



CMASAS

Parent/Student

Monthly News Notes

August/September, 2025

MONTHLY MESSAGE

Welcome to the 2025/2026 School Year! a Message from the CMASAS Leadership Team



Christopher Geis

Dear CMASAS Students and Families,

As we step into the 2025–2026 school year, we want to extend a heartfelt welcome to both our returning students and those joining us for the first time. Whether you're starting fresh or continuing your educational journey with us, we are honored to partner with you.

This year, we have redesigned our newsletter based on survey feedback from our community. In the spirit of "We Care" our newsletter will be delivered quarterly at the start of each term—to keep you informed, inspired, and connected. And rather than a note from a single individual, our entire Leadership Team is proud to come together in this shared message to start the year with care and clarity.

Meet Your Leadership Team

Our commitment to personalized, self-paced, mastery-based education is led by a passionate group of individuals who are here to support, guide, and grow with you. We have an open "virtual" door and invite you to contact us if you have any suggestions for improvement.



Daisy Cheatham



Cierra Tredway

- **Christopher Geis**, Executive Director – cgeis@cmasas.org
- **Daisy Cheatham**, Elementary & Middle School Lead -- dcheatham@cmasas.org
- **Cierra Tredway**, High School Lead - ctredway@cmasas.org
- **Tami Warnick**, Director of Curriculum – twarnick@cmasas.org
- **Kim Fowler**, Asst. Director of Curriculum & Staff Mentor – kfowler@cmasas.org
- **Cathy Sperrazzo**, Director of Marketing & Admissions – csperrazzo@cmasas.org
- **Linda Wheeler**, Director of Human Resources & Office Manager – lwheeler@cmasas.org
- **Heidi Fox**, Director of Counseling - hfox@cmasas.org

Each of us plays a unique role in the CMASAS experience, and together, we are committed to making this school year one where all students feel



Tami Warnick



Kim Fowler



Cathy Sperrazzo



Linda Wheeler

Linda Wheeler



Heidi Fox

seen, heard, empowered, and celebrated.

We Care—Every Day

Caring isn't a campaign at CMASAS; it's our culture. We put relationships first so each student can learn at the right pace, explore diverse courses, and earn an accredited U.S. diploma in a community where they belong.

We Care is a framework for how we interact with one another, serve our students, support our faculty, and build meaningful relationships within our global school community. *We Care* means:

- We care about student success and well-being.
- We care about timely communication and follow-through.
- We care about creating safe, inclusive spaces to learn and grow.
- We care about feedback—and we use it to improve.

What You Told Us—and What We're Doing About It

In July, we invited families to participate in a school-wide survey to help us reflect on what's working and where we can grow. We are grateful for your time and thoughtful responses. Here are a few key takeaways:

- **You value personalized attention** from PECs and instructors—we have added opportunities to Power-Up and add more support if needed.
- **You want greater consistency in communication** across courses and teams.
- **You appreciate the flexibility of asynchronous learning** but would love more opportunities to build relationships and community. We have four regional gatherings and two international trips planned for this school year.

We hear you. In response, we are:

- Increasing proactive outreach and communication checkpoints from PECs.
- Implementing internal alignment strategies for instructor response times and grading feedback.
- Continue offering opportunities for parent involvement through the Parent Ambassador program.
- Creating new opportunities for students to engage through clubs, meetups, and virtual events—more to come in our next newsletter!

Looking Ahead

We're proud of the journey we're on together. CMASAS is not just a school—it's a *community*. As we begin this school year, know that we are here for you, we are listening, and most of all—**We Care**.

On behalf of the entire Leadership Team, here's to a joyful, empowering, and connected 2025–2026 school year!

The CMASAS Leadership Team

Here is a copy of our CMASAS Mission, Vision, Commitments and Values

MISSION STATEMENT:

To launch confident, caring leaders and passionate life-long learners who explore infinite possibilities, achieve their dreams, and touch the future.



PURPOSE (VISION STATEMENT):

To be the most caring, personalized, and academically rigorous online private school for all K-12 students who need flexibility, support, and a path to self-discovery.

CMASAS COMMITMENTS:

EVERY PATH, PERSONALLY DESIGNED



LEARNING THAT ADAPTS TO EACH STUDENT'S UNIQUE PACE, STYLE, AND GOALS.

A COMMUNITY THAT CARES



TRUSTED RELATIONSHIPS THAT NURTURE BOTH ACADEMIC AND EMOTIONAL GROWTH.

MASTERY FOR A CONNECTED WORLD



SELF-PACED, INCLUSIVE LEARNING THAT INSPIRES CONFIDENT, REAL-WORLD CONTRIBUTIONS.

CORE VALUES:

Personalized Learning

We honor every student's unique learning style and goals, providing flexible Personalized Education Plans (PEPs) to support each student's educational journey.

Caring Community

We create authentic, trusting relationships between students, families, and staff. Our PECs and CIs cultivate a safe, supportive environment that nurtures both academic and emotional growth.

Global Diversity and Inclusion

Our global student body celebrates diverse perspectives and ensures every voice is respected and heard - fostering empathy, global connections, and friendships around the world.

Self-Paced, Mastery-Based

We deliver a self-paced, mastery-based curriculum that goes beyond memorization, empowering students to deeply understand, retain, and confidently apply knowledge in real-world situations.

Innovation and Exploration

We encourage students to think critically, explore boldly, and discover who they are, making meaningful contributions to the world.

#WeCareCMASAS

COUNSELING UPDATES



Heidi Fox
Director of Counseling

Welcome to the 2025-26 school year! If you need to speak to the School Counselor for any reason, please reach out to me directly. Here are a few upcoming dates important to certain grade levels:

Seniors: If you need to take (or retake) the SAT or ACT for college entrance purposes, please go to the direct sites to see upcoming dates and deadlines to register.

ACT: <https://www.act.org/content/act/en/students-and-parents.html> (Upcoming test dates: Oct. 18 & Dec. 13)

SAT: <https://satsuite.collegeboard.org/sat/dates-deadlines> (Upcoming test dates: Sept. 13, Oct. 4, Nov. 8, & Dec. 6)

Make sure you are reading EVERY email I send about Common App, college applications, letters of rec, scholarships, and more. Questions? Need help? Reach out to set up a meeting with me.

Sophomores & Juniors: If you wish to take the PSAT at your local high school, you need to call your local HS right away and see if they will accommodate you. I will send an email detailing this information shortly.

Freshman: Start your high school career off right! Make sure you are planning the correct courses with your PEC. Take your grades seriously, as your cumulative GPA starts as soon as you start taking HS courses. Reach out to our staff for help (your PEC, your CI's, and/or me, your school counselor).



WHAT'S NEW?

Coffee Chat

JOIN CMASAS LEADS DAISY AND CIERRA
FOR A CASUAL VIRTUAL COFFEE CHAT!

WEDNESDAY, OCTOBER 1, 2025
5-6 PM (PACIFIC)



THIS IS A SPECIAL OPPORTUNITY
FOR PARENTS TO CONNECT

ASK QUESTIONS AND
SHARE IDEAS

LEARN MORE ABOUT HOW WE
SUPPORT YOUR STUDENT'S JOURNEY

MEET OTHER
CMASAS PARENTS

Bring your favorite drink and come ready for
good conversation and community!

Coffee Chat Link

REMINDERS

Student Referral Program

When a family refers CMASAS to another family, they will receive: a \$100 Amazon Gift Card for each referral, and waived registration fee (valued at \$325/Annual or \$200/Semester) for their next enrollment agreement.

For Alumni and CMASAS Faculty/Staff: When you refer a friend, you will receive:

- A \$100 Amazon Gift Card for each successful referral* *Gift cards will be sent once the referred student has completed their first 90 days of enrollment.

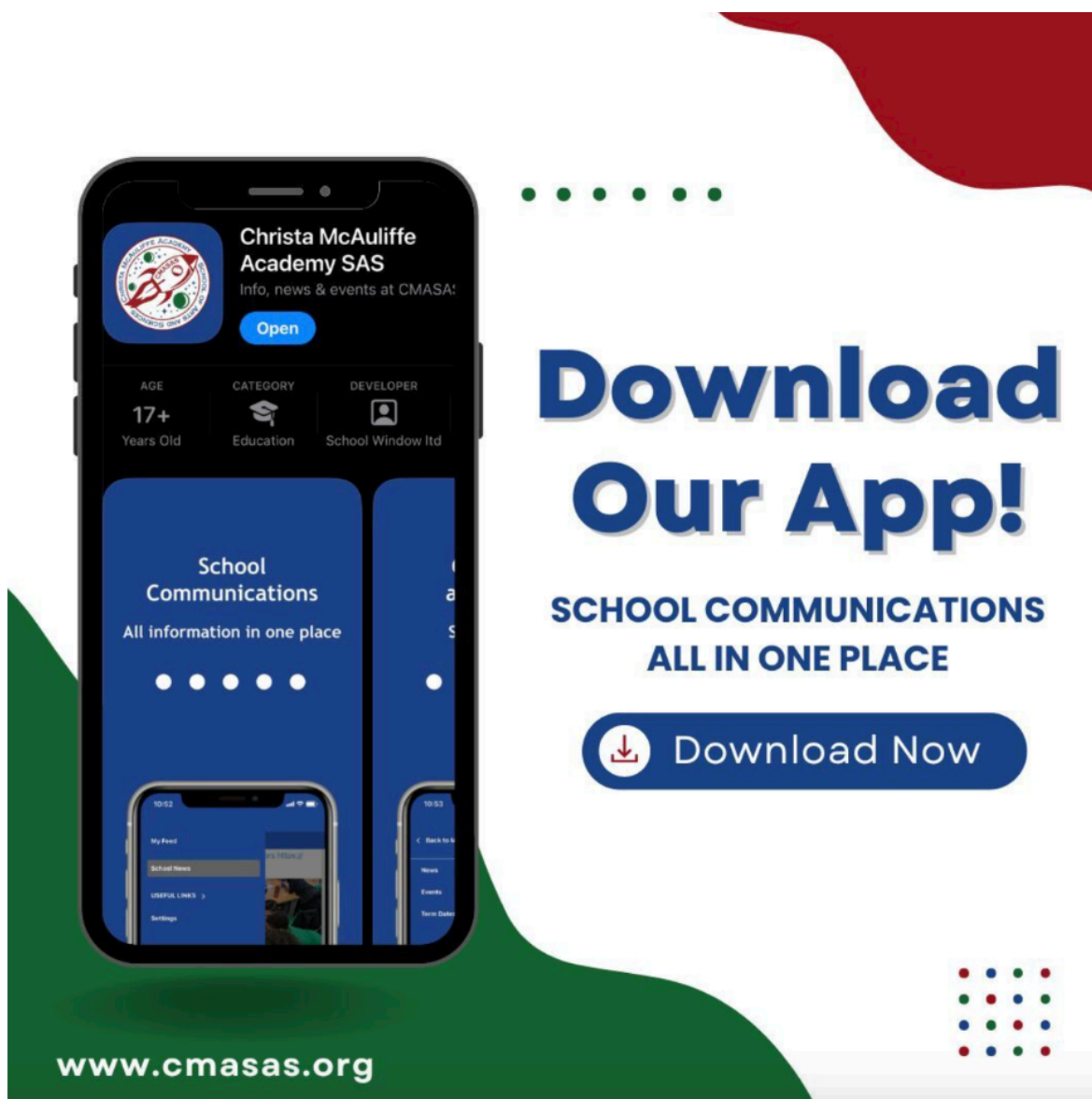
To Receive Your Gift Card:

1. New student fills out this form: [Family, Military & Referral Program Form](#).
2. In the "Discount Requested" field they select "Referred by Friend" then include the name of the friend. A tuition discount or gift card will be sent out after 90 days of being enrolled.

Parent Ambassador Program


We will be starting the Parent Ambassador Program again in October. Stay tuned for an email promoting the next meeting. If you want to participate, please email Sarah Andersen at sandersen@cmasas.org.

CMASAS APP



Download Our App!

SCHOOL COMMUNICATIONS
ALL IN ONE PLACE

 Download Now

www.cmasas.org

BREAKS AND HOLIDAYS



**October 10:
Teacher In-Service**



**October 22-24
Parent/Teacher
Conferences**



**November 11
Veteran's Day**



**November 22-30
Fall Break**

UPCOMING EVENTS



April Sandoval
PEC/CI and Community
and Culture Specialist

Regional Gatherings

At CMASAS, our Regional Gatherings and International Trips give students and families meaningful opportunities to connect, explore, and learn beyond the classroom. Students gain real-world knowledge, build lasting friendships, and can even earn academic credit, all while fostering independence, cultural awareness, and a lifelong love of learning.

Fall Regional Gathering: Portland Pumpkin Patch

When: Friday, October 17, 10:00am–12:00pm

Where: Bella Organic Farm, Sauvie Island

Kick off fall with icebreaker games, a corn maze, and hayrides! Corn maze admission is \$12 per person (CMASAS students covered).

Food and drinks available for purchase. We need at least five families to join! Don't miss it! [Sign up here!](#)

International Travel

Pack Your Bags—We're Headed to Hawaii!

We chose Kauai as our travel experience for this school year because it holds a special place in Executive Director Christopher Geis' heart, and it's the perfect stepping stone as we prepare for our Italy adventure in Fall 2026.

CMASAS Kauai Adventure

Kauai, Hawaii (with an optional Molokai day trip!)

April 28 – May 5

Get ready for **the ultimate adventure in paradise!** Spend a week exploring stunning beaches, hiking tropical trails, and diving into Hawaiian culture. From sunset views to group adventures, this trip is designed to create lifelong memories. Perfect for seniors looking for a once-in-a-lifetime sendoff or families ready to share an unforgettable getaway together. Don't miss out as **spots are limited!**

Registration closes September 30.

[Learn more & register here!](#)

Assemblies

Our Back-to-School Assembly is scheduled for Wednesday, September 17th at 1:00 PM Pacific Time. This is a wonderful opportunity to welcome both new and returning students! The assembly will be interactive, fun, and a great way to learn more about our school. A link to join the meeting will be sent out a few days before the event.

Clubs

As a reminder, student clubs run from September through May.

Club Spotlight - The Philosophy Club for high school students aims to encourage critical thinking, ethical reasoning, and thoughtful discussion around life's most fundamental questions. One key objective is to examine morality and what it means to do the right thing and how we decide what's right in complex situations.

This club takes place on the 1st/3rd Wednesdays at 11am pacific time with Daisy Cheatham moderating.

STUDENT OF THE MONTH

Last year we kicked off a new Student Recognition called the Virtue of the Month. Check out the Virtues we will be focused on this school year! We will begin announcing student recipients in our next newsletter and through social media.

September – PURPOSE

(Kick off the year with intention, setting goals and finding meaning in learning.)

October – EMPATHY

(Deepen understanding of others' feelings and perspectives.)

November – GENEROSITY

(Celebrate giving time, energy, or kindness to others.)

December – HOPE

(End the year with optimism and a vision for the future.)

January – DETERMINATION

(Re-ignite effort and perseverance in the face of challenges.)

February – HONOR

(Act with honesty, fairness, and respect in all relationships.)

March – IMAGINATION

(Encourage innovation, playfulness, and thinking beyond the ordinary.)

April – WONDER

((Explore the world with awe, appreciation, and a love of learning.)

May – ACCOUNTABILITY

(Take ownership of one's actions, responsibilities, and impact.)

June – OPEN-MINDEDNESS

(Embrace new ideas, cultures, and experiences with curiosity.)

HEALTH TIPS

The Science of Rest: Why Sleep Fuels Success

Sleep isn't a luxury—it's brain fuel. During quality sleep, the brain files new memories, sharpens attention, and clears metabolic "clutter" so we can think clearly the next day. For students, that means better focus in class, stronger recall for tests, steadier moods, and even fewer colds. For parents and staff, it means clearer decisions and more patience.

What sleep does for learning

- **Locks in learning:** During deep and REM sleep, the brain consolidates what we studied and practiced.
- **Boosts attention & problem-solving:** Well-rested brains switch tasks faster and make fewer errors.
- **Balances emotions:** Sleep helps regulate stress hormones, reducing irritability and worry.
- **Supports health:** Consistent sleep strengthens the immune system and athletic recovery.

How much is "enough"?

- **Ages 6–12:** Aim for **9–12 hours** each night
- **Teens (13–18):** Aim for **8–10 hours**
- **Adults:** Aim for **7–9 hours**
Quality matters too—falling asleep within ~20–30 minutes and waking up feeling reasonably refreshed are good signs.

Simple habits that make a big difference

- **Keep a steady schedule:** Same sleep/wake times—even on weekends—protect your body clock.
- **Power down screens:** Dim devices 60 minutes before bed; use "night mode" in the evening.
- **Light in the morning, dim at night:** Morning daylight anchors circadian rhythm; softer light after dinner helps melatonin rise.
- **Watch caffeine timing:** Avoid caffeinated drinks after early afternoon.
- **Create a wind-down ritual:** Reading, warm shower, gentle stretches—repeat nightly so your brain gets the cue.
- **Naps, not marathons:** If needed, keep naps to 20–30 minutes before mid-afternoon.

For busy weeks (tests, games, big projects)

- **Front-load sleep:** Two to three nights of solid rest *before* the big day beat last-minute cramming.
- **Protect the 24-hour cycle:** Eat at regular times, move your body, and get morning light—these all reinforce sleep.

Better sleep isn't about perfection; it's about consistency. A few small changes, practiced daily, can turn nights into your most powerful study partner—and days into your most successful ones.

COMMUNITY SUPPORT

We're currently at **177 reviews on Niche**—and our goal is to hit **200**!

Let's rally together and show the world what makes CMASAS such a special place. Whether you're a staff member, parent, or student, your voice matters!

- ✅ It only takes a few minutes
- ✅ Every review makes a difference
- ✅ You'll be entered to **win a \$1,000 Niche sweepstakes** just for submitting!

Let's hit that 200 mark together CMASAS! 💙💛

[Write Your Review](#)

STUDENT SPOTLIGHT

Student Spotlight

Student Spotlight is back! Check out our new [student spotlights](#) this month! Please continue to share your achievements by filling out the following .

Share Your Story: Testimonials

Please consider sharing your story - including your experience at CMASAS, passions, and goals with other families interested in sending their kids to an online school. Fill out this form and send us a photo so we can share on the website and social media: [testimonial](#)



Max Zagorski - Valedictorian talks about the **Power of Online School!**

Parent and Student **TESTIMONIALS**



Tiger Abubo **Class of 2025**



Surfing isn't just a sport for me—it's a way of life. Growing up in Hawaii, the ocean has always been my place of peace. It's where I feel most free and leave all my stress behind.

I've been fortunate to compete at the highest level, earning two national titles, two state championships, and placing 6th at the ISA World Junior Surfing Championships in Brazil.

None of this would have been possible without CMASAS. The flexibility to travel for international competitions while staying on top of my academics has been a game changer. I've made lifelong memories, met incredible junior surfers from around the world, and still received a high-quality education.

What I love most about CMASAS is how it supports students with unique passions like mine—without asking us to sacrifice our education. It's the perfect balance.

#WeCareCMASAS #WeConnectCMASAS #EducateWithHeart

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