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A High School Individualizing Success

Tel. 505-750-3048

www.cesarchavezcharter.net

Dear Friends of CCCS

November 2020, Issue 2

MESSAGE FROM THE PRINCIPAL

Here Comes the "Holiday Season"

It is November and we are officially entering the 2020 "Holiday Season." As we continue battling our eighth month of this brutal pandemic and many uncertainties in our country and our lives, we may be looking toward winter with hope or with anxiety.

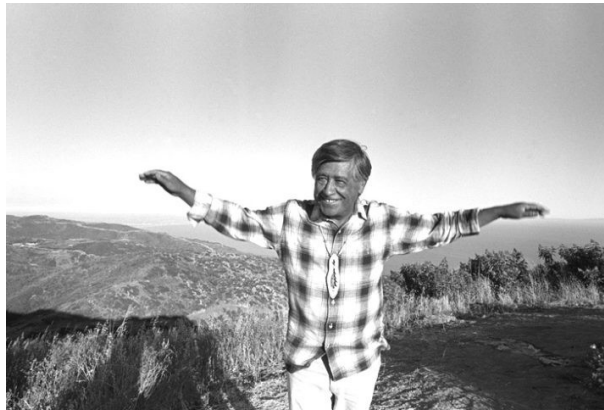
The winter holiday season in the United States is a mixed experience for most. It is heavily advertised as a time of family and friends, wealth and perfect happiness. However, for many of us, the expectations for the holidays are so high that it can become a set-up for stress, disappointment and resentment.

The holidays can be a time to give to loved ones and to celebrate and spend time together, and it can also be a time to grieve lost loved ones. It can be a time to come together and have fun putting up lights or baking treats, and it can also be a time of rushing around and stressing about money needed to buy food and gifts. We know that substance abuse often spikes during the holidays, and for some, it can become a time of crisis.

No matter what your experience is this winter, you will not be alone as so many experience these moments of hope or joy, stress or pain . . . We at CCCS want to remind you to reach out when

you feel down and to take a little time each day to nurture yourself. Maybe this will be just sitting quietly for a few minutes, going for a walk, writing a list of what you are thankful for, or calling someone you care about to tell them how you appreciate them . . .

During the holiday season, which can become so focused on material items, we want to remember that gifts are meant only to express love. And, love comes in many forms including words, quality time, hugs, laughter, and attention . . . This has been a challenging year. Perhaps it is a good year to keep the holidays simple, reject the expectations of advertisements, and create something that feels nice to YOU?



This winter, we hope you will take a moment to congratulate yourself and your family for getting over so many challenges and obstacles this year! Everyone has times when they need to work and times when they need to rest. Winter is a time of long nights when we are invited to go to bed a little earlier, rest a little more, reflect inside ourselves, and dream.

We wish you the best this holiday season!

—Tani Arness, Principal



To Enroll at CCCS, Call (505)750-3048 Now

We will be enrolling new students throughout the school year. If you know someone who would like to enroll, please have them call (505)750-3048 to set up an appointment.

MESSAGE FROM A STUDENT

School in Times of Quarantine

By Paige Oliver

The past eight months in quarantine have been a lot of things: difficult, lonely for some, and even frustrating, but one thing I'm sure many people can agree on is that being stuck at your house for eight months straight is not fun at all. One way I have used all this alone time at home in a productive way is to focus on school.

Although schoolwork isn't considered the most exciting thing to do, it's doing more for you in the long run than playing the same video game you've been playing for months, or just laying in bed watching tv. Staying motivated to do your schoolwork and get to class can be hard sometimes for all of us, but there are some things I have learned that make it easier to get to class and finish all the work.

One of the things I do that helps me get to class on time is setting alarms: I always set an alarm for five minutes before class starts and label it the name of the class. So, right before my math class an alarm goes off labeled "math" so I can never forget to go to a class. This has helped me out so much because something I think happens to us all is losing track of time, and with this strategy you won't ever forget when your class is.

Now that you're able to get to every class on time, staying motivated is still an obstacle. Staying motivated can be easy once you learn a few strategies. One thing that changed my motivation for doing school is working on having the right mindset, a mindset that school is doing something good for you (because it is). By this, I mean If you wake up every morning thinking how much you dislike school and how horrible it is, you're never going to want to do it because all you think is how useless it is. If you wake up and think that you are doing this for a reason, to graduate, to get to college, to find a job, whatever your reason may be. Once there is a purpose behind it all, doing your work and staying motivated becomes much easier.

It's up to you though, to find what your personal motivation is for school. I know that sometimes, it feels like you have no motivation and there's nothing you can find to motivate yourself. If that's the case for you, this can be your motivation: showing up to class, participating and doing your work makes you pass, and the more classes you pass, the faster you graduate. After graduation new opportunities and more freedom comes with it. Once you graduate, you no longer have the responsibility of high school and if and when you choose to go to college you get to choose what you want to study which will automatically makes school more interesting. Staying motivated to do things like school isn't always the easiest thing, but finding and using strategies that work for you can make it a lot easier and more enjoyable. There's always a brighter side of things, including the not so fun things like school and work. You just need to find it.



Paige Oliver

**WOULD YOU
LIKE
TO PARTNER
WITH CCCS?**

CONTACT: TANI ARNESS

TARNES

@CESARCHAVEZCHARTER.NET

TEL. 505-877-0558, EXT. 102

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CONTACT: NATE EVERETT

NEVERETT

@CESARCHAVEZCHARTER.NET



CCCS Announcements!

***If you or someone you care about is in emotional or other crisis,
please reach out:***

Suicide Prevention Lifeline: 1-800-273-8255

Agora Crisis Center: 505-277-3013

Domestic Violence Hotline: 1-800-773-3645

NM Crisis and Access Line: 1-855-662-7474

Crisis Text Line: text HOME to 741741

***CCCS Holiday Food Drive! If you or someone you know needs help
with food for the holidays, please call 505-750-3048 for more infor-
mation.***

Important Dates to Remember:

Nov. 27-29—Thanksgiving Break, No School

Dec. 19-Jan. 4—Winter Break, No School

Jan. 5—First Day of Qtr. 3



Cesar Chavez Community School

1325 Palomas Dr. SE

Albuquerque, NM 87108

Tel. 505-877-0558; Fax. 505-242-1466