



January 2025

# Encompass Academy Newsletter

## Encompass Academy's Mission:

Guiding students to bright futures by focusing on academic achievement, personal pathways, enrichment, and social-emotional learning.

## The Encompass FIRE

Encompass Scholars show the following qualities:

**F**earlessness

**I**ntegrity

**R**esourcefulness

**E**ndurance

## Upcoming events

1/16/25 - FAFSA Night with TMCC at 5:00 pm

1/17/25 - End of Second Quarter grading period

1/20/25 - MLK Jr. Day, no school

1/22/25 - FAFSA Night with UNR at 6:00 pm

1/31/25 - ACT Bootcamp 1:00 pm

## January Jumpstart

Happy New Year! We hope you all had a restful and enjoyable winter break. Our staff is excited to welcome students back to school and dive into the second half of the academic year. As we start January, it's important to note that we have just two weeks left in the quarter. This is the perfect time for students to focus on finishing strong, catching up on any missing assignments, and putting in the effort to earn the best grades possible. Let's work together to start 2025 on a positive and successful note. We look forward to all the great things this year will bring!



## Classroom Spotlight

This year, Encompass Academy introduced Ballet Folklorico classes, taught by Ms. Isabel. Students learn about Mexico's rich cultural traditions through music and dance, mastering styles from different regions of Mexico while earning PE credit. Ballet Folklorico combines creativity, culture, and physical activity, making it a fun and engaging elective. Our students have already performed three times this school year, wowing audiences with their talent. Ms. Isabel also teaches classes at her studio, Ballet Folklorico Flor de Castilla. Interested students can speak with her for more information. Don't forget to select this exciting elective for the second semester starting January 21st!



# Discover the Washoe County Libraries

The Washoe County Library System is a treasure in our community, offering a wide range of free resources and services. Beyond books and audiobooks, the libraries provide access to e-books, digital magazines, public computers, and Wi-Fi. They also host engaging community events, including author talks, workshops, and children's story times. Whether you're looking to learn, relax, or connect, the libraries are here to support you. With multiple branches throughout the county, they're a convenient and welcoming space for everyone. Visit [washoecountylibrary.us](http://washoecountylibrary.us) to explore everything the libraries have to offer and find a location near you.



## Helping Your Teen Get Better Sleep

Teenagers need about nine hours of sleep each night, but most aren't getting enough. In fact, over half of teens get six hours or less on school nights, leading to problems like poor grades, mood swings, depression, and even weight gain.

Why is sleep so hard for teens? During puberty, their internal clocks shift, making it harder to fall asleep early. Add in busy schedules, homework, and screen time before bed, and it's no surprise they're sleep-deprived.

Here's how you can help your teen improve their sleep:

- **Stick to a Schedule:** Encourage your teen to go to bed and wake up at the same times every day, even on weekends.
- **Limit Screen Time:** Ask them to turn off screens at least an hour before bed. Blue light from phones and tablets can make it harder to fall asleep.
- **Create a Calming Routine:** Help them wind down with relaxing activities like reading or a warm bath.
- **Avoid Evening Caffeine and Big Meals:** Cut back on soda, coffee, and late-night snacks.
- **Make Their Bedroom Sleep-Friendly:** Keep the room cool, dark, and quiet for better rest.

Helping teens prioritize sleep can boost their mood, focus, and overall health, setting them up for success in school and beyond. [Read the full article here.](#)

## — Student Interview —



Sammy, a senior at Encompass Academy, is graduating early thanks to the school's small class sizes and supportive system, which made earning her advanced diploma attainable. She appreciated the one-on-one time with teachers and the structured schedule that helped her complete credits efficiently. Sammy credits the art program for inspiring her to explore new mediums like watercolor, ceramics, and mural work. She also learned to crochet from a former teacher and turned that skill into a business, selling keychains, roses, hats, and stuffed animals in stores in Graeagle. After graduation, Sammy plans to focus on selling more artwork and exploring opportunities for mural projects in Portola. Balancing academics and art has been challenging, but she prioritizes schoolwork to make time for her creative passions, which are vital for her mental well-being. Sammy will miss the Encompass Academy community, which she describes as a supportive and inspiring place.

# February Open House

Encompass Academy is excited to host our Open House on Thursday, February 22nd, from 2:00-4:00 pm. This event is a fantastic opportunity for prospective students and families to learn about what makes our school special. We are currently accepting applications and scheduling intake meetings for incoming freshmen, and we anticipate having a waiting list. Prospective students already enrolled in high school are also encouraged to attend to explore the school and join the waiting list if interested. If your student has a younger sibling planning to attend, please call Laure to schedule an intake meeting soon. Share this event with family and friends—we look forward to meeting you!



## Winter Weather & School Schedules

During winter months, keeping our students, staff, and families safe is our top priority at Encompass Academy. In the event of inclement weather in Reno and the surrounding areas, we follow the Washoe County School District's decisions regarding school closures or delayed starts.

To minimize disruptions to learning and avoid using contingency days at the end of the year, we may implement a digital school day instead of canceling classes due to snow. Whether it's a digital school day, a cancellation, or a delayed start, families will be notified promptly via phone and email. Additionally, updates will be posted on our social media pages on Facebook and Instagram.

For delayed starts, school begins at 10:00 a.m. Please note that the Boys & Girls Club morning program does not operate when the district has a delayed start. Students cannot be dropped off at school earlier than 9:00 a.m.

We appreciate your flexibility and understanding as we navigate winter weather challenges. Please ensure your contact information is up to date so we can reach you quickly with any schedule changes. Stay safe and warm this season!

## Message from the Counselor

Happy New Year, Encompass Academy families! This month, the counseling department is hosting two FAFSA events for senior students and their families. FAFSA, the Free Application for Federal Student Aid, is required for admission to all universities and colleges. On Thursday, January 16th, TMCC's financial aid staff will be at Encompass from 5 to 6 PM, and on Wednesday, January 22nd, UNR's financial aid staff and admissions representative Stephani Price will assist families from 6 to 8 PM. Students can ask questions and get help completing their FAFSA. The second quarter ends Friday, January 17th, and students will receive new schedules on Tuesday, January 21st, after MLK Jr. Day. On Monday, January 13th, students will get elective choice forms in their "Class of ..." Google Classrooms. Please remind them to complete their forms by January 17th to improve their chances of getting their preferred electives. Thank you, and have a great New Year!



**Max Zeltzer**

School Counselor