Events for the Weeks of March 1st – March 14th, 2020

Monday, 3/2: ELAC Meeting 5:00 pm (library)

Tuesday, 3/3: Color Guard Practice 2-4 pm (gym); PTSA Fundraiser @ Romano’s 11:30 am - 9:00 pm

Wednesday, 3/4: Early Release (students dismissed at 12:05 pm)/Extended Learning (students dismissed at 1:03 pm); Color Guard Practice 12:05-1:15 pm (MPR), Spirit Squad Practice 12:05-2:30 pm (gym); RUSD DELAC Meeting (8:30-11 am @ Ramona HS or 6-9 pm @ North HS); MLKHS Wolf Pups by appointment (MLKHS)

Friday, 3/4: ASB Lunch Activity: Licorice Life Saver Race

Saturday, 3/5: 8th Grade girls and boys soccer tournament @ MLKHS; MLKHS Wolf Pups by appointment (MLKHS)

Tuesday, 3/10: Spring Picture Day! (through PE); Color Guard Practice 2-4 pm (gym); PTSA Board Meeting 4:00 pm (library); RUSD AAPAC Meeting 6-7:30 pm @ Sierra Middle School

Wednesday, 3/11: Early Release (students dismissed at 12:05 pm)/Extended Learning (students dismissed at 1:03 pm); Color Guard Practice 12:05-1:15 pm (MPR), Spirit Squad Practice 12:05-2:30 pm (gym); You Are Beautiful seminar in conjunction with UCR (room 802)

Thursday, 3/12: 8th Grade Panoramic Picture 9:00 am; AVID Interviews 5:30 pm (MPR)

Friday, 3/13: ASB Lunch Activity: Wheelbarrow Basketball Push

Saturday, 3/14: Color Guard Competition @ MLKHS

Staying in the Know

• Within the next few weeks, we will be holding a parent and community meeting where our families can voice their concerns regarding the recent events at Amelia Earhart and share ideas for positively affecting our learning climate. As of today with the publishing of the HH, the date and time of that meeting has not been set, but we will be communicating information regarding this meeting within the next few days. Please watch your emails and listen to all voicemails from AEMS for information about this upcoming event.

• Mark your calendars for April 1st, 3rd Quarter Parent Teacher Conferences! Conferences will be held in the gym and MPR to review your student’s academic progress during 2nd semester. Conferences will last from 3-6 pm and are “open,” meaning no appointment is necessary you will be able to go directly to your student’s teacher who will be set up in these locations. *** Additionally, April 1st is Census Day! We will have a Census Mobile on site so you can complete your census information while you are here!

• We hope you can join us March 3rd at Romano’s in the Alessandro shopping center (near Galaxy Theater) for our next PTSA Dine Out fundraiser!
A Message from Mrs. Castillo, SAP Counselor

In case you missed last week’s Hawks Highlights, this is a repeat of Mrs. Castillo’s message.

During this time of year you might sense your child feeling more stressed. We are on the last couple of months of school where the thoughts of testing, transitioning to a new school and social stress may increase.

Tips on Supporting Your Child:

1. **Watch for any negative changes with your child:** This may include physical complaints, change in their daily activities or even changes in their friendships.

2. **Listen and Translate:** children have difficulty with identifying and expressing emotions. Listen to how a child talks about themselves and others around them.

3. **Explore self-care options** for yourself and your child.

4. **Seek Support:** Connect your child with sources of support at school. Allowing children opportunities to discuss issues or concerns.

Mrs. Simpson’s Study Tips

**Study Smarter, Not Harder**

When studying two subjects that are similar, you have a greater chance of forgetting the information. Therefore, plan to study dissimilar subjects following each other, or rest in between subjects. Another great tip is to study the most difficult subjects before you go to bed. You are less likely to forget the information if you follow it by sleep. Finally, when your attention wanders, stop studying and take a short break! You are not retaining the information.

A Look Ahead

- **March 16th:** PAC Meeting @ 2:15 pm (upstairs conference room)
- **March 18th:** World Music Concert @ 6:00 pm (MPR)
- **March 20th:** Non-student Day (teacher grade day)
- **March 23rd-27th:** SPRING BREAK!!!
- **April 1st:** Parent Teacher Conferences 3:00-6:00 pm (MPR & Gym)
- **April 13th:** May 8th- SBAC Testing

Hawks Core Values

- Honesty
- Achieving Excellence
- Work Ethic
- Kindness
- Serving Others