



December 2024

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

Upcoming events

12/19/24 - UNR Application Workshop 8:30 am

12/19/24 - Student Holiday Party after lunch

12/19/24 - Panera Fundraiser 4:00-8:00 pm

12/23/24-1/3/25 - Winter Break

1/6/25 - Professional Development, no school

December Reflections

Happy December, Encompass Academy families! As the year winds down, we're reflecting on the incredible growth and achievements of our students this semester. December brings a season of celebration, and we're excited to share updates, upcoming events, and reminders to help us finish 2024 strong. Please mark your calendars for important dates, enjoy the festive spirit of the month, and stay connected with us. Thank you for your continued support as we work together to guide our students to bright futures. Wishing you all a joyful and restful holiday season!



Classroom Spotlight

In World History, students participated in the Urbanization Game, a hands-on simulation of the Industrial Revolution's impact on cities. Partner groups tackled challenges like resource management, rapid population growth, and industrial development, mirroring the shift from rural to urban life. The activity fostered collaboration, critical thinking, and engagement with historical concepts, offering insights into how industrialization transformed societies and shaped modern urban life. Students enjoyed the immersive experience, deepening their understanding of this pivotal era through interactive learning. This dynamic approach connected history to real-world processes, making the Industrial Revolution's significance both tangible and relevant.



Need Help in a Crisis? Call TIP

The Trauma Intervention Program of Northern Nevada (TIPNNV) is a nonprofit providing free, 24/7 crisis support to survivors of traumatic events. Specially trained community volunteers are called by emergency responders to offer emotional and practical assistance in the immediate aftermath of a tragedy. TIP volunteers are available year-round to help those in need. For support or resources, call the 24/7 dispatch line at (775) 745-5514 or explore their online resource guide at: tipnnv.org



Helping Teens Manage Holiday Stress

The holidays, often a time of joy, can be challenging for teens dealing with depression. The pressure to feel happy and disruptions to daily routines can intensify feelings of loneliness or stress. Here are tips to help support your teen:

1. **Encourage Healthy Habits:** Promote a balanced lifestyle with nutritious meals, regular sleep, and physical activity. Limit screen time and encourage outdoor activities.
2. **Maintain a Routine:** Try to keep regular mealtimes, bedtimes, and daily structure to create a sense of stability.
3. **Offer Support:** Show you care by listening and spending time together. If they're reluctant to talk, find other ways to connect, like engaging in a favorite activity.
4. **Manage Expectations:** Remind your teen it's okay to feel a range of emotions. Help them set realistic goals and take breaks when needed.
5. **Encourage Self-Care:** Simple activities like a warm bath, a walk, or quiet time can help teens manage their emotions. Let them know it's okay to say no to social invitations if they need time alone.
6. **Promote Connection:** Encourage interaction with friends or family, in person or virtually, to prevent isolation.
7. **Seek Professional Help:** If you're concerned about your teen's mental health, consider seeking support from a therapist or counselor.

With patience, understanding, and these strategies, you can help your teen navigate the holiday season. For more tips, [visit this link](#).

— Student Interview —



Itziar joined ReDirect Athletics after being inspired by his brother, a former participant, to explore boxing. A typical class begins with jumping rope combined with exercises like burpees and push-ups, followed by shadow boxing and conditioning drills. Itziar's favorite part of the program is the supportive and welcoming coaches who encourage participants to excel in school, stay disciplined, and develop a positive mindset. For Itziar, boxing has become an outlet to manage stress, improve his physical and mental health, and stay focused. The program has taught him perseverance and discipline, pushing him to never give up when faced with challenges. Initially hesitant to spar, he overcame his fear by practicing at home with his brother and becoming comfortable with the process. Boxing has also taught him patience and self-control, valuable lessons he applies to daily life. His advice: stay disciplined and never give up. [Click here to learn more about ReDirect Athletics.](#)

Calling All Bilingual Juniors

The CBESS program at the University of Nevada, Reno, is seeking bilingual English-Spanish high school juniors for a free, one-of-a-kind opportunity. Selected students will explore healthcare careers, participate in a summer research program, gain mentorship from bilingual college students, and engage in an outreach internship. This program equips participants with skills and experiences for STEM-healthcare fields. Up to 30 students will be chosen, with additional opportunities available for others. [Click here for more information!](#)



Cold & Flu Season

Stay Healthy this Cold and Flu Season

Cold and flu season is in full swing, and illnesses have been going around at Encompass Academy. To help keep everyone healthy, remember to practice good hygiene by washing hands frequently with soap and water, covering coughs and sneezes, and staying home if you or your child are feeling unwell. If you have a fever, please stay home until you are fever-free for 24 hours without the use of fever-reducing medications. We also encourage families to get the flu shot if possible, as it is one of the best ways to protect against the flu. For more prevention tips, visit [Actions to Prevent the Flu](#).

Please Contact Encompass if Your Student is Sick

If your child is sick, please call Laure at 775-322-5566 to notify the school. You can leave a message including your student's name, your name and relationship to the student, and their symptoms. If your child visits a doctor, please send a note with them upon their return. This allows Laure to code the absence in Infinite Campus, so it doesn't count toward chronic absenteeism. Let's work together to keep our school community healthy!



Adam Khan
Principal

Message from the Principal

Happy December, Encompass Academy Families! As the holiday season approaches, I want to share important updates. Our semester ends on **January 17th**, so students have time after the holiday break to finish strong. The last day of school before break is Tuesday, **December 19th**, and we'll return on Tuesday, **January 7th**. Over the break, encourage students to complete missing work and stay on top of their academic progress. This is a great chance to catch up and prepare for success as the semester wraps up. Your support in helping students stay organized and focused is invaluable.

The holidays can bring joy but also stress, so take time to check in with your students about their mental health. Simple questions like, "How are you feeling?" can lead to meaningful conversations. Encourage breaks, connecting with friends, and seeking help if overwhelmed. Our school is always here to support them, with resources available if needed. Let's work together to ensure this holiday season is one of care, connection, and preparation for the new year. Wishing you all a restful and joyful holiday season!



Support Encompass at the Panera Fundraiser

We're excited to announce a special fundraising event at Panera Bread to support our amazing school, students, and staff! During this event, 20% of all proceeds will go directly to Encompass Academy! Whether you dine in or pick up your meal, your support will make a big difference.

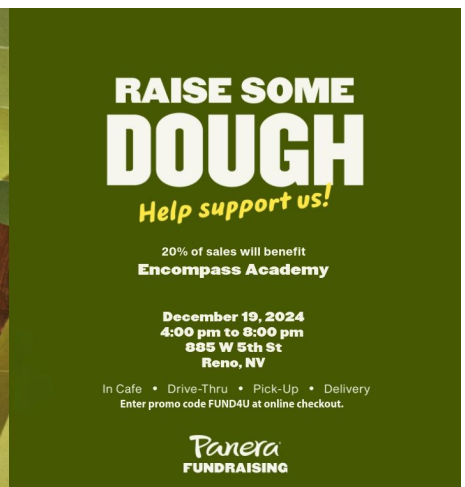
Details of the Event:

- Where:** Panera Bread, 885 W. 5th St., Reno
- When:** Thursday, December 19, 2024
- Time:** 4:00 PM to 8:00 PM

How You Can Help:

- **In-Person Orders:** Show the flyer below, either printed or digitally, when ordering in person.
- **Online Orders:** Use the code **FUND4U** at panerabread.com, in the Panera App, or at the kiosk in-cafe during the event.

We encourage all of our students and families to spread the word about this event! Share the flyer on social media and invite friends, family, and neighbors to join in and support our school. Forgot your flyer? Don't worry! You can visit www.encompassacademy.org and show the flyer right from our home page. This fundraiser will help support our school programs, enhance student learning, and provide valuable resources for our school community. Thank you for your continued support of Encompass Academy!



Bring this flyer or show a digital copy to your cashier when ordering at the cafe to ensure your organization gets a portion of the net sales.

Panera FUNDRAISING

*20% fundraiser: Up to 20% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$100 on the specified date, time and location required to receive 20% fundraiser. 25% fundraiser: Up to 25% of net sales from your designated and registered fundraising event will be donated to your approved organization. Minimum sales of \$100 on the specified date, time and location required to receive 25% fundraiser. General terms: Details on percentage of net sales to be donated and the minimum sales requirement are provided during the event registration process. Fundraising events available only at participating US bakery-cafes. Fundraising event details and available dates and times for fundraising events will vary by bakery-cafe. Offer ends 12/19/2024. Online orders placed on 12/19/2024 only. Delivery areas are restricted and will not include Nevada. The 20% net sales from your designated fundraising event. This offer will be void if you do not follow the participating bakery-cafe's full list of terms. Fundraising events may be cancelled without notice due to abuse, error, fraud, computer error, electronic or technical malfunctions, or other unforeseen or unintended circumstances. Other restrictions may apply. For more information on how our fundraising events work, please visit: <https://fundraising.panerabread.com/info>. © 2024 Panera Bread. All Rights Reserved.