

Hello Alder Grove Families,

Greetings from AGCS! I am eating an apple a day (Mutsu are my favorite!), I've already visited my favorite pumpkin patch, and my yard is a tangle of spider webs and fallen leaves. It appears that Autumn on the north coast is in full swing!

Gratitude: November is always a good month for reflection on gratitude for all of the good things in our lives. I couldn't do this challenging job without the supportive staff here at AGCS, our enthusiastic teachers, and dedicated students and families! I am thankful for you all. Alder Grove Charter School is unique and strong because of all of you.

Governance Council: Speaking of feeling grateful, I really appreciate the Governance Council (which is what we call our school board). Council members Matt Wilton, Geri Emberson, Sarah Weltsch, and David Turner meet regularly to make big decisions for Alder Grove. We appreciate your hard work and dedication to maintaining and improving an already awesome school.

Popsicle Party: The PBIS Committee has organized a popsicle party in appreciation of all of the good behavior we've seen on campus so far this year! Join us for popsicles, games, cartoons, and general fun and revelry on November 17th from 3:30 to 4:15. The cost is only \$10 Bark Bucks...so save up and don't forget to bring your Bark Bucks to get in, students!

Statewide Testing: Keep your eyes open for test prep information as we head into testing season. We are working on effective ways to prepare our students for CAASPP testing in the spring. As you probably already know, the existence of our charter school depends on showing improvement in testing...so it's very important that students familiarize themselves with the test and practice the content of each one. Thank you for supporting your students for success and contributing to the health of our school.

Academic Support: Speaking of support, if your student has qualified for academic support, you have probably filled out an Academic Support Form with your CT. *It's really important that we all support those students who are working below grade level.* Please bring your student to their academic support sessions on campus, or enforce weekly work time in the online programs offered to help students bring their skills up to grade level. Academic success of our students is a huge priority for AGCS. If you have any questions, please talk to your CT.

College and Career: And finally, if you have a student in middle or high school, be sure to read the college and career sections of this newsletter. Jen Burtram includes a lot of information about on and off campus opportunities for our students, such as field trips, classes, programs, and other college and career related events. We want to be sure students have a plan for the future as they are working toward graduation. And thank you to our CTE teachers, Cory, Jay, Chelsea, Mark, and Ian. They are doing a fantastic job introducing students to the potential of careers in audio engineering/music production, 3D design and animation/film, culinary, horticulture, and building and construction trades.

Happy Thanksgiving, everyone. I hope your November is cozy and healthy!
With Gratitude,
Tim Warner, Director



ALDER GROVE CHARTER SCHOOL HOURS OF OPERATION:

8:30am—4:30pm

Library Hours: 9am—4pm

Are you interested in one of Alder Grove's field trips? Sign up with the front office.

Any payment needs to be received before the day of the field trip.

If you can't make a field trip that you've signed up for please let the office know so another family has an opportunity to go. Thank you!

the PBIS Committee presents

FRI. NOV 17
3:30-4:15PM

games

CARTOONS

a popsicle party

GOOD TIMES

ENTRY IS 10 BARK BUCKS!

@ ALDER GROVE CHARTER SCHOOL

be safe. be respectful. be responsible.

COMMUNITY SCHOOL COORDINATOR CORNER:

Evolving as a school is a process that needs the entire community's input.

We hope you join us in this effort.

Please fill out this short survey by **November 10th** so we can hear your voice as we move ahead with future planning.

We sincerely appreciate your time and your opinions.

AGCS BACK TO SCHOOL SURVEY



COMPLETE BY OCTOBER 27TH TO BE ENTERED INTO A LOTTERY

PBIS BOOK OF THE MONTH

Unhealthy perfectionism can result in low self-esteem, severe anxiety, and self-destructive behavior—and teens are especially vulnerable. Based in proven-effective cognitive behavioral therapy (CBT), this workbook will help you develop the self-compassion and mindfulness tools you need to counteract the negative effects of perfectionism and develop new, healthy skills for boosting your self-confidence.

In our high-pressure society, it's easy to hold ourselves (and others) to impossibly high standards. And when we fail to meet those standards—as we inevitably do—we may become overly critical of ourselves, or lash out toward others. While perfectionism is often associated with positive traits, such as conscientiousness, ambition, and pride in good work, dysfunctional perfectionism is destructive and can lead to anxiety, low self-esteem, relationship problems, and a number of mental health concerns, like depression, procrastination, and self-harm.

With *The Perfectionism Workbook for Teens*, you'll gain a clear understanding of what perfectionism is and learn to differentiate between healthy and unhealthy perfectionism so you'll be better able to manage your own and others' expectations. Using powerful tools drawn from cognitive behavioral and mindfulness-based therapies, you'll learn to identify your perfectionist thoughts, discover new ways of responding to your critical inner voice, and build the skills you need to combat negative behaviors based in perfectionism, like chronic procrastination.

Click here for more information:

<https://www.newharbinger.com/9781626254541/the-perfectionism-workbook-for-teens/>


an instant help book for teens

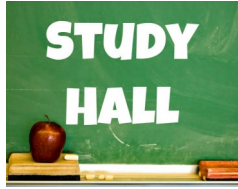
the perfectionism workbook for teens

activities to help you reduce anxiety & get things done

- * break the procrastination habit
- * reduce self-criticism
- * set realistic goals

ANN MARIE DOBOSZ, MA, MFT





On Campus & Virtual Labs

All labs are free.

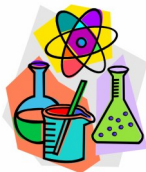
Study Hall/Math Lab

Monday-Friday

9:00-3:00



Monday	Tuesday	Wednesday	Thursday	Friday
Suzanne (9:00-1:00)	Jasper (9:00-10:15)	Cassie (9:00-1:00)	Jasper (9:00-10:15)	Cassie (9:00-10:00)
	Leslie (10:15-12:00)		Leslie (10:15-12:00)	Travis (10:00-3:00)
Tavia (1:00-3:00)	Cassie (12:00-3:00)	Rachael (1:00-3:00)	Cassie (12:00-3:00)	



Science Lab

Grades 5-12

Mondays, 2:10-3:30

(Room 1 or virtual)

Virtual Link:



Zoom Link: <https://zoom.us/j/98450313082?pwd=UzhWUkw2dmpFSGZPWGpiclFvYTFBUT09>

Google Classroom Join Code: 7w14szh

The Science Lab is a place for students to come for help with their science coursework or to complete hands-on science labs. Additionally, the Science Lab supports students pursuing A-G Independent Study credits in Biology and Chemistry using the Inspire Biology or Chemistry curriculum and is supported with online labs.

Spanish Games/Homework Help

Grades 4-12

Mondays, 1:10-2:05

(Room 2 or virtual)

Join Zoom Meeting:

<https://zoom.us/j/7282229011?pwd=aDQ3NDIDdkdtZXBXOVZaU0plTXZaQT09>

Meeting ID: 728 222 9011

Passcode: Hola2023

The first half hour of this free lab will focus on in-person games designed to increase students' Spanish fluency. The second half hour will include any student who needs homework help with their Spanish both in person and online.



STUDENT COUNCIL CARES ABOUT THE COMMUNITY!



This month Student Council will be working with Betty Chin to make sandwiches for those in need.



SC will also be holding a coat drive! Please bring clean, gently used or new coats of all sizes to donate to Betty Chin to help keep our community warm this winter!



Bring donations to the AG lobby. TY!

CONGRATULATIONS

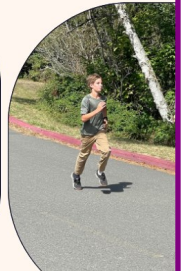
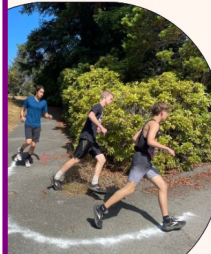
Congratulations to Isaac Lockwood, Brayden Lockwood, and Ocean Goodrich-Brinckhaus, who participated in Alder Grove's first High School Cross Country event!

Isaac and Ocean came in first and second overall! We still need one more high school runners to place as a school.



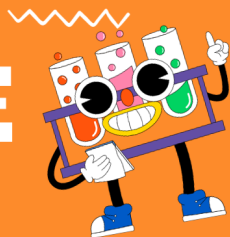
There is one more 2 mile run at CR on November 9th at 11:30am. We would love some more runners to join in the fun! Please email cedar.smith@aldergrovecharter.org if you are interested.

Lost Coast CrossFit, a new vendor, is a gym located a few blocks from Alder Grove and is a great community of people who make staying fit fun. If you are 12+ and in search of a P.E. opportunity you should drop in or check them out at <https://lostcoastcrossfit.com/>.



Attention Scientists!!

SCIENCE FAIR



Do you dream of completing a scientific investigation on a topic of your choice, and sharing your research with the greater scientific community? You can do this by participating in the Alder Grove Science Fair, which is open to students in all grades, K-12! Interested students in grades 4 - 12 can also participate in the Humboldt County Science Fair!

The Alder Grove Science Fair is not until March 5, so there is still plenty of time to consider ideas for a project. With the many different types of scientific research, the possibilities for interesting projects are limitless! If you are interested, please first check out our Science Fair Information Slideshow (use this link or the URL below). Once you have completed this step, contact our science fair coordinator Kathy Yeager at: kathy.yeager@aldergrovecharter.org to ask questions, discuss ideas, and sign up for our science fair!

Remember, a great science fair experiment isn't flashy or extraordinarily complicated- it's one that carefully follows the scientific method! Completing a scientific investigation is a great way to learn more about a topic that interests you!

Science Fair Information Slideshow:

<https://docs.google.com/presentation/d/1MvnXwgTCx6oJCQDkyzWBM-8cVhIFX1Rslsg5z-fCU/edit?usp=sharing>



SPELLING & GEOGRAPHY BEES IN JANUARY!



Geo
Jan 22

Spelling
Jan 29

School
Stage

Both @
4:30pm

email
randi.mead@aldergrovecharter.org
to sign up or for more information



NOVEMBER

FIELD TRIPS / EVENTS

GEM AND MINERAL SHOW

**NOV 3RD @ 9AM - 40 PEOPLE (TK-6TH)
REDWOOD ACRES. FREE!
SIGN UP WITH THE FRONT OFFICE.**

OHANA ORGANICS

**NOV 16TH @ 11AM - 30 PEOPLE (TK-6TH)
REDWOOD ACRES. FREE!
SIGN UP WITH THE FRONT OFFICE.**

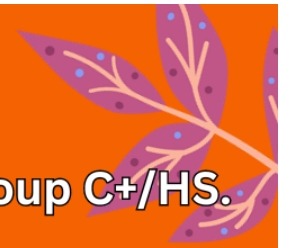
HUMBOLDT HYDRO FARM

**NOV 16TH @ 12PM - 30 PEOPLE (TK-6TH)
REDWOOD ACRES. FREE!
SIGN UP WITH THE FRONT OFFICE.**





Spanish Lab

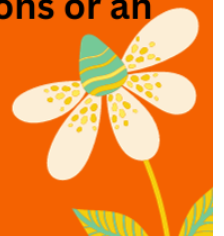


Spanish Lab is now on **MONDAYS** at **1:10 pm** for **Group C+/HS**.

The first 25 minutes we will be practicing Spanish through games and activities. If you are studying Spanish, this is a fun way to have additional interaction with the language. This time will have a club-like atmosphere and students will be encouraged to listen (and speak if they want) to Spanish.

At 1:35 pm - 2:05 pm, we will shift to homework help. If you have questions about your Spanish curriculum or assignment, this is your time to work with Erica Alston, the HS Spanish teacher. At this time, a ZOOM call will be initiated to help students virtually with Spanish. Come with questions or an assignment that you want to work on together!

We look forward to seeing you there.
It's in Room 2 on Mondays 1:10 - 2:05pm



How To Create A Strong, Complex Password

If you must create a password, here's a way to make a strong password that's difficult to crack:

USE ONE OF THESE TWO METHODS

- 1 Create passwords with at least 12 characters that are truly random, ideally using a password generator.
- 2 Think of a random phrase with at least 20 characters that is easy to remember.

EXAMPLE

R#Yv&ZCAojrX
ELv!2MibAb>RC?ru
a!#+dH)vvLykijhu

I went to 7-11 earlier today.
rogerjumpedoverthepurplefox
2belivingtherockandrolllifeforever

Please support Student Council and buy delicious See's Candy!

'Tis the Season for
Holiday Yum-Raising

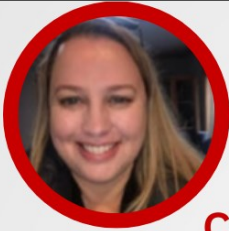
Use this link or QR code to shop our store: (Thank you!)

GET STARTED ►



https://www.yumraising.com/secure/aldergcs_student_council_candy_shop_79/Nic_DoI5878/





College & Career Readiness

The 2024-2025 FAFSA has been postponed until December. Parents and legal guardians have even more time to gather their necessary paperwork. The most challenging part is typically locating past W-2 forms.

Students attending College of the Redwoods, a university, or trade school (like Frederick and Charles Beauty School) in the Fall of next year need their parent or legal guardian's 2022 W2 forms.

FAFSA or CADAA (for undocumented students) is a state requirement for all of our graduating students. There will be an opt out form available next semester, but this should be a last resort.

UC and CSU and Common App (for private schools) Applications are OPEN! Deadline for UC and CSU application submissions is November 30! Still deciding on WHERE, WHY or HOW you want to go to college? Email ccr@aldergrovecharter.org and one of our awesome College and Career Readiness Team will schedule an appointment with you!

MEAL PROGRAM / WELLNESS POLICY

Check out the Alder Grove Meal Program tab on our website for links to healthy celebration treats and non-food rewards for students, healthy school fundraising ideas, and a Smart Snacks calculator and list of food and beverages that meet the Smart Snack nutrition standards.

Also, don't forget that Alder Grove serves breakfast and lunch to all students FREE of charge with no application or sign-up required!

Breakfast: M-F at 8:35am
Lunch: M-Th at 12:40pm
F at 12:00pm.



INK PEOPLE CENTER FOR THE ARTS

MARZ

MEDIA ARTS RESOURCE ZONE
INKPEOPLE.ORG/MARZPROJECT

marzproject@inkpeople.org | (707) 442-8413

MEDIA ARTS TRAINING FOR YOUTH AGED 12-26

627 3RD ST IN EUREKA

VISIT OUR WEBSITE TO FIND THE LATEST UPDATES & DROP-IN IN HOURS!



ETHAN LADD

ELadd@hcoe.org



Meet your Cal-SOAP Success Coach

Ethan attends Cal Poly Humboldt with a dance major and kinesiology minor. His career goal is to be at a professional ballet company and in his free time, he enjoys roller skating.

MEET WITH ETHAN:



Exciting News for Alder Grove Seniors!

We're thrilled to introduce Ethan Ladd to our College and Career Team! As our dedicated CalSOAP Success Coach, Ethan is here to guide seniors through the financial aid and college admissions maze.

When to Find Ethan on Campus:

Tues & Thurs: 8:30-10:30 AM
Fridays: 12:00-3:00 PM

Need a different time? Ethan's flexible! Reach out to coordinate based on his availability.

Senior are required to book at least one session with Ethan. Whether in-person, phone, or Zoom, he's here to help!



EARLY COLLEGE PROGRAM!

Earn high school and college credit at the same time!

NO COST TO STUDENTS!

- Complete a CR online application
- Complete a concurrent enrollment form and return to the office
- Register for classes within two business days
- Contact your CT or jen.burtram@aldergrovecharter.org for more info

Students can take any classes offered at CR including ASL, Science, Math, English, Art, Theater, Spanish, Construction, Computer Science, History, Music...and MORE!! Check it out www.redwoods.edu



COLLEGE CREDIT FOR WORKING AND VOLUNTEERING!

- Apply to CR online
- Complete a Concurrent Enrollment Form
- Sign up for CR Work Experience (Through AG and put on master)
- Pick one day/time per week to check in virtually or in person with instructor (Jen) for 10 mins.
- Earn 1 college credit per semester.

Sign up for a FREE Math and/or Reading program

Did you know that is as little as 15 minutes a day, your student can work towards closing gaps they have in Reading and/or Mathematics? Ask your CT today if you would like for your student to participate in this FREE program, courtesy of Alder Grove Charter School!

Targeted Intervention that Delivers a Better Path Forward

Edgenuity MyPath® K-5 and MyPath® 6-12 are personalized learning programs for reading and math that deliver high-impact, engaging lessons that target the specific skills students need to get back to grade level. These innovative programs tailor learning to the needs of each student with technology that prioritizes age-appropriate content and optimizes learning to maximize student success.



ELEMENTARY SCHOOL



MIDDLE + HIGH SCHOOL

November 2023

Sun

Mon


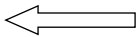

Tue

Wed

Thu

Fri

Sat

			1	2	3 Gem & Mineral Show 9am 	4
5	6	7	8	9 Cross Country @ CR 11:30am 	10 Veteran's Day No School	11 Back to School Survey Deadline 
12	13	14 Governance Council 10:30am 	15	16 Ohana Organics 11am Humboldt Hydro Farm 12pm	17 PBIS Popsicle Party 3:30pm 	18
19	20 NO CLASSES, LABS, OR STUDY HALL (check with CT, SPED, or tutors for all other meetings)	21	22	23	24	25
	Thanksgiving Break No School					
26	27	28	29	30 UC & CSU Application Deadline		

Alder Grove Charter School
714 F Street
Eureka, CA 95501