



Warrior Weekly

NICH * MS/HS Newsletter
March 11, 2024



All ATTENDANCE & ABSENCE Notices

should be emailed to srobles@newmanacademy.org

**March 11th thru 15th
SPRING BREAK**



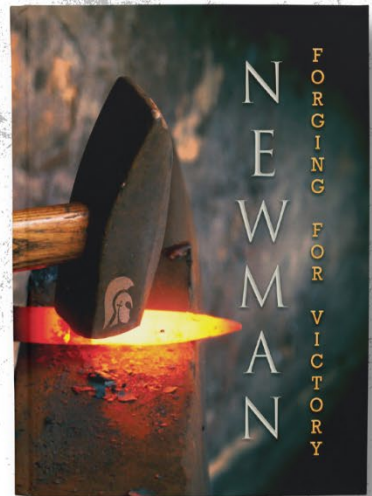
REPORT CARDS

March 21st

**NO SCHOOL
MARCH 29TH & APRIL 1ST
GOOD FRIDAY and EASTER HOLIDAYS**

2023 / 24 YEARBOOK PREORDERS

ORDER YOURS
TODAY!





Mrs. Stuart
Teacher of the Month – March
We Love our NICH Teachers

Discipline Corner

NIA Secondary Disciplinary Action /Infraction System 2023-2024

The goal of the Discipline Management System is to train and guide all students to respect, obey school rules and expectations, evaluate their behavior, learn how to develop self-control, and make good choices.

Breaking school rule(s) or uniform policy results in disciplinary action.

Step 1: Three infractions: Detention with student notification

Step 2: Three infractions: Detention with student and parent notification

Step 3: Three infractions: Principal, teacher, parent and student conference with suspension

Step 4: Three infractions: Principal, parent and student conference with suspension

Step 5: Three infractions: Principal, parent and student conference and possible transfer of student enrollment

Secondary detention will take place for 45 minutes after school. Depending on the severity of the incident, one office referral may place the student at Step 3 or greater and result in suspension, transfer of enrollment, or expulsion. See list of Prohibited Behaviors below.

Disciplinary actions may result in an infraction or other consequences, including but not limited to:

Warning

Time-Out

Loss of Privileges (athletics/clubs/etc.) including exclusion from school trips

Parent Notification

Assigned School Duties

Lunch Detention

Before/After School Detention

Restitution (including financial)

ISS

OSS

Expulsion (must be approved by superintendent or superintendent's designee)

Denise Longino

NICH Secondary Discipline Coordinator

WARRIOR WELLNESS

A Monthly Newsletter by Bryanna Petrie, M.S. Nutrition



DID YOU KNOW?

Lifting weights and/or resistance training burns calories for up to 24 hours after your session. The body requires extra oxygen in order to recover from energy loss. This effect can last for more than 24-hours post-workout, helping you burn calories & boost your metabolism.

THE SKINNY ON EGGS

4 benefits of eating whole eggs

Helpful in Resistance Training: Eating whole eggs has shown to increase muscle mass & reduce body fat percentage, due to their high protein levels.

Rich in Choline: Choline is needed for metabolism, cell structure and neurotransmitter synthesis. It is also vital in healthy fetal development.

Egg yolk contains antioxidants & Vitamin D: Egg yolk contains carotenoids, powerful antioxidants. Eggs are also rich in Vitamin D.

Increases good Cholesterol: Eggs increase high-density lipoprotein (HDL) levels, "good" cholesterol, which helps prevent heart disease.

3 Ways to Save on Groceries

Groceries are more expensive than ever, and these money saving tips can help

It seems with every trip to the grocery store, the dollars spent rises. There are ways to save on your next trip. Read on to find three tips to save some cash on your next grocery haul.

Buy fresh produce when in season & frozen when out of season: Buying produce out of season is costly, as it costs more to have those items shipped to you. Berries and cucumbers in the winter / early spring cost more than when in season during summer months. Try buying local produce in season, and if you need it now, buy frozen. Frozen fruits and veggies are more nutritious, as they have been picked at their ripest. They will also be cheaper than buying fresh and out of season.

Buy in bulk: Buying in bulk eliminates the need for single-use packaging. You'll make fewer trips to the store when you buy in bulk, as well, which means less money spent on gas. Cereals, granolas, noodles, rice, dry foods, canned foods, nuts, flours and sugar are easy to buy in bulk, as their shelf life is longer. When buying in bulk, think of your pantry items first.

Meal plan, make a list & stick to it : Having a shopping list reduces impulse buying. Knowing what you need beforehand also helps reduce food waste. When you plan your meals, you'll know what you need to buy and you're more likely to use it before it goes bad.

Buyer's tip: Beware of the "endcaps" on aisles. These are marketing ploys meant to grab your attention, encourage impulse buying, and increase your bill.

7 Mood Boosting Tips for Families

How to bring more smiles and joy into our days

After being cooped up in our homes during the winter months, we understand our mental health is of utmost importance. It's hard to keep spirits up when weather is dark, gloomy and cold, but spring is approaching now and can boost spirits. Here's seven mood boosting tips for the whole family:

- **Seek Sunshine** - Sunshine helps lift your mood. Aim to get 30-60 minutes outdoors daily with children and other family members. Vitamin D is not called the "Sunshine Vitamin" for nothing. Studies have shown that vitamin D helps boost moods and can help fight seasonal depression.
- **Eat Wisely** - Limit junk food and fast food, because the added salt, sugar, cholesterol and unhealthy fats causes spikes, then a plunge in energy. This can make us irritable. Instead, aim for protein boosting foods with healthy fats and carbs. Protein stabilizes sugar in your blood and fuels the brain. Healthy fats in Omega-3 rich foods such as fish, flaxseeds, nuts, tofu, and avocados, help support moods and regulate hormones. A variety of fruits, vegetables, and whole grains contains the vitamins, minerals, and fiber the brain needs.
- **Do Not Skip Sleep** - Stick to a bed time routine to ensure kids, both young and old, get enough sleep. Lack of sleep disrupts our hormones and other systems in our body.
- **Step it Up** - Try to encourage your kids to break a sweat by exercising or playing every day. Exercise helps our bodies release chemicals that boost mood.
- **Talk it Out** - Regular conversations with your kids are key to building healthy communication, especially among teenagers. Talk regularly and be a good listener.
- **Manage Screen Time** - Limit your family's screen time. Less TV, video games, and social media limits exposure to unhealthy ads and upsetting news. Instead, try playing board games or cards, doing puzzles, singing/listening to music, cooking/baking, or enjoy a walk or bike ride outside together.
- **Lend a Hand** - Helping others makes us feel better, so encourage family to perform one kind act a day. These can include helping a neighbor or family with chores, writing a letter to a teacher, friend or family member, assisting younger siblings, etc.

Benefits of Vitamin C

Why should we make sure to have adequate amounts of vitamin C? Here is only a short list of the benefits and importance of vitamin C:

- Vitamin C is necessary for growth, development and repair of all body tissues.
- Vitamin C is involved in the formation of collagen, absorption of Iron, wound healing and maintenance of cartilage, bones and teeth.
- Vitamin C is an antioxidant that protects against damage caused by free radicals.
- Vitamin C helps to strengthen our immune system, reducing risk of disease, inflammation and cancer.
- Vitamin C has been shown to smooth wrinkles and fine lines due to it's antioxidant properties.
- Vitamin C has been shown to reduce the duration of the common cold and make symptoms milder.

Best sources of vitamin C are whole foods such as fruits, vegetables, and some herbs. Natural sources are always better absorbed by the body, but when not available, a supplement of 500 milligrams is recommended. Increase your intake of vitamin C naturally with these foods:

- Bell peppers, leafy greens and broccoli
- Thyme, parsley and basil
- Squashes and sweet potatoes
- Oranges, grapefruits and lemons
- Guava, mango, papaya and kiwis
- Berries, watermelon, and tomato



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*"Happiness held is
the seed.*

*Happiness shared
is the flower."*

John Harrigan

Newman International Academy
Upcoming Dates & Events

March 21st, REPORT CARDS

MARCH 29TH – APRIL 1ST
GOOD FRIDAY and EASTER HOLIDAY
NO SCHOOL

NICH Theatre Arts Presents
MOANA JR.
Performances April 25th & 26th at 7pm
April 27th at 2pm

April 30th
Campus Talent Show

NICH THEATRE ARTS

M@ANA

CAST



M@ANA
Chloe Brodock



MAUI
Misael Diaz



CHIEF TUI
Benjamin Barker



SINA
Kennedy Nava



GRAMMA TALA
Toni Ebuehi



PUA
BaiLeigh Allen



HEI HEI
Victor Robles



TAMAT@
Valeria Lorenzana



TE FITI
Maria Pulido



U/S M@ANA
Juliana Garcia



U/S MAUI
William Flemming



U/S GRAMMA TALA
Miracle Mabayoje



@CEAN ENS
Bailey Rickle



@CEAN ENS
Ava Mbang



@CEAN ENS
Trinity Johnson



@CEAN ENS
U/S SINA
Brynna Facials



@CEAN ENS
U/S PUA
Alijah Anderson



@CEAN ENS
U/S HEI HEI
Ciara Nash



CHIEF ANCEST@
Ethan Corona



CHIEF ANCEST@
Sydni Dawson



CHIEF ANCEST@
U/S T@MAT@
Favor Mabayoje



ENSEMBLE
Moriah McKenny



ENSEMBLE
Ganna Glenn



ENSEMBLE
Victoria Brown

WE'RE GOING TO...



Rome and Athens

Spring 2024 / 8 Days / Group Leader: Denise Roe
droe@newmanacademy.org



Details of the trip:

- The trip is 8 days
- The requested departure date is March 9th but the trip could depart as early as March 7th and return as late as March 18th
- There are limited spots available on this trip.
- For more information about security, what is included in the trip, how to obtain academic credit and the Global Citizens scholarship visit the [Parent Guide](#).

The price:

- The student price for this trip is \$3,989
- The adult price for this trip is \$4,509
- If travelers are signed up before November 20, 2023, they will receive a \$100 discount
- Biweekly and monthly payment plans are available without interest. See the [Parent Guide](#) for more information.



How to enroll:

- Enroll at www.eftours.com/2633653PK or scan the QR code below:



- The enrollment deadline is November 20, 2023
- Enroll now and take advantage of EF's Risk-Free Enrollment period

If you have any questions, please call the Traveler Support Team at 800-665-5364

Tour Highlights of SCOTLAND AND IRELAND

Dear families,

We're going to Scotland and Ireland in **Spring 2025**, and you're invited!

We're excited to tell you more about the trip we're planning with EF Tours, our educational travel partner. Please be sure to register for this info session to be considered for this opportunity: <https://bit.ly/3PKsq13>

[To open link.....CTRL + Click](#)

<https://bit.ly/3PKsq13>



When students travel, they expand their knowledge of the world around them, discover more about themselves, and grow more confident. These skills are critical for creating the global citizens of tomorrow, and we would love to have your student join us on this adventure.

In this info session, we'll talk about:

- How this opportunity will benefit your student
- What we'll see and do on our trip
- Everything that's included in this experience
- How your child can earn academic credit
- How we're keeping this safe and affordable
- How to enroll on this trip (before it fills up!) during EF's risk-free enrollment period

We would love to have you attend this meeting to learn more about this exciting opportunity!

Thanks,
Denise Roe

Yearbook Pre-Orders: see flyer below

- "Yearbook pre-orders are live! Don't miss the opportunity to secure your student's yearbook! **Visit** <https://link.entourageyearbooks.com/my/CEDARHILLSEC> to order a yearbook for NIA Cedar Hill Secondary!"

Lifetouch Portrait Assistance:

- "For any picture-ordering assistance, parents are able to contact Lifetouch directly at 1-800-736-4753 or Live Chat: mylifetouch.com"

Pre-Orders:

- Also, any student interested in Pre-ordering a yearbook can go to Hopkins Room 102 and scan the QR code.



YEARBOOK PRE-ORDERS



[LINK.ENTOURAGEYEARBOOKS.COM](https://link.entourageyearbooks.com)

Save the Memories!



NEWMAN
INTERNATIONAL ACADEMY

All 23-24 yearbook pre-orders come with a complimentary E-Book (Digital Yearbook).