



Winter 2024/2025

# Parent/Student MONTHLY NEWS NOTES

## Inspiration



**“Winter is not a season, it’s a celebration.”**  
**Anamika Mishra**

## Monthly Message

### It’s a Wonderful Life



**Christopher Geis**  
Executive Director

The special season between Thanksgiving and New Years can be a joyful time, a stressful time, a time of anxiety, as well as a time to give thanks. We begin the season by giving thanks for our many blessings and continue with celebrations into the new year.

Life is a journey. There are joyful and difficult times. Yet, it is the difficult times in which we often find that we grow the most. As we prepare for this season and the new year ahead, there may be challenges we face – whether that be a difficult assignment, a bad grade, being bullied or made to feel less than someone else, family issues, having hundreds of assignments to grade after our Fall and Winter breaks, paying bills, feelings of being anxious, or just having to make a difficult decision and discerning what is right vs. wrong.

It is also a time of preparation. We just celebrated Thanksgiving where we spent hours preparing a feast to enjoy with family and friends. Some of us may have even helped prepare and serve those less fortunate than us – the elderly, poor, homeless, or sick. And now we are in the midst of preparing and celebrating one of many holidays whether that be Hannukah, Kwanza, Christmas, New Year's, Festivus For the Rest of Us or another holiday. One of my favorite movies of all time is *It's a Wonderful Life*. A quick inquiry into Ai provides some of the many messages the movie conveys, including:

- **The value of life:** The movie shows that life is better when people are present and make the choice to live life along with the idea that everyone's life has meaning and purpose.
- **The impact of actions:** The movie shows how a person's actions affect others, and how even small actions can have big consequences.
- **The importance of perspective:** The movie suggests that people can overcome despair by changing their perspective and allow the help of others.
- **The importance of community:** The movie explores themes of family, community, and hard work.
- **The importance of forgiveness:** The movie teaches the importance of learning to forgive and to be forgiven.
- **The importance of giving:** The movie teaches the importance of learning to give to others.
- **The importance of looking on the positive side:** The movie teaches the importance of looking on the positive side of things.
- **The importance of realizing what you have:** The movie shows how people can forget the good in their lives, and how important it is to appreciate what you have.
- **The importance of remembering the positive impact you have:** The movie teaches the importance of remembering the positive impact you have on others.

If you haven't seen the movie, I highly recommend watching it over our winter break. Remember your life is a journey, your choices affect that journey. In what ways are you preparing to live your life? Life is good and life is precious – live life, pursue your passions, and make a conscientious decision to be thankful in every circumstance.

## What's New?

### ***Get Your Spirit Gear for the Holidays!***

Order from a complete list of cool branded items to show your CMASAS spirit this season!



Thank you to everyone who supported our matching fundraiser last month. We raised a total of \$550 in Spirit Store purchases. Help us hit our matching goal with our Student Thanksgiving Fundraising Campaign. (See below!)

[Spirit Store Link](#)

## **Parent Ambassador Program**

We held our first Parent Ambassador Program meeting. For those of you who were unable to attend, attached is the presentation we went over during our the meeting.

Thank you for taking the time to learn more about this program and how you can get involved and support our community. Please review the presentation, complete the sign-up form, and feel free to reach out to any of our Committee Leads directly if you have any further questions.

We are also looking for a new Personalized Education Foundation Board Member if you are interested in supporting that aspect of our school. You can make that known in the sign-up form.

We look forward to working together with you to continue to improve CMASAS and foster a more inclusive and engaging community!

**Our next meeting will be held February 7th, 2025 at 4 pm PST.  
Please sign up to receive an invitation to this meeting!**

[Presentation](#)

[Sign-Up Form](#)

# Counseling Updates



**Heidi Fox**

**Seniors:** If you have any college application deadlines between now and Jan. 8, you need to get requests in NOW – BEFORE the Winter Break starts on Dec. 14. Please do NOT wait until the last minute to ask for transcripts, letters of rec, etc. that you may need for any applications deadlines that would occur during our Winter Break. We will NOT be processing transcript request or letters of recommendation during the Winter Break. You must plan ahead accordingly!

If you need help with anything related to college applications, please send me an email and we will set up a meeting before the Winter Break. I am available for consultation and I hope you reach out to me if you have any questions or concerns.

**Juniors:** Upcoming SAT and ACT testing dates and deadlines (please note that you will definitely want to register for these exams soon):

### **ACT:**

Test Date—February 8, Regular Registration deadline is January 3, late registration is January 20;  
Test Date—April 5, Regular Registration deadline is February 28, late registration deadline is March 16;  
Test Date—June 14, Regular Registration deadline is May 9, late registration deadline is May 26;  
Test Date—July 12, Regular Registration deadline is June 6, late registration deadline is June 20

### **SAT:**

Test Date—March 8, Regular Registration deadline is February 21, late registration deadline is Feb. 25;  
Test Date—May 3, Regular Registration deadline is April 18, late registration deadline is April 22;  
Test Date—June 7, regular registration deadline is May 22, late registration deadline is May 27

\*\*If you need accommodations for these exams, you MUST make an appointment to meet with me so I can submit those for you. You must plan to do this at least 8-10 weeks before the exam's test date. You can do this up to a year in advance.

\*\*Remember our Winter Break runs from Dec. 14-Jan. 7. Students can continue to work in their courses, but staff/faculty may not be grading work, there will be no homerooms or student/staff meetings or club meetings. I hope you had a great Thanksgiving Break and that you will consider taking some time away from your computer to enjoy family and friends during this joyous Holiday Season.

# Upcoming Events

## Student Council

### Pet Show

December 5th 2:00-3:00pm PST

### Art Event

January 16th 2:00-3:00pm PST

## Winter Break

December 14th - January 7th

## Martin Luther King, Jr. Day

Monday, January 20th





**April Sandoval**

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

### **International Day of Persons with Disabilities - December 3, 2024**

Each year on December 3, International Day of Persons with Disabilities promotes the rights and well-being of persons with disabilities. The day raises awareness of the political, economic, social and cultural aspects of how disability affects people around the world. Hop on over to Teams to learn more.

### **Regional Gatherings**

Mark those calendars! Our next Regional Gathering is the Salem Witch Museum in Salem, MA - May 23rd (time TBD). FYI - We will be rescheduling the Lions, Tigers, and Bears Regional Gathering in San Diego to coincide with graduation weekend in San Diego because we didn't have enough families RSVP last month.

## **2024/2025 CMASAS Regional Gatherings**



**Raleigh, NC  
Museum of  
Natural Science**

September 28, 2024  
10:00 am - 12:00 pm



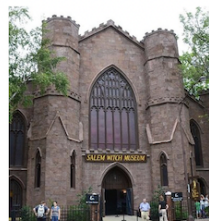
**Portland, OR  
Pumpkin Patch on  
Sauvie Island**

October 19, 2024  
10:00 am - 1:00 pm



**San Diego, CA  
Lions, Tigers and  
Bears Sanctuary**

November 15, 2024  
1:30 pm - 3:30 pm



**Salem, MA  
Salem Witch Museum**

May 23, 2025  
Time TBD

### **Clubs**

Student clubs are up and running! All clubs are listed on our website [here](#).

### **Club Spotlight - Debate Club**

Debate Club is a safe, moderated environment for students to practice their debating skills and learn about formal methods of debate. We will learn and apply argumentative skills and use appeals to logic and morals to establish convincing arguments. Members will also get the opportunity to practice their public-speaking skills and build their eloquence.

This club is for grades 9-12, runs the first and third Fridays at 9:30am pacific with Daisy Cheatham as the faculty moderator.

### **Gratitude Challenge**

Thank you for participating in our Gratitude Challenge this November. We still have two weeks left to promote our Thanksgiving Student Fundraiser, and we'd love your help in spreading the word!

The goal of this fundraiser is to encourage students to help grow our tuition assistance fund, which provides financial aid to CMASAS families. Together, we can make a real difference for students who need our support. Thank you for being part of this inspiring challenge and for helping us share the love this season.

# THANKSGIVING Student Fundraiser

From November 1-December 13, 2024

## Thank You For Your Support!

Join us in growing our Tuition Assistance Fund  
to support CMASAS families with financial support.

*Together, we can make a meaningful impact.*

**GOAL = \$1,000  
IF WE REACH OUR GOAL CMASAS  
WILL MATCH \$ FOR \$**

Every dollar counts. We can exceed our goal with as little as \$5 raised per student. Please consider participating by making a **donation pledge** today and using your time this holiday season to rally your local community, friends and family, to help too.

Make a Pledge

### All-School Assembly

Join us on Wednesday February 5th at 1pm PST for a passionate journey through design and flyfishing!

Al Quattrocchi is a grammy award winning graphic designer and world-renown fly fisherman. Read his bio here:

<https://tornadocreative.com/>.

Al has worked as a typographer and art director in the entertainment and music industries for over 30 years. Brooklyn born and raised; Al attended Loyola Marymount University for two years before studying at the Art Center College of Design where he graduated with a BA in advertising design. When Al leaves the office, his attention to detail carries over to his hobbies. He passionately enjoys cooking, flyfishing, painting, photography, candy making, traveling and spending quality time with his family.



# Student Spotlight

Check out our new [student spotlights](#) this month! Please continue to send in achievements by filling out the following [form](#).

## Let's Celebrate!

### Congratulations and Happy 60th Birthday to our Executive Director!

Christopher Geis -- Wishing you many blessings on this milestone birthday and beyond! We appreciate all you do to support our students and create a positive culture at CMASAS!



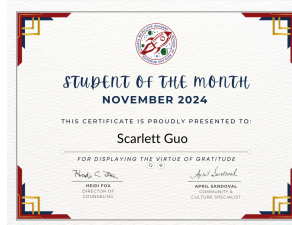
### November Student Virtue Awards - Gratitude

Here are the November award recipients - **High School**:

- **Haasini Vasudevan**—Her nomination stated: “Haasini is so very grateful for help and has a wonderful attitude!”
- **Kylei Lally**—The nomination stated: “Kylei always expresses gratitude for the opportunities she has been given in her life whether it is directed to her teachers, parents, friends, coaches, or school and sports opportunities. She is a ray of sunshine and gratitude!”
- **Joshua Nabors**—His nomination stated: “Josh is one of the most grateful students that I have had. He is continually thanking myself and his CIs for any support given. Josh is always finding the things that he is grateful for even in hard situations. I am always so proud of him for finding the good in his life and always expressing gratitude for those things.”
- **Scarlett Guo**—Scarlett’s nomination stated that she is working so hard and completing a lot of work in a short amount of time. It also said, “Scarlett is not shy to ask for help and is always overly gracious with the support she receives. It’s been such a pleasure working with her so far and I’ve heard outstanding remarks from her CIs as well! If anyone has the time to meet with Scarlett, they should, as



she will leave you feeling uplifted and inspired for the work that we do.”



**December's Virtue is Peace**

Reflecting on inner calm and fostering a peaceful environment.

Follow us:



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