

# CITY ACADEMY

WEEKLY NEWSLETTER MAY 21, 2008



*There are only a few weeks left in the quarter and it is important that parents and teachers are regularly encouraging students to stay organized and prepared for their classes until the very end. Continue to check teacher web pages, citizenship, and midterm reports.*

## Plant Sale!

The Building and Grounds Committee will have a GIGANTIC plant sale at the school carnival on May 29, the funds of which will be used for Building and Grounds projects.

Spider plants, zebra plants, and many other varieties of house plants will be available at various prices.

Please support our building and grounds by taking home a beautiful house plant, cultivated and grown right within our school!

## End-of-Year-BBQ

City Academy will be holding its annual end-of-year BBQ for students on the last day of school, **Tuesday, June 10**. Each advisory has signed up to bring sides, desserts, etc. and the school will be providing the meat.

If you would like to donate any frozen hamburger patties, hot dogs, etc. the school would greatly appreciate any contributions. Thanks again for all of the ways you help our community!

## *City Academy Prom*

C.A.'s first ever prom was a huge success! The formally dressed students enjoyed a wonderful

evening in the elegantly decorated Union Ballroom. A special thanks to those who helped make this event happen! Students and staff alike had an absolute blast!



## IMPORTANT DATES

**MAY 22**  
Talent Show during  
Committee block

**MAY 26**  
No School-  
Memorial Day

**MAY 29**  
CA Carnival  
3:30-7:00 p.m.



## Bring Your Own Lunch Day

There will be no school lunch on **Friday, May 23** as West High School will not be in session that day. Please pack your own lunch that day.

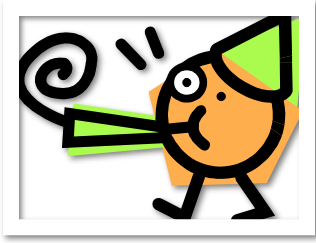


Parents,

If you shop at Smiths or Albertsons and use their "Fresh Value Card" or "Preferred Savings Card," you could be donating money to City Academy. Every time you shop for groceries, Smiths and Albertsons will donate a percentage of your purchase to our school. In order to participate in this program, you must fill out a registration card. You can get a registration card from Sara, fill it out, and we will send it in for you. You will need your "Fresh Value Card" or "Preferred Saving Card" number in order to complete the registration. Encourage friends and family to support City Academy by having them sign up too!

## City Academy Summer School

Our summer session at City Academy will include opportunities to earn make-up credit in both Math and English. Summer School will begin on June 12 and conclude on July 1. Registration for Summer School begins on May 27<sup>th</sup>, but we are accepting pre-registration forms now to ensure adequate staffing. If you know that your student is going to take advantage of our great summer program, please submit a pre-registration form or contact [cindy@cityacademyslc.org](mailto:cindy@cityacademyslc.org). Thank you.



## City Academy Carnival!

The 4<sup>th</sup> Annual City Academy Carnival is next week on **Thursday, May 29<sup>th</sup>** from **3:30 to 7:00 p.m.**, right here **at the school!** Come, and bring all your kids, the neighbors' kids, and the rest of the neighborhood while you're at it.

### It'll be a great time of fun and games:

- Play in oversized gloves on an inflatable boxing ring.
- Visit Madame Zenobia, the fun and creative psychic.
- Battle Gladiator-style over a pool of water.
- Get your face painted with lovely images of skulls or butterflies.
- Throw water balloons at your favorite friends.
- Get a fun henna tattoo that will last for days.
- Have a skilled student do your makeup.
- Out-eat your competitors in a pie eating contest.
- Earn prize tickets by playing other games and redeem them for prizes such as a lava lamp, The Pie Pizzeria gift certificate, stuffed animals, and tons of other great stuff!

### There will be lots of fun items for sale too:

- A delicious taco bar with homemade guacamole.
- A huge variety of plants cared for by the Buildings and Grounds Committee.
- Leather bracelets and other items made in the after-school program.
- Eco-cleaners made by the Green School Committee.
- Home-baked goodies at the Bake Sale.

**Please come and spread the word that a party they don't want to miss will take place next Thursday after school!**

If you're looking for a way to **VOLUNTEER** to help out the school carnival, we sure could use you! Let Jodie ([jodie@cityacademyslc.org](mailto:jodie@cityacademyslc.org)) know if you're interested in helping in any of the following ways:

- Donate **TIME** by helping to man booths during the carnival on May 29th.
- Donate **PRIZES** that could include iTunes gift cards, gift certificates, or large stuffed animals.
- Donate **ITEMS** for the carnivals booths (8 whole pies, face paints, a set of markers)
- Donate **FOOD** to help out the taco bar (canned black beans, lettuce, tortillas, garlic, hard taco shells, sliced olives, tortilla chips, cheese, sour cream, ground beef/turkey).
- Donate **TIME AND FOOD** by baking items for us to sell in a bake sale.

This event wouldn't be possible without the great help from parents and friends like you!

# A NOTE FROM THE COUNSELOR

## General Rules for Developing a Great Teen

Parents are by far the most important teachers our pre-teens and teenagers will ever have.

Teens learn primarily from what we do, not what we say. It will be hard for your student to be caring if you are unconcerned; for them to be positive, if you are dismal; for them to love, if they feel unloved. Show interest in your student's work. Let them know that it is important and that you have high expectations for them. Be willing to help them with their work, but not to do it for them. There is no substitute for spending time with children. Not just "quality" time, occasionally, but lots of time...time to work, time to play, time to laugh, and time to bond with each other. There is always a light at the end of the middle school tunnel!

Here are some general tips you can begin to apply today:

- Be consistent. Set firm, clear, rules and stick to them! Don't be afraid to post your rules in some conspicuous place inside the home. You can sit down with your teens and let them help draft up the household rules.
- Talk *with* your teen(s). Avoid talking "to" them.
- Give your student an appropriate amount of freedom and responsibility. As they earn greater responsibilities, give them greater freedoms. Refer back to your household rules for guidelines on how to earn greater freedom and responsibilities.
- Spend time as a family unit.
- Be sure criticism is constructive and not destructive.

- Follow through. Don't make idle threats.
- Never be afraid to say "NO!" Remain authoritative, but give thorough, genuine explanations when you say "no."
- Distinguish between, "I don't like you," and "I don't like your behavior."
- Emphasize to your teen there is a huge difference between "failing and failure". Everyone has and will fail at times. Help them realize no one has to develop a failure way of life. Teach your teen that failing can be as useful to the human learning experience as success.

Your involvement in your teen's education tells them that you think Education is important and valuable.

1. Talk to your children about going to college.
  - ♣ Make it clear that you expect your children to go to college. College (whether it is a four-year, two-year or technical / vocational school) is possible for every child and is vital for survival in the present work environment.
  - ♣ Talk to your teens about the importance of homework and of maintaining good grades in school.
2. Help your teens with their homework, but don't do it for them! I know it is much easier and faster to just give them the answer than it is to help lead them into discovering the answer on their own, but if you just give in and give away the answer your teen will have to learn problem solving in other ways, and they may not be positive ways.
  - ♣ If you don't feel you can comfortably do this, tell them about resources, such as the school or public library where they can get help. There are web sites that provide homework help and research and reference materials. Try my web site at [www.cityacademyslc.org](http://www.cityacademyslc.org) or "How to Study" at; <http://www.how-to-study.com/How%20to%20Listen%20Better.htm>
3. Cheer them when they do well. Show them athletes aren't the only ones who have cheerleaders!
  - ♣ Encourage your teens to take challenging courses now and throughout high school. Your child can take algebra in 8th grade. This will allow him or her to take more challenging mathematics and science courses in high school.
4. Encourage and help them develop interpersonal and leadership skills through school, community, and religious organizations.
5. College can be expensive, but there are also many colleges and universities where students can get a good education at a more reasonable cost.
  - Talk to your child about saving money for college. If you haven't already, set up a savings account, or invest some money in a mutual fund.
  - Encourage or require your child to contribute to the account. Also, be aware that your credit score could be an important part of future financial aid opportunities for your child.
  - There is financial aid available in the form of scholarships, grants, loans and work-study programs.
  - Bottom line: before you decide you can't afford college for your children – check out the sources of financial aid.