5:30pm	Denver South	Denver South High School		
Volleyball - Boys Games	5:30pm-9:30pm		Gym - Auxiliary	Multiple Locations	
ACES Swim Club	5:45pm-7:45pm		Pool	Pool	
Drama - One Act Plays	6:00pm-8:00pm		Theatre	Theater	

FRIDAY, APR 28, 2017

Rachel's Eagles - Mental Health Awareness Week					
Swimming/Diving - Boys Practice	5:45am-6:45am		Weight Room	Weight Room	
Rachel's Eagles - Mental Wellness Activity	6:45am-7:20am		Hallway - Main Entrance	Hallway - Main Entrance	
Rachel's Eagles - Mental Health Awareness Week	7:00am-2:18pm		Commons Area - 2nd Floor	Commons 2nd floor	
Counseling - Sit Team Meeting	12:23pm-1:18pm		Conference Room - Main Office	Conference Room - Main Office	
Ping Pong Club	2:20pm-3:20pm		Senior Pit		
Drama - One Act Dress Rehearsal	2:30pm-5:30pm		Theatre	Theater	
Eagle Maker Studio-Coding Club	2:30pm-3:30pm		Library	Library	Mac Lab
Anime Club Meeting	2:30pm-3:30pm		Room 313	Room 313	
Track & Field: Varsity Invitational	3:00pm	TBA	Littleton Public Stadium	Cafeteria	Liberty Bell Invitational
Swimming/Diving: Boys Varsity Meet	4:00pm	Cherry Creek	Cherry Creek High School		Cherry Creek Invite
Swimming/Diving: Boys JV Meet	4:00pm	Cherry Creek	Cherry Creek High School		

Belles Uniform Fittings	4:00pm-7:00pm		Student Center	Student Center	
Baseball: Boys Varsity Game	4:15pm	Mountain Vista	Heritage High School	Field - Baseball	
Baseball: Boys Sophomore Game	4:30pm	Mountain Vista	Mountain Vista High School		
Lacrosse: Boys JV Game	5:30pm	Littleton	Littleton High School		(Rescheduled from 03-21-17)
Lacrosse: Boys JV Game	5:30pm	Littleton	Euclid Middle School		
ACES Swim Club	5:45pm-7:45pm		Pool	Pool	(Cancelled)
Drama - One Act Plays	7:00pm-9:00pm		Theatre	Theater	

SATURDAY, APR 29, 2017

Cheers - Tryouts	8:00am-4:00pm		Gym - C Climbing Wall	Gym - C Climbing Wall	
AP Calculus BC - Test Prep Workshop	8:00am-2:30pm		Room 313	Room 313	
Track & Field: Varsity Invitational	8:00am	TBA	Littleton Public Stadium	Cafeteria	Liberty Bell Invitational
Swimming/Diving: Boys Varsity Meet	8:30am	Cherry Creek	Cherry Creek High School		Cherry Creek Invite
Swimming/Diving: Boys JV Meet	8:30am	Cherry Creek	Cherry Creek High School		Cherry Creek Invite
Basketball - Boys Open Gym	8:30am-9:30am		Gym - Auxiliary	Auxiliary Gym	
After Prom	9:00am-12:00pm		Student Center	Student Center	
Soccer: Girls JV Game	10:00am	Douglas County	Douglas County Stadium		(Rescheduled from 03-28-17)
Baseball: Boys JV Game	11:00am	Mountain Vista	Heritage High School	Field - Baseball	
Soccer: Girls Varsity Game	11:30am	Douglas County	Douglas County Stadium		(Rescheduled from 03-28-17)
Baseball: Boys Freshman Game	2:00pm	Mountain Vista	Mountain Vista High School		
Lacrosse: Boys C Level Game	3:00pm	Colorado Academy	Euclid Middle School		
Baseball: Boys Freshman Game	4:15pm	Mountain Vista	Mountain Vista High School		
Lacrosse: Boys JV Game	5:00pm	Arapahoe	Euclid Middle School		
Drama - One Act Plays	7:00pm-10:00pm		Theatre	Theater	