



The Statesman

John F. Kennedy High School



Volume 53



Since September of 2020, JFK and all schools across the state have had to resort to online-learning due to the global pandemic. Since then, schools have been able to open up again but slowly in small ways. JFK has been lucky enough to do so and has been able to stay open to in-person learners without closing so far. An interview with JFK's very own Principal Almon gives a more in-depth look at how the school is currently doing and what our school can do differently compared to others. Mrs. Almon starts off by hailing the school to follow the guidelines and constantly communicate with each other and the community during this process. From being strategic with pandemic guidelines to having successful online "town hall meetings", the school is doing considerably well despite the current circumstances, she says. Mrs. Almon goes further on by also giving credit to all students and staff who are involved with in-person learning. She says, "Students and staff are so good about masks and social distancing. I hope we can continue the good work and even bring back some normal events." As for sick students, all that JFK had; has been off-campus. However, you may also be wondering who helps coordinate the current pandemic guidelines and reinforces the protocols. Touching on this, Mrs. Almon reveals two covid coordinators and a JFK administrative team that helps with guidelines and protocols. Some of the official protocols are as follows. Self-report through the school if you know you have covid or are sick.

A student can use a health screener or get tested beforehand. If a student is sick and cannot go home independently, they will stay in an isolation room until they can get home safely. Though these are official protocols of the school, Mrs. Almon reminds us that this still relies on students and staff to be honest about their health conditions. As for protocols during school hours, seating charts are mainly involved. There are seating charts

Issue No. 2

classrooms, to the lunchrooms and the auditorium; this is one of the most important conditions to keep organized because of possible infections. Suppose a student gets infected while at school, the other students around them also have to quarantine just in case. If the student or staff is tested positive, it is reported to the district hotline to be logged and noted. However, this hasn't happened in over a month according to principal Almon. And now that March is coming to an end, this means that spring break is right around the corner. Mrs. Almon has also discussed the changes after this coming break with the newspaper. These said changes will not affect JFK much. However, because of where our school is at right now, she reported. One change is that only seventeen students may be allowed in a classroom or room at one time is lifted. But at JFK, barely even one hundred students attend in-person learning, so there are not even seventeen students per class currently. Even if there were more students, JFK's classrooms are not even large enough to hold more than seventeen to twenty students. Another change is that cohorts can combine now, but this also occurred at JFK as of months ago so it only applies to other schools. JFK has allowed students to attend full-day, whereas, at other schools, they have to leave for lunch or come in after lunch because of their number of students. Mrs. Almon states, "We're doing everything that's going to change anyways so there are no changes really. All regulations are still in check.". Closing off on this matter, she mentioned that she just wanted more students to come back to the school for in-person learning. When asked about whether she would feel comfortable sending her own child into school physically, she fully and confidently stated that she would and, in fact, already is. We should all give a warm thank you to Mrs. Almon for clearing some time in her schedule to give the newspaper and the school some insight on the school's current standing during the ongoing pandemic showing the backstage work behind operating an in-person school environment. Let's all keep doing our best to stay safe for ourselves and others by always keeping our distance and wearing our masks. Hopefully, we will all be able to go back to school fully in the coming future.

April 9, 2021

Spring Sports



As the weather starts to get warmer and warmer, I find myself discovering more and more things to look forward to and get excited about. One of my favorite things about Spring, as a commander, is getting to go to games in the beautiful weather and cheer on our hard working athletes! As you may know, COVID has changed several things when it came to sports this year. Luckily, we've found a way to continue to support our sports teams while remaining safe and following all of the social distancing guidelines! When the season begins, all of the games As you may know, COVID has changed several things when it came to sports this year. Luckily, we've found a way to continue to support our sports teams



while remaining safe and following all of the social distancing guidelines! When the season begins, all of the games will be live-streamed and shared on the JFK Athletic page for you to watch your friends, family, and fellow students. Spring sports will not officially begin until April 26th, and registration will open approximately one week before that date.



These sports include baseball, girls tennis, track, and girls soccer. April 26th will also be the start date for all those interested in trying out for future football.

If you'd like to sign up for offseason, Session 13, for Baseball, Girls Soccer, Girls Tennis, Track, Softball, Boys or Girls Basketball or Wrestling, then you can go to the JFK athletic page for registration.



Remember to stay involved and support your commander student athletes!

Julietta Puppo

The meaning behind the word "April" comes from the verb "aperire," which means "to open." It's commonly believed that the word refers to the season of trees and flowers begin to "open" or bloom.

"20 Awesome Facts About April" by Michelle Gabriel



JOHN F. KENNEDY HIGH SCHOOL



HISTORY

John F Kennedy is a High school located within the Bear Valley neighborhood. It consists of excellent staff and a diverse group of students who are always encouraged to think outside the box. John F Kennedy High school first opened its doors in 1965-1966. When the school first opened within the spring semester of the 1965 -1966 school year, it served both grades 7-9 and grades 10-12. There was no junior high school in the area, so the new school was designed to accommodate both junior and senior high school students. The school has been serving the Denver community for 50 years. "John F. Kennedy High School was named in honor of President John F. Kennedy, who was assassinated in 1963, only two years before the school's opening."(jfk.dpsk12.org) In 1974, a court ordered the almost 100% white school and the rest of Denver's school system to begin desegregation busing. A large portion of the former attendance area was assigned to Lincoln High School (without buses) and students from other parts of Denver were assigned to Kennedy (with buses). At JFK, the mascot is the Commanders, representing President Kennedy's service as a Naval Commander in the South Pacific during WWII. JFK's school colors, Navy Blue and Kelly Green, also represent President Kennedy. The Navy Blue represents his naval career, and the Kelly Green represents his Irish Catholic faith, as he was the first Catholic ever to be elected President of the United States.

PAST

Before Mrs. Almon was principal, Kennedy had multiple changes of administration. The inconsistencies of administration caused the school to go into chaos. There were teachers that had been let go because the administration, at the time, did not want to continue funding the classes they taught. Established programs that were there before the first administration change was being taken away from students. There were classes such as; newspaper, woodshop, metalshop, jewelry making class, and so many more amazing elective classes no longer available for students. Students were losing classes that they enjoyed solely because the administration no longer wanted to fund the courses.

If you were to ask students about their experiences here at Kennedy during this time, they would tell you that there were fights almost every day.

They might say there were teachers they loved being let go. The administrators did not listen to students. Between the years of 2015 to 2019, Kennedy had three principal changes! Not many students signed up to take the ACT/SAT during those years because they were not strongly encouraged to sign up for those standardized tests; this caused Kennedy not to look great. To get more funding and support from the DPS, a large number of students need to take standardized tests. When Mrs. Almon became our principal, her main priority was to better the commanders' education and fund programs that students would benefit from in the future. She is working toward that goal.

PRESENT

Currently, Kennedy is arguably one of the most diverse schools in the southwest Denver area and is 1 of 14 schools that's proud to be IB authorized with its IB curriculum. P.R.I.D.E is one of the most upheld values here at the school. Professionalism, respect, inclusiveness, discipline, and excellence are taught in the form of PRIDE as given to the students. This enables students to challenge themselves and their peers while learning the traits of what it means to be a leader in and outside of the classroom. The JFK environment (lead by the students and staff alike) continually strives to be inclusive of everybody and is always expected to be respectful. JFK also supports, engages, and socially and emotionally challenges students through PRIDE values. JFK has not only improved in academics but also in extracurricular and elective activities. With clubs like Key Club and the society of young women engineers, and its JROTC program, the school is also proving that it can further its students' real-life interests and experiences. Although no school is perfect, JFK is always striving to be a better version of itself in all aspects.

FUTURE

As John F. Kennedy High School continues to progress and improve as a whole, as a school, the staff has been encouraged to keep their students engaged while teaching the students virtually as we are currently going through a worldwide pandemic. The school is now creating a safe environment for students to get back to in-person learning while also overcoming this tough period of time. John F Kennedy, in the future, is trying to be an IB-for-all school, meaning many of our students have the opportunity to higher their level of education. We, as a team, interviewed Ms. Warren, our IB coordinator and she said, " We want to give the students an opportunity to show that they can do more than what they think, with the higher level of education, they have the chance to do that." She also believes that our school being an all IB program gives the students a head start in college. She also says that students believe that the IB program kids are seen as the smartest and it is the hardest program. When it all comes within the student, she believes every student can succeed within the IB program, and it will be an excellent opportunity for change within the JFK community.

The Statesman Staff

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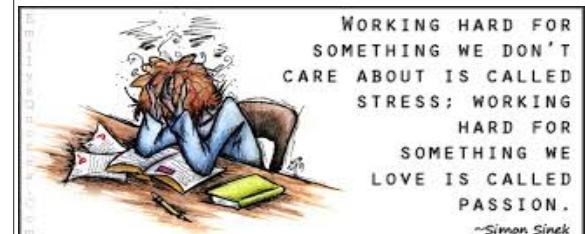
"About Our School." John F Kennedy High School,



On Tuesday, April 13th, 11th grade students will take the SAT. Students, please take this time to study at Khan Academy. Khan Academy connects to your College Board account and can help you improve in the areas that you need help with. 9th graders you will take the PSAT on Wednesday, April 14th. 10th grade students will take the PSAT on Thursday, April 15th. CMAS testing for 11th grade students is Thursday, April 15th as well. Times are still undetermined. Students will take these assessments in person.

Juniors these times might seem stressful, but there are many resources available to help you prepare for these tests. Kennedy was offering customized SAT preparations. Benefits of joining will be receiving one percentage points per hour you attend, preparing you to score higher, which helps your school choices to be bigger, and you meet the graduation requirements.

Students take time for yourself when circumstances get stressful. We believe in you. Students you will do amazing on these tests. Good luck!



Let's take a look in a day in the life of Jazmin Lopez. Jazmin Lopez is a senior with a busy academic schedule. She started her day at 5:40 AM to get ready for morning practice. She is the Commander of Honor Platoon. Being in the honor platoon, her and her team have to practice weekly to prepare for competitions. She arrived at school for morning practice at 6:12 am and practice lasted until 7:30 am. After practicing for over an hour she heads home to log in to her anchor cohort class. While doing asynchronous work, Jazmin has to take care of her puppy, Benito, who is a huge trouble maker. Once she is done taking care of Benito, Jazmin heads to school for her 8th period class. When her 8th period class is over, she heads home to work on some of her math and english work. She finishes her day finishing up any work that needs to be done that day. Jazmin Lopez is a hardworking student that cares about her team and her education. Even though this is not her ideal senior year, she works through the obstacles and tries to make the most with what she has.



Mr. Brewer is our assistant principal and our athletic director here at John F. Kennedy. Mr. Brewer was born and raised here in Denver, Colorado. He decided to work at JFK because he did want to see such a great school with such a rich history go downward; he wanted to be a factor in the change. Mr. Brewer has been an educator for ten years, he worked at George Washington High school, DSST, And Wyatt Academy before finally arriving here at Kennedy. Mr. Brewer has always enjoyed school, and he loved to learn, so it was a natural fit for him to be involved within the education system. Mr. Brewer still remembers a moment in third grade when he got the chance to go up to the fifth-grade class and show them an algebra problem. From that moment, he knew he wanted to be an educator. Mr. Brewer's favorite thing about being an educator is finding solutions to our community's problems or concerns. He goes on to say, "One of my biggest highlights would be the first PRIDE video of this school year, lots of collaboration to make that happen. As a leader, there are significant challenges and minor challenges; the challenge in everything is to try to make sure my solution doesn't disrupt the equilibrium." I then asked him what his hopes and fears were while working at JFK, and he said, "My hope is a continued development of a positive culture of respect and love. My fear?...no point in sharing that because once you share your fears, you breathe life into them." He believes he brings positive light and energy to JFK. Mr. Brewer is also an optimist which he feels like we need to balance some of the more real fears that exist. I asked him to leave a quote for the students and educators here at JFK and he said, "The moment you have the strongest desire to do something is also the moment you shouldn't." -Mr. Brewer

Mrs. Maldonado is our new assistant principal, although she has been with Kennedy for four years she has taken on this new role for our 2020-2021 school year. She also supports the world language department, the math department, and the special education department. Mrs. Maldonado grew up in Pueblo, Colorado which is about two hours south of the school. Through much of her time there she has achieved so much while being in Pueblo.

Mrs. Maldonado came to Kennedy in the fact that DPS has the same demographics as Pueblo where she grew up. She also went on to say that she always felt like she belonged, and that the support Kennedy had given her is amazing. She also said the students and teachers are a major reason why she chose Kennedy as well. She says, "that is where my heart has always been, I'm happy here". Mrs. Maldonado has always been drawn to being an educator. She said it was a very easy choice when it came down to it, she says, "since an early age I have always wanted to play school with my brothers, and I would always be the teacher". When Mrs. Maldonado started student teaching she said "I knew I made the right choice". She was a student teaching kindergarten at the time and she loved it, she was very unsure at first, but she loved the collaboration it brought to her and the chance for her to see the kids grow up and develop in school. She then moved on to have her own classroom and she then knew that this was her calling. She went on to say that her favorite thing about being an educator is the relationships she is able to build with her students and her coworkers. She also went on to say that many of her students were the highlight of her career which pushed her to want to do more as an educator, her students also helped her grow. She highlighted one of her challenges of being an educator and she said, "as a teacher you work so hard to develop these amazing lessons and sometimes the students are not able to get, or you work so hard on a unit and the students do not do so well on the tests, which makes you blame yourself as a teacher because you are supposed to be able to help these students succeed, this is also a reason why I choose to be a educator, I am always willing to learn." She wants to make an impact on the school by making JFK a more inclusive school by allowing everyone to have a say in the improvements of the school. She likes to lead as more collaboratively she wants people to understand that they should be praised for the great things they have accomplished, but to also allow them to understand everyone has room for growth. She also likes to understand the teachers strengths and put them in different roles as they will begin to make a bigger impact from these different roles. She plans on helping the new teachers by supporting the new teacher ambassador which helps support the new teachers in any way they need, she understands that coming to a new school may be scary and teaching may be even scarier but she wants the teachers to know that she is here to support as much as she can. She wanted to leave the quote of, "Be the change you want to see in the world"- Gandhi.



Activities To Do In Spring

Spring is just around the corner! Long-awaited after the harsh winter we've had not just in Colorado, but all around the country. States like Texas and California encountered snowstorms they'd never witnessed! However, winter offers a variety of fun activities to do when you live in a place like Colorado. You can go skiing, ice skating, sledding, snowboarding, etc.



It might be a little trickier to find activities to do in the Spring, but I guarantee there are so many fun things to do here in Colorado all year round! Spring is the perfect time to go hiking; it's not as hot as it is in the Summer or nearly as cold as it is in the Winter. You can go with your friends, family, or coworkers and see some of Colorado's most magnificent views. It's also a great way to get your body moving and get some exercise in without overworking yourself. Some of the best and most popular hiking trails in Colorado include Trail Ridge Road in Rocky Mountain National Park, the Royal Arch Trail in Boulder, and Cherry Creek Park in Denver. The list goes on and on but no matter which you go to, I'm sure you'll have a great time and get to see an amazing view! If you're looking for something that includes seeing people or experiencing something new, one of my favorite things to do in the Spring is going to the festivals held in Colorado. They're a great way to do something fun, affordable, and simple while still getting to enjoy the beautiful weather. Festivals celebrate and present all sorts of things like art, music, and cultures. A few festivals coming up soon are the Arvada Kite Festival on April 11th, the "2021



Young Artists Festival" on April 13th, the "2021 UNC/Greeley Jazz Festival" on April 21st, and "Starfest Denver" on April 23rd. I highly recommend visiting one of these if you're interested in seeing something new! Another great activity to plan for the Spring is visiting one of Colorado's hot springs for a few days. Idaho Springs, Glenwood Springs, and Steamboat Springs are all great places for this fun activity. It allows you to relax, take a break, and enjoy the spring weather. There are so many more options for fun things to do in the Spring here in Colorado! While COVID-19 may have interrupted some of your initial spring plans, don't lose hope! Make the best of your Spring and take advantage of this beautiful weather!

Julietta Puppo

Kirk Sang



Mr. Sang is our chemistry teacher here at Kennedy. He was born and raised in a small town in Jamaica called Spanish Town. He also lived in North Carolina before moving to Colorado. Mr. Sang was not always a teacher, he was a laboratory analyst in environmental engineering. At his wife's previous school the principal suggested he should become a teacher; and that is what he did. He changed his career path. "the opportunity to direct the next generation is an honor" (Sang). Mr. Sang's highlights of teaching is to witness the excitement on students' faces when they understand what they are learning and also having teaching become easier the longer you teach. Challenges he has faced are "cultural and language barriers." He still faces many difficulties with social norms seeing others take for granted privileges he does not have as a Jamaican man. Another challenge he faces, is trying to reach his students that mainly speak Spanish with his Spanish background which at times can be difficult. "I try to let the students know this as an inspiration for those who aspire to careers typically not associated with immigrants" (Sang). He is able to bring the perspective of someone who is not American and connect with students to Kennedy. The quote he wants to leave for Kennedy's community, he actually learned when he was a student. The quote is; "Heights by great men reached and kept were not attained by sudden flight, but they while their companions slept were upwards toiling through the night". Henry Wadsworth Longfellow



One of JFK's newest science teachers is Mariajose Ytterberg. Originally from Chihuahua, Mexico, she moved to Denver when she was 9 years old and has been here for most of her life. She has been an educator for about 5 years, 4 of which were at ALHS. What started her on this path was the desire to expand the world of science and to include more diverse perspectives. She has been tutoring others in science and math her entire life. She states, "I believe knowledge should be shared, and teaching allows me to do that every day". Her favorite part about teaching is the memories she gets to make with her students. She always hopes to give students a way to see the world through science as well she has said. A highlight in her career so far was seeing her first freshman class graduate. She says, "it was so meaningful to be able to see my students who struggled overcome those struggles and reach a milestone in their life. Even though circumstances were very different being able to see them was fantastic". But of course, there are always challenges that come along the way and for Ms. Ytterberg this included self-doubt and the current covid'19 pandemic. She worried about whether or not she was doing what was best for her students during online classes.



However, soon after stated, "sometimes giving into that chaos turned out for the best". A fear she expressed was also that her students may give up on themselves before they even try. But with this, she also expressed her hopes of still making science fun and exciting for everyone to learn. Ms. Ytterberg is confident she can not only bring a friendly face to the school but also a variety of knowledge to JFK from her years of experience working in diverse settings. The quote she leaves for fellow students and educators is, " "Nada es absoluto. Todo cambia, todo se mueve, todo gira, todo vuela y desaparece", which translates to, "Nothing is absolute. Everything changes, everything moves, everything revolves, everything flies and goes away." (Frida Kahlo).

Mia Mangham

Current Events

In Colorado, we recently had a winter storm that started on Saturday the 13th in the afternoon and lasted until Monday the 15th in the morning. This snow storm accumulated about two feet of snow. Students in DPS had Monday the 15th off due to the road conditions after the snow storm. Students all over Colorado also just had spring break. Students and faculty, I hope you rested and took a break from the stress of school. We are finally in the last quarter of the school year. The end of the school year is near!

COVID updates

On Wednesday March 17th, teachers got their second dosage of the COVID vaccine. All around Colorado people are getting the vaccine. There are about 1,162,621 people that have gotten at least the first dosage of the vaccine (KUSA Staff). The current number of hospitalized patients has been decreasing since December (KUSA Staff). Continue to wear your masks and social distancing when you are out in public. Also if you are experiencing symptoms of COVID-19 stay home and get a COVID test. Students and staff stay safe!

Boulder

As many students know there was a shooting at a King Soopers in Boulder on Monday, March 22nd. Ten victims were shot and killed by one man. The suspect that caused this shooting is in custody. The motives for the shooting are not yet known. As of right now the suspect is charged with "10 counts of first-degree murder and one count of attempted murder," (Nieberg and Anderson). Their next court date will be in the next two to three months while evidence is being collected and his mental health is evaluated, (Nieberg and Anderson). If any students need to talk to any of our mental health team about this horrible event that happened please contact them. Students and staff, stay safe out there!

If Emergency?



Non-Emergency, But Still Worried



EXAMPLES OF SAFETY CONCERN TO REPORT
• ANYTHING that makes you or others feel unsafe (Suicide:
Planned School Attacks; Weapons; Fights; Drugs, etc.
MAKING A REPORT IS A GREAT WAY TO STAY ANONYMOUS
(NO NAMES) IF YOU'RE NERVOUS ABOUT SAYING SOMETHING!

WAYS TO HELP: Finding Help for Yourself or a Friend During a Crisis

- Find a Trusted Adult to Help
- call/text Colorado Crisis Services
- Use Safe2Tell
- Call 911 (if emergency)



some reasons to reach out:

*loneliness *anxiety *relationship stuff *trauma
*bullying *gender/identity *financial pressure
*family conflict *suicidal thoughts *stress
*concern for others *depression

<https://coloradocrisiservices.org/>
1-844-493-8255
Text "TALK" to 38255

free & confidential
24/7/265

Natali Miranda

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Seniors just recently took their senior class photo on February 19th, 2021. Reprinted shirts will be available for pickup at the office in April. These reprinted shirts are free for seniors. If you want to purchase these class pictures, they are available to purchase on fullfield.com. If your parents want to purchase a class shirt for \$30; email laurentz_gilmore@dpsk12.org if you are interested.

Seniors' cap and gown pictures were postponed due to the winter storm we endured. The rescheduled dates for cap and gown pictures were March 22 and 23. Pictures are available for purchase. Students and parents check your emails for a link and password to view the pictures you want to purchase.

We will hold a graduation parade on Saturday, May 22nd at 11:00 AM. Students please fill out this form in order to take part in the parade. The form is tinyurl.com/jfk21gradparade.

As of right now prom details are still being finalized. Currently, in Colorado they will not allow schools to have dances. Right now prom will be a dinner in a tent on school grounds. We will keep you updated on any other prom updates.

Graduation is to take place at DU on May 17th at 5:00 PM. However, there is a possibility that we cannot have an indoor graduation ceremony. So, we could have an outdoor graduation on May 17th at 5:00 PM. Our last option would have a virtual graduation. A virtual graduation is the last resort. Our administration is working with the DPS in order to get an in person graduation ceremony. There is also no attendance requirement to be a part of graduation.

Parents and students can find senior spotlights on JFK social media starting April. You can submit senior spotlights here: tinyurl.com/jfksss. Additional information is Senior Yard Signs are now a tradition, Students will receive their signs soon.

Natali Miranda



John F. Kennedy high school is known to be a proud member of the ib curriculum community. The statesman's interview with Alissa Warren-the school's ib coordinator discusses the official vision for the program and gives a more detailed explanation for what the program is actually made up of and what its goals are for the students.

Ms. Warren started off by giving the official vision of the program. She explained that it aims for all students to be "advocates of passion, challengers of inequities, and champions of change". The opportunity and access to this program are a way to help students meet their personal goals as well. The size of the program is originally and ideally small due to its robust expectations and number of different pathways. This number is usually between 10 to 20 students for the full diploma program group. But she strongly stated that every student at JFK is an ib student whether they choose to opt for the full diploma program or not. Ib classes can still be taken along with regular course classes if the student desires as well. The main difference between the two choices is that the full ib diploma will be able to get a student at least a full year of college credit.

Ms. Warren also mentioned that college credit is not the only advantage of the ib diploma. Not only will students be able to challenge themselves through PRIDE values and high expectations, but they will also be able to explore and learn a subject that they want to. She states that this is the most important part because students will be able to get experience in finding their passions or future passions. This can also benefit a student in college because they have more preferences on what classes or majors they want. But beyond the classes that students choose to take, math and English are still of course required. For juniors and seniors, all English classes are ib no matter what course they are taking. When asked about whether or not math would soon be like this, Ms. Warren explained that it most likely will not and currently isn't for a few reasons. She explained that math has more concrete expectations and that its skill levels are different from English. A student's individual progress also differs. Ms. Warren stated that "standards develop differently for the two subjects". She closed off the interview by mentioning how important it is to clarify what ib is and how earning a full diploma can help students. The statesman staff thanks Ms. Warren for giving some of her time to help explain the ib program and to clarify other aspects of it. After discussing this interview its been made clear that JFK students are lucky to be able to have such a great opportunity to be able to have access to the program.

Mia Mangham



Benjamin Pruitt joined the language arts department at JFK last year and is one of the newest English teachers. Originally from Colorado Springs, he has been living in Denver/Boulder since 2007.

Mr. Pruitt revealed that he came to JFK, "because of the opportunity to teach and potentially coach at a fully comprehensive/traditional high school."

Before he taught at JFK though he worked at Place Bridge Academy and DCIS Baker. This is his 7th year teaching now. When asked about what made him choose the education path he said that in the back of his mind he always knew that teaching would suit him. However, in college, he was pre-law because he wanted to try working at a law office prior to returning to school to get his MA. His favorite part about teaching is the fact that he enjoys the opportunity he gets to interact with students and build relationships with them. He added, "I also love teaching reading and writing and sharing my passion for both with students." A highlight of his career surrounded a specific time when he taught seniors at a past school. He states, "I loved teaching seniors because it is such a pivotal year and it's really cool to see them reflect on their growth and high school career at the end. I always love attending graduation and cheering for them!". He was also successful at being a coach. He coached soccer at PBA and they won the City Championship for Boy's Soccer. He also had a speech and debate team qualify for nationals three years in a row and participated in a national competition. But teaching gives a diverse set of challenges every day he says. His toughest challenges have always come from whenever his students go through personal tragedy or personal struggles. As for personal fears and hopes for his time at JFK, he says on behalf of the fears part that he does not have any while working at JFK. But he is hopeful to get an opportunity to get to know his students and fellow staff members better when things return to a somewhat normal routine. The quote he leaves for students and staff is, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." (Maya Angelou)

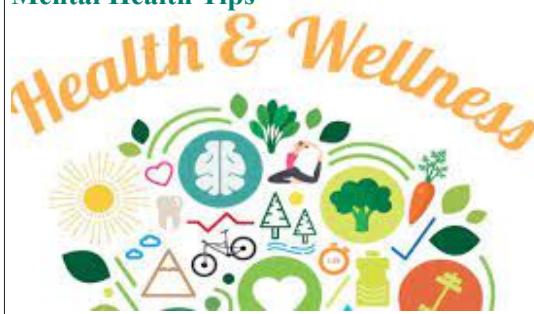


Paul Bloede is our guest teacher here at JFK. He has been a guest teacher for DPS since February of 2018. He also used to go to different schools, and he now guest teaches at all the major DPS high schools. This year, each school was assigned 1 or 2 permanent guest teachers, due to covid, and he became Kennedy's guest teacher. He believes most Kennedy students, by now, will have been in at least 1 of his guest-taught classes, and so will recognize him. Mr. Bloede was born in a suburb of Chicago, but he has lived in Denver ever since his family moved here in 1974, when he was 8.

He then graduated from Thomas Jefferson High School, here in the DPS, in the class of 1984. He was 5th in academic class rank out of a graduating senior class of around 350 people. Since high school, he has earned a bachelor's degree in Economics from CU-Boulder and a Masters in Business Administration from the University of Denver. He also passed the CPA Exam, although he never became a CPA. He does have 13 years work experience in the accounting field before branching out into other things, those now being serving as a DPS Guest Teacher and an online tutor with Varsity Tutors. Mr. Bloede loves teaching. He also had a number of disappointments related to his overall high school experience at TJ and he believes this is an opportunity to re-do the high school experience and help make it great for current students. His challenges being a DPS guest teacher are too personal to go into here, but he can say they focus on the minority of guest teaching assignments he was taking on, before being assigned to Kennedy this year, that he chose to spend a day working at various middle schools. He thinks it is astonishing how much more mature high school students can be versus some middle school students. He likes to make education fun. He also loves to throw in tidbits about facts and subjects related to the main teacher's lesson, but not a direct part of it, so students know there's more fascinating material they could even just learn about on their own, that their classes here at Kennedy just form the basis for more learning, again, on their own, or if they go to college. He went on to quote many of his fellow seniors who graduated with him at TJ, he says, "it's taken me decades since then to fully incorporate these wise sayings into my life." They include: a student named Lisa Rosenberg, at TJ: "The purpose of life is not to see through one another, but to see one another through." A student named Michael Ng, at TJ: "Have the courage of your convictions." That, in my experience, is seemingly a simple quote to understand, but a difficult one to fully live out in one's life. But one's life is all the more rich, the more it displays the courage behind one's own convictions.

Emily Mayoral

Mental Health Tips



The COVID-19 pandemic has caused huge changes and challenges in all our lives. Your classes might be canceled or moving online, and you may have plans for completing your course of study that was suddenly disrupted. You're probably worried about the health of your loved ones or yourself. All of these are understandably stressful, and it's normal to feel sad, anxious, frightened, angry, or whatever other emotions you're experiencing right now. The stress of this

pandemic can cause you to feel helpless but these tips can help you with this. Do not underestimate your resilience. People often overestimate how much a negative event will impact their lives, and underestimate how well they can cope. Just to get where you are today, you've probably overcome many difficult situations that seemed impossible. Have confidence in your ability to get through this. Keep to your routines as much as possible. When we're stressed, it's easy to fall out of our regular routines and develop less-healthy habits, like staying up late or streaming Netflix all day. Think about your normal routine, and hold yourself to it if you can. Try to create a new healthy habit for yourself. Stay informed, but monitor your media intake. It's important to keep up-to-date about health and safety news. But constantly consuming media can make us feel more anxious, less in control, and less safe. Try limiting your media intake to certain times during the day, a specific length of time, or certain days. Seek support and stay social. Maybe now more than ever, it's important to take care of our social wellness, even as we practice physical distancing. Call, FaceTime, or Snapchat a friend or family member every day. Adopt mindfulness and relaxation techniques. Practicing meditation, deep breathing, and being present can help with worries and anxiety. Access professional help if you need it. If you are feeling overwhelmed with sadness or anxiety, are harming or at risk of harming yourself, or feel that you can't cope with what you're experiencing, there are mental health services that can help. Many of which your insurance can pay for or they are free services.

Emily Mayoral

"About Us." CCC Health Wellness Program, www.cccstudentmentalhealth.org/students-self-care-wellness-during-the-covid-19-pandemic/.



Sarah White

Colorado native Sarah White is a new English teacher at JFK this year. From graduating in Denver to teaching at DC21 and other charter schools, Ms. White has been teaching for thirteen years now. She chose to join the JFK

community because she wanted to try something new and different that would challenge her and said it was a very "spontaneous decision" but in fact was a lucky one nonetheless. As she says "Life is series of chases that put her in the right place.". From the beginning, however, she always knew she would be an educator. Her mother was a teacher as well and she often watched her growing up. The final push to her decision about joining this career was wanting to support her daughter better while also realizing how good at education she is. "I can't imagine doing something else," she stated. Her favorite part about being an educator is seeing the "aha" moments for students and watching them grow into adults and watching them change over the years. However, some challenges she now faces are getting used to the new school environment, the students themselves, and remembering to be humble and take responsibility for the role she now has. She also stated that she fears "watching the kids not achieve their full potential" or "not teaching to my full potential". But she hopes to find a home in Kennedy and even mentioned hoping to end her career here. Ms. White can bring many things to JFK but says for herself that she can bring new extracurriculars to help focus not only on schoolwork but to support the learning process of life and to help students through high school which can be one of the toughest times. She hopes for students to explore themselves more and to give them an outlet to support them in besides academics. With this, she leaves a quote for the students and staff: "Either we have our dreams or we live dreams."

Mia Mangham

SOCIAL DISTANCING



AVOID
BETWEEN
CROWDED
DISTANCING
EXPOSED
FEET

GATHERINGS
GROUPS
HIGHER RISK
MASS
PEOPLE
PHYSICAL

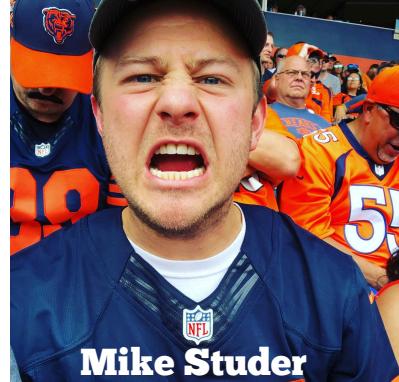
PRACTICE
PREVENT
SEVERE
SICK
SLOWING
SOCIAL

SPACE
SPREAD
STEPS
SYMPTOMS
TOOLS
VIRUS

*Source: Centers for Disease Control and Prevention (CDC)



I am from outside Chicago where I grew up through high school. After high school I went to Baylor University (Sic 'Em Bears) in Waco, TX and lived there for 11 years. It was there that I met my smoking hot wife Melanie and we got married. She is from Denver, so we moved here to be by her family. I chose to come to Kennedy because when I met the leadership team and the Spanish department head they were welcoming and excited about all the great things going on at Kennedy.



Mike Studer

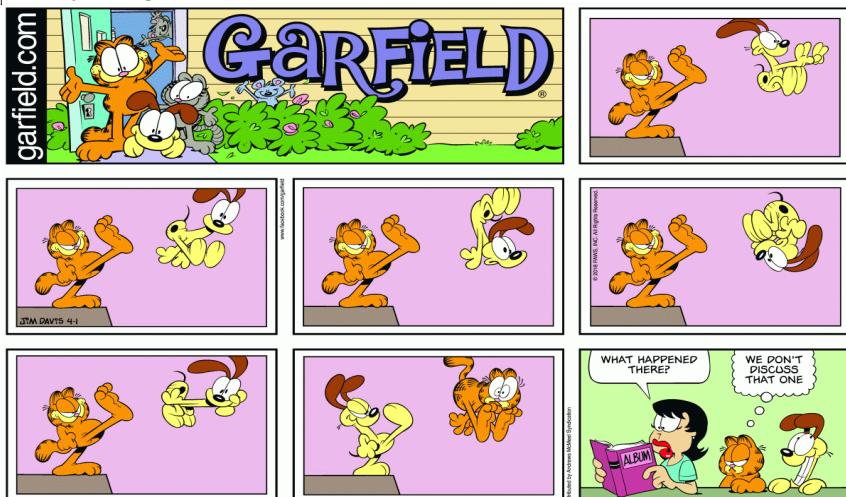
During college, I worked as a tutor at an elementary school. For 3 years I worked with Kindergarten and 5th grade students in the classroom and in an after school program. When I graduated, I got a job teaching Social Studies and coaching at a charter school in Waco. After 4 years of teaching, I became a dean there for 3 years. After that I went to the big public school in the area with 3000 students and taught Spanish. Then we moved here and this is my second year at JFK.

My high school experience was really positive. I had great teachers and coaches that shaped me and pushed me to be a leader. It was clear to me that I wanted to do that for others. High school can be hard and exhausting and lonely and awkward and is full of change. A strength of mine is caring for people, supporting others when they are struggling, and making people feel like they have a place in this world. That is how I know I am meant to be in education.

My first year teaching, I was 21 years old and working really hard like 1st year teachers do. In March, my best friend from home, who had had cancer for several years, started to decline quickly. I went home and saw him for a weekend to say goodbye and then returned to Texas. He died on that Sunday night and I was broken. I was exhausted and sad and I was 1000 miles from my family and close friends who knew him. It was the first time someone really close to me died and I didn't know what to do. I asked my principal if I should tell my students or not. His advice was to talk to the students about it. That Monday back I shared with my students what I was going through and it was helpful and healing. My students were supportive and encouraging. They were understanding and shared their own stories of grief and loss and it built bonds with those students that last to this day.

There is so much life and passion at JFK. The students and staff here are so talented and kind and community oriented. I hope that in the years to come Kennedy's community can become tighter and tighter where all students feel like they have a place and belong here.

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
– Maya Angelou



When spring comes, so does testing, and it is right around the corner. Preparations and studying are beginning to start back up again as students ready themselves for varying tests. Although this may be the time of year students hate most, it is undoubtedly one of the most important times as well. Studying can in turn be stressful and many students often don't benefit from it simply because they are studying harder and not smarter. In order to change that, here are some studying tips that can help you study for good results. Firstly, turning on some music can help be calming background noise unless you prefer to study in a silent space. However, the music shouldn't be too loud and should be a playlist of which doesn't distract you and helps you to focus on your work. Lofi beats, orchestra/music box versions of pop, and already made studying playlists are some of the best options. You can find all of these on YouTube or Spotify. Next, set up break times for yourself. Trying to study or memorize your notes hours on end has been shown to be ineffective and tiresome. Setting 10-minute intervals here and there will help the brain to re-focus and re-energize itself. Now onto memorization tips and active studying tips. The first tip is called active recall. Instead of staring at your notes and hoping they will stay in your memory, start quizzing or testing yourself. Flashcards and short self answer questions may be routine, but they are effective in helping one's brain to retain information. Practicing this process will help to solidify the information in your head more and more. Focusing on the tasks and skills you struggle most with and practicing on them is another big studying skill to take up. If you keep avoiding the most challenging parts, then you will never get better at them and they will never become easier. Practicing in the areas that are most difficult will soon become easier. In fact, using practice or example test prompts and problems will help to make you more comfortable when the actual assessment comes and you'll know what to expect. However, the last piece of advice comes from JFK's very own Dr. Le. Dr. Le's advice is instead to not study at all and to just "clean up". By this, he means to complete your homework every day and to pay attention in class, and know what you've learned at the end of the day. He states, "Saving everything for the night before and stuffing information into your brain will not help you pass the exam" and can confirm this from his own experiences. Whether you choose to study or not and whether or not it works for you personally, it can harbor the results you want when done right. Finding which methods personally work for you best is key to studying smarter and not harder or not even studying at all. So with that, good luck to all JFK students this coming spring!

Mia Mangham

Sources Cited

8 study tips *proven by science* | memorization techniques I use for language learning & school By The Bliss Bean



Upcoming Events from the Future Center SENIOR COMMITMENT CELEBRATION & YARD SIGN PICK UP!

This event is meant to celebrate students who plan to pursue some form of education and training beyond high school and inspire them to take the steps necessary to achieve their dreams. We will be distributing one of our senior gifts (custom yard signs) during this event as well.

**THURSDAY, APRIL 29TH 8:45 – 10:45
CHOOSE YOUR 30 MINUTE TIME BLOCK**



My name is Delaney Hurst and I am from Michigan. I was born and raised in a small town in southern Michigan, close to the Indiana border. I went to school at Central Michigan University and then Michigan State University. The first time I saw mountains, I was 14 years old on a school trip to Alaska. I learned to love nature, mountains and traveling at a young age and knew I wanted to live an amazing life full of travel. After 6 long years of schooling, I took an assignment with a traveling therapy agency that filled open positions

for speech therapists in school districts around the country. My first choice was to move to Denver, and I did! I was placed in DPS at JFK for the 2019-2020 school year and I chose to return to JFK for the 2020-2021 and 2021-2022 school year because I love it here! JFK is more diverse than any school I've ever attended or worked at before and it is also the most inclusive, equity, social justice–driven school team I've seen. I love being part of this school's culture.

I have been a school-based speech therapist for 3 years. My first placement was at Bear Creek High School in Jeffco before coming to JFK.

I knew I'd always wanted to be a speech therapist since I was 16 years old, but I didn't always know I wanted to be an educator. In my field, I studied and worked in various settings including ICUs, rehab centers, children's hospitals, home-based therapy, and more. I actually have a second job working part-time for a skilled nursing facility (a nursing home) providing speech therapy and stroke rehabilitation therapy to the elderly populations in Denver. I first decided to try working in the school system because I actually felt like it was not my area of expertise during school and I wanted to challenge myself to become a good school-based speech therapist. I'm glad I did because turns out, I love being an educator. I love working with students of all ages, especially high school students. They are on the precipice of adulthood and independence. It's exciting to see their excitement and to help them achieve their goals.

I love working with special education students because they are some of the hardest working students in the building, and often the ones with more challenges than most. I love having the expertise to know exactly how to help them see their full potential. I also love working with teachers! They are some of the most out-going, loving, and fun individuals I've ever had the pleasure of working with and being friends with outside of work. I feel like I get to work each day with my group of friends and it makes the workday so much fun.

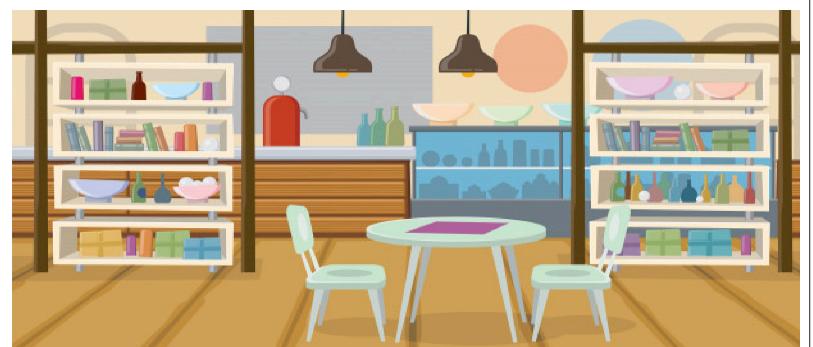
Some challenges that I've faced since becoming a school-based speech therapist – well, I'm the only one. I also work at another school to provide services to some middle school students as well. I am the only speech therapist in both these buildings and while I have the opportunity to reach out to other therapists in the district, I am often left to my own devices to problem and teach myself via online resources and by leaning on other teachers in the building. It can get lonely as I often feel isolated from the rest of the building. I have a large caseload of students that I work with during the week, so my time with each of them seems too short. I'm often envious of the teachers who see their students every day or every other day and have a stronger bond with them.

I hope to contribute to the strength of our special education team by continuing to collaborate with our teachers. My hope is to prove to students that they are capable of achieving their goals. My hope is to help the teachers and staff to become more comfortable with differentiating lessons and materials for our special education students and to help end whatever stigmas are attached to the idea of an IEP. My hope is for JFK to become an example to other schools in DPS for excellence and community.

Fun Fact:

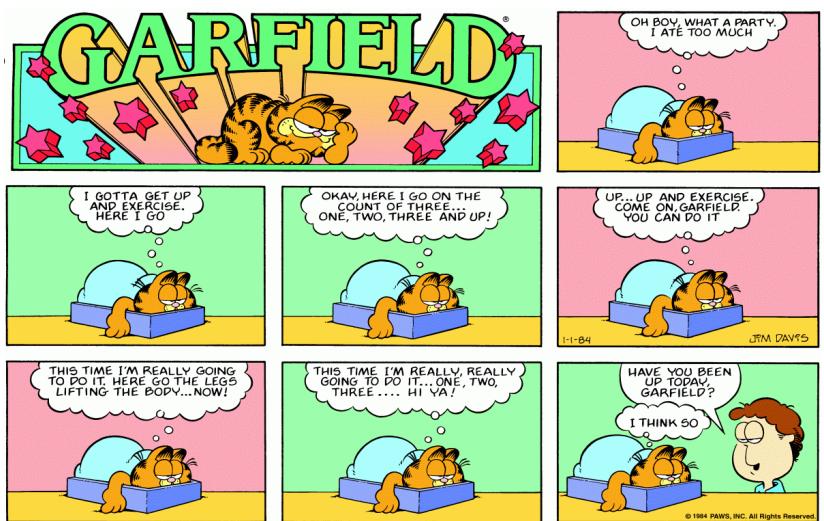
Aseop Rock and GZA have the largest vocabularies with highest number of unique words (7,392 & 6,426) in their rap lyrics which is more than Shakespeare's work (5,170) and Moby Dick (6,022).

"Life is either a daring adventure or nothing at all." – Helen Keller



Since Covid'19 has started, countless businesses have had to close down. Many took this time over the past year to support and advertise small and locally owned businesses to help support them. While shops and restaurants are open now, they still need help and would gratefully accept the business. For some suggestions and ideas, here are some spots in Denver to support. First up is Enstrom Candies. Enstrom's is the perfect place if you're hungry for toffee, chocolates, ice cream, and other rich confections. This Colorado business has been here for four generations and is located in the Cherry Creek North community. They are a one-of-a-kind candy shop for Colorado so take note for the next time you crave sweets! Next up is another mouth-watering business that goes by the name "The Donut" and is located in Centennial Co. This is one of the top 50 black-owned businesses in Denver to support as well according to 303 Magazine. Their unique pastries range from cake donuts to the classic fresh baked glazed donut. Aside from their enormous donut selection they also sell coffee to accompany your order. This donut joint is one for the taking so head over to try it for yourself some time. This last business is dedicated to fashion on the road (literally). The "Electric Dream Boutique" is a fashion truck based in Denver, Colorado. This bright pink truck goes around the city selling women's clothes and accessories and can even be booked by appointment at a specific time and place. The owner states that she wants to make people feel "incredible about themselves without breaking the bank". Such a unique business deserves a visit, so check out their Instagram page or website to find out where they are currently located and more! Looking back, the past year and maybe even the past few months have been rough for everybody, especially the business owners who have had to find ways to stay afloat during this pandemic. Supporting local businesses even if in small ways will be greatly appreciated and will not only make their day better but yours as well. So check out these small businesses to start supporting others and yourself when you can!

Mia Mangham



Small animals that hibernate during the winter months usually come out of their burrows in April.

The first President of the United States George Washington was inaugurated on April 30, 1789.