



October 2024

# Parent/Student MONTHLY NEWS NOTES

## Monthly Message



**Christopher Geis**  
*Executive Director*

*"Walk Slowly, but Never Backward."*

- Atomic Habits, James Clear

[It's a Beautiful Day!](#) (Click)

Life is full of beauty! While people travel far and wide to experience it, we can find beauty all around us—from flowers and birds to friends and family. Lately, I've been reflecting on sight and the electromagnetic spectrum (EMS). Our vision shapes our decisions and perceptions, ultimately influencing our future.

In 1999, I had Lasik and was amazed at what I'd been missing. But over time, I've needed glasses for things like reading labels. It's a reminder that visible light is just a fraction of the EMS, which includes gamma rays, x-rays, and more—things we don't see but know exist thanks to technology. Imagine if we could see the full EMS—how would that change your life?

This got me thinking about different types of sight:

- **Hindsight:** They say hindsight is 20/20. When we look back, things often seem clearer. But in the moment, we don't have that luxury.
- **Short-sightedness:** We only see what's right in front of us, assuming that's all there is. It's easy to get stuck here, but there's so much more we don't know yet.
- **Insight:** This is vision beyond the present—an intuitive understanding that helps us lean into the future. But it's important not to lean too far or we might stumble.
- **Foresight:** If we could see the future, would it help us? Maybe not. But we can still "***touch the future***" by the choices we make today, just like Christa McAuliffe said, "I teach, I ***touch the future***."

Don't miss out on life's beauty. Don't live in the past or stay short-sighted. Instead, be guided by insight and perseverance. Embrace what you can't see, lean into the future—just far enough to ***Touch the Future***, and have a beautiful day!

## IMPORTANT OCTOBER HAPPENINGS!

**Portland Regional Gathering - Sauvie Island Pumpkin Patch**  
**Saturday, October 19, 10:00 am - 12:00 pm**

**Halloween Contest & Pumpkin Decorating**  
**Thursday, October 24 2:00-3:00 pm PST**

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### New Parent Ambassador Program

We are launching a new **Parent Ambassador Program** which is designed to strengthen the partnership between our school and families by offering various ways that cater to both internal and external community-building efforts.

In appreciation of each Parent Ambassador's time and service, CMASAS will provide perks that will allow access to our leadership team, student council, and opportunities to have a voice in helping provide an exceptional educational experience to our students! We will also offer discounts on certain in-person events to our parent volunteers.

Here are some of opportunities we will be engaging parent ambassadors to help

- Mentoring new parents and guiding them through the CMASAS model and resources.
- Building local community groups and offering valuable feedback to enhance the school experience.
- Sharing your positive experiences with prospective families. Maybe even being a guest speaker at an upcoming assembly to talk about your career journey.
- Helping us forge new partnerships to strengthen CMASAS' presence in local communities.
- Helping us fundraise for our PEFoundation financial aid fund

Thank you to those parents who helped by filling out a survey regarding this new program. We plan to officially launch the Parent Ambassador program in October. Be on the lookout for an email to sign-up. Hope you can join us!



# 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.

### College Prep Exams

#### 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. You can always take it 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?sid=1758&gid=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-ulc> 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!**

## Events



**April Sandoval**

*Elem. and Middle School PEC/CI*

Saturday marked our first Regional Gathering of the 2024-2025 school year! We met at the North Carolina Museum of Natural Sciences in Raleigh, which is the largest museum of its kind in the Southeast. Check out some photos of the day!



## 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 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.

Student clubs are up and running! All clubs are listed on our [website](#). You can register for a student club via your PEC.

### Club Spotlight - Aviation Club

This is a club for students interested in commercial and military aviation. Students will learn about the force of flight, different types of aircraft, careers in aviation, the mechanics of multiple jet and prop engines, and much more. We will also have some exciting guest speakers!

This club is for grades 9-12, runs on the 2nd/4th Wednesdays at 12:30am PST with Jordon Anderson moderating.

### Hispanic Heritage Month (Sept 15 - Oct 15)

Hispanic Heritage Month celebrates the history, culture, and contributions of Hispanic and Latinx communities in the U.S. from arts and cuisine to science and politics. Join us



in celebrating their influence and achievements. Students jump into Teams to celebrate the rich diversity and lasting impact of Hispanic heritage.

## International Trips

### 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

Announcing our next Spring 2025 international Trip! We are offering both 32- and 8-day options. The 8-day option will take place May 12-19.

We will hike part of the Camino de Santiago on our next international adventure, from Portugal to Spain. We will spend a week 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. This transformative experience in nature should bring enormous benefits both physically and mentally.

Want more info? Watch the recording [here](#) from the informational session or go to the [travel experience page](#) via the CMASAS website to register.

**The registration deadline is October 25th.**

# Student Spotlight

Check out our most recent [STUDENT SPOTLIGHTS FOR OCTOBER from Casey White - Grade 12, and Hafsah - Grade 10.](#)

Click below to fill out the form and be featured in our next spotlights!

Talk to your PEC or submit your achievement using the form below.

### [STUDENT SPOTLIGHT FORM](#)

## CMASAS RECENT TESTIMONIAL

### STUDENT TESTIMONIAL

**William Elliott**  
Grade 7



"It is hard to choose what I like best about CMASAS, but I would say the part that has a spot in my heart is that I had a bad experience at my old brick and mortar school. I was able to come to CMASAS and I was so welcomed by my teachers (they don't come down on you), and I also felt welcomed by my peers. CMASAS is just a great way to learn! I just have so many options and freedom that I could never get anywhere else."



[www.cmasas.org](http://www.cmasas.org)

## CMASAS RECENT BLOG

### [Balancing Screen Time and Physical Activity](#)

Let's Celebrate!

## September Student Virtue Award - Growth

Join us in congratulating the following students for exemplifying "Growth." Next month we will focus on **Compassion** -- Encouraging kindness & understanding towards others.

**Elementary:** Carter Pierce—His nomination stated that Carter is a wiz with computers. And, "He is a good example of growth because he has come a long way with his schoolwork and how to utilize his talents."

**Middle School:** Wells Ford—His nomination stated that he has grown as a student leader. He has been pushed outside his comfort zone to lead Photography Club &

continues to grow in his student-leadership skills.

### High School:

1. Grace Coyle—Her nomination stated that she has made tremendous growth in Pre-Calculus this year.
  1. Medi Coffield—She has started to excel in online learning, even though it was not necessarily easy to begin with. She even finished her junior year in time for a summer break. The faculty member who nominated her stated: “I am proud of the growth I have seen in her over the past year.”
  1. Myah Micham—Her nomination stated she is starting her junior year all caught up. In the past, her pacing has been slightly behind. She has shown amazing growth with time-management, study skills, & meeting goals & deadlines. She also plans to challenge herself academically by taking either AP or ASU courses.
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