

March-April 2005  
Volume 2, Issue 5

# cityscape

the newsletter for City High School & Tucson Small School Project

City High School strives to be a community of learners in which all members use their minds well. We engage with challenging academics and the unique resources of our city and region in order to become active citizens and responsible stewards of our world.

Tucson Small School Project (TSSP) is dedicated to supporting City High School and to promoting professional development and community dialogue that foster smaller and more equitable learning communities for all students. TSSP is an Arizona nonprofit corporation with 501(c)3 status.

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## Fitness Electives Promote Healthy Living

*City High School students have lots of ways to achieve their fitness goals. Electives this semester include biking, soccer, martial arts, yoga, and "fusion fitness". Fusion Fitness instructor, Lynne Jenrow, writes about the link between exercise and teen health and describes the elective she teaches.*

Teenagers need to engage in fitness programs that include a variety of traditional and nontraditional activities and learn skills that support a healthy life. It is important that teens find internal incentives for exercise that go beyond external rewards such as trophies.

The Fusion Fitness class at City High School is a cross-training approach that embraces six fitness components: cardio respiratory, body composition, muscular endurance, muscular strength, flexibility, and stress management. Being healthy and fit do not equal being thin. Contrary to society's common emphasis on body size and shape, the focus of the Fusion Fitness elective is on health, vitality and increasing fitness ability.

As teens leave high school and go on to college and work, many will be faced with obligations that limit access



to time spent in the gym. Students enrolled in Fusion Fitness work out regularly at the YMCA, but they also work out in the "gym" that is the outdoors – available to anyone, at any time. Through drills and distance runs and walks, students are learning to experience and embrace new ways of being – feeling healthy and fit.

Achieving one's personal best is about overcoming the obstacles that inhibit our ability to sustain a lifelong fitness practice. Classes at City High, such as biking, yoga, martial arts, and fusion fitness, get students started on the right path at a young age.

**~Lynne Jenrow, Fitness Instructor**

*German exchange student Sophie Goertler works out at the YMCA with the fusion fitness class (left). Students in martial arts follow instructor Thomas Linebarger's lead (top). The bicycle class heads out for an afternoon ride (above); the group is training for the Tour of the Tucson Mountains on April 24.*

## City High School Receives Arizona Heritage Project Grant

City High School has recently been named one of five recipients of a highly competitive grant from the Arizona Heritage Project. The Arizona Heritage Project collaborates with the U.S. Library of Congress to provide funding, resources, and training to high school students and teachers to study the history, arts, and cultures of their local communities.

Next year, City High School's ninth grade students and teachers will collaborate with the Arizona State Museum on a Humanities project devoted to the study of buildings of historical interest in downtown Tucson. Students will create exhibits on each building to be displayed within the building's lobby. These free-standing exhibits will include contemporary and historic photographs, quotes from interviews, maps from various time periods, and informative text to help viewers learn more about the

city's past. Additionally, students will contribute to cultural tourism in Tucson by producing a website and brochures for walking tours of downtown Tucson.

Eve Rifkin, who will serve as the lead teacher for the grant-funded project, and three students from City High School will attend the Arizona Heritage Project's annual summer institute at their headquarters in Prescott, Arizona, June 22-25. The institute will focus on conducting oral histories and other research skills, creating museum-quality exhibits, and using photography to document community stories.

Learn more about the Arizona Heritage Project and the specific grant program at their website: [www.azheritageproject.org](http://www.azheritageproject.org).

*~Eve Rifkin, Academic Director  
& Humanities Teacher*

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## City Works Design Class Travels to High Tech High

*by Samantha Smith, 10<sup>th</sup> grade student*

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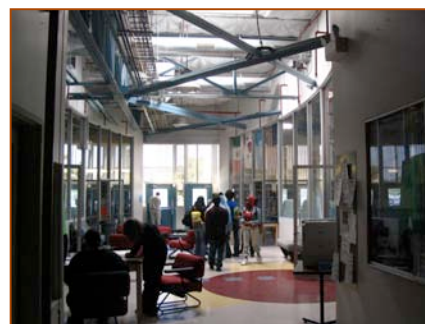
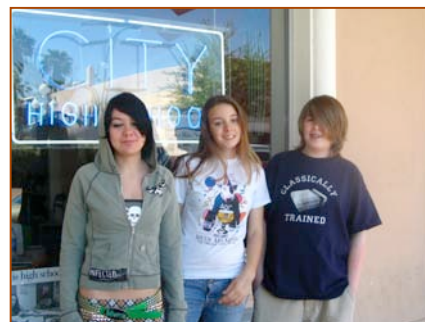
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As a benefit to our class and the school, the City Works design crew flew to San Diego on March 15 to visit High Tech High and observe their teachers and students at work. The traveling City High School team included students Samantha Smith, Andy Olander, and Sophie Jones along with instructors Camellia Cosgray, Daniela Diamente, and Ignacio Rivera de Rosales. We spent three days visiting classes at High Tech High, talking with teachers and students, and attending a special evening event when students share their projects with parents and community members.

The culture that High Tech High has built over the five years since they started the school is amazing. One thing we noticed was the trust and respect the students and teachers had for each other. Another thing we observed was that teachers use a project-based learning system, where students do projects in their classes that help them learn the material while having fun.

All of the art in the hallways and the different teaching methods around the school made High Tech High feel, well, not so "high tech" at all. While we don't want to be exactly like High Tech High, we definitely would like to use the experience and ideas we gained from visiting them to make our school a better place. Now we're sharing what we saw with teachers and students back at City High School, and using our observations to help us with our planning of next year's City Works program.

*City High School is an affiliate of High Tech High Learning, a network of new small schools that receives start-up support from High Tech High, a successful charter school now in its sixth year. High Tech High Learning and the affiliate schools receive funding from the Bill and Melinda Gates Foundation. To learn more about High Tech High and the new school start-up grants from the Gates Foundation visit [www.hightechhigh.org](http://www.hightechhigh.org) and [www.gatesfoundation.org](http://www.gatesfoundation.org).*



*Photos: Samantha Smith, Sophie Jones and Andy Olander back at City High School (top). Students and teachers at High Tech High prepare for an evening event to showcase student work (bottom).*

TUCSON SMALL SCHOOL PROJECT PRESENTS

# CITY HIGH *lights*

CITY HIGH SCHOOL'S Spring Fundraising Event  
Located in the heart of downtown Tucson at 48 East Pennington Street

**April 30**  
2-6pm

Join us for City High School's Spring Fundraiser, featuring an open house at the school, exhibitions of student work, downtown tours of the Museum of Contemporary Art, Southern Arizona Transportation Museum, Arizona Historical Society, Rialto Theatre, and Dinnerware Contemporary Arts. Live music by The Fashionistas ... food and drink from local restaurants ... Great raffle prizes ... Silent auction ... See you there!

to purchase tickets,  
call 623.7223 or visit  
[www.cityhighschool.org](http://www.cityhighschool.org)

event tickets:  
\$20/each  
or 2 for \$30  
kids 16 & under are FREE

Dinnerware Contemporary Arts  
& City High School invite you to  
an evening of student artwork

Friday, April 15  
6:00-8:00 p.m.

Dinnerware Contemporary Arts  
210 N. 4<sup>th</sup> Avenue

featuring artwork by the students of  
camellia cosgray's  
fine arts city works class:  
*rachelle barr, ivy blanchard, andrew  
coleman, nick cuny,  
jessica dyer, astrid lovette,  
emily moe-lopex, krystal pacheco,  
serena rios, daniel schaller,  
paul sjoquist, jackie soltero*

The exhibit will be on display until April 30.

Tour of the Tucson Mountains  
Sunday, April 24 @ Marana Town Hall

Come root for City High School's bike  
riding class as they tour the Tucson  
Mountains. Joining them will be their  
teacher Ignacio Rivera de Rosales.

## City High is about to SWARM! Students and Teachers to Participate in Regional Conference

On Saturday April 16<sup>th</sup> all City High City Works classes will be participating in the SWARM conference at the University of Arizona. In case you're unfamiliar with SWARM, this is the Southwest and Rocky Mountain regional conference of the American Association for the Advancement of Science and draws professors, professionals, and students from throughout the region to present their latest research. City High School students will be presenting posters about their City Works classes during a morning poster session (9:30 a.m.-12:00 p.m.) in the Catalina Room of the Student Union and will be panelists and discussants during an afternoon symposium entitled "Searching for Common Ground: Scientists Engaged in Community Partnerships" (Rincon Room, 1:30 -3:30 p.m.). This is a big event for all City Works classes and will showcase our work thus far to a regional audience. For more information, contact Elliott Lax at 623-7223 or [elax@cityhighschool.org](mailto:elax@cityhighschool.org).

~Elliott Lax, Science and City Works Teacher

## UPCOMING EVENTS (all take place at City H.S. unless noted)

- April 2-3 City High School booth at Fiesta Grande (Barrio Hollywood)
- April 7 5:30 p.m. Tucson Small School Project Board Meeting
- April 8 Third Quarter ends
- April 12 Terra Nova test for 9<sup>th</sup> grade and AIMS test (math) for 10<sup>th</sup> grade
- April 15 6:00-8:00 p.m. Opening for Student Artwork Exhibit at Dinnerware Contemporary Arts gallery (show will be up until April 30)
- April 16 SWARM Conference and City High School poster session on City Works @ University of Arizona
- April 18 6:00-7:00 p.m. Information Session for prospective students and families
- April 23 8:30 a.m.-2:00 p.m. Spring Symposium on School Improvement – 2005 Theme: Teaching and Learning in Progressive Small Schools
- April 24 Tour of the Tucson Mountains Bike Race
- April 29 Student Holiday / Teacher In-Service Day
- April 30 2:00-6:00 p.m. CITY HIGHLIGHTS - Spring Fundraising Event
- May 5 5:30 p.m. Tucson Small School Project Board Meeting
- May 7 City High School booth at KFMA Day (Pima County Fair)
- May 16-20 Spirit Week & Student Talent Show (Friday)
- June 1 City Works Showcase Night

If you do not receive the *cityscape* newsletter and would like to, email [carrie@cityhighschool.org](mailto:carrie@cityhighschool.org) to have the mailing list updated. A Weekly Bulletin for City High School families goes home with students each week. The bulletin highlights activities, events, and issues related to student learning and the school program. Current and past newsletters and bulletins are available on the website.

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