



CMASAS

Parent/Student

Monthly News Notes

December 2025



Cierra Tredway



Christopher Geis



Daisy Cheatham

Dear CMASAS Students and Families,

As we move forward into a new season at CMASAS, we want to take a moment to reflect on the heart of our school, our people. The strength of our community is built on the relationships we form, the care we show one another, and the shared belief that every student deserves an education shaped around who they are and how they learn best. This is the spirit of *We Care*, and it continues to guide everything we do.

Honoring Two Remarkable Educators: Tami Warnick & Evette Nowicki

This quarter, we have the privilege, and the bittersweet honor, of celebrating the retirements of two extraordinary members of our CMASAS family:

Tami Warnick, Director of Curriculum, and
Evette Nowicki, PEC and math instructor.



Tami Warnick,
Director of Curriculum

Tami Warnick's impact on our school spans decades and generations. Her journey began with Christa McAuliffe Academy in 2001, long before CMASAS existed in its current form. When we became CMASAS in 2009, Tami became a cornerstone of our leadership and curriculum development, helping shape the look, feel, and heart of our learning environment.

She has served as a web designer, curriculum creator, instructor, mentor, and so much more. Her creativity, wisdom, and unwavering devotion to student-centered education are woven into the very fabric of our program. Tami helped articulate and build the foundation that allows *Personalication*® to thrive today.

As she steps into a well-earned retirement, we celebrate her compassion, her quiet strength, and the legacy she leaves behind, a legacy that will continue to support students, teachers, and families for years to come.

We wish her joy, rest, and new adventures in the chapter ahead.

We also extend our deepest gratitude to **Evette Nowicki**, who is retiring after nine years of exceptional service. As both a PEC and math instructor, Evette has embodied the very best of CMASAS, meeting students where they are, encouraging their growth, and offering support with warmth, patience, and genuine joy.

Her ability to recognize each student's potential, her dedication to celebrating their accomplishments, and her deep love for teaching have made her a trusted guide for countless families. Her work and her heart have truly made CMASAS a better place.



Evette Nowicki
PEC and Math Instructor

Please join me in thanking both Tami and Evette for the tremendous difference they have made in the lives of our students and in the life of our school.

Living Our “We Care” Commitment

At CMASAS, *We Care* is not a slogan—it is our commitment to each student and each family. It shows up in the personal notes from PECs, the thoughtful grading feedback from instructors, the patient flexibility during life's unpredictable moments, and the quiet but constant support that defines our community.

Thank you for continuing to trust us with your child's education. We know you have many choices, and we are honored that you choose CMASAS as a partner in your student's learning journey.

Looking Ahead Together

Thank you for being part of our CMASAS community. Thank you for showing up, for giving feedback, for supporting one another, and for believing in the power of personalized education.

Here's to a season filled with growth, gratitude, and connection. With Care,

Cierra Tredway,

CMASAS High School Lead

Christopher Geis,

CMASAS Exec. Director

Daisy Cheatham,

CMASAS K-8 Lead

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

Parents:

Hello! Hope your 2025-2026 school year is off to a great start! Right now is a good time to do a "check in" with your student—is he/she moving along nicely in his/her courses? Are their grades what you had hoped for? Do you think they are succeeding in school, participating in school functions/activities/clubs, and/or communicating well with his/her PEC and CI's? If you have ANY concerns, now is the time to reach out to your student's PEC, CI, or myself. If you need to speak to the School Counselor for any reason, please call or email me directly. Here are a few upcoming dates important to certain grade levels:

Seniors:

If you are applying to college there are usually some really important deadlines upcoming. For example, January 1, 2026 is a BIG deadline and that is during our Winter Break. You **must plan**

ahead and get the required documentation **now** before our Winter Break. Additionally, if you need any help, please reach out to me so we can set up a college planning meeting before the break.

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: Are you making good progress in your courses? Are you getting involved in school clubs and groups? Now is the time to really lean into high school and all we have to offer here at CMASAS. Additionally, if you are interested in applying to NHS later this year, please make sure you read the email I just sent out to all high school students regarding the minimum requirements to be invited to apply for NHS. The invitations to apply to NHS will go out at the end of January 2026.

Freshmen: Have you started out high school on a positive note? Are you taking your grades seriously? Remember, 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).

Have a Happy Holiday!

WHAT'S NEW?

We are thrilled to announce an unforgettable opportunity for our students and families: a 12-day educational adventure through Italy in Fall 2026!

Tour Details:

Arrive: September 29 (before noon)

Depart: October 10

Registration Deadline: March 15

Discounted Pricing Available through January 15, 2026

Capacity: Limited to the first 20 participants—reserve your spot early!

Explore the full itinerary and reserve your place by visiting our [Travel Experiences page](#).

Trip Highlights

- **Milan:** Marvel at the stunning Duomo and experience the vibrant energy of this unforgettable city.
- **Cinque Terre:** Wander through colorful seaside villages connected by breathtaking coastal paths.
- **Florence:** Stand before Michelangelo's *David* & explore the Archaeological Museum.
- **Lucca & Siena:** Enjoy beautifully preserved medieval towns full of charm and history.
- **Rome:** Dive into ancient history at the Vatican Museums, Colosseum, Roman Forum, and more.
- **Pompeii & Sorrento:** Walk among ancient ruins and take in the beauty of Italy's southern coast.

Learn, Live, Laugh, Love and Experience Italy as Your Classroom



Learn and practice conversational Italian - the language of love, visit where Michelangelo once stood, live the stories from throughout world history, and laugh with new friends over morning espresso's, freshly made bolognese pasta, and enjoying the Mediterranean air while exploring Cinque Terre's colorful villages. Let the learning come alive in Italy.

[Discover the Itinerary and Join the Journey](#)

Begin your Italian adventure today!

First Informational Session:

Thursday, December 11 at 5:00 PM PT

Attend an informational session to learn more about the itinerary, pricing, and what makes this tour such a powerful educational experience.

Use this [RSVP form](#) to save your spot and receive meeting details.

For questions pertaining to Travel Experiences contact:

April Sandoval at asandoval@cmasas.org.

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.
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BREAKS AND HOLIDAYS



Winter Break:
Dec 18-Jan 11



Presidents' Day:
February 16



Teacher In-Service
Day: March 6
(No student Meetings)



Parent/Teacher
Conferences:
March 18-20

UPCOMING EVENTS



April Sandoval
PEC/CI and Community
and Culture Specialist

Regional Gatherings and International Trips

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.

Winter Regional Gathering: Los Angeles

When: Friday, January 16, 11:00am–3:00pm

Where: Griffith Park

We'll kick things off with a picnic surrounded by the park's beautiful scenery, then head up to the Griffith Observatory to explore space exhibits, catch a planetarium show, and take in the stunning L.A. skyline. Bring your lunch, your curiosity, and your sense of wonder as we start the new year with sunshine, great company, and a day full of discovery.

Sign up here: [Los Angeles Regional Gathering at Griffith Park – Fill out form](#)

Assemblies:

Our Winter Assembly is coming up on February 11th

Here's a sneak peek at our next phenomenal guest. We will be welcoming John Quattrocchi, a rocket scientist and retired mechanical engineer whose work spans the Space Station, XM Radio satellites, and Viasat satellite launches that make internet in airplanes and remote areas possible. Be on the lookout for more information about this event after winter break.

Winter Coffee Chat with the Leads

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

**WEDNESDAY, JANUARY 28, 2026
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

**Theme: Share your family traditions,
foods, music, and heritage with us!**

CLUB SPOTLIGHT

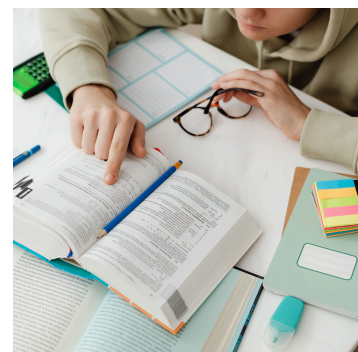
As a reminder, student clubs run from September through May.

Study Power Hour:

Study Power Hour is a quiet, focused online club designed to help you dedicate one full hour to productive work. At the start, members share their goals, then spend the session working independently alongside peers. We end by reflecting on progress and celebrating accomplishments together.

Recommended for grades 6-12

This club takes place every Tuesday at 12pm and Thursday at 9am pacific time.



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.)

Students recognized: Connor Abel (gr.10), Mia Williams (gr.12), Emma Turco (gr.11), Teagan Buxton (gr.11), Chase Lock (gr.12), Madeleine Thompson (gr.10), & Natalie Cusimano (gr.12).

October – EMPATHY

(Deepen understanding of others' feelings and perspectives.)

Students recognized: Lando Robinson (gr.3), Madison Dginguerian (gr.11), Kailyn Vogel (gr.10), & Sydney Mayes (gr.10).

November – GENEROSITY

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

Students recognized: Olive Doyle (gr.4), Trey Dietrich (gr.11), Sydney Haass (gr.9), & Thalia Matsumoto (gr.12).

December – HOPE

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

Students recognized: Nisaa Moran (gr.12), Corwyn Fuller (gr.9), Susanna Miller (gr.12), Genevieve (Gigi) Gantz (gr.12), & Hunter Schmitz (gr.10).

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

Science-Backed Ways to Reduce Anxiety this Season

When life speeds up, the brain often does too. Busy seasons, whether filled with schoolwork, holidays, activities, or major transitions, can activate the body's stress response. While a little tension can sharpen focus, too much leads to racing thoughts, irritability, forgetfulness, and fatigue. The good news? Small daily habits can help activate the parasympathetic nervous system, the body's built-in "calm switch"—to steady the mind and protect emotional well-being.

What anxiety does to the brain

- Triggers "fight or flight": Stress hormones like cortisol rise, keeping the body alert and making it harder to relax or concentrate.
- Shrinks working memory: Anxiety makes it tougher to recall steps, follow instructions, or organize tasks, especially for students.
- Tightens muscles & breathing: This can lead to headaches, stomach aches, and feeling "on edge."
- Drains emotional bandwidth: Worries feel louder, patience feels shorter, and small challenges feel bigger.

How calming habits help

- Deep breathing and grounding techniques interrupt the fight-or-flight response.
- Predictable routines stabilize the brain's sense of safety.
- Movement releases endorphins and reduces muscle tension.
- Mindfulness strengthens the prefrontal cortex: part of the brain that handles focus.
- Connection with supportive people signals the nervous system that you are not alone.

Practical habits that reduce anxiety

- **Try the 4–7–8 breath:** Inhale 4 seconds, hold 7, exhale 8. Repeat 3–4 cycles to slow heart rate and steady thoughts.
- **Name what you're feeling:** A quick "I feel overwhelmed" reduces amygdala activity—the brain's alarm center.
- **Do a 2-minute reset:** Look away from screens, stretch your arms overhead, roll your shoulders, or step outside for fresh air.
- **Focus on one thing at a time:** Multitasking increases anxiety. Break assignments or chores into micro-steps and check them off one at a time.
- **Build "peace pockets" into your day:** Five minutes of breathing, stretching, journaling, or stillness can calm your system between responsibilities.
- **Limit doom-scrolling:** Even 10–15 minutes of break-time scrolling can spike stress. Choose music, a walk, or a quick chat instead.
- **Set realistic expectations:** You don't have to do everything. Give yourself permission to do what matters most today.

For students juggling school, activities, and holidays

- **Create a weekly "snapshot plan":** List top priorities, deadlines, and must-do events. Visual structure reduces mental clutter.

- **Communicate early:** PECs and instructors are here to support you—letting them know you're overwhelmed opens the door to solutions.
- **Move your body:** Even 10 minutes of walking boosts focus and lowers cortisol.
- **Stay hydrated & nourished:** Blood sugar dips can amplify anxious feelings.

For parents and caregivers

- **Routines equal reassurance,** build small, steady rhythms into busy weeks.
- **Model calm where you can,** kids mirror adult regulation skills.
- **Check in, not to fix, but to listen:** “How’s your heart today?” goes a long way.
- **Protect quiet time:** Even 15 peaceful minutes can reset the whole household.

Anxiety isn't a sign of weakness, it's a sign that your body is asking for care. With a few simple daily practices, you can create moments of peace that carry you through even the busiest seasons with steadiness, clarity, and resilience

COMMUNITY SUPPORT

We're currently at **180 reviews on Niche**—and our goal is to hit **200**!

One of the greatest gifts you can give our school is sharing your experience with other families who are searching for a place where their child can thrive.

If CMASAS has positively impacted your family, I invite you to take a few minutes to share your thoughts on Niche. These reviews help future families feel confident in making the decision that's right for their child—and they help amplify the work our faculty and staff pour into the community every day.

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 by the end of 2025! 💙💛

[Write Your Review](#)

Share Your Student's Success Story!

At CMASAS, we love celebrating the amazing things our students are learning, creating, and accomplishing every day. To help us highlight these moments, we're introducing the **CMASAS Student Photo Submission Form**, a simple and safe way for families to share snapshots of their student's journey.

Whether your student is diving into a project, exploring a passion, participating in activities, or proudly showing off their achievements, we'd love to see it! Submitted photos may be featured on our official **CMASAS social media channels, website, or upcoming newsletters** as part of our ongoing effort to showcase the incredible stories within our community.

Keeping Your Student Safe

Your family's privacy and comfort are our top priority. Before uploading, please be sure to:

- Avoid sharing anything sensitive or personal.
- Refrain from photos that reveal identifying details about your home or location.
- Only include logos or apparel related to CMASAS.
- Only share images of individuals who have given consent to appear online.

Every photo submitted is carefully reviewed by our media team prior to posting. If we ever need clarification, we'll reach out directly.

We Can't Wait to Celebrate Your Student!

Thank you for helping us tell the CMASAS story, one photo at a time.

Your contributions help inspire others and strengthen the sense of connection that makes our community so special.

[CMASAS Student Photo Submission Form – Fill out form](#)

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](#)



ANDREA CAMPBELL

Mother of a 3rd Grader and Kindergartner

"CMASAS has given our family a sense of balance and freedom we didn't know was possible. Our kids can learn at their own pace while still having time for the activities they love, ballet, swimming, snowboarding, art, and all the little adventures that make childhood magical."

One of our favorite moments was seeing Monet's Water Lilies in person after they had studied it in their CMASAS art class. Experiences like that make learning meaningful and unforgettable.

The flexibility to learn from anywhere has allowed us to explore museums, national parks, and dozens of states together, all while staying on track academically. And the support from their PEC has helped both kids grow confident, calm, and genuinely excited about learning.

CMASAS has truly been the perfect fit for our family."



JAMIE MARCELLA

Mother of Elem., Middle and H.S. Students

"Homeschooling can be incredibly rewarding, but it's also a lot of pressure. As a former homeschool parent, I felt the immense responsibility of shaping my children's education on my own. Despite trying everything from public schools to local resources, I struggled to keep up as they learned faster than I could teach. That's when I found CMASAS, and it has truly transformed our lives.

Their personalized approach took the pressure off my shoulders while allowing me to stay involved. Now, instead of worrying about covering everything, we can focus on exploring and learning together.

CMASAS has given my kids the chance to pursue their passions with the right support. My child who loves astronomy has access to advanced courses and resources that I couldn't provide on my own. The virtual clubs and global connections have also been incredibly enriching.



LINDA WHEELER

Military Parent of Middle Schooler

"My husband recently deployed for a year, and we were uncertain if we would be going with him. I decided to enroll my daughter at CMASAS so we would have little to no disruption should we have to move mid-year. It didn't take long for her to acclimate to online learning, and we have found so many more benefits beyond our initial decision to set her up for success should we have to move. My daughter has more flexibility to pursue her passion for golf and horseback riding, and she is even able to connect and work through her modules with her father as if he was at home – that is huge for us!"

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