



March 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:

Fearlessness

Integrity

Resourcefulness

Endurance

March Momentum

As we head into March, we are thrilled to see Encompass students fully engaged in their learning and working on some incredible projects across their classes. From hands-on activities in science and culinary arts to creative projects in English and Social Studies, our students are showing curiosity, dedication, and excitement for learning. It's inspiring to walk through classrooms and see the effort and enthusiasm they bring each day. Thank you for supporting their education and encouraging them to stay involved—this energy is what makes Encompass Academy such a special place! We look forward to a great month ahead.

Classroom Spotlight

Spanish Cultures class provides an immersive journey into the Spanish language and the rich cultural heritage of all 21 Spanish-speaking countries. Each week, students explore a different Spanish-speaking country, diving into its unique history, cultural practices, and significant celebrations. Through research projects, interactive discussions, and hands-on activities, they bring each country's culture to life. Students are able to taste traditional foods, such as aguas frescas from Mexico and pupusas from El Salvador, to explore Hispanic culinary traditions. This class welcomes all learners, whether beginners or those looking to enhance their Spanish skills while deepening their cultural awareness of the vibrant Spanish-speaking world.

Upcoming events

3/12/25 - Senior Portraits

3/17/25-3/29/25 Spring Break

4/1/25 - FAFSA due date (for UNR financial aid)



Cherry Blossom Elegance

Step into a night of beauty and enchantment at Prom 2025: Cherry Blossom Elegance! **All Encompass students and their approved guests** can join us on **May 2nd from 7-10 PM** at Whitney Peak for an unforgettable evening filled with music, dancing, and celebration. Tickets are \$60 each or \$100 for two, so don't wait—secure yours today! We are also seeking sponsorships to help bring this elegant night to life. Your support can provide stunning décor, refreshments, and more to create a magical experience for our students. If you or your business would like to contribute, please contact Adam at adam@encompassacademy.org. Let's make this a night to remember—get your tickets now and help us bring the beauty of cherry blossoms to Prom 2025!



Beating Test Anxiety

Spring is testing season across the district and state, and many Encompass students will be taking required standardized tests in the coming weeks. These include the WIDA assessment for English Language Learners, the state Biology assessment for freshmen and some sophomores, and the ACT for juniors. Testing can be stressful for students, but with the right strategies, they can manage their anxiety and perform at their best.

The Child Mind Institute offers helpful tips to reduce test anxiety and build confidence:

1. **Focus on what you can control** – Encourage students to concentrate on doing their best rather than worrying about the outcome. Focusing on effort rather than results can ease anxiety.
2. **Use calming techniques** – Deep breathing, mindfulness exercises, and positive self-talk can help students stay relaxed before and during a test.
3. **Take care of physical needs** – A well-balanced meal and a good night's sleep before test day can improve focus and performance.

Attached to this email is a mindfulness worksheet created by our Mindfulness and Music teacher, Sharon, designed to help students manage stress and stay calm before and during their tests. We encourage parents to review it with their students and practice the exercises together!

Read the full article here: [Tips for Beating Test Anxiety](#)

— Student Interview —



G (left) & Blake (right)
Freshmen

G and Blake joined the first-ever Encompass track team because they love to run. G describes it as energizing, while Blake says it's been a good experience. G's favorite part has been stretching, which helps with soreness and teaches muscle engagement. One challenge they've faced is the small team size. Both agree that track motivates them to keep up with schoolwork since good grades are required to participate. Practices include stretching, warm-ups, running drills, and racing. Their goals are simple: get faster and beat the competition. G, who ran cross country in the past, hopes to improve his personal record. They appreciate Coach Melen's support, letting them work at their own pace. Their advice for future track athletes? Prepare, stay hydrated, and invest in a massage gun! Their favorite memory so far was making Coach Melen run with them after he lost a bet. It's been a fun season!

Nevada Bound Tours at UNR

The Nevada Bound tour is a full-day program for prospective students and their families to explore the University of Nevada, Reno. Attendees will learn about admissions, financial aid, scholarships, and campus life, meet faculty from their potential majors, and take a guided campus tour—with lunch provided! We strongly encourage juniors interested in UNR to attend one of these tours. Available dates and RSVP options can be found here: [Nevada Bound Tours](#). If possible, students should attend a Nevada Bound tour with their parents or guardians. However, if they are unable to do so, Max and Dana will be taking a group of students on 4/16/25. Space is limited, so students interested in attending this field trip should see Max to get an application. For more details, contact Max at max@encompassacademy.org.



Using the Infinite Campus Parent Portal

The Infinite Campus Parent Portal is an essential tool for families in the Washoe County School District, offering real-time access to their child's academic journey. Through this platform, parents can monitor grades, class assignments, attendance, to-do lists, and immunization records.

Regular use of the Parent Portal helps parents and students stay aligned on academic responsibilities. **With Spring Break from March 17-28, it's important to note that the third quarter ends soon after, on April 4.** Encouraging students to complete any pending assignments before or during the break can reduce end-of-quarter stress.

Open conversations about grades create a supportive environment. Consider these strategies:

- Make a plan for improvement – Identify what impacted the grade and find ways to improve, such as turning in missing assignments or retaking a test.
- Encourage self-advocacy – If your teen doesn't know why a grade dropped, have them meet with their teacher. Step in if needed.
- Check for mastery – If assignments take longer than expected, your teen may need extra support in key areas.

To access the Parent Portal, visit [Washoe County School District's website](#). For login assistance, contact Laure at laure@encompassacademy.org by March 10, 2025. Staying engaged helps parents support their child's academic success.

Message from the Principal



Adam Khan
Principal

Dear Encompass Families,
Spring Break is just around the corner, and it's a great time for students to rest, recharge, and spend time with family. However, we also know that a disruption in routine—whether for children, teens, or even adults—can sometimes lead to increased struggles with mental health. We encourage parents to check in regularly with their teens, support open conversations, and help them establish a routine during the break to maintain balance and well-being.

We also ask for your help in reminding students to request any make-up work they may need before break begins. When we return, there will be only **one week left in the third quarter**, and completing assignments over break can help students stay on track while reducing stress in the final days of the grading period. Having a plan now can make a big difference later!
Thank you for your ongoing support, and we wish all our students and families a safe and restful Spring Break.