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A High School Individualizing Success

Tel. 505-877-0558

www.cesarchavezcharter.net

Dear Friends of CCCS

December 2024

MESSAGE FROM THE PRINCIPAL

How Motivated Are You?

This is the time of year when it is getting cold and the days are getting short. During this time of year, many people experience feeling tired, or “unmotivated.”

In fact, motivation is a topic that comes up often at school at this time of year. During discussions, students sometimes talk about feeling generally “lazy” or “unmotivated.” Some say they wish they felt “more motivated.”

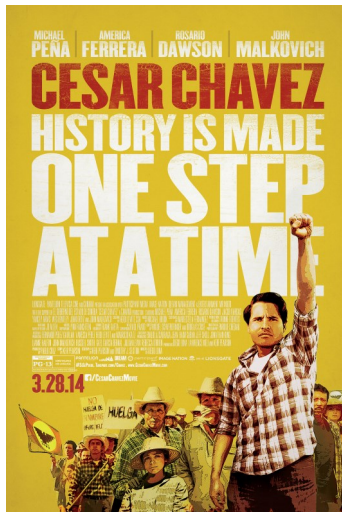
So what is motivation and how do we get some? It is not an simple answer.

Motivation is described on verywellmind.com as “the driving force behind human actions.” The Oxford dictionary defines motivation as “The reason one has for behaving in a particular way,” or, “The general desire or willingness of someone to do something.”

Motivation is a natural part of being human; we all have something pushing us forward. However, I think we all know, it is also natural to experience things that can block our motivation.

The things that can get in the way of our motivation in-

- clude: 1. Stress 2. Overwhelm 3. Self-doubt 4. Fatigue 5. Not taking time for ourself 6. Grief or sadness 7. Not having clear or attainable goals or interests 8. Boredom or being unsure how to connect with things of interest, or 9. Avoiding difficult or negative feelings.

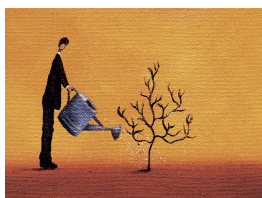


It takes time to get to know the “driving forces” in our lives. During this winter season, we at Cesar Chavez Community School want to remind our community to be kind to ourselves, and each other as motivations rise and fall.

If you, or someone you know, is struggling with motivation right now, consider trying one of these ideas: 1. Create a daily routine 2. Practice self-care, including good hygiene, regular sleep, exercise. and healthy eating 3. Break down goals into small, achievable tasks 4. Reward yourself for completing tasks 5. Do simple things you enjoy, maybe sit outside, or draw, or cook 6. Practice self-kindness , such as encouraging yourself after making a mistake 7. Reach out to a supportive person.

As we go into this winter season, we wish you well!

—Tani Arness, Principal



CCCS is Enrolling Now for Quarter 3! Call (505)877-0558

MESSAGE FROM A STUDENT

New Beginnings

By Jennifer Simbron

I was thinking I could write about how this school helped me flourish and made me feel comfortable and motivated to want to earn my diploma and graduate.

To me, flourishing means growing as a person, opening yourself up and just being yourself.

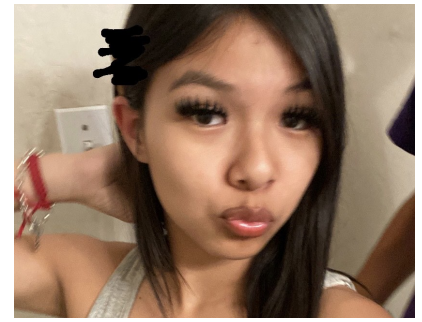
I think my patience has grown and my ability to get things done on time.

In the past I used to be really careless. I didn't care about going to school and classes. Like just having to sit at your desk and listen to teachers talk, and then being given the work without detailed, step by step help in how to do it. It felt like you just got an assignment and then got a grade and not really taking in the information. It just felt like school was not my place and made me ask what was even the point of even passing the class or earning credits?

At Cesar Chavez, school doesn't feel like a chore. Here you still get assignments but it's not like you get an A or F, you can get an incomplete and still have time to make it up. And the assignments are not like just assignments where you just read, it's more like the teacher goes into depth with you and sometimes you do assignments as a class. And I learn more that way. I have learned more here than my other school. I went to that school for three years and I didn't have information stick in my head.

I think the teachers and the environment itself really help motivate me. The assignments aren't easy but are very hands-on and the teachers are there for you.

The environment and the people here are not like a traditional school. In a traditional school you aren't given the chance to be shown individually. There's too many kids to be able to focus on one. Here you are given help and focused on more.



Jennifer Simbron

WOULD YOU
LIKE
TO PARTNER
WITH CCCS?

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CCCS Announcements!

December 19—Winter Fest , on Campus 2:30—5:00 pm—All Invited!

December 23-January 6—Happy Winter Break

Jan. 7—First day of Qtr. 3

**Jan. 10—Parent, Student, Mentor Meetings for End of Qtr. 2
On Campus Testing Required**

***Schedule a time for Meetings with Mentors**

