

# March Newsletter

## FRESHMAN | SOPHOMORE

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### REAL FRIENDS. Making and Keeping Great Ones.



are some skills that we can learn to find those GREAT and REAL friends.

#### 1. REFLECT.

What qualities do you have that would make people want to be your friend? How do people know that about you? How do you let people see what you value, what's important to you, and who you really are? Journal and think about how you do these things.

#### 2. Not everyone is a BFF.

It is easy to latch onto the first person who you seem to get along with and share common interests. However, a BFF should really understand who you are and values you.

#### 3. Learn how to CONVERSATE.

Small talk is a skill you learn. Practice having light, causal conversations about easy topics with your parents. Learn how to be positive when speaking and the value of LISTENING, not just speaking.

#### 4. CONFLICT is natural.

Misunderstandings occur often and conflict can get out of control. Learn how to take a moment to cool down and address it the next day: "I think we're both really upset. Let's talk about this in person tomorrow". Arguments are not the end of a friendship.

#### 5. Connect with OTHERS.

Make sure that you have other relationships outside of your friends. Do you have a healthy and solid relationship with an adult or parent that you can count on to help you when things get hard with your friends?

"I'm just looking for some real friends. Wonder where they're all hiding out."

Camila Cabello

We all want friends. That person we tell our problems and secrets to, the ones that we can send a funny gif or meme, and the ones that have your back. However, it's not easy to find a great friend.

According to Good Therapy (2016), there



### Upcoming Events

#### March 8

International Women's Day

#### March 9

End of Q3

#### March 14

National Pi Day – 3.14

#### March 15

Half Day – TLCs

#### March 16

Half Day – Snow Make Up Day

### Family Volunteer Hours

Can you believe we are 2.5 MONTHS away from the end of the year?!

This is just a gentle reminder that families should have **10 hours** completed by April/May.

Family Opportunities:

- Any School Event
- Parent Nights
- Box Tops
- Individual Parent Meetings

## More Important News

### Scholarship Opportunities (click on the title to send you to a link)

- **1000 Dreams**

The Greater Kansas City Community Foundation provides one-time educational assistance **up to \$1,000** for currently enrolled high school or college-aged women. This can include assistance for needs including but not exclusive to: educational conferences, instructional programs related to creative or artistic pursuits, graduate exam application fees, or textbooks.

**Deadline: March 30, 2018**

- **Superhero Scholarship**

Use your imagination and become the superhero, or perhaps supervillain, you've always wanted to be. Would you live a life in a comic book universe or use your powers here in the real world? We want to know how you would use your super powers for good, or bad, even if it was just for the day. Write a 250 word response to the prompt online. **Deadline: March 31, 2018**

- **A Voice for Animals**

**Write an essay** that addresses one of the following: the mistreatment of **one** animal species or **one** cause of animal suffering and present ideas to raise awareness of this species and what can be done to protect it. Or write an essay that addresses the impact of **climate change** on the animal population and discusses how **one** animal species has been affected by climate change and presents ideas to raise awareness of this species and what can be done to protect it. **Deadline: April 30, 2018**

### Community Service Opportunities

- **Unleashed Pet Rescue and Adoption Center**

Saturday, April 7<sup>th</sup> | 9am-12pm

Do you love being with animals and taking care of them? You will help out the shelter by cleaning kennels and organizing. Click [here](#) to sign up!

- **Kansas City Community Kitchen**

Saturday, April 14<sup>th</sup> | 12:45-3:15pm

Do you love engaging with people? You will help the kitchen staff with food and in service learning. Click [here](#) to sign up!

- **Heartland Conservation Alliance**

Saturday, April 14<sup>th</sup> | 8:00am-12:00pm

Do you like to work with your hands? You will help install the rain garden at East High School. Click [here](#) to sign up!

- **Kansas City Public Library**

If you are interested in becoming a teen volunteer for the library, please click [here](#) to apply!



**Student Spotlight:**  
**Khalil Hall, Sophomore**

**The best snack in the world is..**

**Peanut Butter M&M's**

**My favorite music or band is...**

**All genres or music, especially hard rock and mellow music.**

**One person that has impacted you at AV...**

**Mr. Srinivasan**

**If I were an animal, I would be...**

**A pigeon because I could go anywhere I want.**

**One unique thing about me is...**

**My personality.**

**After High School, I plan to...**

**Work and then go to college.**

**If you had the opportunity to visit with a famous person from the past, who would it be?**

**Bruce Lee because he could teach me the greatest fighting moves.**