

Sequoia Choice Times - Academic Center Edition

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Sequoia Choice— Arizona Distance



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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 Families,

The big question on everyone's mind is "How do I plug summer brain drain?"

Sequoia Choice Arizona Distance Learning (AZDL) offers a summer program available to students throughout Arizona for free. For K-8 students, we provide just the right amount of learning experiences to keep your child's brain engaged. Our program is a blend of review from the past school year, and an introduction to the up-coming year's curriculum. Each student's experience is individualized based on their interests and availability. Parents and teachers work together to determine the student's path. This program is a summer camp in your home.

Students in grades 7-12 may take free online courses to fulfill graduation requirements. We meet the needs of students who are wanting to accelerate their schooling, and those seeking credit recovery. Many students earn college credit through our Early College Credit program.

A Case For Summer Learning

Based on one hundred years of research, a recent study by the Center for Summer Learning at Johns Hopkins University confirms that students experience significant academic set-backs when learning ceases for the summer.

Our brain is just like a muscle and if it goes unused it will begin to atrophy. Studies show students who do not intentionally exercise their brain over the summer may lose up to 25% of the content they learned during the school year. When I think about this I realize that a student who is stagnant from learning throughout the summer loses the equivalent of one in every four years of learning.

Most students lose knowledge in disciplines that require practice and memorization, such as math, spelling, phonics, etc. Summer has the same effect on a child's brain that a two month break from exercise has on the adult body. The difference is that the adult body will regain its strength and shape with some hard work, whereas a child's brain will start over where it left off, never recapturing the time lost. Relearning something for the second time takes as long as it did the first time.

Summer Learning Tips:

1. Find a summer learning program that combines academics and activities.
2. Sign up for summer reading programs at your local library, and be an example by reading yourself.
3. Discover low-cost field trips in your area. Read the literature provided by the location.
4. Familiarize yourself with what your child will be learning next year. Plan activities on your family trips to introduce the new concepts.
5. Practice math every single day through relevant activities such as grocery shopping, cooking, tracking summer temperatures, calculate mileage, and family fun budgeting.

Best Wishes for an Amazing Summer!

Cindy Chleborad
Principal
Sequoia Choice Arizona Distance Learning

Counselor's Corner

To all Potential Graduates,

Graduation is scheduled for 7 PM on Wednesday, May 20, 2015, and a required graduation practice (with lunch provided) will be held at 10 AM that same day. These events will take place in the gym of our sister school, Sequoia Secondary, located at 1460 S. Horne, Mesa, Arizona 85204. *To be eligible to walk in graduation, you must have all graduation requirements completed by Wednesday, May 13, 2015.* If you are at all unsure whether you are on track for graduation, please contact your advisor or academic coach.

You still have time. Use it wisely!

Early Spring/December/Fall Graduates: We welcome you to come walk in our graduation ceremony! Please let me know if you plan to attend.

All Graduates: What are your plans after high school? College, work, military, or maybe something else? No matter what you pick, you need to make plans. Do not procrastinate. Contact me if you need help in deciding. In addition to choosing where you want to go and what you want to do after high school, you also have to find a way to pay for it. Here are some steps you need to take:

Go online **today** and fill out the FAFSA (Free Application for Federal Student Aid) at www.fafsa.ed.gov if you have not already done so. This is vital! The earlier you fill out the FAFSA, the more financial aid money you may receive.

- Go to azdl.org and click on the Current Students menu. This will take you to the Counselor's Corner. There will be a number of links with information on colleges, scholarships, standardized tests, and more.
- Visit the websites of schools you are considering. Be sure to look at their scholarship and financial aid pages.
- Search for scholarships yourself via FastWeb.com.

If you live in Maricopa County, the Maricopa Community Colleges have an excellent full-tuition, two-year scholarship for students who are in the top 20% of their class. Northland Pioneer College (NPC) has a similar scholarship for students with a 3.5 GPA or higher and who live in Navajo or Apache Counties. Contact me for details.

As a senior, you are eligible for most scholarships—but you won't receive any funds if you do not apply! Don't wait! Most importantly, do not panic. Call or e-mail if you have questions or do not know what to do next. I am here to help.

Sincerely,

Ms. Jeanine Newsom

School Counselor

Great Websites

Here are a few website resources for you to utilize now as well as next year!

K-1 Math and Reading:

<http://www.starfall.com>

Elementary:

<http://pbskids.org>

<http://www.abcya.com>

<http://www.e-learningforkids.org>

Elementary worksheets/games for all subject:

<http://www.apples4theteacher.com>

<http://www.superteacherworksheets.com>

Reading:

<https://newsela.com>

<http://www.readworks.org/lessons/grades>

Writing:

<http://www.clpgh.org/kids/storymaker/>

Science:

<http://wonderopolis.org>

Computer Programing:

<http://code.org>

English:

<http://paperrater.com/>

<https://www.sascurriculumpathways.com/portal/>

http://mythicjourneys.org/bigmyth/2_eng_myths.htm

<http://www.citationmachine.net/mla>

<http://ed.ted.com/lessons?category=literature-language>

Math:

<http://www.ck-12.org>

<http://www.mathisfun.com/>

Misc:

<http://www.azed.gov/assessment/azmerit/>

<http://www.wegivebooks.org/>

newsmap.jp

Summer Reading

ALSC's Quicklists Consulting Committee has updated our Summer Reading Lists with new and exciting titles! The lists are full of book titles to keep children engaged in reading throughout the summer. Three Summer Reading book lists are available for K-2nd, 3rd- 5th and 6th-8th grade students.

Each list is available here to download for free in color and black and white. Lists can be customized to include library information, summer hours and summer reading programs for children before making copies available to schools and patrons.

<http://www.ala.org/alsc/2015-summer-reading-list>



Calendar of Events

May

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

20: Graduation 7:00pm

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