



Career Academy Tribune



TRUMAN  CAMPUS

One campus. Multiple opportunities.

CAREER ACADEMY - OPEN DOORS - INTERNET ACADEMY

Dear CA Scholars, Families, and Friends,

We hope you had a safe, restful and relaxing winter break. We are excited to be back on campus with our scholars – we missed them so much!

You will soon receive an invite to attend our 2nd round of exhibitions and serve as an important partner in scholar success. The date will be either January 28th or January 30th - please keep an eye out for communication from your scholar or scholar's advisor to coordinate a date/time. We so appreciate your partnership to inform the successes of our scholars! I look forward to seeing you on campus soon.

In Partnership,
Caitlin Boline
Principal
Truman Campus
cboline@fwps.org



JANUARY 2020

Volunteers Needed!

We are excited to host our 1st annual 3-on-3 Truman Campus basketball tournament on March 12th



and would **love** your support!

Volunteer opportunities include:

- Front door
- Snack/water distributor
- Concession table
- Scoreboard

Please reach out to Assistant Principal Aaron Bellessa if you are able to support!

abelless@fwps.org



January 20th: MLK Day (no school)

January 28th/30th: Exhibition Days

January 31st: End of Semester (no school)

Feb 17th: President's Day (no school)

March 4th: SAT Testing Day (11th Grade Only)

College and Career Opportunities on Truman Campus

January 8th- Clover Park Tech College presentation-Running Start (10 am in the Career Center)

January 22nd- UW Seattle College Visit



FAFSA and Maia Learning workshops after school from 2 pm-4 pm on Monday the 13th and 20th. Scholars can always set-up an appointment with Ms. Garrett as well.

Graduation 2020



Date: June 4th, 2020

Time: 5:30 PM

Location: Federal Way Performing Arts Center

Information about tickets coming soon!



New Year's Aspirations!

There are many ways that scholars can address their Health and Wellness Competencies. Here are a few ways that the Truman Campus Counselors are promoting:

Mindfulness: Paying attention in a particular way; on purpose, in the present moment, and non judgmentally (stay tuned for an upcoming Mindfulness group at Truman Campus)

Quality sleep: Stick to a regular bed/wake time! No screen time in bed! Limit caffeine!

Nutrition: Eat breakfast! Avoid junk food! Cut back on sweetened beverages!

Exercise: Take advantage of the EX3 PE time! Spend more time outdoors! Move more!

Disconnect: Small goals toward monitoring/limiting use of social media. Find ways to intentionally disconnect from social media. Practice not using your phone when you first wake up.

November/December on Truman Campus!

