



Dear Grandma and Grandpa:

I love you because you are always happy for me to show you things other people don't bother to look at.



The Annual Havern Garden Party

save the date



Sunday
May 4th, 2014
4 - 8 pm



MARK YOUR CALENDAR
The 30th Annual
"Chip in for Havern"
Golf Tournament
September 12, 2014

Creating bright futures for children with learning disabilities

Winter
2013



Sean Wendell with art teacher Sherri Pritchett

It was that love for Havern that inspired Sean to build his Eagle Scout project around the school. Sean formulated a plan with his dad, Don Wendell, and the two built a sample bench hook to figure out the logistics of how the project would work.

The hooks resemble large wooden notebooks. A block of wood on the back anchors to the edge of a table to keep the hook in place. On the top front edge is another block to keep tools from sliding off the work area. With his design for the hooks completed, Sean then raised money to pay for the materials. He oversaw the assembly of the hooks by eight Boy Scouts, offering leadership and guidance as needed.

Art teacher Sherri Pritchett said Sean's project will enable her to offer a new art unit, now that the innate danger of linoleum block cutting won't be an issue. The school's annual art show at Columbine Library will center on printmaking. "Each year I challenge myself to create seven different projects for the seven classes at Havern School based on a centralized theme," Pritchett said. "This year, because of the bench hooks, our theme will be printmaking."

Pritchett was particularly touched by Sean's generosity and said his gift will live on long after she and the current Havern students are gone. "The gift that Sean gave to the art room will last for many years to come and is much more than a gift to me," she said. "The bench hooks are a gift to students of Havern School who may not even be born yet. They are a timeless treasure."

Atop each of the linoleum bench hooks, Sean etched a one-word message to future Havern students, including "honesty," "friendly" and "kind." As Pritchett points out, the words not only represent the ideas of Scouting, but are also character qualities that she -- and Havern School -- strive for.

"The greatest gift that a teacher can be given by any student is the gift of being remembered," she said. "As teachers we spend our days trying to think of poignant and innovative ways to teach the many ideas of life so that students will remember them. Often we teach more than just the facts. We also teach the bigger lessons that will follow a student for the rest of their lives. When preparing for his Eagle project, Sean remembered me and the art room at Havern School. I am not sure why he chose to remember me instead of the many other teachers at our school, but I am deeply honored that he did."

**Alum's Eagle Scout project benefits
Havern School art department**

Last fall, Sean Wendell gave back to his former school in a big way.

To complete his Eagle Scout project, the senior at Heritage High School donated 22 handmade bench hooks (used for cutting linoleum) to Havern, where he was a student from first through eighth grades.

"Sean absolutely loved Havern," says his mom, Pam Wendell. "Every day was a good day because he felt loved and protected. He enjoyed learning. He felt the teachers shared in the joy of his accomplishments. He emerged with good self-esteem and self-confidence."



Come see us!

you're invited to our

Community Preview

Wednesday, February 19, 2014
9 - 11 am

RSVP
Nancy Mann: nmann@havernschool.org

IN THIS ISSUE

Sean Wendell.....	1
Community News.....	2
Motivating a Child with Executive Dysfunction.....	3
Student Life.....	4
Parents for Havern.....	6
Development News.....	7
Grandparents Day 2013.....	8

Havern Community News

At 16, **Sabrina Macias** (2008-10) is already a world-class soccer player. Currently a junior at Thunder Ridge High School, Sabrina has been playing soccer since the age of 5.

At age 9, she found herself playing as a stand-in for an injured goalkeeper during a game. After making 3 of the 5 saves to win the game, Sabrina said "I knew that being a goalkeeper was the right position for me! I enjoyed making saves, diving, punting, and being able to use my hands for everything."



At 13, Sabrina played in her first international tournament, the Gothia Youth World Cup in Sweden. Sabrina's team beat the Swedish team 3-2.

In June of 2012, Sabrina overcame a shoulder injury to help her team, the Colorado Rush, win a first-ever national title in the Elite Clubs National League in Chicago.

After that, says Sabrina, "I would find babysitting jobs and do other chores to raise money for me to train with some of the best coaches in Colorado."

Sabrina was chosen by the head coach of the U17 Women's National Team to play in Costa Rica and England. Her next goal is to win a National Championship, despite another shoulder injury. "Soccer is my passion and where all my hopes and dreams lie," says Sabrina. Her advice to others: "Make everyday count by growing and mentally staying positive."

Sabrina has accepted a full scholarship to Brigham Young University for the fall of 2015.

Stav Mallookis (1990-92) and his wife Kristin welcomed their first child, Mitchell, on August 10, 2013. Stav received the Young Alumni Achievement Award for 2013 at the annual Garden Party in May.

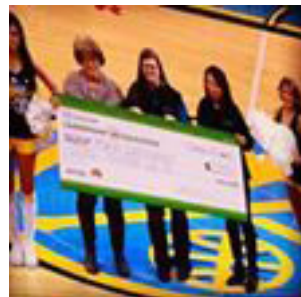


Matt Coughlin (1989-90) paid a summer visit to Havern from his home in Sydney, Australia, where he is a representative for a pharmaceutical company. Matt was accompanied by his wife Sarah and their son Zeke.



Landen Krause (1998-2006) recently achieved his life-long ambition: to become a firefighter/Emergency Medical Technician. Landen visited Havern and showed off his new job skills to students in Room 159.

Faculty Updates



Maria Cunningham Receives Education Award

Havern's digital classroom teacher, **Maria Cunningham**, was the winner of the December Century Link Leadership in Education Award from Century Link Communications and the Denver Nuggets. Maria accepted a \$1,000 check for Havern and the school was recognized during half-time at the Nuggets game on December 20th. We are very proud of you, Maria!

Congratulations, Faculty Newlyweds



Garrett and Ellen Hall
July 13, 2013

Ellen is the Assistant Director of Instruction



Kristin and Justin Gill
September 14, 2013

Kristin is a Teaching Assistant in Room 161B

Development News

29th Annual Golf Tournament

"Chip in for Havern" raises vital scholarship funds

92 intrepid golfers braved the rain and fog on September 13th to play in Havern's annual golf tournament. Havern parents joined trustees, alumni, and friends for a day of camaraderie at Arrowhead Golf Course.

KOSI 101.1 personality Murphy Huston served as honorary chair.

Players were treated to luncheon and an auction following the tournament. Top auction items were a luxury vacation in Punta Mita, Mexico; a large screen LED

television donated by American Furniture Warehouse, and a Golfer's Package which included foursomes at the US Air Force Academy Eisenhower Golf Course and the Pradera Golf Club.

Net proceeds from the tournament totalled \$21,211.21.



Thank you to our 2013 Golf Tournament Sponsors

Brown & Tedstrom, Inc.

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Parents for Havern

Michael and Cathy Pasquariello

Loretto Community Sisters and Co-members

Dr. James and Denise Small

Havern Faculty and Staff

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AutoNation Subaru West

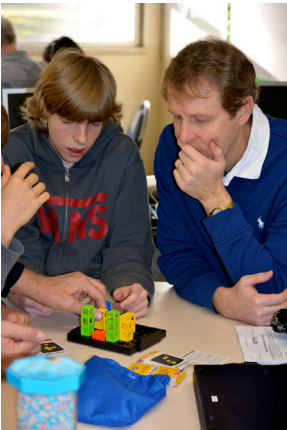
The Michael Garman Museum

In loving memory of David Zauder, grandfather of Havern alum Shannah Rose Brass by his daughter Karen Brass

Special thanks to Murphy Huston of KOSI 101.1 and to Arrowhead Golf Course



October pumpkin sale



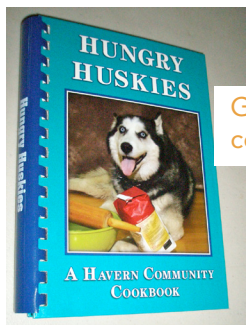
Men's Buddy Breakfast



Parents for Havern Fall Events

Coming Events

Women's Buddy Breakfast	Friday, May 9th
End of Year Carnival	Friday, May 30th



Got your Hungry Huskies cookbook yet?

Thanksgiving Luncheon



Scholastic Book Fair



Motivating a Child with Executive Dysfunction

by Annie Stuart

(Reprinted from The National Center for Learning Disabilities website at nclld.org)

The self-esteem movement... put too much emphasis on children feeling good about themselves and not enough on gaining competence.

Many people with LD struggle with executive function, which can make activities like planning, organizing, remembering details and managing time and space difficult. Problems with executive function – a set of mental processes that helps connect past experience with present action – can be seen at any age and often contribute to the challenges individuals with LD face in an academic setting.

Motivation problems are often one part of executive dysfunction. Here are some proven techniques that work well for motivating any child, especially one who struggles with executive dysfunction.

Praise that Motivates

Decades ago, the self-esteem movement made a wrong turn when it came to praise, says David Walsh, PhD, psychologist, teacher, and author of *Why Do They Act That Way?: A Survival Guide to the Adolescent Brain for You and Your Teen*. It put too much emphasis on children feeling good about themselves, he says, and not enough on gaining competence.

Today, we have a better sense of what really works. Led by Stanford University's Carol S. Dweck, PhD, recent research has shown that certain types of praise are more effective than others. Some effective strategies foster a fixed mindset – the belief that abilities are set in stone. Others foster a growth mindset – the belief that talents can be developed. These tend to be among the most inspiring strategies: Dr. Dweck also found that describing the brain as a "muscle" with the ability to develop can help motivate kids.

Follow these tips to give more effective praise:

Praise the Effort

Rather than telling your child, "You're really good at math," it's more helpful to say, "Hey, nice job on those equations. You must have worked hard on that," says Dr. Walsh.

Praise kids for checking their work, too, adds Lisa A. Jacobson, PhD, NCSP (Nationally Certified School Psychologist), a pediatric neuropsychologist with the Kennedy Krieger Institute in Baltimore. Try phrases like, "Found a mistake? Great!" With this, you're encouraging your child to work hard and toward accuracy.

Be Sincere

"Children as young as seven years old know whether or not they deserve praise," says Dr. Walsh, adding that: "When they get it and know they don't deserve it, they come to two conclusions: One, I can't believe you because you praise me for everything. Two, I must be really sad if you're praising me for that."



Don't Overdo It

For children who struggle with learning and are at risk of losing their drive, it may be tempting to really pour on the praise. But constant praise may decrease persistence and erode self-reliance. For better results, praise intermittently, says Dr. Walsh.

A Balanced Parenting Style

Is there a parenting style that works better than others for children with executive dysfunction? Try to avoid one extreme or another, says Dr. Walsh.

Too Much, Too Little

One extreme is being overly involved, directive, and strict. Another is a laissez-faire or permissive parenting style, which is paved with good intentions: You don't want to put too much pressure on kids, so you let them off the hook too easily. "But if you end up doing things for kids that they can do themselves, they don't develop that inner sense of competence and achievement," said Dr. Walsh.

Just Right

A better way to build executive function is with consistent, firm, clear expectations and consequences that are laid out in advance, says Dr. Walsh. With countless repetitions, he says, children and teens develop the ability to manage and direct their own energy.

Dr. Jacobson agrees: a sensitive and structured approach – customized to the child's capabilities – goes a long way toward maintaining a child's motivation. "It's not just, 'Honey, you're fine, whatever you're doing,' but 'Here's what I expect, and let me support you in the process.'"

Other Tips for Promoting Motivation:

- **Break it Up** – For younger children, Dr. Jacobson recommends building task motivation by interspersing work and play periods. Use a timer, so your child can see when playtime is getting closer. Then set the timer for several minutes of playtime.

- **Offer choices** – To the extent possible, offer both young children and adolescents choices. This includes what to do as well as how to do it. Autonomy is motivating.

- **Find the sparks** – Not interested in school subjects? Figure out what else your child is interested in. Is she passionate about ponies? Ride that motivational horse, says Dr. Jacobson, if only with reading materials.

- **Temper use of technology** – Whether it's video games, t.v., or Facebook, an overuse of technology is likely contributing to growing distractedness in the population at large, says Dr. Walsh. That won't help motivate any child, let alone one with executive function challenges. Set limits, and stick to them, but start at an early age for better results.

Annie Stuart is a freelance writer and editor with over 25 years of experience. She specializes in consumer health, parenting and learning disabilities, among other areas.

Student Council Members 2013-2014

The Student Council meets weekly to plan school-wide service projects, spirit days, the School Store, and other student activities. This year Student Council is sponsoring a Western-themed dance for Havern students and their parents on Saturday, March 8th, from 6-8 pm.

Student Council members for the 2013-14 school year:

- Room 13: Sydney Rabold
- Room 7: Elise Holt
- Room 12: George Dolan
- Room 161B: Nico Roy
- Room 161A: Elena Macias (Treasurer)
- Room 159: Victoria Jacobson (Secretary)
- Room 160: Joe Grgurich (Vice President)
- Victoria Macias (President)

Faculty Advisors: Mrs. Becky Romero
Mrs. Kathy Barenberg



Front row, L to R: Elise Holt, Sydney Rabold, Elena Macias, George Dolan, Nico Roy. Second row, L to R: Joe Ggurich, Mrs. Romero, Victoria Macias, Mrs. Barenberg. Not pictured: Victoria Jacobson.



Peeling the apples



Making Thanksgiving pies



Mixing the pumpkin



Student Life
Daily Work & Play



Students in Room 7 entertain diners at the Thanksgiving Luncheon



Library laughs



Celebrating Las Posadas



Veterans Day assembly



On the ball in OT



Winter holiday fair



Nuggets pep rally



Ice skating at Bel Mar

