

TILA NEWS



#4 Tehachapi Independent Learning Academy

February 2016

A Message from the Dean

Whether you are the parent of a young child, a middle-schooler, or a teenager, routine is critical to successful independent learning. Sometimes we may feel like our older children have it all handled, when in fact they may need help with establishing and maintaining a daily routine just as much as the little ones.

Part of this critical routine is sticking to a bedtime and wakeup time, with enough sleep in between. Both the Mayo Clinic and Sleep Foundation agree that children ages 5 -12 need 9 to 11 hours of sleep per day, and teenagers need 9 to 9 1/2 hours of sleep per day.

Please help your children succeed in school by making sure they get enough sleep!

Ms. Hoffmann

CALENDAR

2/12 No School President's Day

2/15 No School President's Day

CURRENT 8TH GRADE STUDENTS:

Have you registered for high school? If not, visit THS right away to plan next year's schedule. Ask the Counseling Office for instructions.

Seniors who plan on attending college in 2016,

READ THIS!

The Free Application for Federal Student Aid (FAFSA) is due on March 2, 2016 to be eligible for all California state financial aid programs. You must also submit a school-certified GPA by then. Contact your counselor for help with this. CA\$H 4 College Night will help you with completing and submitting your FAFSA. Sign up in the Career Center ahead of time, and be sure to attend on February 18, 2016.

MIDDLE SCHOOL CORNER

Remember, you are always welcome to join JMS for clubs, sports, and after-school activities! Check the JMS website for a calendar of events.

HIGH SCHOOL CORNER

2/1—2/5 Battle of the Sexes
2/5 Sadie Hawkins Dance, 8-11 pm
2/18 CA\$H 4 College, 4:30—7:30 pm