



PARENTS' NEWS

CHESAPEAKE ALTERNATIVE SCHOOL

605 Providence Road, Chesapeake, VA 23325
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Principal's Corner

As we head into the 2nd semester, returning students are showing a renewed effort! New students are figuring out the program here at CAS; we are excited to see how well they are adapting. We look forward to seeing their growth in the coming weeks! Your administration staff is available to meet to discuss our program as well as the strategies that have given so many students an opportunity to experience success both academically as well as behaviorally. Data analysis is the cornerstone of improvement. Feel free to schedule an appointment.

Dr. Penny Schultz,
Principal

Office Notes: Farm Fresh:

Each time you shop at Farm Fresh you can earn money for our school. Please see Ms. Stedman in the office for your

Farm Fresh 1.2.3.4 swipe cards and use them every time you shop.

English

Middle School: Our goal is to prepare students for the writing SOL test. Students have been engaged in the writing process daily, and have shown vast improvements in that focus. Your student has also started to receive lessons regarding grammatical rules, as well as correct usage and mechanics. Identifying errors in sentences is also an area of needed practice. In class we have even looked at previously scored essays written by students to provide a spectrum of writing styles that enables students to pick strengths and weaknesses from those essays. That will in turn improve his or her own writing. Additional writing supports can be found here:

http://www.doe.virginia.gov/testing/sol/standards_docs/english/2010/online_writing/index.shtml

High School: High schoolers wrapped up the semester learning about literary elements. There is also a website that has flashcards made for students to utilize as further review. Found here:

<https://quizlet.com/3001972/literary-elements-definitions-flash-cards/>

E. Lewis
M. Moyer
English

Reading



reading-comprehension-tips-for-parents.pdf

D. Deloatch
Reading Specialist

Math

The following is an article with fun facts on the Super Bowl:

<https://www.scientificamerican.com/article/3-super-bowl-fun-facts1/>

J. Kesner
G. Kirk
Math

History

The History Department is as busy as ever. Our 7th graders are about to begin analyzing the various social roles of colonial America. In the coming weeks, our 8th graders will begin discussing the United States' Progressive Era and the Great Migration. Our 9th graders will start the second semester back at the beginning, with the study of Paleolithic and Neolithic Eras.

L. Tsimba
S. Zegarelli
History

Science

Science students at CAS are currently preparing for the beginning of the new semester. Students should be reviewing assignments and completing all review activities as part of their daily routine.

J. Doss
H. Seigle
Science



Library News

CAS celebrated reading month in January and the following are some of the reading activities we partook in:

- *Reading by Flashlight
- *Caught Reading Incentive
- *Create a Bookmark
- *Choose a discarded book to keep
- *Staff Book Swap

M. DeCamillis
Librarian

Special Education 10 HABITS OF SUCCESSFUL STUDENTS

1. **Get Organized.** Making a plan for what you're going to do and when you're going to do it will make sure you're always ahead of the curve - literally.
2. **Don't multitask.** Studies have shown that multitasking is physically impossible.
3. **Divide it up.** Studying isn't fun to begin with, and forcing yourself through a study marathon will only make it worse. Dividing

your work into manageable chunks and rewarding yourself when you finish each chunk will make studying (more) fun.

4. **Sleep.** Don't underestimate the importance of those eight hours of zzz's every night! Getting a good night's rest will sharpen your focus and improve your working memory.
5. **Set a schedule.** Do you work better right after school or after you've eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you, and stick to it.
6. **Take notes.** Taking notes will not only keep you more engaged during class, but will also help you narrow down what you need to study when exam time rolls around. It's much easier to reread your notes than to reread your entire textbook!
7. **Study.** This one might be obvious, but did you know that there's a right and a wrong way to study? Review your material several days ahead of time, in small chunks, and in different

manners (for example, write flashcards one day and take practice tests the next). In other words, don't cram.

8. **Manage your study space.** Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it's your local library or just the desk in your bedroom, set aside a study space that you'll want to spend time in.
9. **Find a study group.** Sitting down with a group of people who are learning the same things as you is a great way to go over confusing class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.
10. **Ask questions.** You're in school to learn, so don't be afraid to do just that! Asking for help - from a teacher, a tutor or your friends - is a surefire way to make sure you truly understand the material.

H. Lucart
J. Walski
Special Education

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Recognition Programs

All students are eligible for daily recognition with our MVP awards program. Each day, all students who have earned an MVP award are recognized.

Each month, one student will be chosen as the student of the month. Scorecards, behavior and attendance will all factor into the decision.

Every month we will have a Perfect Attendance Breakfast – parents will get prior notice of the date and are encouraged to join their student.

Periodically, students will have the opportunity to win a new bicycle, which were donated by the Chesapeake Police Department. Students will have the opportunity to win one of the bicycles by participating in various contests such as essay writing or meeting certain goals such as perfect attendance etc...

Students who have made it to the All-Star and Coach level receive special privileges such

as being able to move about the building without an escort, social time, special trips, class helper, and recognition during lunch.

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Behavior Team

*When a student reaches the coach level, they are permitted to wear solid black shirts.

*Make sure to sign the bottom portion of your child's scorecard each night. This helps students keep their daily percentages up.

*Also, please check every day to see if your child has homework.

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Quote of the Month

"I attribute my success to this: I never gave or took any excuse."

Florence Nightingale



MARK YOUR CALENDAR...

February 1 – Teacher Workday

February 2 - First day of the second semester

February 20 – President's Day Holiday – No school for students.