



YOUNG WOMEN'S LEADERSHIP ACADEMY
 SAN ANTONIO ISD
College Preparatory, Leadership Development, Health and Wellness
 2123 W. Huisache Avenue
 210-438-6525



Welcome Parents!

Texas Public School Week

YWLA celebrates

Monday, March 4, 2019 - Thursday, March 7, 2019
 (Reminder - Student will be released at 1:00 pm on Friday, March 8, 2019)



WE ARE PUBLIC SCHOOLS

Bring a lunch and join your daughter on one of these days. You may also

Middle School Lock In

March 1 - 2, 2019
 4:00 pm - 8:00 am
 YWLA Gym A
 Fun, Food, Games, Music



SAT Testing

Wednesday,
 March 27, 2019
 8:30 am YWLA
 11th Grade Students



Yoga in the Afternoon

Join us for Yoga in the Afternoon
 Thursdays 4:00 pm - 5:00 pm
 \$1.00 - Students \$2.00 - Parents



Spring Choir Concert



Tuesday, March 5, 2019
 6:00 pm - 7:00 pm
 Doors open: 5:30 pm
 YWLA Auditorium

Admission: Free
 Carnations: \$3 for 1 or \$5 for 2

Upcoming Parent Meetings

Meeting	Date	Time	Location
Class of 2020	March 6, 2019	6:00 pm - 7:00 pm	Library
Class of 2019	March 7, 2019	6:00 pm - 7:00 pm	Library
Class of 2023	March 19, 2019	6:00 pm - 7:00 pm	Fundraiser Location
PTSA Meeting	March 20, 2019	6:00 pm - 7:00 pm	Auditorium
Class of 2024	March 21, 2019	6:00 pm - 7:00 pm	Auditorium
Class of 2022	March 21, 2019	6:00 pm - 7:00 pm	Library
Athletic Booster Club	March 27, 2019	5:30 pm - 6:30 pm	Cafeteria
Class of 2021	March 27, 2019	6:00 pm - 7:00 pm	Library
Class of 2020	April 02, 2019	6:00 pm - 7:00 pm	Library
Class of 2024	April 9, 2019	6:00 pm - 7:00 pm	Library
PTSA Meeting	April 10, 2019	6:00 pm - 7:00 pm	Auditorium
Class of 2019	April 11, 2019	6:00 pm - 7:00 pm	Library
Class of 2022	April 11, 2019	6:00 pm - 7:00 pm	Auditorium
Class of 2023	April 17, 2019	6:00 pm - 7:00 pm	Library
Athletic Booster Club	April 24, 2019	5:30 pm - 6:30 pm	Cafeteria
Class of 2021	April 24, 2019	6:00 pm - 7:00 pm	Library

Don't forget to bring your parent passports

High School One Act Play

Thursday,
 March 7, 2019
 Highlands HS
 12:00 pm - 7:00 pm



Rummage and Craft Sale

Saturday, March 23, 2019
 8:00 am - 2:00 pm YWLA Parking Lot
 Space Available.
 \$15.00/space or \$20.00/space with table
 Please contact:
 Diana at (210) 274-7020
 for more information

Rummage Sale always delivers great buys

Hamburger Plate Sale,
 Bouncy House, Live DJ, Crafts, Specialty Vendors and More!



It is the policy of San Antonio ISD not to discriminate on the basis of race, color, national origin, age, sex, gender identity, gender expression, sexual orientation or disability in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; Section 504 of the Rehabilitation Act of 1973, as amended, and SAISD's board policies DIA, FFH, and FFI.

Es norma del distrito de San Antonio no discriminar por motivos de raza, color, origen nacional, sexo, identidad de género, expresión de género, orientación sexual o discapacidad, en sus programas, servicios o actividades vocacionales, tal como lo requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, la Sección 504 de la Ley de Rehabilitación de 1973, según enmienda, y las pólizas DIA, FFH, y FFI de la mesa directiva de SAISD.

YWLA College Center News

Vanessa Lora (210) 438-6525 ext: 72332 vescobedo3@saisd.net

Senior Parents:

Financial Aid Information:

Please ensure that your daughter's FAFSA and CSS Profiles are complete. If you were selected for FAFSA Verification you should first read any messages from the Department of Education appearing on the Student Aid Report. You can contact the university's Financial Aid Dept. as well. If you completed the CSS profile make sure you follow up with the IDOC process as well. Please see Mrs. Galvan or Mrs. Lora if you have any questions.

Senior Parent Reminder: Please make sure your daughter has her Meningitis Vaccine up to date so she is allowed to register for her college classes.

Scholarships: Seniors are getting scholarship updates via emails so please encourage your daughters to check their emails regularly and to continue working on them. We have a Scholarship Tracker, have your daughter show you how many scholarships she has applied to. Please have students bring in their acceptance and denial letters along with Award Letters as you receive them. This information will be used at the Senior Luncheon.

Junior, Sophomore, and Freshman Parents:



Parents, please check your emails regularly as we are emailing out Summer Camps and Leadership opp. It is never too early to start preparing for the SAT. Your daughter can utilize resources such as an SAT Study Guide or Khan Academy for SAT tutorials. The Khan Academy website is: www.khanacademy.org

Counselor Notes

Ashley Cash acash1@saisd.net (210) 438-6525 ext:72309 - High School
Angeles Coss acoss1@saisd.net (210) 438-6525 ext:72302 - Middle School

Next Year Course Requests – Second Review At the end of March, all students will receive a printout of the courses they have selected for next school year. This is the final opportunity to make changes before we begin building schedules for the 2019-2020 school year. All students and parents must review the courses that were initially chosen and verify that they are correct before returning the form to their advisory teacher.

Testing Anxiety Simulations are complete and our students are sharpening their skills to master STAAR. During this time, you may also notice an increase in anxiety related to testing. Anxiety is a natural and healthy component of life. Test anxiety refers both to states of distress and worry during examinations, and to traits which predispose the person to anxiety. The following are just a few coping skills your daughter can utilize to help decrease testing anxiety:

Watch Self Talk When performance suffers because of test anxiety, it can be easy to fall into a downward spiral of negative thinking. Watch what you say to yourself and replace any negative thoughts with positive ones. Consider how rational your thoughts are and whether there are better things you could say to yourself.

Thoughts such as the following are NOT helpful:
I should have studied more.
I have to do well, everything is on the line.

Tell yourself, "STOP" and come up with alternatives:
I am prepared for this test.
Even if I don't do well, it's not the end of the world.

Visualize Success

Imagine visualizing yourself succeeding to help overcome test anxiety. While studying, imagine yourself feeling confident and clearheaded in the exam. Visualizing yourself doing well on the test can help you to make it happen in real life.

Relaxation Strategies

Make use of relaxation strategies such as deep breathing, progressive muscle relaxation (PMR) and guided imagery. Use these strategies in the weeks leading up to a test, and during the testing situation as needed.

Stay Healthy

When faced with multiple tests or exams you might start to neglect your physical health. Don't fall into this trap! Regular exercise, adequate sleep and good nutrition are all important components of a lifestyle that will keep stress at a minimum. The day of a test, be sure to eat an adequate breakfast and avoid caffeine as it will only contribute to anxiety.

Arrive Early:

Nothing will heighten anxiety like the feeling of rushing to get to a test. Arrive at least 10 minutes early. If waiting for the test to begin makes you nervous, bring something along to keep your mind occupied.

Focus and Accept a Little Anxiety

Recognize that a little bit of anxiety before a test is a good thing. If you did not feel nervous at all, you might not be motivated to do your best. It is only when anxiety becomes unmanageable that it is a problem.

Reward Yourself

Plan a reward for yourself after the test. Take some time to relax and clear your mind. Do not dwell on mistakes you may have made or worry about how you did.


References: Emotion in education, 165-184, 2007 <https://www.verywellmind.com/test-anxiety-3024422>

Student Name: _____ **March NEWSLETTER** PREP Teacher _____

This must be returned to your Prep teacher by 3/6/19 for a grade. If it is not returned, you will receive a grade of 50.

Student Signature: _____

Parent Signature: _____



Class of 2023 McDonald's Night Fundraiser
 Tuesday, March 19, 2019
 5:00 pm - 8:00 pm
 McDonald's
 721 San Pedro Avenue SA. 78212

Join us for dinner with your YWLA family and friends. Support YWLA Class of 2023 as some of your teachers work behind the counter and the drive-thru.

Parent Engagement Night

Women in History
 March 23, 2019
 6:00 pm - 7:00 pm
 YWLA Auditorium



All YWLA Families Welcome



National Art Honor Society
National Junior Art Honor Society

Induction Ceremony
March 26, 2019
 6:00 pm - 7:00 pm
 YWLA Library




National Honor Society
National Junior Honor Society

Induction Ceremony
April 3, 2019
 6:00 pm - 7:00 pm
 YWLA Auditorium

Upcoming Field Trips


Date	Field Trip	Time	Grade Level
March 5	Career and College Readiness Rampage Game	10:30 am - 1:30 pm	Attendance Incentive 2nd and 3rd 9 wks
April 8	Wilderness Park	8:30 am - 3:00 pm	Audubon Conservation Society Members

YWLA Beautification Day

March 23, 2019 8:00 am - 12:30 pm
 Help our school stay beautiful.

Bring your garden tools - rakes, shovels, gloves, leaf blowers, etc.
 Donations needed: Cedar Mulch

Don't forget your parent passport
 Earn service hours for your time and donations (with receipt)



Don't forget to bring plenty of water and snacks!

Saturday School

Date	Subject/Course	Time	Location
March 23	AP Calculus Mock Exam	9:00 am - 1:00 pm	206 - Chavez
April 6	US History 8th gr.	8:15 am - 3:00 pm	131 - Cozart
April 13	AP Calculus Mock Exam	9:00 am - 1:00 pm	206 - Chavez

Upcoming Exams

Date	Subject/Course
4/9/2019	STAAR Writing 7th STAAR Math 8th EOC English I
4/10/2019	STAAR Reading 8th
4/11/2019	EOC English II

Night School

Date	Subject/Course	Time	Location
March 6	AP Environmental Science	3:50 pm - 5:20 pm	215 - Winters
March 22	Math 8 ELA 8	4:00 pm - 6:30 pm	214 - Longoria 204 - Murrell
April 11	AP Government	4:00 pm - 6:00 pm	205 - Delmer
April 18	AP Environmental Science	3:50 pm - 5:20 pm	215 - Winters

YWLA Parent Passport 2019

Parents are asked to complete a minimum of 10 parent volunteer hours per academic year, 1 hour per month or donations equivalent to 10 hours (\$10.00 = 1 hr.) Parents are to complete at least 5 hours per semester.

The deadline for 2nd semester hours is due **Tuesday, April 30, 2019**. Please turn them in to Mr. D. Hinojosa in room 108.

Early Release/Holidays

<u>March 8, 2019</u> Early Release 1:00 pm	<u>April 19—22, 2019</u> Easter Break
<u>March 11 - March 15</u> Spring Break	<u>April 26</u> Battle of Flowers






Report Cards
 March 20, 2019

Progress Reports
 April 9, 2019



"What you do makes a difference, and you have to decide what kind of difference you want to make." - Jane Goodall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 Black History Month Assembly 2:30 pm - 3:40 pm YWLA Auditorium MS Lock In 4:00 pm High School First Friday Activities MS BB Tournament	2 MS BB Tournament Alamo Regional Science Fair St. Mary's University MS Lock In 8:00 am Gym A HS Track Meet Floresville
3 Alamo Regional Science Fair Awards Ceremony	4	5 Attendance Incentive 2nd and 3rd 9 wks Career and College Readiness Rampage Game 10:30 am Spring Choir Concert 6:00 pm YWLA Auditorium	6 Night School AP Environmental Sci. 3:50 pm Class of 2020 Parent Meeting 6:00pm Library	7 HS One Act Play Highlands HS 12:00 pm Yoga 4:00 pm Library Class of 2019 Parent Meeting 6:00 pm Library	8 Pi Day Activities Gym A Robotics Competition HS Track Meet Jourdanton HS Early Release 1:00 pm	9	
							
10						16	
17	18 PTSA Executive Board Meeting 6:00 pm	19 MS Choir Pre UIL Concert and Sight Reading 9:00 am Burbank HS Class of 2023 McDonald's Night Fundraiser 5:00 pm - 8:00 pm 721 San Pedro Ave	20 MS Choir Pre UIL Concert and Sight Reading 9:00 am Burbank HS PTSA Meeting 6:00 pm - 7:00 pm YWLA Auditorium	21 HS Track Meet 2:30 pm Seguin HS Yoga 4:00 pm Library Class of 2022 Parent Meeting 6:00 pm Library Class of 2024 Parent Meeting 6:00 pm Auditorium	22 UIL CX State Competition Austin TX UIL One Act Play HS District Meet Jefferson HS Night School Math 8 and ELA 8 4:00 pm - 6:30 pm	23 UIL CX State Competition Austin MS Track Meet 9am Alamo Stadium Calculus Mock Exam 9:00 am - 1:00 pm Rummage Sale 8:00 am - 3:00 pm YWLA Parking Lot Campus Beautification Day 8:00 am - 12:30 pm YPS at Bihl Haus Arts 2:00 pm - 3:30 pm	
24 MS Robotics McCollum HS 8:00 am	25	26 NAHS and NJAHS Induction Ceremony 6:00 pm - 7:00 pm YWLA Library Parent Engagement Night 6:00 pm YWLA Auditorium	27 SAT Testing 11th Grade Students Athletic Booster Club Meeting 5:30 pm YWLA Cafeteria Class of 2021 Parent Meeting 6:00 pm Library	28 Yoga 4:00 pm Library HS Track Meet Northside/SAISD 2:30 pm Gustafson Stadium Alamo stadium	29 Texas State Science and Engineering Fair TX A&M College Station	30 Texas State Science and Engineering Fair TX A&M College Station UIL HS Academic Meet YWLA MS Track Meet SAISD Alamo Stadium 8:00 am	
31	1 APRIL	2 MS Choir Pre UIL Concert and Sight Reading 9:00 am Class of 2020 Parent meeting 6:00 pm Library	3 MS Choir Pre UIL Concert and Sight Reading 9:00 am NHS and NJHS Induction Ceremony 6:00 pm - 7:00 pm YWLA Auditorium	4 Yoga 4:00 pm Library	5 Dress for Success (HS students only)	6 Saturday School US History - 8th gr. 8:15 am - 3:00 pm MS Track Meet Edison HS 9:00 am	
7	8 Audubon Conservation Society Wilderness Park 8:30 am PTSA Executive Board Meeting 6:00 pm	9 STAAR Writing 7th STAAR Math 8th EOC English I Class of 2024 Parent Meeting 6:00 pm Library	10 STAAR Reading 8th PTSA Meeting 6:00 pm Auditorium	11 EOC English II MS Zone Track Meet Alamo Stadium Yoga 4:00 pm Library Class of 2019 Parent Meeting 6:00 pm Library Class of 2022 Parent Meeting 6:00 pm Auditorium	12 MS Zone Track Meet Alamo Stadium Big Sister/Little Sister 10:00 am	13 Calculus Mock Exam 9:00 am - 1:00 pm Class of 2021 Sausage Wrap Sale Wash Me Car Salon 7225 Culebra Rd 11:00 am	
*Calendar dates are subject to change							