

# Sequoia Newsletter

## Math—Accelerated to the Speed of Students

by Bob Thomas

Middle school students are participating in some additional curriculum this year known as Accelerated Math. Independent of standard math curriculum, Accelerated Math meets the student where they are and supports them on their math journey. Whether they are approaching grade level math or moving on to new math horizons, students are being challenged by math problems tailored to their needs.

This past week, students have been working on Practices, Tests and Exercises. The practices are sets of math problems that have been identified as “areas of opportunity” by initial diagnostics tests. During independent work time, students can be found around the classroom being challenged by the practices.

The Accelerated Math program identifies mastered objectives and slates students for tests. Students have come to realize the tests are much easier than the practices. Tests are merely math facts that they have already conquered! Students scoring over 80% on each objective are graduated on to higher math objectives.

Do you know that  $-5^2$  equals  $-25$ ? Well, many Sequoia students now do! Accelerated Math identifies math concepts that a student continually misses and sets them up with a page of math work focusing exclusively on the problem math area.



*Erin and Mr. Thomas tackle Accelerated Math first thing in the morning.*

These are called “Exercises” and students are attended by me, one-on-one, to help them “fill the hole” in their math knowledge. Many Sequoia students have finished their set of exercises and have taken a step forward in their math journey this past week.

Oh, so very sneaky! Starting last week, Accelerated Math practices have begun to include review problems. These familiar math facts are randomly spaced throughout practice pages keeping math skills sharp.

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*“It is today that we create the world of the future.” ~ Eleanor Roosevelt*

## CHILD DEVELOPMENT CLOSE UP

### Adolescence and the Imaginary Audience

by Cherie Cooney



Adolescents often think that everyone is looking at them. During this time of great physical, emotional, and psychological change, adolescents not only ask the question, "Am I normal?", they also believe that everyone else notices and sees everything they do. This is why they can become increasingly aware of what they look like. They can spend excessive time in front of the mirror making sure they look just right before leaving the house. Oftentimes, they will re-check in on themselves whenever possible. This is when you see them not be able to pass a mirror without doing a double take, or when they make a mirror out of a window.

This heightened awareness of others' seemingly watchful eyes can lead to increased embarrassment and fear of scrutiny. It is important for peers and adults to be cognizant of this fragility toward embarrassment. Everyone must refrain from excessive teasing and sarcasm. These behaviors may be met with some out of the ordinary reactions. These reactions are a protective mechanism for the adolescent to avoid embarrassment. The ironic part about the "Imaginary Audience" is that adolescents are so busy worrying about others noticing them, that not one of them has time to notice anyone else.



## THE GAME

by Gabe T.

I walk up to the line of scrimmage knowing that it's my turn to shine. "I'm going out for a pass...going out for a pass," I think to myself, as the words echo in the back of my mind. "Down! Set! Hit!" I hear the booming words that the quarterback calls as it lets me know that is time to run. I burst out full speed down the field. After about five yards, I make a sharp turn to my right as I see the ball fly out of the quarterback's hands. But it's not going to me. It's going to the other receiver. I hope for him to catch it. He jumps up just as the ball is swatted down. I sigh in disappointment. "Gabe was wide open!" I hear the coach say to the other coach as I'm walking toward the huddle.

"Strong right. 56 cross. Strong right. 56 cross," the quarterback tells us and then continues. "I'm going to try to get it to you Gabe." I nod my head in agreement. It's fourth down. We don't have much time I realize as I jog to my position. "Down! Set! Hit!" I run out full speed making my route as perfect as can be. I turn my head to the quarterback and raise my hand to tell him I'm open. Boom! I see the ball fly out of his hand and about a second later, it's in mine. I run down the field. I'm running and running. Over half the field I ran and into the touchdown zone. I drop the ball in disbelief. "I made a touchdown!" I think to myself as my teammates come to congratulate me.

"Yeah Gabe!" "Nice job Gabe!" "Awesome Gabe!" is what I heard as I'm thanking them and still not totally convinced I made the touchdown. I was so surprised. Then I thought to myself, "Wow! Just about thirty minutes ago we were sad because we were losing. We still were losing, but I had raised their spirits. We lost that game. But we all knew we tried our hardest. And that was good enough for us."

*ATHLETICS*

*BY MRS. THOMAS*



**FOOTBALL** Only the 8<sup>th</sup> grade team had a game last week. We played Marble Valley using Camino's field. The kids got an amazing touchdown going through all the defense and Michael was the one who crossed into their end zone!



**VOLLEYBALL** Volleyball: Our 6<sup>th</sup>/7<sup>th</sup> team scrimmaged against our 8<sup>th</sup> grade team with many supportive spectators present!



**BOYS BASKETBALL** Permission slips are up on the website under Athletics for the boys' team. Details and information will come home shortly. Boys in grades 6-8 are eligible to play and Mrs. T already has a sign up list. Parents need to turn in permission slips, donations, and physical forms.



**SPORTS ON THE HORIZON:** Wrestling, Girls Basketball, Boys Volleyball, and Track and Field. Come out and join the CMP spirit. Develop team building skills and get in shape at the same time!



***STUDENT VOLUNTEER REQUEST FOR CROSS COUNTRY MEET!***



Middle school volunteers are needed as course monitors on Sept. 28 for the Cross Country meet at Rasmussen Park. Please send in a note OR email Mrs. T at [dthomas@cacmp.org](mailto:dthomas@cacmp.org) to confirm that your son/daughter has permission to help. Volunteers will be released at 2:30pm and need to bring WATER and a chair. They will be finished and ready to be picked up by 5:15pm. Students will earn community service hours for this effort. Parents are responsible for arranging transportation to/from Rasmussen. MANY thanks!

# September

Monday	Tuesday	Wednesday	Thursday	Friday	Reminders
		<b>31</b> <i>Dr. Maria Montessori's Birthday</i>  <i>Tech Night 6:00-7:30pm</i>	<b>1</b> <i>Assembly Responsibility</i>  <i>Football and Volleyball @ Sierra Ridge</i>	<b>2</b> <i>School Spirit Day: Wacky Hair Day</i>	<ul style="list-style-type: none"> <li>• <b>Immersion Trip Paperwork:</b> Please return all Immersion Trip paperwork immediately. Trips run much more smoothly if last minute details are not assembled haphazardly.</li> <li>• <b>Immersion Trip Details:</b> See attached information about the Fall Immersion Trip scheduled for October 4<sup>th</sup> – 6<sup>th</sup>.</li> <li>• <b>Otter Pops for Sale!</b> Otter pops will continue to be sold every warm Friday (non-minimum days) during lunch time. Come support the Sequoia class while enjoying a refreshing treat! Only 50 cents each. Limit 1 per student (to avoid sugar overload).</li> </ul>
<b>5</b> <i>Labor Day/ No School</i>	<b>6</b> <i>CMP Sports Physical Night 6:00-7:30</i>	<b>7</b> <i>Cross-Country Meet @ Pleasant Valley</i>	<b>8</b> <i>Volleyball/ Football @ Markham</i>	<b>9</b>	
<b>12</b> <i>School Picture Day for Sequoia Class</i>	<b>13</b>	<b>14</b> <i>Cross-Country Meet @ Gold Trail</i>	<b>15</b> <i>Football vs. Marble Valley @ Camino</i>  <i>Volleyball Scrimmage @ Buckeye</i>	<b>16</b>	
<b>19</b> <i>School Picture Orders Due</i>	<b>20</b>	<b>21</b> <i>International Day of Peace</i>	<b>22</b> <i>7<sup>th</sup> grade Football @ Georgetown</i>  <i>Otter Pop Sales due to Minimum Day</i>	<b>23</b>  <i>Minimum Day/ Collaboration Day</i>  <i>Back to School Dance @ Shingle Springs 7:00-9:30 pm</i>  <i>Cross-Country Meet @ El Dorado</i>	
<b>26</b>	<b>27</b> <i>Volleyball Game @ Home vs. Mtn. Creek</i>	<b>28</b> <i>8<sup>th</sup> Grade Hearing Screening</i>  <i>Cross-Country Meet @ Rasmussen</i>	<b>29</b> <i>Volleyball and Football @ Golden Hills</i>	<b>30</b>	