

Sequoia Choice Times

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Dear Sequoia Choice Community:

I am not sure what it is about this time of year, but it seems to bring about a season of our children deciding the adults in their life just don't know what they are talking about. This year it seems as though this feeling is more magnified than ever before. In trying to discover a practical approach to help our students build the skills necessary to be successful in all aspects of their lives I stumbled across skillsyouneed.com. This website is full of varied approaches to help all of us maneuver the skills needed to be successful that are not taught as part of the school curriculum.

One such article discusses talking to your children, and getting your children to talk to you. Here are the 10 suggestions that **Skills You Need** shares:

1. **Give children opportunities:** Sitting down for a formal talk rarely works. Arrange for one-on-one time with your child in which talking will happen naturally. This may be preparing food together, traveling in the car, or working on a family project.
2. **Listen:** When your child is ready to talk, be ready to listen. Focus on everything they are communicating including their body language.
3. **Ask why, but don't make judgments:** Have an open mind to hear why they made the choice they did. Sometimes they may just say, "I don't know." Be willing to accept this. Sometimes children and teens really don't know why they did something.
4. **Don't assume or accuse:** Ask general questions and not leading questions. General questions lets your child know that you are not trying to trap them into admitting a mistake.
5. **Be there to help:** Ask your child, "Can I do anything to help?" or "Is there anything you would like me to do?" Our kids need to know that they have an ally in their parent even when they have made a mistake.
6. **Don't just tell, let them think things through:** When we let our children think through their own solutions, we are letting them know that we have the confidence in them that they can solve their own problems.
7. **"Do as I do, not just as I say":** Regardless of your child's age you are the role model they have had since the beginning. Admit your mistakes if you see your child making the same mistake.
8. **Pick your battles:** Not everything is important. Choose carefully no one likes to be criticized, especially by the one who we want most in our corner.
9. **Don't react to anger with anger or hurt:** Someone has to be the grown-up, and it should be the parent. Model the behavior you want from your child.
10. **Avoid asking too many difficult questions:** Too many hard questions will just promote lying. Ask straight questions that will require straight answers. Eliminate space for the gray area.

As always, we are here to help your child be successful. Please feel free to contact us at any time with any questions or concerns.

Warm Regards,

Cindy Chleborad M. Ed, Principal

Our mission is to provide a caring environment of high expectations, individualized attention, and great teaching via a distance learning delivery system that is sufficiently adaptable to help K-12 students in traditional and non-traditional educational settings achieve their maximum academic potential and life goals.

Counselor's Corner

Much of following information can be found on the [Counselor's Corner on our website](#). Check out the online Corner for more great information about financial aid, scholarships, testing, colleges, and more!

All about Scholarships

There are basically two types of scholarships, institutional and private. Institutional scholarships are awarded by colleges and universities as inducements to good students to attend their school. These scholarships are strictly for students with high GPAs and good standardized test scores. You usually apply for these scholarships simply by applying to the school, although you should check with your school of choice to see if they have any other requirements. Also, specific colleges and departments within a large university may have additional scholarships available that you need to apply for separately.

The second type of scholarship is the private scholarship. A foundation, company, non-profit organization, private individual, or church may create a scholarship and set any criteria they like. They could ask for an essay, a speech, community service, or anything else they wish. They could decide that only left-handers qualify for the scholarship, or only redheads, or just students from particular schools, or of a particular ethnic origin. Each scholarship is unique, and the qualifying and submission criteria are too. Once upon a time, there was even a scholarship for [skateboarding](#)! (It's no longer offered, alas.)

College and University Scholarships

For most college and university scholarships, all you have to do is apply to the school itself. The school's computer will then sort you according to their pre-set criteria. If your GPA, class rank (if given), and ACT or SAT scores are high enough, you will automatically be considered for their scholarships.

The criteria for university scholarships generally change from year to year, depending on the school and the applicant pool. (NAU's Lumberjack Scholarship is an exception, as it does not change its requirements each year.) Some years it's easier to get these scholarships, and other years it's harder. Your best bet to getting one is to have a high GPA and high test scores.

Always visit the scholarship and financial aid webpages of schools you are considering, whether in-state or out-of-state. There may be extra steps you have to take in order to qualify for certain scholarships.

Within the universities, each college and department will often have special scholarships. If you know you want to major in mechanical engineering at ASU, for example, check out the website for ASU's Fulton College of Engineering. There might be a scholarship or two for which you can apply. This is true for many departments and colleges in schools across the country.

The community colleges also have scholarships. Be sure to visit the scholarship and financial aid websites of your specific school. You never know if you might find the scholarship just right for you!

As an example, the Maricopa County Community College District (MCCCD) offers the Presidents' Scholarship, which is equal to full tuition for four semesters, up to 15 credits a semester. Students who are in the top 20% of their graduating class from a Maricopa county high school (or are in the top 20% at any point in their last three semesters of high school) qualify for this scholarship. Alternately, students can score well on the college placement exams and also receive this scholarship.

Counselor's Corner

Scholarship Tips

These tips are mostly for private scholarships, but many also apply to institutional scholarships.

- **Get good grades!** No matter what anyone says, grades do matter. If you have a good or great GPA, getting scholarships will be a lot easier than if you only have a fair GPA. You can improve your GPA by retaking classes you may have passed with a poor grade. Also, it is often the case that good grades in core courses (English, Math, Science, Social Studies, Fine Arts, and Foreign Language) matter more than good grades in electives. For instance, NAU's Lumberjack Scholarship requires a 3.5 GPA in the 16 core courses, with no C's. Yes, that A in Social Media helps your overall GPA, but the A in Algebra II may be more important scholarship-wise.
- **You do not have to be an exceptional student to get a scholarship.** This may seem like a contradiction of number one above, but it's really not. Yes, GPA matters, especially for institutional and the larger private scholarships, but if you are applying for a smaller private scholarship, the criteria may be different. They may want to know more about your extracurricular activities, community service, leadership, hobbies, interests, or writing or speaking skills than your GPA. No matter who you are, there is a scholarship for which you could qualify. Good grades make it much easier, but there are some scholarships that do not ask about GPA. For example, I won a small scholarship by reading a book and writing an essay about it when I was in high school, and that scholarship had no GPA requirement at all.
- **Take rigorous courses.** Colleges and scholarship committees look at GPA, but they also look at the courses you take. Again, GPA matters. Never doubt that. That being said, if you have a 4.0 GPA with all easy classes that you just coasted through, you won't even get into the school you want, much less get a scholarship to go there.
- **Start early.** Apply for scholarships in your freshman year of high school. There are plenty of scholarships available to high school students of all grade levels. Seniors are eligible for the most scholarships, certainly, but that is no reason not to look and apply for scholarships while you are in the lower grade levels.
- **Apply at the right time.** In other words, don't procrastinate! Scholarship deadlines usually fall from October to March. Look for scholarships year-round, but be prepared to apply for many more during the fall and winter. Private organizations do not arbitrarily assign deadlines for their scholarships. They want enough time to evaluate all the candidates, and they want to notify winners before their high school graduations. Also, submit your applications early rather than just barely on time. It looks much better.
- **Only apply for scholarships you have a reasonable chance of winning.** This is not meant to discourage you from applying for scholarships, but it is important to be realistic. For instance, if a private scholarship has a criterion of a 3.5 GPA as a minimum, and you have a 3.49 GPA, don't apply for it. Yes, you are so close, but no, don't do it. You would just be wasting precious time that you could be using to apply for other scholarships.
- **Pay attention to details.** Read all the instructions. Do not allow your hard work to be thrown away simply because you did not follow the directions. If you do not follow the directions precisely, your application will be discarded.
- **Don't count yourself out just because you won't be attending a four-year school.** You do not have to go to a four-year university to receive a scholarship. Are you planning on going to community college or a trade or technical school? How about cosmetology school? Whatever your dreams, if you plan to pursue any sort of formal education after graduation, there's a scholarship for you. Many scholarships are not just for students going to big universities.
- **Avoid Scholarship and Financial Aid Scams.** You never have to pay money to receive a scholarship, honor, or award. Also, beware if you are told you won a scholarship for which you did not apply. It's most likely a scam.
- **Take the PSAT in the fall of your junior year.** Every college-bound sophomore and junior should take the PSAT, which is the National Merit Scholarship Qualifying Test. While only juniors can enter the National Merit Scholarship competition, it is good practice for sophomores to take it as well. Both UA and ASU offer very generous scholarships of between \$12,000 to \$18,000 a year to National Merit Semi-Finalists and Finalists. That is more than the Presidential Scholarship at both schools! The only way to enter the scholarship competition is to take the test.
- **Search for scholarships yourself.** I am here to help you. Feel free to contact me for assistance. However, there is much you can do on your own, too. You know better than anyone else what your talents and interests are. Seek out scholarships for which you may be uniquely qualified. There is a list of scholarship search engines on the school website's [Counselor's Corner](#).

Please contact me if you have questions or need help.

Ms. Jeanine Newsom
jnewsom@edkey.org
 480-461-3222 ext. 10644

AzMERIT Testing Information

	If your student is enrolled in		State test requirements
Grade Level	Kindergarten	K	No state testing
	First Grade	1	No state testing
	Second Grade	2	No state testing
	Third Grade	3	2-3 Days (Writing, Reading 1&2, Math 1&2)
	Fourth Grade	4	3-4 Days (Writing, Reading 1&2, Math 1&2, AIMS Science)
	Fifth Grade	5	2-3 Days (Writing, Reading 1&2, Math 1&2)
	Sixth Grade	6	2-3 Days (Writing, Reading 1&2, Math 1&2)
	Seventh Grade	7	2-3 Days (Writing, Reading 1&2, Math 1&2)
	Eighth Grade	8	3-4 Days (Writing, Reading 1&2, Math 1&2, AIMS Science)
	Ninth Grade	9	Depends on enrollment in certain B semester courses, see below
	Tenth Grade	10	AIMS Science, course enrollment
	Eleventh Grade	11	Depends on enrollment in certain B semester courses, see below
	Twelfth Grade	12	Depends on enrollment in certain B semester courses, see below
EOC course enrollment	English 9 B		1 day (ELA 9 parts 1&2)
	English 10 B		1 day (ELA 10 parts 1&2)
	English 11 B		1 day (ELA 11 parts 1&2)
	Algebra 1		1 day (ALG1 parts 1&2)
	Geometry		1 day (GEO parts 1&2)
	Algebra 2		1 day (ALG2 parts 1&2)
College course enrollment	College English 101		1 day (ELA 10 parts 1&2) - unless this test has already been taken
	College English 102		1 day (ELA 11 parts 1&2) - unless this test has already been taken
	College MAT 100-110		1 day (ALG1 parts 1&2) - unless this test has already been taken
	College MAT 120-154		1 day (ALG2 parts 1&2) - unless this test has already been taken

AzMerit and AIMS Science State testing will be scheduled for the week of March 27th. On average, each section of the test is expected to take 60-90 minutes to complete, and your advisor or elementary teacher will provide more specific information regarding times and locations as they are finalized. It is always an adventure to secure testing locations and school employees to proctor tests across the whole state of Arizona! Our District Testing Coordinator makes every effort to make sure all students are assigned to a testing center that is a reasonable distance from their homes. Please communicate regularly with your advisor or elementary teacher if there are any questions or concerns regarding scheduling.

FAQs

Q: What if I already took this AzMerit test last semester?

A: The Spring AzMerit list is pulled directly from the student's course enrollment. This means that regardless of your course progress or whether or not you took the AzMerit last semester, if you were enrolled in the class this semester at all, you are required to test.

Q: If I'm enrolled in a college class, why do I need to take an AzMerit test?

A: Part of how we can fund our early college program is by following state laws such as state testing and high school graduation requirements. It has been determined that if your English or Math college course is being used in the place of those grade level classes in your high school graduation requirements, we are required to have you test. However, if you have already taken the AzMerit for this particular grade level and are able to provide documentation that you've passed, we can remove you from this testing requirement.

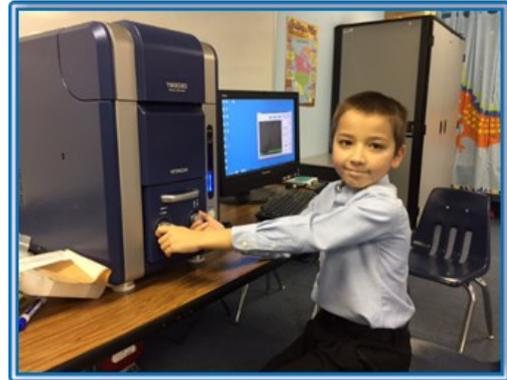
Q: What if I'm in 7th or 8th grade and taking high school classes? Do I need to take AzMerits for my grade level AND the high school EOC tests?

A: High school EOC AzMerit test will replace the grade level exam for that subject. For example, a 7th grader in Algebra 1 would only take AzMerit tests for EOC Algebra 1 and 7th grade English.

Hitachi STEM Outreach Program

Earlier this month, some of our students had the unique opportunity to use an electron microscope. The Hitachi STEM Outreach Program partnered with Edkey schools to allow students access to a TM3030 table top Scanning Electron Microscope for a week. The TM3030 uses a beam of highly energized electrons that allows us to examine an object up to 30,000x magnification!

One of our elementary students, Dante, was able to take advantage of this and spent some time learning how to use the microscope and looking at some cool stuff! The magnified items he viewed included: popcorn, poppy seeds, a bee wing, a dragonfly eye, a Nerd candy, and even a scorpion stinger! Some of the students and staff will never look at popcorn the same way again! If you are interested in learning more about the Hitachi STEM Outreach Program, you can check them out here: <http://www.inspirestemeducation.us/stem-outreach/>.



Dante demonstrating how to use the TM3030 Electron Microscope.

Congrats to AZDL's own Jack Baker

PHOENIX (January 1, 2017) – The 'stache was worth the cash! More than 550 students across Arizona showed off their Milk Mustache and the top three finalists received \$30,000 toward their continuing education in Arizona. The scholarship winners, Jake Castaldo, of Peoria, Jack Baker, of Gilbert, and Victoria Brandis, of Phoenix, were announced at the FIESTA BOWL game on Saturday, Dec. 31, 2016. Castaldo was the grand prize winner, receiving a \$12,000 scholarship. Baker won a \$10,000 scholarship and Brandis earned an \$8,000 scholarship.

Dairy plays such an important role in fueling active minds and bodies, and Arizona dairy farmers are proud to sponsor the Milk Mustache Scholarship Contest for more than 25 years. Students began entering Aug. 15, 2016, on arizonamilk.org/scholarship or by uploading their photo to Instagram and tagging @azmilkproducers and using the hashtag #ampscholarshipcontest and picked their prize using #fuel, #fun or #food. From Sept. 5 through Nov. 21, one weekly finalist was selected based on their entry and received a \$100 gift card for food, fun or fuel, plus a pair of tickets to the FIESTA BOWL game. The Top 3 finalists were selected based on their milk mustache photo and scholarship applications.

Here is Jack Baker's winning entry!!! AZDL is so very proud of you!



Special Announcement!**Sequoia Choice Granted a National Honor Society Chapter!**

Yes!! This has finally become a reality! Sequoia Choice – Arizona Distance Learning has been officially granted permission to maintain a chapter of The National Honor Society. At this point in time, members of the faculty and administration are forming a chapter to be installed early next year. The staff of Sequoia Choice have been diligently working to bring this exciting opportunity to you, the students, for quite some time. The time has arrived.

As a school, we are looking to a time early next semester to invite the first group of students as Inductees into Sequoia Choice's National Honor Society Chapter. This is truly an exciting time for each and every one who has been involved in this process. Further, it will afford our students with more opportunities for their future educational pursuits. Stay tuned for more information!



Refer-a-Friend Program

Throughout the years, Sequoia Choice – Arizona Distance Learning has offered our Refer-a-Friend Program to our students. We are excited to be offering it now! Referring a friend to our school makes you eligible for a \$50 Walmart or Amazon gift card! Claiming a gift card is easy. Just visit our website at azdl.org. Find the drop-down menu in the top right corner and completed the required form.

There are many reasons why your friends may want to attend AZDL for FREE:

- * We offer credit recovery to students who may have previously failed a course at their home school.
- * We offer college courses to students who meet the requirements.
- * Some students enroll to take elective courses with the intent of transferring the credit back to their high school to improve their GPA or class rank for scholarship purposes.
- * We serve students who quit school, but need an option for continuing school while working full-time. We accept students up to their 21st birthday.
- * Many of our students are trying to get ahead in their high school credits.
- * We offer an elementary program that allows parents to be very involved. Our approach is unique in the industry.
- * We are a small school with a great staff who care about each student. We are not a national conglomerate.

REFER A
FRIEND



Many students do not realize that being enrolled in more than one school is an option in Arizona. Students may attend as many schools as they wish. We currently have several students who attend one school during the day, and work in their AZDL courses at night and on the weekends.

Growing Up Healthy/Immunization Reminder



Sequoia Choice Arizona Distance Learning offers **FREE** hearing and vision screenings for those of you that would like to have a preliminary screening done on your child. This screening can alert the parent/guardian of possible issues leading to the need of a more thorough examination by their doctor.

Anyone that is interested in setting up a date and time for a hearing/vision screening, please contact Sandy Meek at 480-461-3222 ext. 10652. The screening takes about 10 minutes per child and will be given at our office located at: 2331 N. Horne Mesa, AZ 85203. We will give you more specific directions when you set up a date/time.

VACCINATION REMINDER

Students that are going to be entering 6th grade or are going to be turning age 11, are required by the state of Arizona to have the Tdap and MCV (meningococcal) when enrolled in a public charter school.

- ◆ Statutes and Rules for Immunization Requirements:

[Arizona Revised Statutes 15-871 through 15-874](#)

- ◆ Arizona School Immunization Requirements: Kindergarten -12th Grade: <http://www.azdhs.gov/documents/preparedness/epidemiology-disease-control/immunization/school-childcare/school-immunization-requirements.pdf>

- ◆ Please follow this website to locate a listing of clinics in your area:

http://www.mycommunitypt.com/arizona/index.php?option=com_cpx&task=search.query&code=LT-3400.0100

- ◆ Exemption forms are available from schools and at: <http://www.azdhs.gov/phs/immun/back2school.htm>

If we can help in any way, please feel free to contact us. We care about your children and want to do what we can to help you meet their health and safety needs.



Youth Leadership Day

**Governor Doug Ducey's Youth Commission
Youth Leadership Day
May 5th, 2017
Grand Canyon University**

**This event is free for high school students and
lunch will be provided!**

The Governor's Youth Commission invites all Arizona high school youth to the 11th annual Youth Leadership Day (YLD) conference. This day provides an opportunity for students across the state to hear inspirational speakers, attend leadership development workshops and network with their peers. Our goal is to motivate Arizona's future leaders to recognize their inherent skills and gain the necessary tools to assist them in positively contributing to the development of a stronger, safer, and more prosperous state. In 2016, YLD was attended by over 600 youth, youth group leaders, and educators. We hope to see you there this year!

Workshops!

Last year we had 20 workshops that focused on anti-bullying, increasing the awareness of substance abuse, how to apply for a college scholarship, finding your leadership style, increasing your civic knowledge, reducing stress, effective communication, AmeriCorps 101, self defense, Native American History, marketing yourself for a job, and MORE!



A full list of workshops will be sent to each group leader in April.



**If you are interested in attending,
please contact Jeanine Newsom
at jnewsom@edkey.org or 480-461-3222
ext. 10644.**



Friday, May 5, 2017	
9:00	Check-in
10:00	Opening Session
10:45	Workshop Session I (50 Minutes)
11:45	Lunch
12:45	Workshop Session II (50 minutes)
1:45	Closing Address
2:30	End of Day

Fry's Rewards



Enjoy shopping at Fry's Food Stores? Want to help raise money for your school? Sequoia Choice AZDL now has a Fry's Community Rewards number! All you have to do is link the number below to your Fry's VIP card and every time you shop, Sequoia Choice gets a percentage of the purchase.

Sequoia Choice AZDL Community Rewards number: 56215

PLEASE NOTE: Before you can link your Fry's V.I.P card to an organization, you must have an e-mail address.

STEP 1: Creating an Online Fry's Account

NOTE: If you already have an online Fry's account, skip to #2

- * Go to <http://www.frysfood.com/>
- * Select Register.
- * Under Sign-in information, enter your e-mail and create a password. **(Write down your e-mail & password; you will need it in step 2.)**
- * Select Use Card Number.
- * Enter your Fry's V.I.P Card Number, last name, and postal code.
- * Under Select Your Preferred Store, enter your postal code.
- * Select Find Stores.

- * Choose your store then select Create Account.
- * You will then be prompted to check your e-mail for a confirmation e-mail.
- * Click the hyperlink in your e-mail to finish creating your online Fry's account.
- * Continue to step #2 to register for the Fry's Community Rewards Program of your choice.

STEP 2: Register for the Fry's Community Rewards Program

- * Go to <https://www.frysfood.com/topic/community?activePage=community-rewards-2>
- * Select Sign in.
- * Enter your e-mail and password then select Sign in. **(This will be the e-mail and password you created in step 1.)**
- * Select My Account then select Account Settings from the drop-down menu.
- * Click Edit under Community Rewards. If prompted, enter personal information.
- * Under Find Your Organization, enter the NPO number (56215) or name of organization (Sequoia Choice), then select Search.
- * Under Select Your Organization, check the box next to your organization.
- * Then select Save changes.
- * If you have registered correctly, you should now see your organization information listed under Community Rewards on your Account Summary page.

Calendar of Events

February 2017

- ◆ 16: No School – Presidents Day Observed

March 2017

- ◆ 13-17: No School – Spring Break
- ◆ 27th: AzMERIT testing begins

For a complete view of our school calendar, please visit our website at <http://www.sequoiachoice.org/>