



Parent/Student
**MONTHLY
NEWS NOTES**

November 2023

Monthly Message

Watch and Share our CMASAS Virtual Open House from Nov. 1, 2023



Message from Asst. Executive Director



Justine Rauterkus
Asst. Executive Director

Dear CMASAS Team,

Welcome to November! I really can't believe how fast time flies. It's a U.S. tradition to think of November as a month of gratitude or at least a time of year that we remember to be grateful for the many forms of bounty in our lives. While we make gratitude a center of focus for the month of November and continue to recognize all that we have throughout, I also want to call attention to some of the other fun holidays and celebrations that happen in November.

There are tons! Did you know that National Deep Fried Clams Day is on November 1st, or that National Bittersweet Chocolate with Almonds Day (I am so celebrating this) is on November 7th? Cook Something Bold and Pungent day is on November 8th which sounds fun too!

On a more school-related note, we have a lot of things in the works. Firstly, don't forget to help us spread the word about the live Virtual Open House event we are hosting for prospective families. We recorded the one from Wednesday, November 1st (see above), and the next one is Monday, November 6th at 5:30pm PST. The presentation is a powerhouse of information about our program and offerings and will give the opportunity for attending families to ask questions real-time.

Additionally, as part of our efforts to build community and engagement online, our marketing team hosted a social media sweepstakes/contest to open new avenues for potential enrollments through current parent connections, and we had great participation! It was so fun to see our CMASAS families spread the word online about how amazing our school is. Our next student-focused sweepstakes is Let's Be REEL! Students are asked to create a fun 30-60 second reel about why they like learning at CMASAS. The top three will be posted on the CMASAS Instagram page and the one with the most votes will receive a pair of \$150 Sony Noise-Cancelling Bluetooth Headphones. The new deadline is after the Thanksgiving holiday - **November 27th!** Students can get all the details in their Teams chat.

Finally, we are nearly finished with the accreditation self-study report. Thank you all so much for your survey participation. We were able to collect useful feedback and comments about the intricacies of our program and really showed how our philosophy is center to all that we do.

I just want to say, thank you for being a part of the CMASAS family. Remember to take time to celebrate your families and share your gratitudes this month.

Happy November!

CMASAS VIRTUAL OPEN HOUSE



Christopher Geis
Executive Director



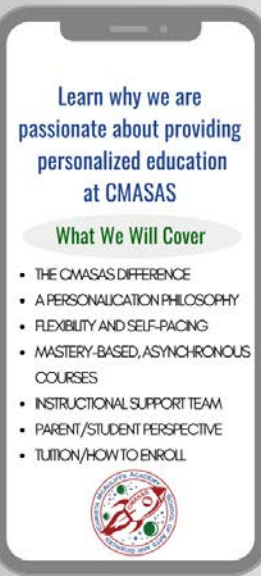
Justine Rauterkus
Assistant Executive Director



Heidi Fox
Director of Counseling



Tami Warnick
Director of Curriculum



Learn why we are passionate about providing personalized education at CMASAS

What We Will Cover

- THE CMASAS DIFFERENCE
- A PERSONALIZATION PHILOSOPHY
- FLEXIBILITY AND SELF-PACING
- MASTERY-BASED, ASYNCHRONOUS COURSES
- INSTRUCTIONAL SUPPORT TEAM
- PARENT/STUDENT PERSPECTIVE
- TUITION/HOW TO ENROLL



November 1, 2023 at Noon PST
or
November 6, 2023 at 5:30pm PST

Find out more about our
Private, Online, K-12
WASC-Accredited School



Cierra Tredway
High School Lead



Daisy Cheatham
Elementary & Middle School Lead



Kim Fowler
Assistant Director Of Curriculum
& Staff Mentor



Cherise Cokely
Parent Testimonial



Libby Cohen
Student Testimonial

Register for November 6

Message from CMASAS Leads



K-8 Lead



High School Lead

We hope you are excited for November and have fun plans surrounding any breaks and holidays you celebrate. We'd love to see as many of you as possible at our upcoming Student Council game night!

Upcoming School Breaks and Holidays:

Friday, November 10 - No School - **Veteran's Day**

Saturday, November 18 - Sunday, November 26 - **Fall Break**

Upcoming School Events:

Thursday, November 16 from 2-3 pm PST - Virtual Regional Hangout - Central Time Zone

Thursday, November 30 from 2-3 pm PST - Student Council-Hosted Game Night

(Grades 6-12)

Upcoming Events

Important Dates:

CMASAS Virtual Open House

November 6, 2023 at 5:30 PST

Veteran's Day

School Holiday

November 10, 2023

Washington D.C. Regional Gathering

Sign Up Deadline

Friday, November 10, 2023

Regional Virtual Hangout

Central-Time Students

Thursday, November 16, 2023 from 2-3pm PT

Thanksgiving Fall Break

Faculty Off: November 18-26

Office Closed: November 23-24

Let's Be REEL Sweepstakes for Students

Share Your REEL Video and Enter to Win a Pair of \$150 Sony Headphones

Deadline is Monday, November 27th at Midnight

Student Council All-School Event

Game Night

November 30, from 2-3pm PT

Student-Led Events



SCHEDULE

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 PST: Central and 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 and Hawaiian geographic locations

CMASAS Regional Gatherings



Our first regional gathering of the school year was a huge success!

On Saturday, October 14th we had nine families join us at The Pumpkin Patch on Sauvie Island in Portland, Oregon. We tested our problem-solving skills as we navigated the maze together, then

spent time socializing at the bonfire afterwards.

The MAIZE is celebrating its 25-year anniversary!



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 next gathering will be Saturday, November 18th from 10am-1pm. We will attend the National Museum of the American Indian in recognition of Native American Heritage Month. November is a wonderful time to give thanks. This also aligns nicely with CMASAS' Gratitude Challenge. Thank you Sankalpa Bajpai and Kimberly McEachen for leading this one! Please RSVP to April Sandoval (asandoval@cmasas.org) by November 10 if you'd like to attend.

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](#).

What's New?

Latest Blog Posts



A Course Instructor's Perspective
by Kim Fowler

There are many things I love about being a language arts course instructor at CMASAS. I have the luxury of one-on-one support which means more opportunities to truly know my students. I can target my teaching to where they need it most. And because each student needs something different from me, I can't grow complacent. I must be a constant learner to support CMASAS learners. I must adapt and grow myself just as I expect them to. All these things are a delight to me and are deeply embedded in a student-centered model like ours. ([read more](#)).

Friendly Reminders

*** NEW DEADLINE IS NOVEMBER 27th! ***



LET'S BE REEL!



**CREATE A REEL WITH THE SUBJECT:
THE REAL REASONS I LOVE
LEARNING AT CMASAS**

**WIN A PAIR OF
SONY
HEADPHONES!**



Student Spotlight

September and October 2023

Click on the Image to Review the Work



Kandinsky Piece
Aidan D. - 1st Grade



Pre-Calculus in Architecture
Carolyn G. - 12th Grade



Women in U.S. Government
1800s-2000s
Avery & Brynn K. - 12th Grade



Elite Dance Challenge National
Dance Championship
Katrina M. - 8th Grade



Local Cadet Learning About
Aviation Science through
Exchange Program
Sarah B. - 11th Grade



St. Jude 2023 Press Release
Lexa H. - 10th Grade

ALUMNI PROFILE

Grace-Ann Porpeggia

CMASAS Class of 2021



Grace-Ann Porpeggia, CMASAS Class of 2021, has charted an extraordinary journey from CMASAS to various academic achievements and impactful roles aiding the marginalized in her community as a social worker. As the CMASAS 2023 Graduation Commencement Speaker, she imparted inspiration and wisdom on guests and the Class of 2023 alike.

Post-graduation, Grace-Ann attended Hartwick College in New York where she achieved a Bachelor's of Arts degree in Political Science, Criminal Justice, and Legal Studies. Graduating summa cum laude in just two years, she maintained a remarkable 4.0 GPA and garnered Departmental Distinction in both the Political Science & Pre Law department as well as the Sociology, Criminology & Human Services departments at just 18 years old. Her academic accomplishments were celebrated with honors, including National Political Science Honors (Pi Sigma Alpha), National Criminal Justice Honors (Alpha Phi Sigma), and International Sociology Honors (Alpha Kappa Delta). Grace-Ann's dedication extended to numerous leadership roles and research, presented at prestigious conferences.

Transitioning to the professional realm, Grace-Ann worked as a social worker for a community nonprofit, aiding individuals battling substance-use disorders, homelessness, and providing access to necessary resources.

During this time, she also earned certifications as a trained United States Figure Skating Coach, specializing in children with special needs. Her passion for special education inspired her pursuit of a Master's Degree in Behavior Analysis at Pepperdine University. Grace-Ann's time at CMASAS had a profound impact on her life. She values the relationships built with instructors, the flexibility of coursework that accommodated her commitments, and the kindness of the staff. CMASAS equipped her with crucial life skills such as time management, critical thinking, self-advocacy, and networking.

Notably, Grace-Ann's CMASAS experience transformed her from a student struggling to reach her full potential attending in-person school to an accomplished graduate student and seasoned professional. Her gratitude extends to several instructors including Carrie Kunkel, Dr. Vanessa Leon, Daisy Cheatham, Derek and Kim Ozment, Tami Warnick, Kim McEachen, and Trish Turner.

With genuine enthusiasm, Grace-Ann loves to promote CMASAS. She highlights its potential to provide a tailored education, fostering independence, and an unwavering sense of community. Her journey exemplifies the power of personalized learning and the profound impact CMASAS can have on students' lives.



Counseling Update

Students, Parents, & Families:

November is a month to celebrate family and a lead up to the holidays. The holidays can be a very stressful time for all of us. In keeping with a theme of taking care of ourselves and our family's mental health and well-being, I hope you can all take some time during our Thanksgiving Week to have some "down time" and cherish time with family, friends, and loved ones. Encourage your student to set their electronic devices aside for a day, or more! Play card games or board games.



Heidi Fox, M.Ed.
Director of Counseling

Watch a show or movie together. Our hectic lives don't leave us much time to just sit and chat. Ask your children how they are doing in their studies, in their social lives, and how they feel mentally. Ask them about their dreams, goals, passions, and if they need more support in achieving these goals. It's not easy being a parent (especially with teens), but just showing you care about them and their lives is such a profound way to show love. A wonderful resource for parents is the Child Mind Institute resources page: <https://childmind.org/resources/>

If you ever need help with anything related to your student/child, please do not hesitate to reach out to me, the school counselor. I can help locate additional resources. Happy Thanksgiving!

Seniors: Please keep up on your college application deadlines. Some important deadlines for many of you are Nov. 15, 19, Dec. 1 and Jan.1. It is very important you keep in mind our Thanksgiving and Winter Breaks when asking me to submit School Reports, rankings, transcripts, and recommendations. Please remember to give your recommenders at least 1-2 weeks to provide you with a letter of recommendation. If you need help, please reach out directly to me. And, lastly, please send me an email as you start getting accepted into colleges — i is so rewarding to see the amazing colleges/universities where you are getting accepted!

Freshman-Juniors: Each month I will share a tidbit from our “Road Map to the College Search” Presentation. This month: which standardized test/exam should I take:

SAT vs ACT—which one is right for you?

This is a question many students worry about. Most colleges do not care which test you take, so please do some research and try to determine which test will be best for YOU. Some students are even taking both exams now to see which one they do better on, however, we do not believe this is necessary.

Please use some of the links below to help you determine which exam might be best you...and ask me for help if needed!

□ <https://www.princetonreview.com/college/sat-act>

□ <https://www.studydrive.com/ed/act-vs-sat/>

□ <https://blog.prepscholar.com/act-vs-sat>

Elementary, Middle-School and High School Students: This month our focus is on “Executive Functions”. What are executive functions? According to the Child Mind Institute: “Executive functions are mental skills that we all use every day to get things done. We use them to set goals, prioritize tasks, organize projects, and manage our time.” As such, you can see that these skills are highly important for students to be successful in school, as well as for all of us to be successful in the “real world”. Some students (especially those with learning disabilities or differences) can have hard time with executive functions. All of us, in one way or another, have strengths and weaknesses in certain areas of executive functioning. As such, we all develop coping skills to help us function better in not only a school setting, but the real world. If you would like to learn more about how to help your child/student develop better executive function skills, the Child Mind Institute has a number of wonderful resources available to you here: <https://childmind.org/topics/executive-functions/> I hope you’ll take some time to explore (with your student) this important aspect of being successful not only in school, but in life!

Middle & High School Students: As a continuation of last months “career exploration,” I would like to highlight a wonderful resource to you in this area. The College Board (the company that owns/runs the SAT, PSAT, and AP courses/exams) has a wonderful website called “Big Future.” They have some amazing resources available to students in a variety of topics including college readiness, college app process, college scholarships, and more. But, I would like to highlight the “Explore Careers” section they have. If you sign up for a free

account, you can take a “career quiz” and explore many different careers and more. Please go here to find out more about this wonderful resource available to you for free:

<https://bigfuture.collegeboard.org/explore-careers>

I hope every has an amazing November and a Happy Thanksgiving Break!

Follow us:



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