



CAT Newsletter - October 2019



Grade-Level Community Building!

CAT students recently joined their grade-levels for a pot-luck style picnic at local parks. Students played games, built community with their teachers and peers, and, of course, ate! We had a great time and hope that students enjoyed the chance to bond with each other and with the staff!

Quarter 1 Family Conferences Coming Up

As Quarter 1 comes to an end on Thursday, Oct. 11, please look out for calls and emails from your student's advisor to set up Quarter 1 Family Conferences. All 9th-grade students will be invited to a family conference. Students in grades 10-12 will have a parent conference if they are received an NC (no credit) in two or more classes. Family Conferences are a great way to make sure that teachers, families, and

students are all on the same page. Conferences will be held on November 6, 7, and 8, and school will be released at 1:00 pm each day so that conferences can take place in the afternoon.

Check out important upcoming dates for October and November:

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| Oct 10 | End of Quarter 1 |
| Oct 11 | No School - CAT Staff PD |
| Oct 14 | No School - Indigenous Peoples' Day |
| Oct 18 | College Trip - Sonoma State (12th Grade) |
| Oct 21 | Picture Retake Day |
| Oct 21 | College Informational with Ms. Myles - 5:30 - 6:30 pm |
| Oct 22 | College Application Day (12th Grade) |
| Oct 25 | No School - CAT Staff PD |
| Oct 29 | Cash for College Night (12th Grade) - 5:30 - 7:30 pm |
| Oct 28 - Nov 1 | Spirit Week! |
| Nov 1 | Block Party with JJSE! |
| Nov 6-8 | Quarter 1 Family Conferences (Minimum Days) |
| Nov 11 | No School - Veteran's Day |
| Nov 25 - 29 | No School - Thanksgiving Break |



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Benchmark? College-Success Portfolio?



At Envision students don't simply take tests to demonstrate what they know. As part of our graduation requirements, CAT students must defend their learning and growth in front of a panel of educators, peers, and family at the end of their 10th and 12th-grade years.

Through Portfolio Defense presentations, better known as the "Benchmark Portfolio" in 10th grade and the "College Success Portfolio" in 12th grade, students select key projects from the previous two years that demonstrate a deep understanding of their academic disciplines. However, it isn't enough for students to only understand the content of their projects. Students must also think critically to assess how their learning can be applied to the world around them and they must reflect on their personal areas of strength and growth, using our CAT Core Values and Leadership Skills as a guide.

While our 10th and 12th graders won't present their Portfolio Defenses until May, students in all grade levels and all classes are starting the projects that they will enter into their Portfolios. As we move through October and into November, please be sure to check in with your student about these very important projects, and feel free to reach out to teachers with questions!

The Vaping Public Health Epidemic

Vaping refers to the use of electronic smoking products. These products use nicotine or marijuana, and the smoke is often odorless and hard to detect. The Centers for Disease Control and Prevention has recently recommended that all people stop using vaping products in response to hundreds of people that have fallen ill across the country. In California, Governor Newsom has pledged \$20 million in efforts to educate people about the health dangers of vaping. This money will be used specifically to educate teenagers about the dangers associated with vaping. Many of the products and smoking flavors have targeted teens, and schools across California are reporting increases in vaping use at schools.

At CAT, we want to educate our students, families, and staff about vaping. Students will have lessons in their advisory classes to learn more about how vaping impacts young people. Additionally, there is a flyer in this letter home with more information about vaping. If you are concerned about this or want advice about how to talk to your teen about vaping, please reach out to an administrator at CAT to get assistance. We are here to keep students safe and to help!