



Parent/Student MONTHLY NEWS NOTES

February 2024

Monthly Message



Christopher Geis
Executive Director

What the World Needs Now

The simple response to this is love. But what is love? I've heard people express that love is love. Is that enough or are there different forms of love? And if there are, what form of love do we mean/want? While the English language uses only one word for describing love, the Greek language has at least seven words for love.

1. **Philautia** – Self Love
2. **Ludus** – Playful love
3. **Eros** – Refers to romantic or passionate love
4. **Pragma** – Enduring Love
5. **Philia** – Deep Friendship
6. **Storgi** – Unconditional, familial love
7. **Agape** – Selfless Love



While all these forms of love have a goodness and place in each of our lives, it is easy to confuse meanings of each version of love. I'll discuss two forms of love, Philautia and Agape. I encourage each of you to learn about all forms of love described above.

Philautia

Self-love here refers to taking care of ourselves, taking pride in our abilities/work, and maintaining a loving dialogue with our inner voice (self). It is the foundation for loving others, for how can we love others if we don't love ourselves? And how can others love us if we don't love ourselves. It is a healthy self-love, an awareness, not selfish or ill-tempered. With philautia comes inner peace and the ability to experience other forms of love.

Agape

"I believe that unarmed truth and unconditional love will have the final word in reality". (Martin Luther King, Jr, 1964).

The Ancient Greek population regarded Agape as the highest form of love, a feeling embracing deep and profound sacrifice, while also transcending and persisting irrespective of circumstances. This form of love draws parallels to what Buddhists describe as "metta" or "universal loving kindness", a selfless, spiritual, and unconditional love. Agape is the purest form of love, free from lust and expectations, and absent of any shortcomings one may possess. Most importantly it accepts imperfection, forgives mistakes, and believes in the power of the greater good. (Merrison-Galvin, 2022)

As humans, we have a deep desire to love and be loved to live an authentic life rooted in love. This Valentine's Day, I encourage all of us to take a deeper look at these various forms of love and come together in peace through love, even love of our "enemy". Then just maybe the world can sing in perfect harmony, standing hand in hand for peace throughout the land – [I'd Like to Teach the World to Sing – New Seekers](#)

Happy Valentine's Day to everyone!

Message from CMASAS Leads



Happy February Everyone,

We hope that your 2024 has been off to a great start. As we are heading into the second half of the school year we want to encourage you to keep working hard in your courses. It can be easy to lose motivation this time of year and here are few tips as you continue working forward:

- Follow a routine: Sticking to a routine and schedule can help with overall productivity and helps your day run smoother overall.
- Set Short Term Learning/Productivity Goals: It makes it fun to have something to work towards to achieve. This might look like finishing a course by a certain date, completing a certain amount of work each day or finishing your courses up by summertime.
- Refresh Your Learning Space: Spring cleaning can give such a fresh feeling and increase motivation. Take a few minutes to clean, tidy, and organize your learning space.
- Lean on your Learning Team: Your PEC and Course Instructors are here to support you, do not be afraid to lean on them for support and guidance.

Enjoy the upcoming month!
Daisy and Cierra

What's New?

Each month we will highlight some of the pages of our new website.

This month, we would like to draw your attention to the National Honors Society and Student Spotlight pages!

NATIONAL HONOR SOCIETY



Click on the image above to see the page

STUDENT SPOTLIGHT



STORYMAKERS PRESENTS: THE HUNTED MANSION AND THE HAUNTED CASTLE

Storymakers Club
K-5 Grade

Storymakers Club worked collaboratively on two stories they wrote. They hosted an event called: Storymakers Presents, where the students had a chance to read these stories



ARCHERY

Lucy Matuszak
8th Grade



A LEGEND NEVER TOLD

Lucia Quinones Justiz
5th Grade

I completed this project with 6-7 year old students. I published it on Shutterfly and am now working on a science book which is 80 pages long.

A Legend Never Told Cover

Click on the image above to see the page




We Raised
\$2,275
in Dec 2023

We launched the Personalized Education Foundation last December 2023 and raised \$2,275. Thanks to those who donated, we are on track to open up our application for tuition assistance on Thursday, February 1, 2024. An email will be going out before to all families and alumni letting them know that CMASAS will be matching donations dollar for dollar **up to \$5,000** until **February 29, 2024**. Please consider making a contribution to our fundraising campaign and Share the Love! Thanks for your support! Also, look for the Foundation Email with link to apply coming soon!



**Join Our
Share The Love
Campaign in February!**

Latest Blog Posts



[PERSONALIZED EDUCATION COACH PERSPECTIVE](#)

Trish Turner, PEC, talks about what makes her role as a Personalized Education Coach so rewarding!

[FINDING YOUR PASSION](#)

In Fall 2023, CMASAS hosted an enlightening assembly featuring Rebecca Blum, a veteran in the film and television industry.



Upcoming Events

Regional Virtual Hangout

Thursday, February 15, 2024

7:00-8:00 am PST

(Europe, Africa, and the Middle East Students)

Student Council All-School Harry Potter Trivia/Quiz Event

Thursday, February 22, 2024

2:00-3:00 pm PST

Student-Led Events

SCHEDULE

Feb 15 TBA: European/African Middle East geographic location

Mar 21 TBA: Asian and Oceanian geographic locations

May 16 at 2pm PT: Alaskan and Hawaiian geographic locations

CMASAS Regional Gatherings

Our next Regional Gathering will take place on Saturday, March 9th in Cape Cod, Massachusetts. Join us for an educational tour of the Whydah Pirate Museum.



Cape Cod, MA
Whydah Pirate
Museum

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

Winter Assembly

Join us on Thursday, February 1st at 2pm PST for our student-led winter assembly! TJ Wheeler will be our guest speaker. TJ has had a successful 20 year career in the military and is currently deployed for civil affairs in the Micronesia Islands. Come learn about the strengths gained through this experience and the interesting projects he has worked on.

[Meeting Access Link](#)

Student Spotlight

Enjoy learning about three of our CMASAS Alumni!



Poppy Coleman (Class of 2022)



Lilia Pierce (Class of 2023)



Molly Farrell-Savage
(Class of 2017)

Counseling Update

Save the Date for Graduation 2024! May 31 is the Friday beach party, NHS Induction, and senior/student family get together. Sat., June 1 is graduation to celebrate the Class of 2024! We will be in San Diego, CA this year again for this celebration weekend. Even if your student is not being inducted into NHS or graduating, you can attend and see what this amazing event is all about. Meet staff, students, and families from all over the U.S. and the world. Start planning now. More details coming soon!



Heidi Fox, M.Ed.
Director of Counseling

Juniors: Now is the time to start planning and registering to take the SAT or ACT. Please go to these links to find the upcoming dates and register:

SAT: <https://satsuite.collegeboard.org>

ACT: <https://www.act.org/content/act/en/products-and-services/the-act/registration.html>

If you need accommodations for either exam, please reach out to me directly, as I am the one who is required to submit the accommodations request for you. You must plan to submit these accommodations' requests at least 8 weeks in advance of the actual exams.

High School Students/Families:

Invitations to apply to join National Honor Society will be emailed out to all eligible students on Feb. 1, 2024. Students have through Feb. 19, 2024 to fill out the applications. Please communicate directly with me if you (or your student) have any questions about this.

All Students & Families: February is Black History Month in the United States. I love sharing some amazing resources and links to help you learn more about this celebration of African-

Americans in our country! Here are some great resources that I encourage you to peruse this month (and anytime of the year):

From the U.S. Gov't, some great info and great resources: <https://www.blackhistorymonth.gov/>

From the History Channel (plan to see some of these great documentaries):

<https://www.history.com/topics/black-history/black-history-month>

From National Geographic Kids: <https://kids.nationalgeographic.com/history/article/black-history-month>

As always, if your student (or you) have questions, concerns, or just need to "chat," please reach out to me!

--Heidi Fox, M.Ed.

Director of Counseling, CMASAS

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