

Grizzly Gazette



Sierra School

DIRECTORS CORNER

Happy New Year! Here at Sierra we are excited for what the New Year is going to bring us. Our students have been doing extremely well both academically and behaviorally. It is great to see the strides and growth that they are each making. Students are really putting their best foot forward and really pushing themselves to achieve. Keep up this great work.

half of the year, which are always a great insight for our students. The last day of school is approaching and our seniors have to really start planning for next year. Here at Sierra we try to support them each step of the way. All of our students get the opportunity to be involved in their future plans, so that once they leave Sierra they will be ready to go on to the outside world.

planning a snow day for students. This should be a cold, but fun day out. Speaking of cold, we also have an ice skating trip planned for March so be on the lookout for this on the calendar. As we move further into the spring we will be having some warmer events that will be getting our students moving outside.

Here at Sierra our work with students is a team effort. We really appreciate each and every one of you for the support you give to both your student and the school!

by Miss. Hughes

It is hard to believe that we are half way through the school year. The second semester will continue to be full of events. We have college and industry tours planned for the second

As always our calendar is packed of fun events to keep everyone motivated in coming to school. Now that the snow has decided to show its face, we are

SIERRA WORKS & WORKABILITY I

Valentines Day is just around the corner.

Students are eager to fill your orders to learn many wonderful skills.

We have many gift ideas. Call 916-488-2515 ext. 11

Students have been learning application skills as well as budgeting skills. Next they will learn how to disclose their disability and how to advocate for what they need help in to be a good student and employee. Students will learn when to disclose their disability to employers

or teacher and examples of accommodations they could suggest to be a better student and employee. It is up to the individual student to advocate for themselves. No one else can make this happen for them.

by Ms. Cooper

Check out our list of tours, events, club information on pages 2-4!

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SIERRA SCHOOL THANKSGIVING FEAST



Students and Staff shared a wonderful Thanksgiving Feast on Tuesday, November 15th, 2011.

The staff provided all the side dishes and the school provided the turkeys.

Students enjoyed a lunch with the whole school as well as delicious deserts like pie, cake and cookies.



Culinary Club:

Culinary Club in December decided to make a dessert. Students did a fantastic job working together to make chocolate mousse and white chocolate peppermint mousse. The dessert was a big hit with students and staff alike! Our next meeting is during the week of January 23rd; stay tuned to hear what other tasty treats the culinary club creates!

YEAR BOOK CLUB UPDATE

Halfway through the year and halfway done with yearbook! Sierra School at Eastern-Upper has been pretty busy with some great activities and so yearbook has been pretty busy documenting them all.

From fieldtrips to International Day the picture reel doesn't seem to end. Yearbook Club gave each member a disposal camera in order to capture Sierra School and all that it entails from their in-

dividual perspective. Yearbook Club will continue working hard until the final product is in each student's hands.

CAPITOL CHRISTIAN BAND CONCERT

Students enjoyed the musical talents of the Capitol Christian Band on December 16, 2011. Typical as well as contemporary Christmas music was enjoyed by all students at Sierra School Upper

and Lower. The band members were made up of Jr. High School and Senior High School students. Sierra School students were encouraged to sing a long to classic songs like "Jingle Bells" while they



enjoyed the playing of these young talented students.



CLASSROOM 11 NEWS

We welcome our new teacher, Mrs. Miller, to classroom 11. She joined us at the beginning of December. Classroom 11 continues to work hard on their academics and gaining community experience. We have been covering nutrition and healthy food choices and are looking forward to exercising our knowledge out in the community. Our guinea pigs are doing well. In fact, one of them recently had four babies! Mother and babies are doing well in their new home. Our remaining two guinea pigs are enjoying their new housing

CLASSROOM 12 NEWS

We have had some changes in Room 12 but so far the year has been a success. The students have welcomed our new addition Mr. Cotton into their school lives. We have seen increased effort in class and a renewed sense of togetherness. In the coming weeks we will focus on science and technology as well as continuing our academic successes!

INTERNATIONAL DAY

Students “traveled” to England, Mexico, and Japan.

In Japan (Room 10), they got to try sushi, learned about the bonsai trees and the geisha. Students were able to look up their name to see how it is spelled and what it means in Japanese.



compartment in the classroom. International Day was held in December, and our class represented the country of England. Students each picked a topic to research, such as geography, sports, and food, about the country. They were able to sample a tasty English treat of tea and crumpets. Looking ahead, the new semester begins on January 23 and classroom 11 will work hard on having a successful second semester!

CLASSROOM 10 NEWS

Welcome to Mr. Hal I & Mr. Gilbert's classroom 10. A classroom filled with excitement and enthusiastic students. During international day, classroom 10 represented the country of Japan. Upper students were introduced to Sushi and the Japanese Tea Ceremony. Students were taught some Japanese greetings: Ohayo which means “Good Morning” and Konnichiwa which means “Good Bye” Currently, classroom 10 is studying about the civil rights movement and the works of civil rights activist like Marten Luther King, Jr. We look forward to the remainder of our year and please come visit.

In England (Room 11) students had tea and crumpets. They learned about transportation as well as the history of England. Students did word searches and crossword puzzles to learn different terms they use in England.



Sports League



Congratulations to the Sierra Grizzlies on an exciting football season. It was a tough season that ended with a big win over La Vista High School. Thank you to everyone who participated and gave it their all!

As we now prepare for the basketball season it is important that everyone who would like to participate stays on level and attends practice regularly. I would like to congratulate Joey A. on his hard work at the Coach M Basketball Camp, where he received the camp MVP Award.

Anyone who is interested in playing basketball please bring gym shorts and appropriate basketball shoes. Let's have a great season....Go Grizzlies!!!!



In Mexico (Room 12) students feasted on tamales. They learned about Mexican history as well as painted a giant snake.



Sierra School

Building Confidence and Competence

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CHECK OUT ALL THE
EVENTS THAT ARE
COMING TO SIERRA
SCHOOL!

Calendar

February

Minimum Day	February 1, 2012
Art & Science Exploration Day	February 8, 2012
Beauty College Tour	February 9, 2012
Valentines Day	February 14, 2012
Crocker Art Museum	February 16, 2012
Minimum Day	February 17, 2012
<i>Presidents Week</i>	<i>February 20-24, 2012 No School</i>
Sierra Star Assembly	February 29, 2012

March

Read Across America Day	March 2, 2012
Spelling Bee	March 8, 2012
Aerospace Museum	March 13, 2012
Minimum Day	March 14, 2012
Talent Show Tryouts	March 15, 2012
Celebrate St. Patrick's Day	March 16, 2012
Talent Show	March 23, 2012
Sierra Star Assembly	March 29, 2012
Minimum Day	March 30, 2012
<i>Spring Break</i>	<i>April 2-9, 2012 Non School</i>

Blue Level Snow Trip will be in February or March weather permitting. Date will be announced soon!

Garden/Flower Club

We are looking forward to the spring planting of vegetables for our garden! We have some bulbs growing in the planters and are looking to expand in the coming weeks. It has been tough with a lack of rain in our area, though the coming months should be better! Soon it will be time to raise the garden again to ready for a new crop to be planted.



Understanding the Teenage Brain: How to end your daily battle of getting your teen to School

Several parents struggle getting their teens to school. Studies indicate that the primary reason is the teenage brain.

The part of the brain that controls impulsivity and prioritizing your needs over your wants does not fully develop until your early 20's. This means that if staying home is more fun, then that is what a teen is supposed to try to do. It also means that making the decision to go to bed on time in order to be well rested in the morning is not likely to happen if there are more appealing options like late night access to TV, internet, or cell phone.

If you struggle getting your teen to school in the morning, it is recommended that you make

staying home less appealing than school. If they are healthy and stay home from school they should not be allowed to leave the house, watch TV, play video games, get on the internet, or talk on the phone.

If they are allowed to do these things when they stay home, then they will continue to want to stay home. If they are not allowed to do these things, then there is little reason for them to want to stay home.

Once you have made staying home unappealing, the primary reason a teen will want to stay home is that they are too tired. Studies show that most teens that are too tired to go to school suffer from a lack of sleep due to television in the bedroom,

internet access in the bedroom, video games in the bedroom, and the ability to talk on the telephone after 11pm.

Making these changes may sound difficult or unfair, but not making these changes sets our teenagers up to be unsuccessful. If you have done all of these things consistently and you still struggle with this please give me a call.

"Parents are not responsible for the choices their kids make, but they are responsible for the options they have to choose from".

Respectfully,
Justin Russell