Dear JC/LISD Academy Families,

Welcome to March, a month that has us seeing the first signs of spring and welcoming daylight savings time. Very exciting!

As we work through the busyness of life, I was convicted by a quote that I had written down from a couple of years ago that reads, “Much is revealed about a person by the way they spend their time and, if you want to know what’s truly important in a person’s life, just look at how they use their time.” This was thought-provoking as it helped me reflect upon what the use of my time says about me to others. Love, to your young adult, is spelled T-I-M-E. It is simply not enough to say my family is important. I have to prove it by investing my time with them; words alone are worthless. My family wants my eyes, my ears, my attention, my presence, my focus, my time. Nothing can replace it. To be quite honest, this is a tough task. We all have demanding schedules, work deadlines, outside pressures, and more. I’d like to encourage you all to take the opportunity you have with your young adults and invest purposeful time with them. If you’re doing that now, great! If not, it’s never too late to start. As a matter of fact, this is the perfect month to begin.

Please note:

- March 2-6, Academy offices are closed for mid-semester break.
- March 17 & 18, ACT testing
- March 19, No School. Academy staff will be learning about innovative, technology related programs, hardware, software, and other 21st century educational technologies.
- March 26 & 27 – Parent Teacher Conferences are scheduled for Thursday, March 26, from 3:30-5:30 pm and 6:30-8:30 pm. Also, on Friday, March 27, from 8:30-11:30 am. Please remember, that in an effort to respect everyone’s time, you will need to schedule appointments to meet with each individual instructor. An invitation has been sent to the email address we have on file. A reminder of your appointment date(s) and time(s) will be sent via email the week before. If you have not received an appointment invitation, please call the Academy office to verify your email address listing. However, if you have immediate questions or concerns, do not wait until conferences, please contact us immediately.

JC/LISD Academy applications are now available. If you know someone who is interested, would benefit from attending, or be a great addition to the Academy, now is the time for them to apply. For more information, direct students to our website, www.jccmi.edu/theacademy or have them call (517) 266-6982. Also, if you or your business would like JC/LISD Academy informational brochures to display, please stop by the Main Office at the LISD TECH Center.

Thank you for taking the time to invest in your student and his/her education. In the end, everyone benefits!

Happy March,
Jonathan
I often hear many students mention they have difficulties with sleep. Many times those difficulties can cause extreme problems for daytime functioning. Yet, many students just don’t do what they need to do to correct sleeping problems or even allow enough time for sleep. Dr. Robert Aronson, Medical Director for The Cardinal Sleep Disorders Center of America said this: “The results of a Sleep in America poll points out that it is more important than ever for people to make sleep a priority, as it affects health and daytime functioning. Sleep is not expendable and Americans should focus on keeping a regular schedule and allowing enough hours of sleep.”

Good sleep is definitely important to how our students function in school. Students are more alert, focused, receptive to learning and just feel better about themselves when getting the sleep that their bodies need. Adolescence, however, is often a time period in life when sleep is neglected most. It is just lower on their overall priority list. Yet, once a poor pattern of sleeping is established it is very difficult to break.

If your student is suffering from sleeping difficulties here are some proven and affective remedies:

1. Go to bed at the same time every night; even on the weekends.
2. Make sure the bedroom is quiet, dark, cool (high 50’s) and comfortable.
3. Don’t watch TV or use computers right before bed (30-60 minutes) and definitely not in the bedroom. Those activities stimulate brains when they need to be calming.
4. Avoid caffeine 4-6 hours before bed. (Includes soda and energy drinks)
5. Don’t take naps.
6. Exercise but avoid that within 4 hours before bed.
7. Read and/or listen to QUIET music 15 minutes before bedtime.
8. Don’t struggle to sleep in bed. Get up after 15 minutes and move to a chair until you feel tired enough to go back to bed.
9. Avoid eating or drinking anything a few hours before bed.
10. Practice throughout the day, in a quiet area, trying to clear all thoughts from your head for as long as possible up to 5 minutes (longer when you get good at it). Then practice/use this as you lay down in bed at night.-Meditation

Students need to be committed to trying and practicing these things. Problems are not going to be corrected overnight (pardon the pun). Correcting sleeping problems means changing and continually practicing. Good luck and good night!
Biology students have been working on the two processes of Photosynthesis and Cell Respiration, as well as the two anaerobic processes of lactic acid and alcohol fermentation. The picture on the left shows a lab where students tested the speed of yeast production with different amounts of sugar. On the right is 3rd hour Bio performing jumping jacks and testing their own carbon dioxide output. Regarding photosynthesis, the center picture shows the results of a virtual lab in which students tested how photosynthesis rates were affected by different colored lighting. The data was analyzed to determine the best and worst light colors for growing plants.

Students have not done anything fancy in chemistry lately, unless you consider complex math fancy. Students have been hammering the process called Stoichiometry, which involves balancing equations, understanding conversions, and making various other calculations. Real world scenarios have been brought in to play with this unit including calculating lethal doses of substances and discussing chemistry professions.

Students in English 10 began the semester by exploring the genre of flash fiction. They read and analyzed several short stories, participated in various creative writing exercises, and then wrote and shared their own pieces of flash fiction. We are now moving into a unit on analysis. Students are writing an analytical essay in which they defend a thesis statement they compose about the short stories “The Lottery” and “The Ones Who Walk Away from Omelas.”

Students in Algebra 2 have been working with polynomials and quadratic functions. To test their factoring skills, students worked together to assemble a factoring puzzle. Later, they engaged in an exploration of quadratic functions using the TI-Nspire calculators. Through their exploration, they discovered how changing the parameters of a quadratic function can affect the shape and position of the graph.

Students in World History are currently analyzing imperialism as one of the major causes of World War One. Students will be researching different viewpoints of World War One from the varying viewpoints of countries in Europe.

Students in Civics are currently finishing Unit One. This unit focused on the philosophical and historical foundations of the American political system. During unit two, which begins the last week of February, students will analyze how the framers created the constitution. Students will identify challenges and success during the process of framing our United States constitution.

Students in US History have been working on a series of informative persuasive essays. They are currently working on essay #3 which has students researching and taking a position on the repeal of the 18th amendment. We are also currently analyzing Roosevelt’s New Deal and looking at the successes and failures of these policies.
Students wishing to take a college course this spring need to let their advisors know by March 13, 2015. An invitation will be sent to the student email address we have on file to sign up for advising meeting by Tuesday, March 10, 2015.

Advising meetings will be held on March 23, 25, 26, 30, 2015 from 9:00 - 4:00 p.m. and on March 31 and April 14, 2015 from 8:30—11:00 a.m. Each appointment will last approximately 30 minutes. If you have questions, please contact the office.

10 Reasons Why Taking A Gap Year Before College Might Be The Best Choice You Ever Make


Make searching for scholarships part of weekly routine

www.cincinnati.com/story/opinion/2015/02/22/make-searching-scholarships-part-weekly-routine/23855057

The OMEGA Project

Program Information

The OMEGA Project is a 7-day cultural immersion and service-learning experience that brings teens and young adults together from Southeast Michigan/Northwest Ohio and Pine Ridge Reservation in South Dakota for an encounter of life-changing interaction and personal growth. The OMEGA Project, a program of Omega Youth Empowerment, is facilitated by Jon Schoonmaker, MA, LPC and has been happening on Pine Ridge Reservation since 2002.

The hallmark of the OMEGA Project is building relationships that are grounded in mutual respect and servant-leadership. We believe that the greatest service we can offer to another is friendship. The friendships that are forged through cultural exchange during the OMEGA Project are sustained through continued contact and meaningful support long after the Project is over. Omega Youth Empowerment assists in facilitating this continued contact.

Cost
The current program cost is $600.00 per person plus the cost of airfare (approximately $400.00). This fee covers all ground transportation, food, lodging, materials and program expenses.

For More Information
Jon Schoonmaker
(517)902-1754
Jon@LiveOmega.net
# Calendar of Events
March - April 2015

<table>
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<tr>
<th>Date Range</th>
<th>Event</th>
<th>Notes</th>
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<td>Mid - Semester Break</td>
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<td>March 23, 25, 26, 30, 31, 3014, 2015</td>
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