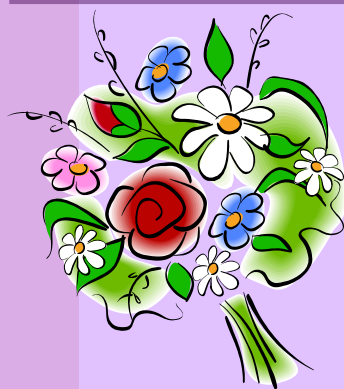


Volume 8, Issue 8

April 2016



AV Learning Academy Parent Post

Principal's Corner



A letter to all AVLA students, especially those taking the Smarter Balanced Assessments and the Science CSTs...

Taking tests can be a stressful time for students, especially the annual state assessments (called the Smarter Balanced Assessments). Here at AVLA, we want you to know that while these tests are important, and they tell us some things about you, we know they do not tell us everything about you. In fact, these tests leave out the most important things about you that make you, **YOU**.

These tests do not tell us, for example, if you are a champion rodeo rider or a burgeoning artist or musician; if you are a dancer or a baseball player; if you are a fantastic big brother or sister and help at home with chores and taking care of your siblings, or if you volunteer your time in the community. These tests do not tell us if you are trustworthy, kind or thoughtful. There is no way for these tests to tell us what your character is, what your values are. These tests do not tell us what your dreams are, what you

are passionate about. These tests do not tell us if you will be successful later in life at whatever it is you choose to do.

It is important to prepare for the tests and to do your best, but when all is said and done, they are only a small indication of all you are truly capable of. So do your best. Try hard. Know we are proud of your effort, but also know we are proud of you for being **YOU**.

Erin Wade
Principal, AVLA



Character Counts

The pillar of character for April is

TRUSTWORTHINESS

<http://charactercounts.org/sixpillars.html>

Once there, click on Resources and Lesson Plan

Bank to get age-specific activities for the trait of

TRUSTWORTHINESS

Be honest

Don't deceive, cheat or steal

Be reliable — do what you say you'll do

Have the courage to do the right thing

Build a good reputation
Be loyal — stand by your family, friends and country

Inside this issue:

6 Ways to Manage Your Kids' Screen Time	2
Counselor's Corner	3-5
Academy Action	6
Spotlight on Learning—Science Fairs	6
Earth Day, 2016	7
April, 2016 Calendar	8
Community Events	9
Upcoming Events	10-11
Summer School	12
Shadowland Foundation Pictures	13

Mark your Calendars!

- April 1: End LP 10
- April 4—8: Spring Break
- April 11-22: Smarter Balanced Assessments (Gr 3—8)
- April 18—20: WASC Visit
- April 25—29: Smarter Balanced Assessments (Gr 11)
- May 4: Field Trip to The Gentle Barn
- May 16—20: CST Science Testing for 5th, 8th & 10th graders
- May 20: Science Fair Projects due
- May 23—27: Science Fair
- May 30: Memorial Day Holiday—NO SCHOOL

6 Ways to Manage Your Kids' Screen Time

By Michael Rhattigan

These tips will help transform your kids' TV and technology time into a more useful and positive experience for the whole family.



TVs, mobile phones, tablets, and computers are everywhere. And, if you're like me, you have mixed feelings about children's use of all this media. On the one hand, you recognize the excitement and potential of screen time in providing learning and great entertainment, but on the other hand, you have concerns over knowing how much exposure is too much.

Here are 6 suggestions to make manage your kids' screen time as parents:

Prevent Excessive Use. Schools have rolled out tablets and laptops to teach with clear cut gains: they vastly improve the volume of information that is shared (and carried home), and they allow for customized lessons, tracking of individual progress, and the ability to actively engage kids in learning. But at home, these advantages aren't as obvious, especially when you throw TV into the mix. How much exposure is too much for our children? Research and opinions vary, but it's important to remember we *can* set an "off" switch. Deciding what's right for your children will be unique to your family, but make it an active decision together. Like any other activity, set guidelines and try to stick by them.

Monitor Content. Of course we don't want young children watching inappropriate content or gruesome violence – but it's not always that easy in practice. Cartoons seemed harmless when we were growing up, but now popular, prime time, animated TV shows have very adult themes. That said, don't assume you're safe limiting your children to popular kids-only TV networks. And let's not forget about the Internet, where many upset parents have left their children watching an innocent nursery rhyme video only to find them, moments later, being served recommendations for adult versions of the same nursery rhymes! A great way to avoid any of these pitfalls is watching shows with your kids! This will not only help you understand the show's themes (and appropriateness), it'll allow you to have fun spending time with your kids while being entertained! You'll also get good input for point #4 below.

Consider Program Lengths: Shorter Doesn't Mean Better. Shorter content can be produced more quickly and less expensively, which seems like an acceptable trade-off for shorter screen time. But is it? Many parents have legitimate concerns that watching content shorter than the more traditional half-hour to hour show, is hurting our children's concentration, particularly as rises in ADD continue. The truth is, research doesn't yet exist to support these concerns, so while it's still too early to draw concrete conclusions, it's still something to consider.

Seek Programming that Actively Engages Kids. This can include interactive shows; ones that cover age-appropriate real-life problems faced by kids, like sharing, bullying or underage drinking; and shows that actually get them up and moving, and using kids' love for digital entertainment to activate their minds and their bodies. The point is, it's up to *you* to become your kids' personal video curator

Use Kids' Media Favorites as Play Inspiration. Creating narratives from or related to your kids' favorite shows and movies can be a great way to engage them in fun play.

Pay Attention to Location. Just because media can be consumed almost anywhere now, doesn't mean that it has to be done *everywhere*. Try not to run TV as background noise during dinner, which can both distract from and reduce interest in conversation, or when your kids are playing, which could pull them out of it altogether. Similarly, avoid televisions and limit device use in your kids' bedrooms, which can make them more susceptible to sleep deprivation, and increase their reliance on both for entertainment in general.

Retrieved from

<http://www.scholastic.com/parents/blogs/scholastic-parents-learning-toolkit/6-ways-to-manage-your-kids-screen-time>

Statements and opinions expressed in articles, reviews and other materials herein are those of the authors and not necessarily the opinions of the Learning Academies.

Counselor's Corner



Reminders

6th-12th grade GIRLS:

STEM Conference for GIRLS-Saturday, May 14th 8am-3pm (Registration required)

8th GRADE:

WANTED 8th grade baby #selfies due by Friday, May 20th (see flyer for additional details)

JUNIORS: Register for the SAT exam. Upcoming Test Dates: Sat., 5/7 & Sat. 6/4

Register for ACT exam. Next test date: Sat. 6/11

SENIOR EVENTS:

PROM-Saturday, May 21st @ University of Antelope Valley Ballroom (Tickets on sale NOW)

Senior Breakfast-Thursday, June 9th 9-11am (details TBA)

Graduation Ceremony- Tuesday, June 14th @6:30pm

GRAD NITE-Friday, June 17th 9am-Saturday, June 18th 6am @ Disneyland (Tickets on Sale NOW)

CHARACTER COUNTS

At AVLA this last month, we talked about the Pillar of RESPECT. Various lessons were taught to help students learn the character trait of respect. Our younger students learned good vs. bad manners by helping "Al" the Alligator improve his bad manners. We also read, Show Some Respect by Anastasia Suen. This book helped us discuss respect as well as how picking up after ourselves at school, in our community, and at our homes shows respect. Additionally, we watched a book online called, Spaghetti in a Hot Dog Bun by Maria Dismondy. This book taught us a valuable lesson on respecting our self. Students then identified 2 unique things they valued about themselves. Our middle school students discussed respect vs. disrespect, and learned what it looks like, sounds like, and feels like to respect individuals in our lives. Students created cool Yoda characters to display three ways they will practice showing respect towards others. Additionally, we worked on identifying our learning styles and interests which helped students gain self-respect about their abilities and talents.





Counselor's Corner, continued...

As we move into the month of April, we will talk about the Pillar of **Trustworthiness**. Trustworthiness is the sign of a healthy friendship. Through friendships, children learn who they are, what makes them happy, and how to accept other's differences and resolve conflicts. Frog and Toad, for example, are great friends.

Read these books to see what happens when friendships work, as well as learn ways to resolve conflicts and how to be a supportive friend through difficult challenges and be TRUSTWORTHY.

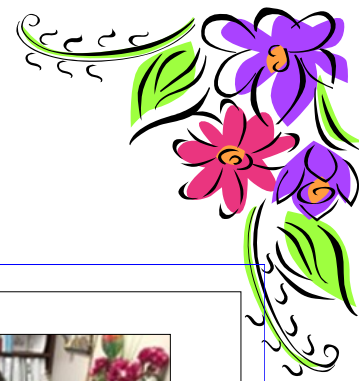
Angelo by David McCauley
Best Friends by Steven Kellogg
Being Friends by Karen Beaumont
Big Dog....Little Dog P.D. Eastman
Blabber Mouse by True Kelly
Boy21 by Mathew Quick (ages 13 and up)
Breadcrumbs by Anne Ursa Walden (ages 8-14)
Chester's Way by Kevin Henkes
Don't Need Friends by Carolyn Crimi
Duck & Goose by Tad Hill
Enemy Pie by Derek Munson

Fox Makes Friends by Adam Rolf
Friends by Helme Heine
Girls Like Us by Gail Giles (ages 15 and up)
Nacho and Lolita by Pam Munoz Ryan
Nuggest and Darling by Barbara Joose
Ophelia and the Marvelous Boy by Karen Foxlee (ages 8-12)
Something Else by Kathryn Cave
That's What Friends Are For by Florence Parry Heide and Sylvia Van Clief

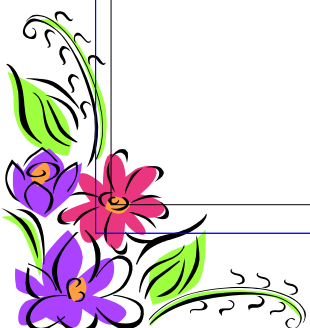
Oh the Places You Will Go

We had a fun, interactive, and exciting day on March 2nd as we celebrated Dr. Seuss' Read Across America by hosting a themed "Oh the Places You Will Go" birthday celebration. Students enjoyed spending time in Ms. Wade's office, and Ms. Gates' and Mr. Sander's room as they read several books. Some of the books included, Oh the Places You'll Go by Dr. Seuss, Me....Jane by Patrick McDonnell, and The Wonderful Things You Will Be by Emily Winfield Martin. After learning about the many decisions we go through on our journey in life and hearing about jobs and dreams coming true, students crafted a hot air balloon and shared their career visions. When students grow up, some of them want to be.....the Queen, a Navy Seal, a teacher, a secret agent, a model, a boxer, a fire fighter, a train engineer, a musician, a game designer and so many more. Thank you to all who participated in our P.J and slipper fashion show contest too!





Counselor's Corner—Dr. Seuss/PJ Day



Academy Action—Calling all 8th Graders! (and other important Academy news)

HIGH SCHOOL INFORMATION

If you are an 8th grader (or the parent of one), we want you to know about your choices for high school for the 2016-17 school year. Did you know that AVA High School is the AVLA Independent Study High School Program for students in grades 9-12 in Palmdale? Desert Sands Charter High School and Assurance Learning Academy are also enrolling here in Lancaster. For more information on Independent Study, please call AVA at (661) 272-0044, Desert Sands at (661) 942-3357 or Assurance at (661) 349-7074. In addition, our school counselor, Janelle Goodman, is organizing a field trip for our 8th graders to visit our local high school campuses. More information coming soon.

STATE TESTING

The Smarter Balanced Assessments are coming April 11th—22nd for all 3rd—8th students and April

25th—29th for 11th grade students. The Science CSTs for 5th, 8th and 10th graders are coming May 16-20. Your Supervising Teacher will be working with you to get your student scheduled on the appropriate days and at your preferred time whenever possible. Students will be asked to attend on multiple days for this year's tests.

TAKE NOTE—LC CLASSES...

All learning center classes will be canceled from April 11th—22nd due to SBA Testing. Classes will resume on April 25th. Please continue to maintain regular attendance to your learning center classes through the end of the school year. Your teachers and classmates count on you being there each and every class meeting. If you do need to be absent, please give us a call and let us know. We sure do appreciate that!

The final week for all Learning Center Classes is the week of May

30th—June 3rd. June 3rd is the very last day for all classes. The last day of school, however, is Friday, June 10th.

SCIENCE FAIR

Our annual Science Fair is coming in May. All AVLA students are encouraged to participate. A Science Fair is a competition where contestants present their science project results in the form of a report, display board, and models that they have created. Science fairs allow students in grade schools and high schools to compete in science and/or technology activities. Your teacher has a list of science fair ideas for your grade level if you need help (or you can choose your own). Your teacher will also provide you with a list of specific requirements for your project. All projects are due on Friday, May 20th and judging will take place on May 23rd and 24th.



Spotlight on Learning—Science Fairs



Sciencebuddies.org is your go-to website for everything Science Fairs! You can browse project ideas, or take a survey that will recommend a project for you. There is a project design guide to assist you with designing your project and there is a parent resource section, too!

AVLA's annual Science Fair takes place the week of May 23rd with all projects due by Friday, May 20th.

Go to <http://www.sciencebuddies.org/>



Please visit the JPL website below for a video series on How to Do a Science Fair Project. In this free video series, a JPL scientist, engineer and educator team up to help you learn how to craft your very own idea for a great science fair project and see it through to completion.

<http://www.jpl.nasa.gov/education/sciencefair/>



Earth Day, 2016: Trees for the Earth

Over the next five years, as Earth Day moves closer to its 50th anniversary, we're calling on you to help us achieve one of our most ambitious goals yet —we're planting 7.8 billion trees and we're starting now.

Trees will be the first of five major goals we are undertaking in honor of the five-year countdown to our 50th anniversary. On their own and together, these initiatives will make a significant and measurable impact on the Earth and will serve as the foundation of a cleaner, healthier and more sustainable planet for all.

Why Trees?

Trees help combat climate change.

They absorb excess and harmful CO₂ from our atmosphere. In fact, in a single year, an acre of mature trees absorbs the same amount of CO₂ produced by driving the average car 26,000 miles.

Trees help us breathe clean air.

Trees absorb odors and pollutant gases (nitrogen

oxides, ammonia, sulfur dioxide and ozone) and filter particulates out of the air by trapping them on their leaves and bark.

Trees help communities.

Trees help communities achieve long-term economic and environmental sustainability and provide food, energy and income.

Plant a tree. Make a donation. Activate your friends and social networks.

We can do this. **#trees4earth**



Earth Day 2016 Movie

Disneynature has made the announcement that its new documentary for Earth Day 2016 is *Born in China*.



Born in China is a journey to see the beauty of China and experience the animal families that make their home here.

It features the giant panda and also contains rare footage of the endangered snow leopard.

Friday, April 22nd is Earth Day 2016.

April 2016 Calendar—Holidays and Special Days

					1 End LP 10	2
3	4	5	6	7	8	9
..... SPRING BREAK						
10	11	12	13	14	15	16
..... SBA's Grade 3—8						
17 Welcome WASC Visiting Team!	18	19	20	21	22	23
..... SBA's Grade 3—8						
24	25	26	27	28	29	30
..... SBA's Grade 11						

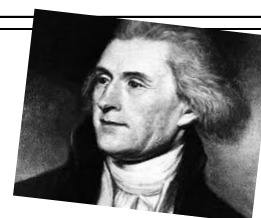
Month Long Observances in April:

- Autism Awareness Month
- International Guitar Month
- Keep America Beautiful Month
- National Child Abuse Prevention Month
- National Frog Month
- National Garden Month
- National Humor Month
- National Parkinson's Awareness Month
- National Volunteer Month
- National Mathematics Education Month
- National Poetry Month
- Stress Awareness Month

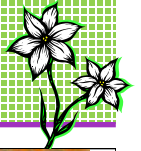
Some particularly fun Special Days...

- Read-a-Road-Map Day on April 5th (can you find your way?)
- Jump Over Things Day on April 6th (how many things can you jump over today?)
- No Housework Day on April 7th (I LOVE this one!!!)
- National Sibling Day on April 10th (be nice to your brother or sister today!)
- Humorous Day on April 19th (be funny today)
- Pigs-in-a-Blanket Day on April 24th (pig out!)
- Hug a Friend Day on April 26th (bear hugs welcomed today!)
- National Honesty Day on April 30th (be honest—you like this one, too!)

President Thomas Jefferson's Birthday is April 13th! Thomas Jefferson (Born April 13, 1743 –Died July 4, 1826) was the third President of the United States (1801–1809), the principal author of the Declaration of Independence (1776), and one of the most influential Founding Fathers for his promotion of the ideals of republicanism in the United States.



COMMUNITY NEWS & EVENTS



The 2016 California Poppy Festival™ is scheduled for **April 16-17, 2016**. The Festival runs from 10 a.m. to 6 p.m. on both days, and takes place rain or shine!

Warm breezes replace the winter chill, jubilant laughter fills the air, and poppies burst into bloom blanketing hillsides in a sea of orange. Join us for two days of music, art, food and fun celebrating the state flower of California and the appearance of poppies in the Antelope Valley!

The California Poppy Festival™ kicks off spring in the Antelope Valley with a glorious array of celebrated performers, unrivaled events, and mouth-watering delicacies designed to delight, enchant and amuse people of all ages.



Adults (13-61): \$10.00
Children (6-12): \$5.00
Children (5 & under): FREE
Seniors (62+): \$5.00
Active/Retired Military (with current ID): \$5.00
Wheelchair Rentals: \$10.00 for 4 hours (located at the Information Booth)



**Join us at Jethawk Stadium on April 28th at 6:30 PM
for AV Academy Night.**

Tickets on sale now for \$10.

See Ms. Goodman, School Counselor

JETHAWKS.COM THE OFFICIAL SITE OF THE LANCASTER JETHAWKS



Orientation

CALLING ALL 8TH GRADERS...

Are you interested in finding out about your options for high school within the Learn4Life organization? Please call AVA High School at 661-272-0044, Desert Sands Charter High School at 661-942-3357 or Assurance Learning Academy at 661-349-7074 and schedule an Orientation for Independent Study today!

AV Learning Academy

Smarter Balanced Assessments

April 11th—22nd (3rd—8th)

April 25th—29th (11th)

This is REQUIRED for all 3rd-8th and 11th grade students

**Speak with your Supervising Teacher in regards to scheduling your student for their SBAs*

Science CSTs

Week of May 16th

This is REQUIRED for all 5th, 8th and 10th grade students



Field Trip!

Where: The Gentle Barn

15825 Sierra Highway, Santa Clarita, CA 91390

When: Wednesday, May 4th, 2016

11:00 AM—1:00 PM (arrive by 10:45 AM)

Please contact Lindsay Gocke (lgocke@avlearning.org) with the students and parents that will be attending. Turn in Permission Slips and a completed Hold Harmless Agreement for each person attending by **Tuesday April 26th**. If your permission slip is not received by this date, your spot may be given to someone on the wait list.

Reminders: Students are invited to bring a picnic lunch to enjoy in the shaded picnic area after the tour; however, The Gentle Barn requests that out of respect for the animals, **no meat, poultry, or fish products are allowed**. All attendees are also asked to wear long pants and closed-toe shoes and bring plenty of water, as it is an outdoor farm environment.



Please join us for our annual

SCIENCE FAIR

Projects due by Friday, May 20th

Judging takes place May 23rd & 24th

(projects will remain on display all week)

***Science Fair packets available. Ask your Supervising Teacher.*

8th Grade Events

We are planning some special events for our 8th graders!

More info coming soon!

Senior Events

Senior Prom: May 21st

Grad Night at Disneyland: June 17th

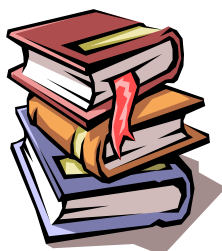
See Ms. Goodman for all the info!



8TH GRADE PROMOTION

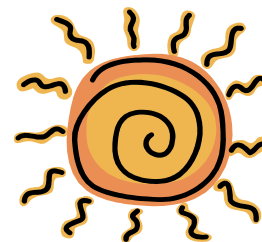
We are planning an informal promotion event in June recognizing our AVLA 8th graders.

Date, time and location to be announced soon...



AVLA is offering Summer School for any 8th grader not eligible to promote to 9th grade.

Summer School



- 5 weeks, June 27th—July 29th*

- 4 Sessions to choose from:

M/W 9:00-12:00*

M/W 1:00—4:00*

T/Th 9:00—12:00

T/Th 1:00—4:00

- Upon successful completion of program, student will receive a Certificate of Completion and is eligible to enroll in high school

- Lancaster Resource Center

1240 Commerce Center Drive in Lancaster (next door to AAA)

*Monday, July 4th must attend on Friday, July 8th

FULL ATTENDANCE IS MANDATORY. Absences **MUST** be made up by attending on Friday from 9:00-12:00 (7/1, 7/15, and 7/22 only)



For more information, please call us at 661-952-5520



Field Trip to the Shadowland Foundation

