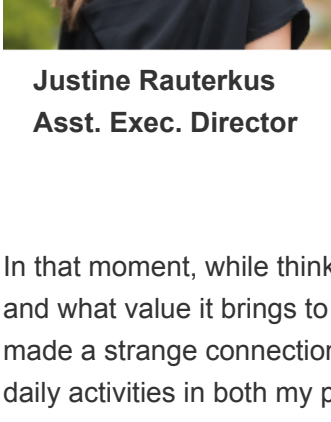




September 2024

Parent/Student MONTHLY NEWS NOTES

Monthly Message



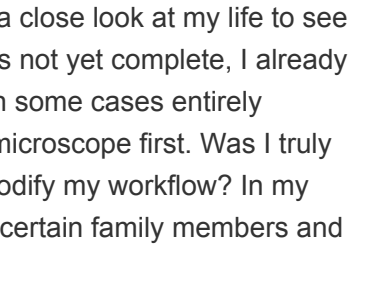
Justine Rauterkus
Asst. Exec. Director

"We all deal with setbacks, but in the long run, the quality of our lives often depends on the quality of our habits."

- From Atomic Habits by James Clear

Do you ever see a charge on your card for a subscription that you no longer want or need? One that you didn't realize was set to auto-renew? I've been there. In fact, it just happened to me recently.

In that moment, while thinking about this subscription and what value it brings to me (or used to bring), I made a strange connection: How many processes and daily activities in both my personal and professional life do I have on auto-renew that don't serve me anymore? I'll be honest, this thought left me intrigued and I really had to take some time to digest it.



Being the detail-oriented person that I am, I decided to take a close look at my life to see if I could streamline or simplify any areas. Though my audit is not yet complete, I already noticed places I can turn off my auto-renew preferences or in some cases entirely unsubscribe. For example, I placed my schedule under the microscope first. Was I truly making the most out of my workday and could I update or modify my workflow? In my personal life, I decided I needed more one-on-one time with certain family members and actually "subscribed" to reoccurring monthly get-togethers with them!

If you're like me and continuously work to make your processes more successful, healthy, and efficient, what are some areas in your work and personal life that could benefit from a subscription audit? Are there any you can pause or even unsubscribe from entirely? This might sound strange at first, but I promise it's an interesting line to tug on and will be worth it. Happy September!

IMPORTANT SEPTEMBER HAPPENINGS!

Camino de Santiago International Trip Info Sessions

Tuesday, September 17 at noon and 5:00 pm PST

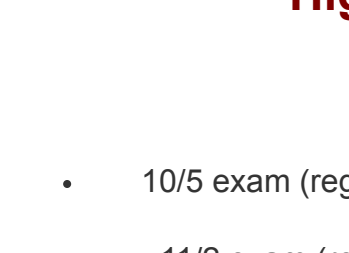
North Carolina Regional Gathering Deadline

Friday, September 20, 2024

Back-To-School Assembly

Wednesday, September 25 at 1:00 pm PST

Counseling Updates



Heidi Fox
Director of Counseling

Seniors/Families: I will continue to send various emails about college applications, college admissions, scholarships, letters of recommendation, Common App, and more! Please reach out to me directly to set up a "college meeting" if you wish to speak to me directly about your student's plans & goals.

High School Students:

SAT Exams Dates:

- 10/5 exam (registration deadline 9/20 and late deadline is 9/24)
- 11/2 exam (reg. deadline is 10/18 and late deadline is 10/22)
- 12/7 exam (reg. deadline is 11/22 and late deadline is 11/26)

Go here to register to take the SAT exam:
<https://satsuite.collegeboard.org/sat/registration>

ACT Exam Dates:

- 10/26 exam (registration deadline is 9/20 and late deadline is 10/7)
- 12/14 exam (reg. deadline is 11/8 and late deadline is 11/22)
- 2/8/25 exam (reg. deadline is 1/3/25 and late deadline is 1/20/25)

Go here to register for the ACT exam:
<https://my.act.org/account/signin?location=https://my.act.org>

*If you need accommodations for any upcoming exams, reach out to me ASAP. Please note that these accommodations must be set up at least 2 months (8 weeks) in advance of any upcoming exam. (The deadlines to apply for accommodations are way before the registration deadlines.) Remember, you must find a location near you to take the exam. You should be able to find a local location on the ACT or SAT registration website.

PSAT/NMSQT Exam & Pre-ACT Exam Information (for freshman, sophomores, and juniors):

The **PSAT/NMSQT exam** will be coming up soon. MOST high schools will be giving this exam during a school day from **Oct. 1-Oct. 31**. (A few schools may also give it on Sat., Oct. 12 or Sat., Oct. 26.)

If you want to take this exam, you will need to call/email/contact in person your local high school to arrange for the counselor to order your test and allow you to take the exam there. Some high schools will make you pay, but the fee is quite nominal, usually around \$15.00. However, many high schools will not charge you at all — so be sure to ask!

You will need to contact the local school within the next week or so to make sure they have enough exams. If you need help with any of this, please let me know. Since the COVID pandemic, many schools may be more reluctant to allow "outside" students to take the exam. In some cases it may be hard to find a place to sit to take the exam. Please note that this exam is NOT REQUIRED and not needed to get into college, so please do not get too upset if you cannot take it this year. If you do not sit to take the PSAT it will not be detrimental to your college admission process.

Most of the time freshman do NOT take this exam, but if you are a 9th grader who would like to try, you are welcome to do so. It is usually always taken again as a 10th grader (and also your 11th grade year). It is usually suggested that 10th and 11th graders take it. (However, if you have already taken it, you do not have to take it again, unless you think it would help.)

Note: To be eligible to become a National Merit Scholar (which is not something you can really "study for", but is a very high honor), you MUST take the exam either your 10th or 11th grade years. To find out more about how to qualify for this accomplishment, feel free to visit this website for details/criteria: <https://www.nationalmerit.org/s/1758/interior.aspx?tsid=1758&gclid=2&pgid=1876>

The Pre-ACT exam/s are given in the spring. The testing window this year is March 17-April 25, 2025. You may wish to reach out to your local school if to see if you can sit to test for this next spring.

NHS Eligibility for the 2024-25 School Year:

Sometime in the next week or so a full email will be sent out to all high school students and families regarding how your student can become eligible to apply for National Honor Society this school year. In short, if your student meets these criteria, they will receive an invitation to apply on/around Feb. 1. Here are the main criteria:

- Have an cumulative HS GPA of 3.5 or higher
- Are a sophomore in standing (have completed at least 6 total HS level credits)
- Have attended CMASAS for one semester (this means he/she has completed at least 3 HS-level credits)

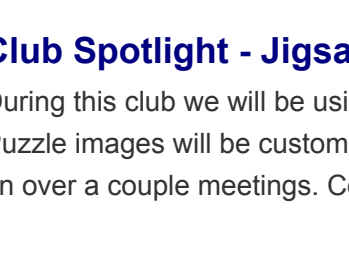
ASU Dual Enrollment and AP Course Applications:

Students, if you wish to take an AP course this year (fall, spring, or a full-year course), please note that you must apply to take these courses via our online application form. Please review all details regarding the AP courses here (including the courses, enrollment windows, application deadlines, etc.): <https://www.cmasas.org/course-catalog/high-school/advanced-placement>

As for the ASU courses, you should see all available courses, start dates, sessions dates/length, and more here: <https://www.cmasas.org/course-catalog/high-school/asu-uc> If you have any questions about ASU (dual enrollment) or AP courses after reviewing these links, please reach out to me directly.

Let's have a GREAT 2024-25 School Year!

Upcoming Events



April Sandoval
Elem. and Middle School
PEC/CI and Community &
Culture Specialist

Regional Gatherings

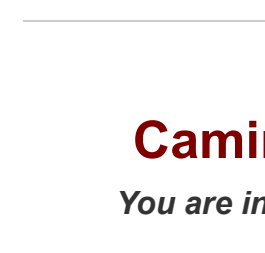
The North Carolina Museum of Natural Science in Raleigh, NC is the largest museum of its kind in the Southeast. This museum features dinosaurs, whale skeletons, live-animals, walk through dioramas, special exhibits, hands-on science education and accessible scientists.

This self-guided tour will take place at:
The North Carolina Museum of Natural Science
11 West Jones Street
Raleigh, North Carolina 27601
919-707-9800
<https://naturalsciences.org/>

Saturday, September 28th
10:00 am to 12:00 pm

Please RSVP by Friday, September 20th to hold your spot. This event is free for all those attending. Lunch at the Daily Planet (walking distance from the museum) is optional after the self-guided tour.

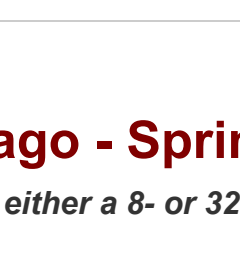
2024/2025 CMASAS Regional Gatherings



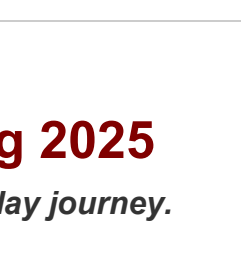
Raleigh, NC
Museum of Natural Science
September 28, 2024
10:00 am - 12:00 pm



Portland, OR
Pumpkin Patch on Sauvie Island
October 19, 2024
10:00 am - 1:00 pm



San Diego, CA
Lions, Tigers and Bears
November 2024
Date/Time TBD



Salem, MA
Salem Witch Museum
May 23, 2025
Time TBD

Clubs

Student clubs are an integral part of building community here at CMASAS. They help develop a sense of belonging and connect students to their peers. They also allow students to develop and strengthen skills such as communication, teamwork and leadership. We offer over 30 clubs which range in topics. We love that clubs are student driven. We welcome students to start a club with the support of a staff member.

Clubs start back up in September! Check out our website later this month to see club offerings for the 2024-2025 school year. I will also be popping into homerooms in early September to promote clubs. You can register for a student club via your PEC.

Club Spotlight - Jigsaw Puzzle Club

During this club we will be using an online platform to cooperatively solve puzzles together. Puzzle images will be customized for the holidays, student favorites and some we may work on over a couple meetings. Come puzzle with us!

This club runs on the 1st/3rd Thursdays at 12am pacific with Nichole Hinkle moderating.

Back-To-School Assembly

Our Back-to-School Assembly: Survival Guide Edition will be on **Wednesday, September 25th at 1pm PST**. Be on the lookout for a link to join.

This year's theme is a "Survival Guide" to thriving at CMASAS. We will be gathering helpful tips from parents, students, and staff. Your contribution will help make this event successful for everyone.

Submit your answers to one (or all!) of the questions via this form below. You may answer one or more answers using a video clip, audio message, or written comment. Your responses will be featured during the assembly, so let's hear what you've got!

We will accept submissions through **September 13, 2024**.

Here is the form [link](#).

Thank you for taking the time to submit helpful advice/words of encouragement to our new and returning students. Your guidance and mentorship are invaluable to our newer students.

Exciting News: Student Virtue Awards

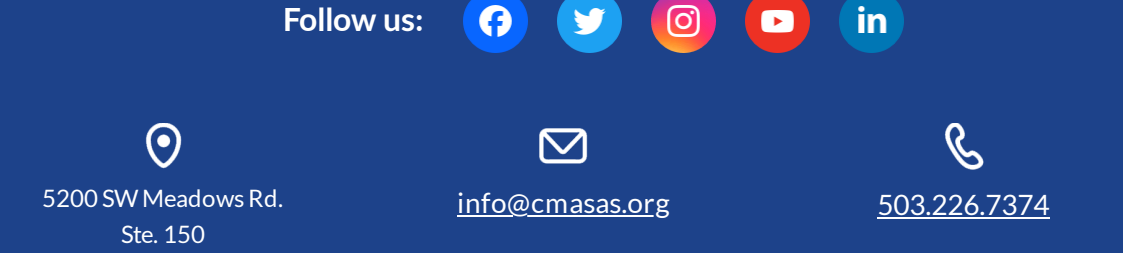
We are thrilled to announce the launch of the Student Virtue Awards! Each month, we will focus on a specific virtue, and faculty members will have the opportunity to nominate students who exemplify that month's virtue through their actions and behavior. At the end of each month, a select few students will be honored as the "Students of the Month" and will be featured on social media, our Student Spotlight page, and in our student/parent newsletter. Keep an eye out for our September Students of the Month—they will be announced in October!

Camino de Santiago - Spring 2025

You are invited to join us for either a 8- or 32-day journey.

8-day Journey : May 12-19, 2025

32-day Journey: April 18-May 19, 2025



Click on the image above to go to our Travel Webpage for more info

You received an email this week inviting you to join in our next international adventure. We plan to journey the Camino de Santiago from Portugal to Spain in Spring 2025. We will spend a 8-days immersed in the rich culture and history along a scenic route that has been around since the 9th century and walked by those such as kings, queens, popes and presidents. We believe this transformative experience in nature will bring enormous benefits both physically and mentally.

If you are interested in attending, please reach out to me at asandoval@cmasas.org. We will have two informational meetings to answer any questions. Join us on **Tuesday, September 17, 2024**

[Noon \(PST\) Info Meeting](#)

[5:00 pm \(PST\) Info Meeting](#)

Student Spotlight

Click below to fill out the form and be featured in our next spotlights!
[STUDENT SPOTLIGHT FORM](#)

CMASAS RECENT BLOG

Written by: April Sandoval
CMASAS Community and Culture Specialist, PEC, and Business Development Manager

Click the image above to read April's blog post that highlights the importance of connection!

My grandfather often said, "Invisible threads are the strongest ties," and that quote has stuck with me to this day. At Christa McAuliffe Academy School of Arts and Sciences, relationships are at the heart of everything we do...

Let's Celebrate!

Partner Referral Program

Congratulations to Melissa Sigman for winning the **\$250 Amazon Gift Card** prize through her participation in our Partner Referral Campaign. Your involvement is invaluable to our community. If you didn't have the opportunity to participate in the campaign but would still like to support our school, we would greatly appreciate your help. By referring organizations that your child is involved with—such as clubs, sports teams, or community groups—you can play a key role in helping other students discover the unique benefits of our online school.

Please send the following details to April Sandoval, Community and Culture Lead, at asandoval@cmasas.org:

- Name of Contact, Organization, Email Address, and Phone #

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503.226.7374