



SAVA- ELK GROVE

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Sacramento Academic & Vocational Academy

Elk Grove
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Hello and happy March!

We have had a great start to the new semester. Students and staff have been working hard to ensure each student is moving further down the path to success. Recently, we were honored to have Elk Grove Unified School District vote unanimously to approve our charter petitions for the next school year! So next year, we will be part of the EGUSD family, and we are thrilled! Thank you for all your support in this long and important process! There are lots of special events and opportunities coming up throughout the semester, so be sure to keep up with the website to know what's going on.

Parents & Families: We thank you for the privilege of partnering with you in your student's education.

Students: Keep up the good work. You deserve your own best.

Sincerely,

Mr. Reyes, Vice Principal



Counselor's Corner

Dear Students/Parents,

Do you know about the "iGeneration"? We recognize and understand the importance of students' mental health and its' effects on students' academic success. Many SAVA staff members attended the CA Student Mental Wellness Conference and would like to share a significant insight our students' are facing in today's society. Dr. Jean Twenge, a professor of psychology at San Diego State University did a survey on 11 million young people and identified the cultural shift in teens and young adults today and how this changing world with the use of technology and social media has impacted their attitudes, worldviews, and mental wellness. In Dr. Twenge's book, "iGen: Why Today's Super-Connected Kids are Growing up less Rebellious, More Tolerant, Less Happy, and Completely Unprepared for Adulthood", she found that "Born after 1995, iGen is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, iGen spends less time with their friends in person--perhaps why they are experiencing unprecedented levels of anxiety, depression, and loneliness" (www.jeantwenge.com). This means that we need to be more mindful of how much time we spend on the phone (for social media, gaming, & etc.) and be more active. You can start by limiting leisure time on the phone to two hours daily, engage in physical activities, and have more face-to-face time. Find ways to unplug and unwind daily and remember that the smartphone is a tool you use, so don't let it use you!

If you have any concerns regarding your child's mental health, please call the Mental Health Urgent Care Clinic at (916) 520-2460 for individual and family counseling services, psychiatric evaluation, crisis intervention, and more. The clinic is open M-F from 10AM to 10PM and Sat- Sun from 10AM to 6PM.

Sincerely,

Ms. Vang, School Counselor

DATES TO REMEMBER!

March 26—April 2: SPRING BREAK

April 10/11 : CAASPP Testing for 11th graders

April 20: Write Brain Author Presentation Event

April 30 : Job Shadow Day

May 9: Student Appreciation Night

May 25 : Senior Breakfast

June 1: Graduation





The SPOTLIGHT IS ON...



BEE ready to learn & Collaborate.

BEE Brave & Empower others!

Roman Rivas
 Marissa Caro del Castillo
 Elisa Madere
 Daniel Meza
 Stephanie Perez
 Samantha Christensen
 Stephen LeCrone
 Amari McBride

Sarah Tinajero
 Stefon Smith
 Sabina Finley-Banks
 Ignacio Camacho
 Kiara Dosty
 Brittney Speaks
 Luis Sanchez
 Carly Rittenhouse

Isaiah Vasquez
 Cuinn Gillies
 Shane Morris
 Liliana Alvarez
 Aiyana Mendoza
 Julia Shearer
 Raya Sunshine Hibbard
 Rafael Castro
 Brianne Mikkelson

Samantha Torres
 Andrew Loza
 Xavier Andrada
 Jana Moreno
 Shemira Shabazz
 Nazar Mokrushin
 Alexandra Cota
 Jana Marie Moreno

HEY BUSY BEES! Let's Explore the SAVA Hive!

WRiTE BRAiN- We are half way through our third term of this fun creative writing class. So far we have written 11 books with 3 more being completed by May. Our class last month went on a little field trip to Tots of Love, a day-care center right behind SAVA EG. We read 2 of the 9 books we donated to all the kids. Apparently they love them so much they fight over who gets to read them next! On **Friday, April 20th @ 12:30** our class will be presenting our books at our Author Presentation Day in the Shop Room. Family and friends are invited to join us!

2017-18 Elk Grove Yearbook- We are putting together a yearbook through TreeRing.com, a digital online way to create a yearbook. We've invited all Elk Grove SAVA students and teachers to participate by uploading pictures they take of themselves, friends, and school. Everyone is able to create their own 2 page spread which will only be printed in their own yearbook. **Yearbooks are only \$23.27 and may only be purchased on the website.** Deadline for purchasing is April 12, 2018. Don't miss out, buy yours today! Students who have not already validated their account, may go to <https://www.treering.com/validate> and enter our school code: 101509727710721 then follow the instructions.

Safe Space Group and On Campus NAMI Club- We are promoting and advocating for student mental wellness by dedicating spaces on campus for students to come together to connect, learn, and empower one another. We need more student participation, so come join us! Talk to Ms. Vang, Miss. Lieran, or Miss. Micaela for more information.

Poultry: Emu Eggs

Our SAVA poultry students & their teacher Mr. Gene are excited to add four emu eggs to the curriculum this spring semester. Last semester students cared for chicken eggs which gave students the opportunity to learn guidance and practice to care for their emu eggs. Emu's are the second largest bird in the world and grow to be 6 feet tall and 125 pounds. So far this semester, students have been weighing their emu eggs, checking for the humidity, and checking water level. Students created a spreadsheet using Excel with math formulas making sure their emu eggs lost 2% of their weight daily. Learning this component was important to ensure the eggs would grow. The eggs will take 51 days to hatch and students are expecting them to be hatched around March 20th.



Summer School

June 4th -28th

Monday-Thursday

8:30am-3pm

Applications available in mid **April** from teachers.

Students will attend **two 3 hour** appointments per week.