



Work as a table to group sticky notes



**Douglas  
County**  
School District

*Learn Today, Lead Tomorrow*

# STUDENT ADVISORY GROUP

January Presentation

# MENTAL HEALTH

Presented By: Elijah  
Morgan & Aadithya  
Senthilkumar



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# ***Overview of Priorities***

- **Pass the new mental health course**
- **Expand the peer counseling system (new initiative)**
- **Identify other issues in DCSD's mental health approach and address them as necessary**

# ***Problem Statements***

- **Approximately 5.8 million children aged 3-17 have diagnosed anxiety.**
- **Approximately 2.7 million children have diagnosed depression. (CDC)**
- **School counselors cannot address the rise in mental health issues alone.**
- **Peer counseling systems are not widely available or sufficient.**

# ***Proposed Solutions*** (Introduction to Mental Health and Wellness)

- This course has been in the works since 2019
- Created necessary documents (course proposal, curriculum outline)
  - Gained approval/signatures from staff and faculty (principals, counselors, psychologists, teachers, and more)
- Standstill with the curriculum department; the curriculum department believes that there is too many similarities to other courses

## ***Proposed Solutions*** (Peer Counseling and Counseling System)

- **A second priority has been added this year for increased efficiency at discretion of leaders.**
- **Peer counseling systems must be expanded to every school.**
- **Improve student knowledge of peer counseling systems.**
- **This is still a work in progress and we are excited to work with the Board to further implement our solutions.**

# ***Our Resources/Research (Course Proposal)***

- **Jason Hopcus: Representative from the National Alliance Mental Health Illnesses (NAMI)**
- **Michael Christofferson: School Psychologist at Mountain Vista High School**
- **Nikki Ballow: Former Principal of ThunderRidge High School**
- **Sean Patterson: Principal of ThunderRidge High School**
- **Kristen Kovack, Lauren Roybal: Counselors at ThunderRidge High School**
- **Marshawn Yuhas, Chris Smith: Administrative Deans at ThunderRidge High School**
- **Dr. Stephanie Crawford: DCSD Director of Mental Health**
- **Kayla Fahey: Health and Physical Education Teacher at ThunderRidge High School**

# FINANCIAL LITERACY

Presented By:  
Siddhartha Aradhya  
and Vihaan Kalra



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# What is Financial Literacy?

Financial literacy is the ability to understand and effectively manage personal financial matters.

It includes understanding financial concepts such as

- Saving
- Budgeting
- Borrowing
- Investing

and being able to use this knowledge to make informed decisions about personal finances.

Financial literacy is important because it can help individuals achieve financial stability and security, and make informed decisions about their financial future.

It is never too early or too late to start learning about personal finance and improving financial literacy.



# The Need

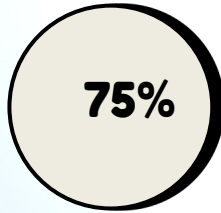
The idea of being “financially literate” is a big need in our community and something **MUST** be done about the lack of financial literacy within teens as quickly as possible to help prepare future generations for the real world.

We’ve also heard too many students say “why does school teach us concepts like derivatives but never something that we will use in real life?”



# Statistics

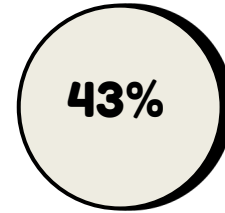
Here are a few of the dozens of statistics showing teens lack of proficiency in areas of financial literacy. This base problem leads to an adult community that show similar levels of proficiency.



of teens lack confidence in their financial literacy skills

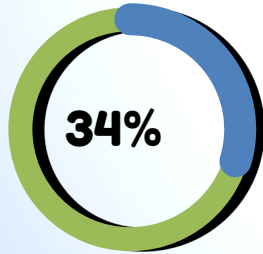


of adults wished they had access to financial literacy education when they were younger

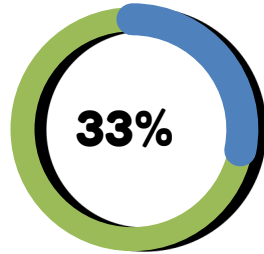


Of Gen-Z report having optimal financial literacy skills for adulthood. The “reporting” rate is likely higher than the actual rate of proficiency.

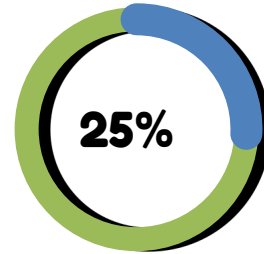
# More Statistics



of adults could not answer basic financial literacy questions when asked



of Americans have no retirement savings, 28% have none past age 55



of Americans are unaware of how taxes are determined

Lack of teen proficiency in financial literacy is translating to a world of lost and confused adults. This strongly affects the tax system and people's wealth management and livelihoods.

# The Solution

## Education System

The current education system fails to address or explain the necessity of being financially literate in today's world, so we asked ourselves: is there a way to incorporate this topic into our district's curriculum?

The answer: a vast variety of presentations related to different aspects of financial literacy that will be presented to students

## Advisement/Seminar Periods

Even though we would love for there to be a course that is specifically dedicated to this topic, that is simply not possible. However, most schools do offer advisement/seminar periods for announcements that usually end up having an excess of left over time which could potentially be used to educate students on this subject.

## Scope

Although this idea may seem like a small scale idea, we have seen that big ideas related to financial literacy in the past have proven to be unsuccessful, so it is best we start from the basics and create a foundation to upscale financial literacy in the future. Essentially, we need to ensure that we have the support of the district and its members in financial literacy through this idea, and then plan to upscale in the coming few years.

# Why is it Effective?

## Short and Sweet

Looking at students' cumbersome schedules and extracurriculars, we understand that students may not want to sacrifice valuable time in order to meet financial literacy goals. In contrast, an advisement/seminar presentation would be effective without getting in the way of the busy schedules of high school students. In contrast to a full course, this would be easier to complete because of the lessened time commitment.

## Effective

Reaching to statistics from earlier, slightly over one-third of adults could effectively answer even basic questions about the subject. A small presentation like this is not aimed at giving students a complete in and out of how to regulate their financial life, but providing a format for introduction and basic understanding. Because of this, the smaller time frame provided by an advisement/seminar period would still be effective achieving the goals set.

# Presentations

Spending Plans

Checking Accounts and Debit Cards

How to Write a Check

Bankruptcy

Business Plans

Buying A Home

Career Impact

The Value of An Education

ABCs of Credit

Decision Making

Basic Economic Systems

Financial Planning

Insurance

All About Taxes

Saving

Retirement Planning

Car Loans

Language of The Stock Market

**The following are examples of immersive and compelling presentations that could be presented to students by their advisement/seminar teachers, and as a result, educate and inform them on the need for financial literacy.**



# References

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# SCHOOL SAFETY

Natalie Moon, Tyler Chu,  
Adi K.



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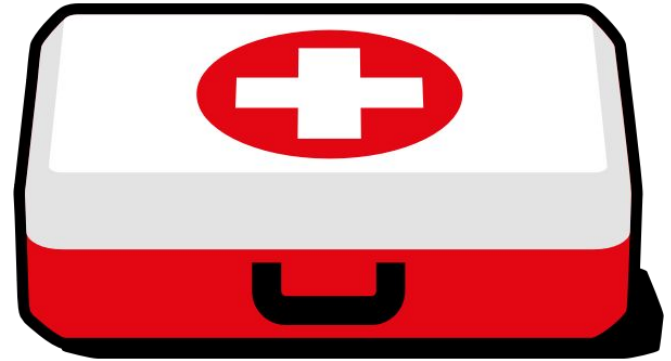
- **Mission statement**
  - **The Problem**
  - **The Solution**
- **What is the Safety Kit?**
- **Benefits**
- **Questions/Topics of Discussion**
- **Our Team:** Brynn Anderson, Tyler Chu, Easton Coleman, Allie Gibowicz, Courtney Giles, Joey Jung, Adi K, Jazzy Lorenz, Juli Maldonado, Natalie Moon, Kenzie Jones, Maddie Kirkpatrick.

## **Mission statement:**

We are addressing the safety of the students in Douglas County and are determined to make DCSD a safer place. We want to introduce a safety kit to classrooms to help teachers protect students in emergency situations.

# The problem:

**In an emergency situation, teachers need to be able to protect their students. Emergency supplies are few and far between in school buildings, and even harder for teachers and students to access during a Lockdown or Hold.**



# The solution:

**We propose that every high school classroom in the DCSD be equipped with a safety kit.**

# What is the safety kit?

The safety kit would be a vessel within each classroom that is concealed, but easily accessible in an emergency situation. This kit would contain various items that students can use to stay comfortable and safe while in one place for a prolonged amount of time. The kit would include the following items:

- **Guide to the Kit**
- **Shower Curtain**
- **First Aid Kit**
- **Feminine Hygiene Products**
- **Sanitary Items (such as towelettes and toilet paper)**
- **Glucose Tablets or Other Means to Help Students With Blood Sugar (potential allergies)**
- **Battery Powered Flashlight**
- **Medical Gloves**

# Benefits:

- **Allow students and teachers to feel more secure**
- **Prepare for the worst case scenario**
- **Give students/teachers the opportunity to defend themselves and be safe**
- **Recurring issue in our country, concerning lots of people**
- **Chaparral High School: got all materials donated from the community. Have a kit in every classroom. Effective and easy to make. Allow for students to feel more secure**
- **Rock Canyon High School: in the budget**

## Questions/discussion topics:

- ❑ We'd like to invite an open discussion over the budgeting of this project and possibly think about organizing fundraising/donations
- ❑ Could we get everything donated or is there accommodation in the budget? (Rock Canyon potentially has funding for this)
- ❑ Is this project practical, and is it something that the board feels will improve school safety throughout the district?
- ❑ Are there any suggestions on how to proceed with this project and/or modify it?



# **WEIGHTING HONORS CLASSES**

**Presented By: Michael and Kiera**



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# 1. The Weighting

## The Weight

- We are proposing a 4.5 weight to honors classes
- The hope is to encourage students to take a more rigorous course load and push more students to eventually take AP classes

## Why 4.5?

Honors classes are obviously less rigorous than AP classes, so they should not earn the same weight.

- DCSD would not be the first district to implement this.
- Cherry Creek School District states that “Weighted grades are given in those courses designated as either Honors or Advanced Placement”

## GPA Inflation

- Since honors courses are only being weighted by 4.5, it is unlikely that GPAs will rise to unusually high levels.
- Furthermore, even if a case of GPA inflation were to happen, for the students who are looking to apply to college, most colleges will recalculate GPA, thus canceling out any potential inflation.

# Honors standardization

## Final

- The district is able to weight AP classes, as they have a standardized curriculum.
- To amend the differences across honors programs at different schools, we propose the district create the final test given out during finals week.
- This would help guide teachers to teach a similar curriculum, and give students across the district a firm foundation to take AP classes in the future.



# LIGHTS

## Replacing lights with LEDs

Presented by:  
Nandhana Vivek



## Problem

A common issue that was found amongst many of the Douglas County's high schools was energy usage. A main contributor to this problem was the inefficient and outdated lights that many schools use.

**What do we propose?**

We propose that the district fund a project to replace areas of high energy usage in high schools with LED lights

## Stages:

1. Within the 9 neighborhood high schools look at areas of high energy usage (ex. Gym)
2. Bring in electrical companies and gather quotes to get the cheapest price (Conserve A Watt)
3. Allocate district funds
4. Hire the company to complete the project

# Case Study

2020

# REPLACING THE GYM LIGHTS at Legend

## THE BENEFITS OF LEDs

- More efficient
- Longer lifespan
- Operate better in colder conditions
- No emission of heat
- No emission of UV rays

Overall: Better for the environment and less pollution!

## Our process:

### Identifying areas of Usage

After looking at our egaug and speaking to the building manager we determined that our school's gym had the highest energy usage

### Knowing the cost

To start off we invited various electrical companies to give us quotes on how much it would cost to get the gym lights replaced.

American Electrician:  
\$28,000

Conserve A Watt:  
\$18,000

Stubblefield: \$26,000

### Getting the money

We were able to get a grant for \$15,000 and another grant for \$6,000 which amounted to a total of \$21,000 for us to use for the gym lights replacement.

### Installation

Now that we had the necessary funds and a company in mind we scheduled a date to get the installation done. The installation was done.

# Problems

Funds

Obtaining  
grants

Timing of  
Grants



## MONEY SAVED:

**BEFORE** (money spent per day) → Feb 5-11

\$584
\$815
\$1063
\$1054
\$1018
\$974
<b>TOTAL = \$5508</b>

**AFTER** (money spent per day) → Apr 12-16

\$420
\$453
\$573
\$484
\$556
\$422
<b>TOTAL = \$2908</b>

$$\begin{aligned} & \$55.88 / \text{week} \cdot \\ & 52 \text{ weeks/ year} \\ & = \$2,905.76 \end{aligned}$$

# ENVIRONMENTAL IMPACT

## ELECTRICITY CONSUMPTION

1/17/2021 – 1/16/2022

$\sim 2,560,000 \text{ kWh} / 12 \text{ months} = 213,333.33 \text{ kWh/month on average}$

$213333.33 / 3.5 \text{ weeks} = 60,952.38 \text{ kWh/week on average}$

## ENERGY SAVED:

$$\$55.88/\text{week} \times 1 \text{ mWh}/130.02 = 0.42 \text{ mWh}/\text{week}$$

$$0.42 \text{ mWh}/\text{week} \times 52 \text{ weeks} = 22 \text{ mWh}/\text{year}$$

$$22 \text{ mWh}/\text{year} \times 1,000 = 22,000 \text{ kWh per year}$$

## CO2 PRODUCTION

0.85 lbs CO2 per kWh

0.85 lbs x 22,000 kWh = 18,700 lbs

We could save **18,700 lbs of CO2 in 1 year!**

# Implications

If this were to be done in 9 neighborhood high schools

In one year ....

\$27,000 saved

168,000lbs CO2 saved

198,000kWh in energy saved

**Thank You!**  
Any questions?

# ENVIRONMENTAL SUSTAINABILITY:

CARBON OFFSET INITIATIVE FOR  
ROCK CANYON HIGH SCHOOL

Presented by:  
Ryan Sprengel

The logo for Douglas County School District features a stylized blue figure with arms raised, resembling a person or a child. To the right of this figure, the words "Douglas County" are written in a bold, green, sans-serif font, and "School District" is written below it in a smaller, green, sans-serif font.

**Douglas  
County**  
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# Background Information

## How our Goal Changed

### 2022

- ❑ \$20,000 to plant 4,000 trees to offset student's and Rock Canyon's emissions
- ❑ Partner with Tree-Plenish
- ❑ District grant from district funding

### 2023

- ❑ \$4,000 to plant 780 trees to offset Rock Canyon's carbon emissions.
- ❑ Partner with Tree-Plenish
- ❑ Funding directly from fundraiser events through Rock Canyon



## Calculations

Facility Name	Electricity (Tons CO2)	Natural Gas (Tons CO2)	Total Emissions (Tons CO2)
Rock Canyon High - 338	1,559.0	311.6	1,870.6
<b>Grand Total</b>	<b>1,559.0</b>	<b>311.6</b>	<b>1,870.6</b>

Total emissions from RC facilities:

1870.6 tons or 37,412 lbs

---

Yearly uptake from quaking aspen & blue spruce trees:

48 lbs

---

**780 trees total**

## Raising Funds to Buy & Plant Trees

- Tree Plenish donation link will be sent in newsletter to parents and advertised within student seminar classes.
- Parents or students can either outright buy the trees or donate trees to others who are interested but do not want to purchase them.

## Obtaining Trees

Trees will be obtained through Tree-Plenish. At the end of the fundraising period, a form will be sent to our sustainability group to finalize the total number of trees to be ordered.

## Planting Trees & Main Event Day

Designated day in April to distribute trees that have been purchased.

- Will take place at Rock Canyon High School.
- Buyers will pick up their trees to plant or can request planting volunteers from RC Eco Club to assist them.

## What Trees Will Be Planted?



**Blue Spruce**



**Quaking Aspen**

## IMPORT TIMELINE

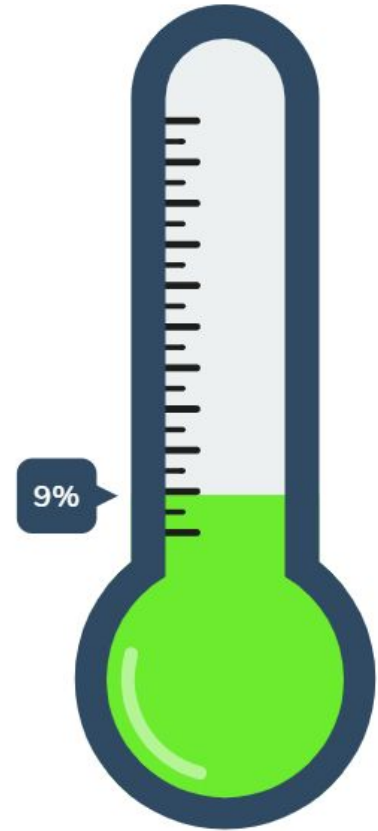


## Current Funds Raised

From last year's smaller scale fundraising event, we were able to raise \$355 over a one week period.

❖ 780 trees/\$4000 goal

71 trees/780 trees planted



# STUDENT ADVISORY GROUP- TECH GROUP

Cameron Lovejoy  
Zachary Lulay  
Gabriel Wardall  
Advait Khanna  
Rohan Adepu  
Aadi Agrawal

The logo for Douglas County School District features a stylized blue figure of a person with arms raised, positioned to the left of the text. The text "Douglas County" is in a bold, green, sans-serif font, and "School District" is in a smaller, green, sans-serif font below it.

**Douglas  
County**  
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# GROUP INTRODUCTIONS

## Helper Helper

### Overview

- Volunteer hour submission app
- Makes tracking and submitting volunteer hours seamless
- Saves time for counselors and students
- Confirmation of volunteer hours can be done virtually

## Current Programs

- The district already uses both helper helper and paper forms depending on school policies.
  - Schools who use helper helper:
    - Mountain Vista, Rock Canyon
  - Schools who use paper forms:
    - ThunderRidge, Legend, Douglas County, Chaparral, Ponderosa, Highlands Ranch, Castle View

## Pros

### Helper Helper

- Does not require paper (No physical waste)
- Everything can be done online
- Compiled on one app
- Hours can be verified virtually
- Students can keep track of their hours
- Accessible on multiple devices
- Built in tutorials
- Sorted and organized for counselors
- Hours can be verified through virtual signatures, and pictures from the event
- Can verify submissions from past times
- Counselors only have to validate hours and they go straight to IC

### Paper Forms

- Does not need a device
- Physical signature (verification)
- Ease of signing for all ages and capabilities



## Cons

### Helper Helper

- Harder to verify without physical signature
- Requires device
- Cost (\$500/year)

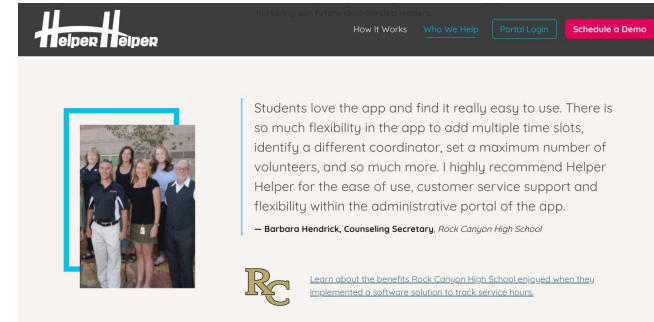
### Paper Forms

- Uses paper (Print/supply cost)
- Requires physical signature
- Difficult to track volunteer hours
- Easy to lose or damage
- Requires manual filing
- Difficult to access and confirm old records.

The logo for Helper Helper, featuring the word "Helper" in a large, stylized blue font with a thick blue arch over it, and the word "Helper" in a smaller, bold blue font below it.

# Gathering input

- Discussing with other students, the current paper form at many schools is widely disliked. (send out survey)
- Counselors who use it seem to love it. In fact, a quote from a Rock Canyon counselor is on the Helper Helper website.
- Discussing with counselors who use the paper format, they say that it is difficult to access and confirm records after they are filed. They also say that it takes time to read, confirm, and file hours.
  - Would definitely be open to a new system if it “didn't take more time”
- Students do not like how long it takes their hours to be confirmed.
- We talked to a principal who said that the required yearly funds would not be an issue



The screenshot shows the Helper Helper website interface. At the top, there is a navigation bar with the logo and links for 'How It Works', 'Who We Help', 'Parent Login', and 'Schedule a Demo'. Below the navigation bar, there is a testimonial section. On the left, there is a photo of a group of people, with a blue border around it. To the right of the photo, there is a quote from Barbara Hendrick, Counseling Secretary at Rock Canyon High School, praising the app's flexibility and ease of use. Below the quote, there is a small logo for Rock Canyon High School (RC) and a link to learn more about the benefits of the software solution.

Helper Helper

How It Works Who We Help Parent Login Schedule a Demo

Students love the app and find it really easy to use. There is so much flexibility in the app to add multiple time slots, identify a different coordinator, set a maximum number of volunteers, and so much more. I highly recommend Helper Helper for the ease of use, customer service support and flexibility within the administrative portal of the app.

— Barbara Hendrick, Counseling Secretary, Rock Canyon High School

[Learn about the benefits Rock Canyon High School enjoyed when they implemented a software solution to track service hours.](#)

# ENCOURAGEMENT, EMPOWERMENT, & EDUCATION

Diversity & Equity

Presented By: Juan Pablo  
Briones & Aspen Heppe



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# Model

- Follows SART-like model
- Contact an outside organization to focus on the education “E” of the three “E”s campaign
- The outside organization would come in to an English class and focus on educating the students on LGBTQ+ struggles in modern society with a quick history of the LGBTQ+ rights movement

# Possible Connections

- Trevor project
- GLESN
- Human rights campaign

# Timeline

- Structure and build connections
- Present (and hopefully do well)
- Implement over the summer
- Begin presentations in English classes in mid-September
- Move on to encouragement and empowerment

# THANK YOU

Any Questions?



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***THANK YOU TO OUR SAG LIAISONS***

**DEREK CHANEY, Director of Activities,  
Athletics, and Student Leadership**

**STEPHANIE O'NEILL, District Crisis Team  
Lead**

**SUE DAKOVICH, Administrative Assistant**

***THANK YOU TO OUR BOARD OF EDUCATION***

**DIRECTOR DAVID RAY, Board Director**

**DIRECTOR BECKY MYERS, Board Secretary**