

Sequoia Choice Times - Academic Center Edition

Sequoia Choice— Arizona Distance Learning



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Inside this issue:

McKinney-	1
Accreditation	2
Sleep and Learning	2
Meet Bayleigh	2
When is the right time to	3
Walking Works	3
Benchmark	4
Testing	
PSAT	4
AIMS	4
Pickleball!	5
Calendar of Events	5

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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.

Dear Students and Families,

Each year Sequoia Choice Arizona Distance Learning writes a Continuous Improvement Plan. The purpose of this plan is to continue on our journey to be the best school we can be. Currently, Sequoia Choice is the highest ranked online school in the state of Arizona as determined by the Arizona's A-F School Accountability metric.

I want to share with you some of the things that we will be focusing on this year as we continue our quest for on-going school improvement.

1. We will continue to look closely at the data we gain through benchmark testing and other performance indicators to determine how we can meet the needs of our students and improve the way we are providing education.
 2. We will be looking for and implementing ways to improve collaboration with our students and their parents. This newsletter is a step in that direction.
 3. We will continue to improve our Learning Management System (SCORE) to provide easy access to the information that is important for student success.
 4. Our course will continue to improve. The teaching staff will continue to closely examine each assignment within each course to make sure it is aligned with the Arizona College and Career Ready Standards.
 5. We will focus on academic vocabulary within our courses and interactions with the students. A strong academic vocabulary has been proven to propel students forward in their studies.
 6. Lessons and activities will provide opportunities for students to think deeply instead to become problem solvers.
- Although this is quite a tall order for one school year, I believe we have been on the right trajectory for some time. We have continued to enjoy and celebrate the growth of our students and school.

Thank you for your participation in this amazing journey,

Cindy Chleborad
Principal
Sequoia Choice Arizona Distance Learning

McKinney-Vento Information

Attention Students and Families!

Is your family living in one of the following situations?

- In a motel or campground due to lack of an alternative adequate accommodation
- In a shelter
- In a car, park, abandoned building, or bus or train station
- Doubled up with other people due to loss of housing or economic hardship

If so, we can help you. Please contact our homeless liaison, Ashlie Hancock at 480-834-7400 for help.

Accreditation Counts

Every five years schools have the opportunity to complete the reaccreditation process. This year Sequoia Choice will be hosting the visit of the team from AdvancED to renew our accreditation. The accreditation process has many components. Currently, we have a team that is working to complete the accreditation self-study and data analysis.

One major component of the accreditation process is the completion of surveys by our students and their parents. The information gained from the survey will help us see our school as you see it. We will use this information for future planning and development.

Students: in Grades K-2: <http://www.advanc-ed.org/survey/public/8555499>

Students in Grades 3-6: <http://www.advanc-ed.org/survey/public/5022630>

Students in Grades 7-12: <http://www.advanc-ed.org/survey/public/1254008>

Parents: <http://www.advanc-ed.org/survey/public/7293975>

Sleep and Learning

Recently the National Sleep Foundation released an article titled, “What Happens When my Child or Teen Doesn’t Get Enough Sleep?”

The article states that sleep can be directly tied to: behavior problems, impaired learning and school performance, mood and emotional problems, poor health-including obesity. Further evidence shows that many high-risk behaviors such as substance abuse can be tied to lack of sleep.

Getting enough sleep is not the only thing that matters, the quality of sleep is also important. Children, of any age, often need parental help in developing healthy behaviors that will lead to a good night’s rest. One study shows that children with bedtime rules will average 8.5 hours of sleep in comparison to those without rules who average 7 hours of sleep.

The study also compares the sleep of children who have rules regulating caffeine, TV and mobile devices. In each instance, children with rules tend to get more than 1.5 hours of additional sleep each day.

To view the article in its entirety and to learn more about sleep habits visit sleepfoundation.org.

Meet Bayleigh

Bayleigh Thayer is the voice you will usually hear when you call our main phone at 480-461-3222. She is always willing to help out. She wants to provide great service by providing you with the information you need. She is a dedicated team member who not only answers the phone she also is responsible for enrolling new students, helping with records requests and directing calls to the right person. We at Sequoia Choice realize that Bayleigh is awesome!

When is the Right Time to Call the Teacher**Q: When should I call the teacher?**

A: Whether you are a student or a parent, the right time to call the teacher is any time that that you may have a question that you want answered. It doesn't matter if you are at a site or working from home, call your teacher if you need help.

Q: How do I find my teacher's number?

A: Your teacher's number is in multiple places so it is easy to find. When you log into your course on the left side you should see a picture of your teacher. The teacher's phone number is listed directly below their picture along with their email address and their virtual classroom link. You can also find your teacher's phone number at the bottom of their emails.

Q: Is there a right time to call the teacher?

A: All teachers have phones dedicated to use for school purposes. The teachers answer these phones hoping to help you. The teachers work regular school hours on school days. Call anytime.

Q: What do I do if the teacher does not answer the phone?

A: Always, always, always leave a message stating your name, phone number, and class. Share any other information that may be helpful for the teacher to have before they call you back. If you are having problems with an assignment be sure to include the assignment information in your message. This way the teacher can know what to have ready when they call you back.

Q: What do I do if the teacher's voice mailbox is full?

A: In serving many students, sometimes this happens. If the teacher's voice mailbox is full, do not give up. Send the teacher a quick email or text message asking them to please call you. It is important that you include: your name, the class you are in, your phone number, and a brief description of how they can help you.

Walking Works

Most of the staff at Sequoia Choice Arizona Distance Learning is participating in the Walking Works Challenge as a way to get and stay healthy. Like our students our teachers and staff spend many hours a day in front of a computer instead of being active.

If you want to be an encourager for your teachers, advisor, or academic coaches ask them how their walking is going when you call or email them. Cheer them on, they would love the support!

Benchmark Testing

Thank you to all the parents and students who have participated in the first Galileo benchmarks for this year. Scores will be available on their student account page on www.ati-online.com.

PSAT

For Sophomores and Juniors (and their parents):

It's not too late to sign up for the PSAT. Ms. Newsom, the school counselor, has heard from a number of students, but we still have tests available. As a reminder, the PSAT is good practice for the other standardized tests such as the SAT and ACT. It is also the qualifying exam for the National Merit Scholarship. If you do very well on the PSAT in your junior year--or the year before you graduate if you plan to graduate early--you could receive up to \$12,500 a year for your college education at ASU or UofA. Thus, it behooves sophomores to take the PSAT as practice for their junior year. For more information about the PSAT, visit the College Board's official site: <http://www.collegeboard.com/student/testing/psat/about.html>.

Our nearby sister school, Sequoia Charter High School, will be offering the PSAT on Wednesday, **October 15**. If you are a student who lives in or near Mesa and are interested in taking the test, please send an e-mail to Ms. Newsom (jnewsom@edkey.org) and let her know. The cost will be \$14. (We do have a very limited number of fee waivers available to eligible students.) Please include your first and last name in the e-mail. Sequoia Charter HS is located at 1460 S. Horne in Mesa.

You will need to arrive around 8 AM for the test, but more details will follow as we get closer to the test date.

If you live far away from Mesa, we may also be offering the PSAT at other sister schools in various places around the state. Please e-mail Ms. Newsom and let her know if you are interested in taking the test and where you live. She can then tell you if there is a sister school nearby. You may also want to check with your local high school to see if they will allow you to test there. If a high school has already said no to you, check with them a little closer to the test date. Schools are penalized if they do not use at least 80% of their tests, so they may be more open to letting you test when the test date is closer. If you do test at another school, be sure to use our school code on the test: 030609. Do not use the school code of where you are testing.

The PSAT is only offered once a year, so sign up now! The deadline to sign up is **September 30**, and the deadline to have your fee in is **October 10**.

AIMS Testing

We are soon approaching time for AIMS. The key dates for AIMS HS: Writing is on Wednesday, **October 28th**, Reading is on Tuesday, **October 29th**, and Mathematics is on Wednesday, **October 30th**. To accommodate the students, there will be proctored sites throughout the Valley. Your advisors will be sending out the information to students who need to test and their assigned location. There will be no make-up window according to Arizona Department of Education. So, please make sure that you block out these dates for your student to attend.

“HAVASU STUDENTS ARE IN A PICKLE”!

Students at Sequoia Choice – Havasu are learning how to play “Pickleball”. Lake Havasu City has a large following of avid Pickleball plays. With our winter visitors returning in the near future, Havasu’s students will be able to join in some serious Pickleball tournaments.

Pickleball was named after the games co-founders cocker spaniel, “Pickles”. The family started playing the original version of the game with “Pickle’s” ball and that is how the game got its name. Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is player use a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Students are currently learning the terminology, like “dink or in the kitchen”, rules of the game and developing their own strategy for tournament play. Two-person teams will challenge each other over the next few months. The plan is for our top students to compete in the February Tournament to be held under the London Bridge, in Lake Havasu City. Academic Advisor, Mrs. Hauchrog who organized the active for the school’s students. “It is my hope that we can continue to provide more physical activities for our students and increase our school spirit.”

In the near future, the school will be setting up an outside court and continue to use the three courts in the gym. The outside court will allow more practice time throughout the school day and during breaks. According to Mrs. Hauchrog “Not a single student has wanted to quit since we started this program three weeks ago”.

The year USAPA Nationals VI will be held November 2-9, 2014 at Sun City Festival in Buckeye, Arizona.



October

6-10: Fall Break— **NO SCHOOL**

15: PSAT Test

28: **11th and 12th grade ONLY** AIMS Test— Writing

29: **11th and 12th grade ONLY** AIMS Test— Reading

30: **11th and 12th grade ONLY** AIMS Test— Math

November

7: Staff Professional Development Day (Students may still access courses during staff training)

27-28: Thanksgiving Break— **NO SCHOOL**

For a complete view of our school calendar, please visit our website at azdl.org

Calendar of Events

Remember that students may still access courses during staff training and holidays! It's a great time to get caught up or get ahead!!!!