

# CIS Academy Times

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February is a great opportunity to focus on Love. As a JR/SR Academy at SCHS we took this opportunity to discuss the things we love about ourselves. Students made valentines to themselves listing characteristics and qualities that they “love” about them. This is a difficult task for some people, so an incentive was offered for completing the project; students received different parts of a pancake breakfast for each characteristic or quality they were able to come up with.

With proficiencies coming, we took the opportunity to discuss test taking strategies. We also discussed ways to manage stress. In class, we prompted students to adopt the strategies and continue to utilize them in college and their future careers. One of the activities we did to help students alleviate stress and promote better study habits and test taking skills was the creation and utilization of a stress ball. Students made their own stress balls. Each student got two balloons which they blew them up and stretched out. Next, with the help of a partner they filled a funnel full of flour and proceeded to push the flour into the balloon. Once they had filled their balloon up with flour they tied it off and put the filled balloon into the other one. Some students decorated their stress balls and turned them into animals or other things. It was a fun activity to prepare for the stress of taking proficiencies.

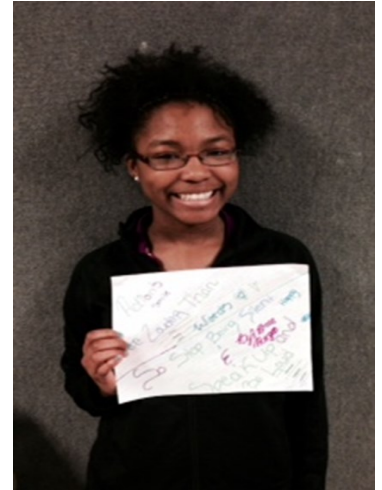


## CIS Academy Sponsors



## Pirates, Ghosts, Vampires and Zombies!

The CIS Freshmen classes at Spring Creek High School have been reading the book, *The Teen's Guide to World Domination: Advice on Life, Liberty, and the Pursuit of Awesomeness*, by Josh Shipp. Josh explains that "world domination" is really about finding satisfaction through hard work and self-awareness. He gives advice on taking control of and overcoming obstacles in life. The students have been reading chapters on ghosts, ninjas, and pirates; examples of seven types of villains. A villain is anything or anyone that can tear you down, take control, and get you off track from the life you want to live. Ghosts can be past mistakes, bad memories or hurtful words that continue to haunt. Students watched a YouTube video with the message "Love is Louder" and made posters for the halls to encourage positive thinking and attitude. Through discussions, questions, and activities, the students learned how to deal with the villains in their lives knowing that they all have some villain in them and that all villains have some good. The important idea is recognizing and taking control of these villains and then working hard to accomplish who they want to be in life!



## Workforce Readiness Academy!

During February the students enjoyed three days of training for MSHA/OSHA provided by Wesley White with Great Basin Safety. The students learned how to do CPR and first aid, along with work place safety specific to the mining industry. They learned about different jobs that they might be interested in doing within the industry and learned a lot about the history of mining. Most of the students took lots of notes; they were able to interact with each other for different scenarios and watched several videos. Students learned that some employers require MSHA training even though they are not a mine because employees may be required to go onto a mine site at some point during employment. Students definitely learned the value of this certification. Each student that completed the training received a certificate and is now MSHA/OSHA certified and CPR certified.



At the beginning of February, students participated in a one-hour workshop put on by Jennifer Phillips about test taking. This workshop was timely as students were preparing for the Nevada High School Proficiency Exams. Students brainstormed methods for reading and reviewing test questions, what to do when a vocabulary word or question is too challenging to complete and how to calm test anxiety. After this individual time to think of ideas, students worked with classmates to discuss the same strategies. Then, a whole class discussion was facilitated and additional ideas were contributed. Students were reminded of the importance of standardized tests, however the tests were not overemphasized in order to minimize anxiety and increase confidence. After the workshop, students had three weeks of additional, content-based preparation for the math, writing and reading portions of the tests.

## CIS Academy Student Spotlights!

Donny Stevens is a senior at SCHS. Donny was chosen as the spotlight for the month of February because of his many exemplary qualities. Donny is kind and caring to everyone especially his peers in CIS. Many of the students look up to Donny and the way he perseveres through the challenges of a traumatic brain injury that has left him unable to recall information from his short term memory. He courageously shares his trials with members of our CIS Academy. Through his sharing, other students have found courage to also share and seek help for their struggles. With hard work and intense study, Donny was able to ace his recent vocab test in English and because of his diligence, he does not have to take the next one. This was inspiring to many in the Academy class. It encouraged all of us to work hard to accomplish our goals. Donny has many goals and would love to become a chef one day. Donny is a joy to have in our class and all are certain he will accomplish great things.



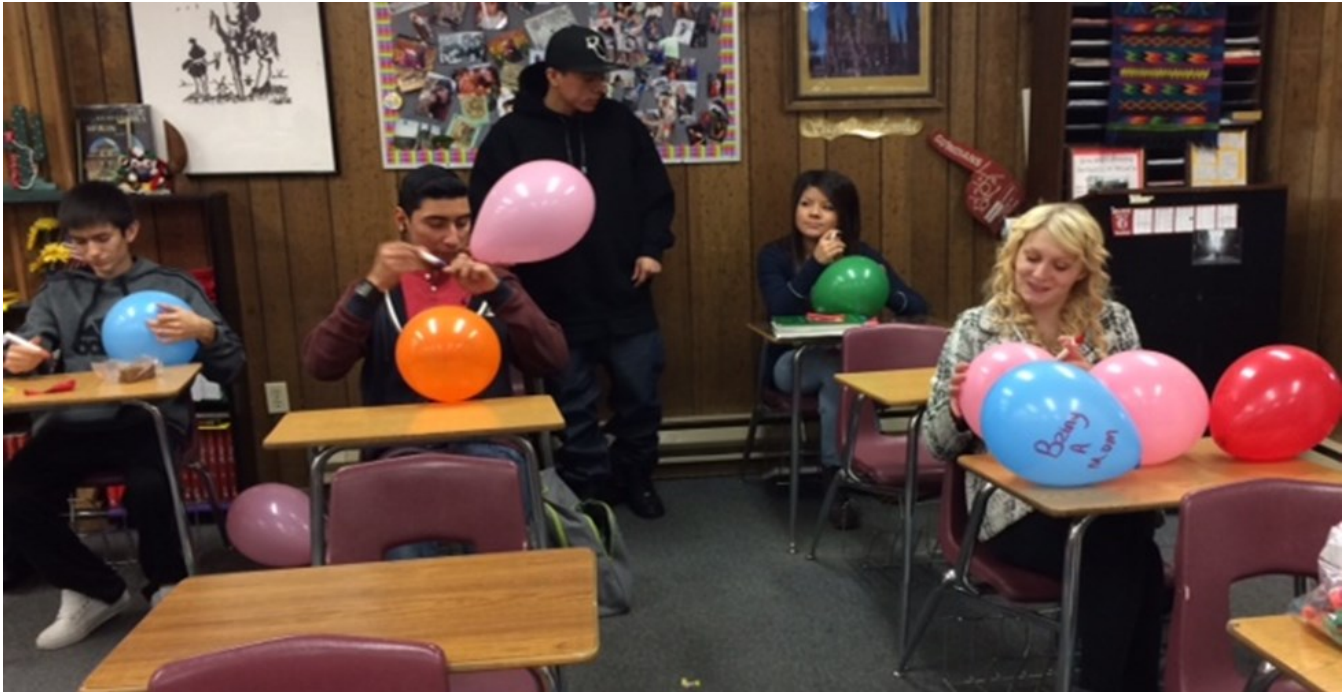
Chelsea has been attending the Workforce Readiness Academy as an Alternative Education student since December 2013. Chelsea's attendance since coming to the WRA has been excellent; she has only missed one day. Her grades are all passing and she seems to be excelling in this environment. Chelsea is always eager to participate in any group discussions and activities. She participates with the Alternative Education teacher each day in P.E. and really tries very hard. Although Chelsea has had some struggles at home, she comes to school each day and works to her full potential making her a joy to have in class.

Francisco has had several obstacles to overcome. Francisco came to the CIS Academy second semester last year after returning from treatment for some medical problems. Francisco was new to EHS at the beginning of the 2012-13 school year. Academically, Francisco has never really had much of a problem but socially Francisco was having a difficult time fitting in. Any student would have a difficult time moving to a new town, away from a parent, and away from all their childhood friends. After moving to Elko, Francisco became withdrawn. Since entering the CIS Academy, the case manager, classroom teacher, and other students have seen Francisco gradually come out of his shell making huge social strides. Everyone has had the opportunity to see what a fun-loving, funny, and caring individual Francisco is becoming, all while maintaining at least a 3.0 GPA. We are all very proud of him!!



Justine is in the CIS Freshmen Academy Class at SCHS. She is extremely proud of a goal she recently accomplished. Justine, for the first time in two years, is passing all of her classes! Not only with passing grades, but she is excelling in several of her classes! "It feels so amazing! I'm just so happy about everything!" Justine has come a long way since the beginning of the school year. She missed a great deal of school last year and first semester this year because of health problems; she then did not want to come to school because she was so far behind. She has missed only one day so far this semester. Through all of this, Justine has found an inner strength and determination that have greatly paid off! Recently she and another student worked together on their science fair project, sometimes during lunch and many days after school. It was not an easy task but they stuck to it until it was finished. Justine's goals now are to finish her community service hours, do well in school, and have more balance in her life. She looks forward to getting a job to be able to pay for her own things and ultimately would like to be a wedding planner. Congratulations to Justine for all of your hard work! We are so proud of her!

Last month, EHS CIS Academy students participated in life skills lessons having to do with how responsibilities are prioritized and managed through participating in the balloon juggling activity. The students were instructed to identify responsibilities and priorities in their lives. They then wrote those on inflated balloons and attempted to “juggle their responsibilities” individually and as a group. They explored different approaches to juggling all the balloons. Discussion of this activity addressed strategies for managing priorities and responsibilities, including time management. Students then discussed the implications of “dropping” responsibilities and how to utilize other people and resources to help them manage responsibilities.



The EHS CIS Academy students heard from three different groups of guest speakers in February. First, Dean McCabe from Great Basin College came and spoke to the students about what GBC has to offer. His presentation was very informative about the different career paths GBC can lead you towards. Next, four firefighters from the Elko Fire Department spoke to the CIS Academy students about different careers within the fire department and how to start working towards a career in that field. Lastly, Cathy Yates from AmeriCorps- Nevada Outdoor School- presented the different opportunities becoming an AmeriCorps volunteer can provide. Each speaker had an important message to students... It is never too early to start planning and thinking about your future, and there are limitless possibilities to what you can become!

## Upcoming Events!

- ♦ Mining Rocks offered by GBC and Newmont Mining on April 24th from 8 am to 5 pm
- ♦ Next available date to test for the HiSet will be April 26th at Great Basin College
- ♦ Nevada High School Proficiency re-test dates are April 28th and 29th
- ♦ Graduation dates—Adult Graduation @ GBC June 4 @ 6:30 pm & High School Graduation will be on June 6th