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Parent/Student  
**MONTHLY  
NEWS NOTES**

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October 2023

Monthly Message

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October Faculty Peer Partner Video  
"What Do You Love Most About Teaching at  
CMASAS?"

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## Message from Asst. Executive Director



**Christopher Geis**  
Executive Director

### **Esse quam videri**

Ever wondered about altering your past to change the future? What if we told you that instead of time travel, you can create a better future by making a single positive change in your present life? By being truly present in your world each day, you can potentially shape an even better future. This means taking the time to be intentional, authentic, and present.

This brings me to the Latin phrase recently shared with me, **esse quam videri**. Translated it means “to be rather than to seem to be.” To me, the difference becomes noticeably clear through social media platforms which have become the place where people seem to be. It has become the persona we want to be vs. showing our authentic selves.

Ask yourself, how many hours a day do I spend scrolling through social media feeds? Do I post pictures to get likes, views, shares? And, once I have posted that perfect “shot,” am I addicted to

the notifications received via cell phone? These notifications trigger dopamine in our systems. That feel-good hormone which gives us a sense of pleasure. Yes, it is a natural response and that is why so many of us cannot live without our cell phones. Several years ago, I asked myself these questions, and to be honest with myself, I found that I loved that dopamine rush. Who doesn't, right? I spent too many hours "tuned in" to my cell phone whether that be on social media, a like from a post or picture or checking what is new. I was no longer being present. Since then, I have deleted all my social media accounts or rarely use the ones still active. Recently, I made it a point to not carry my cell phone with me when going out. There is a great feeling of freedom from not having that option to check your phone for a text, message, or post – and that freedom is being present. To be!

As William Shakespeare famously wrote in Hamlet, "To be or not to be, that is the question"? In today's world he would have written to be or seems to be, that is the question.

It brought me back to a book I had read with my wife when we first got married – The Power of Now. While it has been 20+ years, the basic premise is to be. By living in the past or future, you are robbing yourself of living in the present, and after all, all we have is the present. We cannot change the past and we do not know what the future holds, however, by living in the present we can affect the future. We learn from the past, be present and make positive contributions in the present to affect the future.

There are examples throughout history of how one individual has positively changed the course of history through their actions. Not all these individuals were celebrated during their life. In fact, many were ridiculed, sacrificed greatly, or were killed/put to death. John F Kennedy famously stated in his inaugural address, "Ask not what your country can do for you, but what you can do for your country." In today's world, we can change that to ask not what the world can do for you, but what you can do for the world. Let us be present in our lives and make a difference in our world today. Christa McAuliffe stated, "We touch the future..!" And, being our best selves in the present achieves that. Below are some tips I think may help you model: **Esse quam videri!**

# TIPS FOR MANAGING TECHNOLOGY



Message from CMASAS Leads



K-8 Lead



High School Lead

Hi Students and Families,

Welcome to October, one of the best months of the year! Who doesn't love the crisper air, the brightly colored leaves, and the rain and sun-soaked days?! We hope you have hit your stride getting back into the school year and establishing productive routines. Now is the time of year to dive into your goals and cross items off your to-do list. We want to also encourage you to make positive connections with your peers and teachers this year. There are many social opportunities to engage with peers at CMASAS. We have found that students who build solid connections at school thrive academically as well.

Mark your calendars for these events:

- **International Homeroom hosted by Stephanie Smith**

Wednesdays at 10 am Japan Standard Time (JST)

All are welcome no matter where they live!

Let your PEC know if you'd like to be enrolled in this weekly opportunity!

- **Regional Virtual Gathering for Mountain Time students in the US**

Thursday, October 19 at 2 pm PT.

- **Student Council hosted**

**Halloween Bake-Off, Costume Contest, & Pumpkin Decorating**

Thursday, October 26 at 2 pm PT.

# Upcoming Events

## Important Dates:

### **Portland Regional Gathering**

Sign Up Deadline

Friday, October 6, 2023

### **Facebook Sweepstakes for Parents**

Share Our Video and Enter to Win a \$250 Amazon Card

Deadline is Sunday, October 8th at Midnight

### **Regional Virtual Hangout**

Mountain time students

Thursday, October 19, 2023 from 2-3pm PT

### **Student Council All-School Event**

Fall Bake-Off & Halloween Costume Contest

Thursday, October 26, 2023 from 2-3pm PT

### **Pumpkin Patch at Sauvie Island**

Saturday, Oct 14, 2023 from 10am-1pm PT

# Student-Led Events



## SCHEDULE

- Oct 19 at 3 pm MT: Mountain time zone in the US
- Nov 16 at 4 pm CT: Central time zone in the US
- Dec 14 at 5 pm ET: Eastern time zone in the US
- Jan 18 at 2 pm PT: Central & South America geographic location
- Feb 15 TBA: European geographic location
- Mar 21 TBA: Asian and Oceanian geographic locations
- Apr 25 TBA: Middle Eastern and African geographic locations
- May 16 at 2pm PT: Alaskan & Hawaiian geographic locations

## CMASAS Regional Gatherings



**Portland, OR**  
**Pumpkin Patch on**  
**Sauvie Island**

October 14, 2023  
10:00 AM - 1:00 PM



**Washington D.C.**  
**American Museum of**  
**the American Indian**

November 18, 2023  
10:00 AM - 1:00 PM



**Cape Cod, MA**  
**Whydah Pirate**  
**Museum**

March 9, 2024  
10:00 AM - 1:00 PM

Our first regional gathering of the school year will take place at the [Pumpkin Patch](#) on Sauvie Island in Portland, Oregon on October 14, 2023, from 10 am -1 pm. This has become a fun, annual tradition for CMASAS and we look forward to seeing you there! **RSVP DEADLINE is FRIDAY, OCTOBER 6th.**

For Native American Heritage Month, which commemorates the ending of the harvest season and a time to give thanks, we will be attending the [Native American Museum](#) in Washington D.C. on November 18, 2023, from 10 am - 1 pm.

In March, we plan to attend the [Whydah Pirate Museum](#) in Cape Cod, Massachusetts for an educational tour on March 9, 2024, from 10 am -12 pm with lunch to follow at [Capt. Parker's Pub](#).

## Jordan/Israel Trip

**Feb. 22 - Mar. 5, 2024!**

This is a new international travel opportunity that we are offering for the 2023/2024 school year. Due to the nature and countries visited, students under 18 will need to be accompanied by their parent/legal guardian. Cost without airfare (Land Only) - \$5,773. The trip is limited to 33 total in the group and is open to those outside CMASAS. It begins in Jordan visiting Amman and Petra, located amongst rugged desert, canyons, and mountains. You can also discover the site of ancient cities like Kerak, Medaba, and Jerash.

[Register Now](#)

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# What's New?

## Latest Blog Posts



FIND YOUR PLACE by April Sandoval

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Positive and productive environments are built from these three words: engagement, leadership, and community. One might ask how these three words are related. Effective leadership can foster engagement and build a strong community, while an engaged community can produce effective leaders. ([read more](#)).

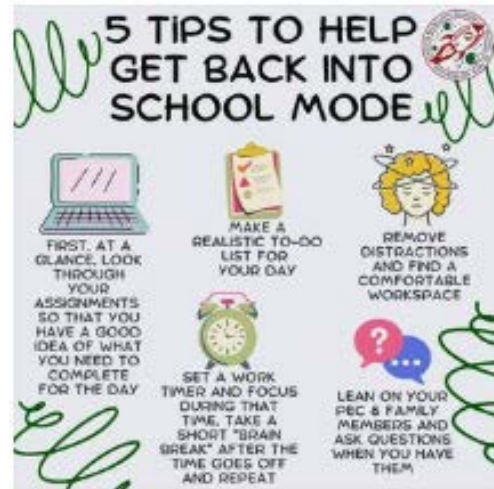
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TRANSFORMING EDUCATION AT CMASAS

In today's ever-evolving educational landscape, Christa McAuliffe Academy School of Arts and Sciences (CMASAS) differentiates its learning approach with its Personalication philosophy and Personalized Education Plans (PEPs). "We are redefining the student experience, sparking a genuine passion for learning, and equipping students for a lifetime of success," says Founder and CEO of CMASAS Christopher Geis. ([read more](#)).

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TIPS FOR SMOOTHLY TRANSITIONING TO ONLINE SCHOOL

Are you a parent who is preparing your child for the transition from a traditional brick-and-mortar school to an online learning environment with CMASAS? When embarking on any new experience, it can be both exciting and challenging at the same time. Remember, your student's PEC is an ambassador, mentor, coach and friend to help your student navigate and build the essential skills to be successful. ([read more](#)).

# Friendly Reminders



# Attention Parents:

Share our video by **Oct. 8th** to enter to win a  
**\$250 Amazon Gift Card!**

## Here's how:

1. Share our 1-minute promotional video on your Facebook page with the hashtag **#cmasas\_** (don't forget the underline after the s so we can track participation) This will automatically enter you into our sweepstakes for a \$250 Amazon Giftcard.
2. The first 15 shares also get a CMASAS tumbler! (\$15 value)
3. You must be a current parent.
4. Ensure the post is public (so we can see it)
5. Post by midnight PST on Sunday, October 8, 2023
6. Use the video link below:

**Video Link:** [https://youtu.be/ERFWnQQjLaA?si=xtx\\_3RUUfi6AKYUw](https://youtu.be/ERFWnQQjLaA?si=xtx_3RUUfi6AKYUw)

**Feel free to customize a message or use this one!**

*"In just one minute, see why CMASAS online school is our choice. It offers personalized education catering to each child's unique strengths and needs, alongside a vibrant online community promoting connection and*

growth. Could it be a fit for your family, too? Find out at [info@cmasas.org](mailto:info@cmasas.org).

#cmasas\_

## Student Spotlight

**Elisia N.**



**Middle School**

"I love clubs because you get to meet new students from all over the world and try out new things. Some of the clubs I love the most are photography, cooking, STEM (Science, Technology, Engineering and Math), creative writing, cultural exploration, chess, and book club. If it were not for CMASAS, I would not have met my best friend Cecilia who lives all the way in another state!"

## Counseling Update

### **Students, Parents, & Families:**

September was suicide awareness month. Sadly, this terrible epidemic has recently affected our small community of Bozeman, MT (where I live). We must take this issue very seriously. I encourage you to have OPEN and HONEST

communication with your children and families about this issue. Please know about the helpline and share it with others: call or text 988 or visit 988lifeline.org I encourage all to visit this site to review the warning signs and risk factors of suicide: <https://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Month>



**Heidi Fox, M.Ed.**  
**Director of Counseling**

There are other resources available at the NAMI website link above. Please always reach out to an adult at our school if you believe you or your student is having a mental health crisis. We can help direct you to local resources and help in any way we can. Together we can erase the stigma of mental health and help our youth grow up in a healthy society.

If you or your student needs help with anything, please reach out to me. I am here to help with all aspects of life and schooling: emotional, academic, college, career-readiness, and more.

### **Seniors:**

Most of you have started your college applications. Keep asking for your letters of recommendation and filling out those applications. If you need stats such as your current cum GPA, rank, class size, etc. please directly email me. If you need any other help with applications, please contact me.

### **Freshman-Juniors:**

Each month I will share a tidbit from our “Road Map to the College Search” Presentation. This month: how to start narrowing down your college search. Here are some things to consider:

- Location of college, size of college, whether it is in a big city, small town, etc.
- Cost (how will you pay? In state/out of state tuition, etc.), requirements to get into that college, and also the programs and/or majors that are available at that particular college.

\*Aim to apply to at least one “safety” school, one “probable” school, and maybe one “dream” or “reach” school. Anywhere from 3-10 schools is a pretty good number.

### **Elementary & Middle School Students:**

This month I would like to highlight a great Khan Academy online free course/resource related to social and emotional growth. The one I would like to highlight is called “Growth Mindset” and this course will focus on, “...engaging ideas to learn more about the growth mindset, setting goals, and overcoming frustration - empowering you to develop the skills you need to succeed.” This would be a great course to go through to help you move forward in any of these areas. I highly recommend you check this unit out here: <https://www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities>

### **Middle & High School Students:**

This month my highlight for you would be starting to consider what type of career you would like to pursue. There are a number of different ways to go about this, but one would be to go through the Khan Academy “Careers” course here: <https://www.khanacademy.org/college-careers-more/career-content> This is a good way to start in your exploration of different careers you might consider for after high school/college.

Another great site to use to get started would be here:

<https://www.truity.com/view/tests/personality-career>

Truity offers a number of free online “surveys” that will help you discover the type of career you might be best suited for based off answers you put into the survey.

Lastly, if you are in high school and can find out if your local high school will be giving the ASVAB test/exam. Please note that although this is a test that the military gives, it is actually a really useful career/aptitude test that can help you narrow down your strengths and weaknesses. The results are really quite enlightening and you don’t have to be planning to go into the military for this test to be useful for you.

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