



AMS PARENT NEWSLETTER

Volume 1, Issue 1

October 2016

WELCOME!

AMS takes great pride in including our families as partners. As a parent, you made a conscious decision to enroll your child(ren) in our school and with that undeniable trust, we promise to keep you **UPDATED, INVOLVED, and ENGAGED.**

As partners, we provide multiple entry points for you to stay up-to-date with your child's academic and social progress:

1. [PowerSchool](#): make sure you receive your Web ID and Password from Ms. Hudson
2. [Community Engagement Videos](#): view at www.newvisions.org/ams
3. [Monthly Mailings](#)
4. [Emails](#)
5. [Automated Phone Calls](#)
6. [School-wide & Community Events/Conferences](#)

AMS CLUBS

On September 22, 2016, AMS hosted a Club Fair to introduce students to various enrichment opportunities they can take advantage of during the 2016-2017 school year. Clubs meet Monday thru Thursday, 8th period (3:16 to 4:16 p.m.)

1. Anime/Comic Books
2. Book Club
3. Chess
4. Choir/Glee
5. Cooking
6. Creative Writing
7. Digital Arts
8. Drama

To our new families, [welcome to the AMS EXPERIENCE!](#)

To our returning families, [this will be another great year!](#)

**If you are not receiving calls, emails or mail, please be sure to contact Ms. Hudson*

9. Finance/Entrepreneurship
10. Film Appreciation
11. Gaming
12. Gentlemen's Empowerment
13. GSA Spectrum
14. Mathletes
15. Media & Society
16. Newspaper
17. Sports Theory
18. STEM
19. Women's Empowerment
20. Fashion
21. SAT / College Prep

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PLTI

In 2014, New Visions embarked upon a new journey by partnering with the Parent Leadership Training Institute (PLTI).

PLTI is a 20-week free program that enables parents to become advocates for all children. The cornerstones of the program are **respect**, **validation** and a belief that when the **tools of democracy** are understood, the public will **actively engage in civic life**.

To date, AMS has had the largest number of families apply, be accepted and graduate from PLTI and we hope to continue being at the forefront of such monumental and life-changing work.

In June 2015, one AMS parent emerged as a PLTI facilitator, one was honored as a distinguished alumna and another parent graduated as *valedictorian*.

Applications are now open for the 2016-2017 PLTI class. For more information, contact Ms. Hudson.



SUMMER BRIDGE 2016

Every year, our students are oriented to the AMS culture by participating in Summer Bridge. Students are afforded an opportunity to meet their peers, teachers and school staff making their full transition into high school smooth and seamless.

This year, our incoming 9th graders enjoyed week-long

activities that were shaped around "The 5 Habits of Mind" initially introduced during New Family Orientation in June 2016.

This year, Summer Bridge culminated with a trip to Bear Mountain where students and staff enjoyed a reflective hike.

When a teacher asked a student, *"What did you notice?"* the student responded, *"I noticed that AMS teachers care. I mean, who else would hike up a mountain with students. It's hot!"*

Enjoy some of this year's Summer Bridge pictures!

"At first I was nervous about coming to high school but Summer Bridge helped me meet a lot of new friends."

~9th grade student





PowerSchool

BE PROACTIVE, NOT REACTIVE

PowerSchool is a web-based student information system that provides a full range of features families are able to access. *Use PowerSchool to review your child's grades, attendance, and as a means to foster communication with your child's teachers.*

Last year, PowerSchool was updated to provide families with a "single sign-on" should they have more than one child attending the same school.

Curriculum Night taking place on September 29th from 5:30 to 7:30 p.m.

Should you have any difficulty creating or logging in to your account, please contact Ms. Hudson immediately.

Families will need to receive their unique WEB ID and Password in order to create an account. If you are a returning parent, the username and password you created remains the same. New families will receive this information on

GET INVOLVED!

The Office of Community Engagement at AMS has created multiple ways for families to get involved. Embodying the definition of "thought partners" we know and understand that parent involvement is essential to student success.

Here are ways for you to be involved:

1. *Become a Contributing Writer to the AMS Newsletter*
2. *Volunteer at school-wide and com-*

munity events

3. *Join the FSO Leadership Cabinet*
4. *Apply to PLTI*

To learn more about ways to get involved, please contact Ms. Hudson.

"Getting involved with AMS helped me stay on top of my daughter's grades. Now, she's in college. As a way of saying thank you, I still volunteer my time whenever I can."

~T. Dilbert, AMS Alumna Parent

IMPORTANT UPCOMING DATES: SCHOOL-WIDE

- September 26th—30th: Spirit Week
- September 29th: Curriculum Night
- September 30th: Progress Reports given to students (ask your child to see it)
- October 3rd & 4th: No School, Rosh Hashanah
- October 10th: No School, Columbus Day
- October 12th: No School, Yom Kippur



PARENT CORNER: *RENOVATING YOUR LIFESTYLE*

Healthy eating and engaging in regular physical activity play a substantial role in preventing chronic diseases, including heart disease, cancer, and stroke. Poor diet and physical inactivity among younger persons can lead to an increased risk for certain chronic health conditions, including high blood pressure, type 2 diabetes, and obesity.

The dietary and physical activity behaviors of children and adolescents are influenced by many sectors of society, including families, communities, schools, and health-care providers, but you may start with these minor changes.

Stay positive and have fun. A good mental attitude is important. Find an activity that you

think is fun. You are more likely to keep with it if you choose something you like. Pick a goal for the month, like doing 20 jumping jacks for 1 month every day.

Get your heart pumping. Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. Examples of aerobic activities are basketball, running, or swimming.

Don't forget to warm up with some easy exercises or mild stretching before you do any physical activity. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you

Submitted by: Karlene B-Wynter, RN CPN
Parent of 9th grade student, Roan Wynter



SENIOR CORNER

As we work to prepare your child for gradiation, here are important dates for you to remember. Should you have any questions, please conatct Ms. Nitisha MdHugh at nmchugh1@charter.newvisions.org

September 2016

- 9/22: Lincoln University Visits AMS
- 9/25: SUNY College Fair
- 9/29: Curriculum Night: FAFSA workshop for parents
- 9/30: College Trip: SUNY FIT and CUNY City Tech

October 2016

- 10/1: Financial Aid application opens
- 10/5: College Trip: Univ Albany and Fulton Montgomery Community College
- 10/19: CUNY Application deadline**
- 10/20: College Trip: SUNY Oneonta
- 10/24: SUNY visits AMS
- 10/27: SUNY Brockport visits AMS
- 10/28: College Trip: SUNY Binghamton and Broome Community College

November 2016

- 11/10: College Trip: SUNY Oswego
- 11/18: College Trip: Skidmore College and SUNY Adirondack
- 11/22: College Trip: Syracuse University and Onondaga
- 11/23: SUNY Application deadline:**

December 2016

- 12/1: CUNY Macaulay Honors deadline:
- 12/2: College Trip: SUNY Cortland and Tompkins Cortland Community College
- 12/16: All college applications due
- 12/21: Financial aid application deadline
- 12/27 or 12/28 or 12/29: College Trip: Syracuse University and Onondaga

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ADVANCED MATH AND SCIENCE**

99 Terrace View Avenue
Bronx, New York 10463

Phone: 718-817-7683 extension 1503
Fax: 718-817-7685
E-mail: Shudson31@charter.newvisions.org

We're on the Web
www.newvisions.org/ams

A Message from Ms. Hudson

Now that you have read the October Newsletter,
please be sure to:

1. Receive your PowerSchool Web ID and Password
2. Contact my office if you are not receiving school mail, emails, or automated phone calls
3. Volunteer
4. Sign-up for the FSO Leadership Cabinet
5. Apply for PLTI
6. Remain updated, involved and engaged!

