

TCHS NEWS

Mission: To educate and inspire a diverse community of K-12 learners by engaging them in rigorous real world learning experiences which prioritize intellectual, social and emotional growth.

Announcements

Morning Breakfast Announcement

The kitchen is selling Hot Chocolate, Hot Cider and Smoothies for students for \$1.00 each morning. Encourage your students to buy their drinks at school in the morning instead of Tim Horton's to prevent tardiness!

Tapestry is excited to announce that a barber from the community will be at the high school once a month in **Room 347** to give discounted haircuts for **\$10**. Students are encouraged to sign up in advance for an appointment with Mr. Cameron in the PSR Room.

Open gym is available weekly on Tuesdays, Wednesdays, and Thursdays starting from 7:15 to 7:45 am. All students are welcome.

Important Dates

- November 25th - November 26th** - SLC 's (Student Led Conferences) for Grades 9-12
 - November 27th** - Professional Development for Staff. No school for Grades 9-12
 - November 28th & 29th** - Thanksgiving Holiday
 - December 9th -13th** - Spirit Week
 - December 11th** - Pep Rally, Tailgate & Homecoming Basketball Games
 - December 13th** - Homecoming Dance - 7-10 pm - HS Cafetorium - \$5.00 per ticket Formal Dress - Optional
 - December 22- Jan 1** - Winter Break - No School
 - Jan 2** - School Resumes
- Tapestry long sleeve T-Shirts - \$5 & Tapestry Sweat Shirts - \$10 are available in the HS Office.

Principal's Corner

Dear Tapestry Families,

We close out the month of November with Student Led Conferences (SLC's). This is such an important structure in our school. It is an opportunity for our students to showcase what they have learned, set goals for the future and for families to connect to their Crew leaders.

As we move into our Thanksgiving Break, we have so much to be grateful for in this community. We are grateful for our amazing students who represent our PIRR values (Perseverance, Integrity, Respect, Responsibility) and surprise us with their creativity and passion everyday.

We are grateful for our amazing staff and teachers who bring their best selves and care deeply for our students and families. We are grateful to have the chance to build a strong community that values diversity, inclusion and student voice. We are forever grateful for a community of families that believe in our mission and entrust their children to us everyday.

We hope that everyone has a restful and peaceful Thanksgiving break. We will see you in December for a fun month which will include our high school homecoming dance and activities!

*Happy Thanksgiving to you and your family,
Mr. Carstens & Ms. Hilligas*

Tapestry Youth CAN

4-H Youth CAN (Community Action Network) club, led by Yvette Gaines-Hicks, hosted a Community/Police "Speak Out" event at the Delavan Grider Community Center in October. Tapestry students led a panel of police officers and community leaders to answer questions and concerns about their communities. There were also tables with information from local service agencies.



Is your child glued to their electronic devices? Do you worry that they aren't getting enough sleep? The presence of electronic devices in teenagers' lives isn't going anywhere, anytime soon, so it's important to understand its effects on sleep.

The Blue Light Effect

Electronic devices emit an artificial blue light that can suppress the release of the body's sleep-inducing hormone, melatonin. The more time teens spend in front of an electronic device, especially in the evening, the greater the delay in the release of melatonin, making sleep a challenge. As a result, these teens sleep fewer overall hours; over time, that sleep deprivation can lead to symptoms of depression.

Getting Back on Track

Limiting overall daily screen time can help improve sleep issues, most importantly, restricting use right before bed can play a key role in helping kids fall asleep faster and improve sleep quality. Consider setting a digital curfew one to two hours before bedtime. Create a sleep positive bedroom environment by encouraging teens to read, and to have a tech free bedroom policy-no TV, computer, or smart phone allowed in the sleeping space, at least during the night.

As an EL School, one valuable part of our day is Crew.

Crew is both a structure and culture at Tapestry. Your child meets with one adult and a few peers everyday. During crew, your child reflects on their academic standing and sets goals to improve. Students engage in team building and have time to discuss things that are important to them. This time is important to the social and emotional wellness of each child and our school.

Health Office: Flu season is upon us! The most important step in preventing the flu is getting a flu vaccination each year. The CDC recommends preventative actions (like staying away from people who are sick, covering coughs and sneezes and frequent hand washing) to help slow the spread of bacteria and germs.

Message from the Guidance Department:

The college application process is well under way! Many seniors have already completed and submitted various college applications including over 30 seniors engaging in an instant admit workshop with SUNY Erie.

In October we hosted our annual **Say Yes Night** where families learned about the specific details of the scholarship and eligibility. In November, we also hosted our annual **Financial Aid Night**. We had 5 professionals from Daemen and Buffalo State Colleges here to help families complete the FAFSA and TAP applications, which are required to receive financial aid. If you missed these nights, you can contact Mrs. Schroeder or Mrs. Jaworski for more information.

TAPESTRY TEAM BUILDING



Seniors had a great trip to Washington DC learning and team-building. Highlights included the national monuments, the African American Museum and the National Zoo. A new activity was playing golf at a driving range next to the hotel!

Juniors had a blast exploring Niagara Falls, Maid of the Mist and Cave of the Winds. Crew members worked together to complete a video scavenger hunt, of which many of the challenges required them to work together resulting in a great team-building experience!

Sophomores visited Mystery Escape Room at the Galleria Mall and the Outer Harbor on the Waterfront to participate in team building events. They had a lot of fun trying to “escape” the rooms and enjoyed being outdoors working on their skills.



Freshman have been learning about gratitude, and empathy in the month of November. Each crew took a moment to think about what they are grateful for, and shared with their crew. This lesson was then used to make gratitude leaves to share what we are thankful for. Here is what we created.... →

In the month of **December**, freshman will be creating a resource guide for Buffalo, rooted from our reading of The Other Wes Moore in English class. It will put together free or low cost supports for our students to utilize in the Buffalo area.



Thunderhawk Sports News: Basketball season begins! Just a reminder regarding Fan Behavior at games - Tapestry Charter School promotes good sportsmanship. We expect all guests and students to conduct themselves in an appropriate manner at all times before, during, and after the game. We anticipate all guests and students will treat other guests, players, coaches, and officials with courtesy and in a positive manner. Violators are subject to ejection and possible arrest. Repeated offenses will result in the loss of season or student ticket privileges. We wish our **Thunderhawk** sports teams much success this season!! (Check our website for schedules)

