



Letter from our Principal

ECA and CEC Families,

Happy Cinco de Mayo!!! I am not quite sure what happened to March and April but they are gone and now we sit in May, and school is almost done. There is a lot going on as we near the end of the school year, so this newsletter will be huge, but filled with lots of information, including news about the end of the year. This includes Finals schedules, graduation and senior information, what next year looks like for CEC students and a ton of photos!

Please enjoy this month's newsletter. We hope you can find something useful in it for you or your family. This year, with a full time return from COVID, has made us all realize that our students want to have a destination place for them to learn and grow, and we know ECA and CEC fill that desire. Thank you again for sharing your students with our staff and teachers, and thank you for being a very important part, if not the most important part, of your child's educational journey! Our families are an essential part of our success - we can't do it without you and we appreciate all the support you offer us. Thank You!

Enjoy!

Your ECA/CEC Leadership Team

FINAL THOUGHTS



Zits by [Jerry Scott and Jim Borgman](#)

Note: Apropos of the above comic, the Leadership Team has been doing lots of reading & listening to learn the best ways to incorporate AI into student learning while ensuring that students are learning and that they can authentically demonstrate what they know and what they can do. We will have more info at the beginning of the new school year!

Click this video to learn more about the **benefits & cautions of AI systems, such as ChatGPT** with this video [Learn More](#).

Our **Teacher Showcase** will continue next newsletter. For 2023-2024 we add three ECA and three CEC Students of the Month to the newsletter. These are typically teacher-nominated but if your child is doing something special out there, let us know and we will find a way to honor their efforts in our newsletter. I hope you all have an exciting end to a great school year!!

Patrick Arguelles, Principal
Career Enrichment Center /Early College Academy
2022 Magnet School of America
2019 National Blue Ribbon High School
cell (505) 252-0225 office (505) 247-3658

Calendar of Events

- May 1 ECA Senior Sunset
- May 3-4-5 **CEC Senior Finals** (see attached schedule)
- May 9 & 10 **ECA Senior Finals** (see attached schedule)
- May 9-12 **UNM Finals**
- May 12 ECA Senior Assembly (C&G Distribution)
- May 12 **CEC LPN 40th Pinning Celebration**
(Berna Facio 6:00pm)
- May 11-12, 15-17 **CEC Underclassmen Finals**
(see attached schedule)
- May 15 **Senior Awards Banquet (6:00pm)**
Sid Cutter Pilot Pavilion 6p-8:30p
- May 16 **ECA COMMENCEMENT CEREMONY**
Berna Facio PD Center 3:00pm
- May 19 Teacher Appreciation Luncheon
(12:00-2:00pm)
- May 22, 23 **ECA Underclassmen Finals**
(Mon 5/22 2-4-5/6; Tues 5/23 1-3-5/6)
- May 24 ECA Make-ups, ECA Underclassmen Awards
Assembly & BBQ
- May 25 6th 6 weeks grading period ends;
- May 25 Last day of Classes (half day; no lunch)
- May 26 Report cards mailed home
- May 29 Memorial Day
- May 26, 30-31 Make-Up Days



ALL GRADE LEVELS:

If you have been struggling this school year with your mental health, remember that summer is a good “reset” time. It is a chance for you to start or amp up old self-care habits that have fallen to the wayside. Get to know your “Happy Chemicals” and what activities that you can engage in that make your body release them.

GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



2 How Deficiency Affects You

- | | | | |
|---|---|--|---|
| <ul style="list-style-type: none"> • procrastination • low self-esteem • lack of motivation • low energy or fatigue • inability to focus • feeling anxious • feeling hopeless • mood swings | <ul style="list-style-type: none"> • feeling lonely • stressed • lack of motivation • low energy or fatigue • disconnect of relationships • feeling anxious • insomnia | <ul style="list-style-type: none"> • low self-esteem • overly sensitive • anxiety/panic attacks • mood swings • feeling hopeless • social phobia • obsession/compulsion • insomnia | <ul style="list-style-type: none"> • anxiety • depression • mood swings • aches and pains • insomnia • impulsive behavior |
|---|---|--|---|

DOPAMINE OXYTOCIN SEROTONIN ENDORPHINS

3 How to Increase Happiness Levels

- | | | | |
|--|--|---|--|
| <ul style="list-style-type: none"> • meditate • daily to-do list • long term goals • food rich in L-Tyrosine • exercise regularly • create something: writing, music, or art | <ul style="list-style-type: none"> • physical touch • socializing • massage • acupuncture • listening to music • exercise • cold shower • meditate | <ul style="list-style-type: none"> • exercise • cold showers • sunlight • massage | <ul style="list-style-type: none"> • laughter/crying • creating music/art • eat dark chocolate • eat spicy foods • exercise/stretching • massage • meditate |
|--|--|---|--|

This is also attached to the May Newsletter as a PDF

If you think that you might need more help than just good self-care, summer is also a good time to start meeting with a Mental Health Counselor or Therapist. Here is a link to Albuquerque Community Resource List. There are many community mental health providers who are starting to find space for new clients. Just a note: APS does not endorse any of these providers. If you have any concerns about any resource listed, please let me know.

[LINK TO ABQ COMMUNITY RESOURCES](#)

- The National Hispanic Institute (NHI) and the University of New Mexico are partnering to host the 2022 Dionisio "Dennis" Chavez New Mexico LDZ for New Mexico high school students.

This year’s event will host 150 top Sophomore and Junior students in a weeklong leadership experience on the UNM campus June 12-19, 2022, and highlight the legacy of late Dionisio “Dennis” Chavez. The program is made possible with the help of special funding from the New

Mexico Legislature introduced by State Sen. Michael Padilla Chavez, who served in the U.S. House of Representatives from 1931-1935 and in the U.S. Senate from 1935-1962, was the first Hispanic person elected to a full term in the Senate and the first senator to be born in New Mexico.

If you are interested in learning more about this awesome event as a potential participant for this year or just to learn more about it, the NHI is hosting a virtual information event. Tuesday, May 9th from 6-7:30pm

[GOOGLE FORM LINK TO REGISTER FOR EVENT](#)

PROGRAM DATES & LOCATION

Dionisio "Dennis" Chavez New Mexico LDZ | June 12-19, 2022
University of New Mexico, Albuquerque, NM
<https://www.nationalhispanicinstitute.org/DCNMLDZ/>

PROGRAM fees

- Application Fee - \$25 (required to complete application, non-refundable)

IMPORTANT: Full support for the Dionisio "Dennis" Chavez New Mexico LDZ program is made possible through funding by the New Mexico State Legislature for students from New Mexico. Selected students will be named Dennis Chavez Scholars and participate at no cost other than transportation to and from UNM in Albuquerque and a \$25 application processing fee.

• SUMMER 2023 DUAL CREDIT CLASSES:
The CNM Summer term is almost here but it is not too late for students to apply and find a seat in a wide variety of course offerings. The term will start May 15th and we also offer late starting courses that will begin May 30th.

Dual Credit students can take in person or online courses.

Students new to Dual Credit will need to follow the steps below.

[Steps to Becoming a Dual Credit Student](#)

EVENT ALERT:

CNM's Dual Credit Program will be hosting a virtual Dual Credit Success Workshop on Thursday, May 11, 2023, 5:30-6:30pm. Join us to learn how to be a successful Dual Credit student! Students will get to hear from our Dual Credit Academic Advisor, learn Brightspace, and hear from an Instructor.

Students can register for the event here-
<https://www.cnm.edu/depts/outreach/dual-credit>

The Registration Summer Term for UNM is now closed.

CNM regular start classes begin on May 15th, 2023 and UNM regular start classes begin on June 5th, 2023. If you need physical text books for your summer dual credit class please refer to the APS website. They have all the information that you need about the dual credit textbook process, frequently asked questions, and much more!

LINK: [APS TEXTBOOK CENTER FOR DUAL CREDIT STUDENTS](#)

APS students should fill out our online [Where is my textbook](#) form to find out the status of their textbooks before they go to the CNM or UNM bookstores.

- Check out NM Tech's Summer STEM program! It's consistently one of the best summer programs in the nation. There is tuition but it is a great deal for what you get!

About the program: New Mexico Tech Is once again offering week-long experiences designed to engage students in hands-on research and the university experience. Over the past two years,

NMT's Summer STEM Experience has grown into one of the nation's premier campus programs focused on engaging and supporting academic growth. The sessions will run June 11th-16th and July 9th-14th.

Our mission is to bring experts in the fields of science, technology, engineering, entrepreneurship, and math together with the students seeking a deeper understanding of research. These one week classes allow participants to develop research skills in a university setting. Whether developing code for deployment of drones or exploring the future of materials engineering, the Summer STE2M Experience offers numerous opportunities to discover and dream. In addition, students will earn one (1) credit hour from a New Mexico Tech.

[SUMMER STEM EXPERIENCE FLYER](#)

JUNIORS

BOYS STATE Session: May 27-June 2nd! Spend a week at ENMU, earn college credit, engage in an incredible program, make friend with motivated male leaders from around the state- FOR FREE!

American Legion Boys State is among the most respected and selective educational programs of government instruction for U.S. high school students. A participatory program in which students become part of the operation of local, county and state government. At Boys State, participants learn the rights, privileges and responsibilities of franchised citizens. The training is objective and centers on the structure of city, county and state governments. Operated by students elected to various offices, Boys State activities include legislative sessions, court proceedings, law-enforcement presentations, assemblies, bands, choruses and recreational programs.

Register for this years session! This is the 75th year:). Check out the link below, register ASAP!

<https://www.nmboysstate.org/post/boys-state-is-back-believe-in-75>

Seniors

- I know that you are all halfway out the door right now, but we at ECA look forward to our last couple of events to celebrate your successes!

As you are looking towards what's next for you, many of you are making decisions about college and how you are paying for it. Most of you have completed the FAFSA and should be accepting/declining financial awards offered from your college. If you are attending college in the fall, you'll need to find out when your freshman orientation is and set up an appointment with your assigned academic advisor. If you are living on campus, make sure you are in communication with your college's housing department.

UNM is offering one-to-one sessions for families if you are struggling to figure out the financial aid numbers and what's paying for what. Feel free to make an appointment with their financial aid office at goto.unm.edu/finaidhelp.

If you are unclear on any aspect of "what's next?" in your transition to college, reach out! Call your college's financial aid office, or admissions or housing etc. They are there to help you. If you don't ask questions, you could miss out on something important!

As always, if I can assist you in this transition, send me an email and/or schedule an appointment and we'll figure it out together. I look forward to celebrating your journey and successes at the Senior Awards and Graduation Ceremonies.

****Remember that Ms. Alicia posts, sometimes multiple times a day, opportunities and scholarship***

information in the Class of 2023 and Class of 2024 Google Classrooms.



<https://cec.aps.edu/counseling>

Thanks for reading and Happy Presidents' day!

Alicia Faulds, M.A., LMHC
ECA/CEC School Counselor
Work cell (505) 967-9525

COACH'S CORNER

ACTIVITY DIRECTOR INFORMATION

This is for Senior Students and Parents. Please continue to watch for very important events and dates that are happening soon. Information could be found on the Class of 2023 Google Classroom, Synergy email, the Important Senior events notice sheet, as well as this newsletter. There are mandatory RSVP dates for the Senior Awards Banquet and Graduation that we would like to hear from all Seniors by the posted deadlines. So please make sure that you send in your ticket request via Google Forms. This info can be found on your Class of 2023 Google Classroom page.

Seniors please speak with your classmates if you are in need of more tickets for the Awards Banquet and Graduation. Please let Coach Curry or any other Senior Advisory teacher know that you have spoken to a classmate to secure more tickets for these events.

Seniors, if you would like to "borrow" a cap and gown to take pictures prior to graduation,

please see Lupe at the front desk and she will assist you with this process.

All students and staff can still order a 2023 yearbook. Just click on the following link <https://www.treering.com/> and follow the prompts. If you have any questions please stop by to see Coach Curry.

I would also like to send a "Big Thank You" to the STUCO members that assisted with Prom set-up. The parent Booster Club team for donating an endless amount of food, snacks and drinks. And last but certainly not least, our parent chaperones for making sure the Prom ran smoothly. Thank you all for making this year's Prom a huge success.

Our cafe will be open this week during lunch and shortly after. Please stop by and purchase your delicious favorites.

Coach Curry - Activities Director

Planetarium Update



Hefferan Planetarium is in the process of planning our new and updated show for the next school year. We are ordering new slides for our projectors and reprogramming the computers. Among next year's new slides is this picture from the Cassini spacecraft of Saturn and its rings. Hefferan Planetarium has welcomed **almost 8,000 visitors this year to 142 total shows**. We will be scheduling showtimes again in August. **Come see the wonders of the universe (next school year)!**

Please look forward to joining us for a Planetarium Show for families of ECA & CEC students! Email John Glaser at glaser_j@aps.edu to learn more. Come see the wonders of the universe!

PARENT BOOSTER CLUB info

Calling all awesome ECA/CEC families! We hope you'll **join us on Friday, May 19th** as we celebrate our staff and instructors with a Parent/Teacher Luncheon.

Ours alliance of families, teachers and community members serves an important role in our school's success, and we hope that you will join us! We have several projects on deck this year, and lots of opportunities for families to get involved; from fundraisers and classroom projects, to dances, field trips and advisory boards, there's something for everyone. Our monthly meetings happen on the second Tuesday of every month from 5:30 to 6:30 pm. Please join us at the next meeting and help make ECA and CEC a place to remember for our students!

You can find out more about our Booster Club by [visiting our webpage](#), or contacting either Assistant Principal Thomas at thomas_d@aps.edu or our PTO President, Ms. Jenny Galasso, at galassoj@yahoo.com.

"The Basics of Using ParentVue to Help Your Child" is designed to encourage families to support their children's education and partner with your school through the ParentVue application.

[The Basics of Using ParentVue to Help your Child](#)

[Cómo usar ParentVue para ayudar a su hijo a tener éxito en la escuela](#)



Click on the QR code below to access the Families Connected YouTube Channel, our video catalog for staff, and our latest social media posts

CHROMEBOOK INFO

All Chromebooks and other technology devices must be turned in by May 24th

Dear Students and Parents,
The district has once again mandated that **ALL Chromebooks or other devices in use by students must be turned in before the end of this school year.** This will allow the district to repair or replace damaged devices, and for all devices to be updated in readiness for the 2023-24 school year. Any devices not returned by the last day of school must be reported to APS Police as lost or stolen. Chromebooks reported as missing will be "bricked" - shut down so that they cannot be used by anyone - so there is no benefit for any student to keep an APS device over the summer.

Students taking summer school classes must also turn in their Chromebook and will be issued an updated device for the summer.

Seniors must turn in devices before the cap and gown distribution on the morning of Friday, May 12th. Their cap and gown will not be given to them if they owe a device or books or fees.

For underclassmen, the deadline to return devices is once their finals are complete on May 22nd & 23rd. All devices must be turned in by the end of the school day on May 23rd, unless the student has a make-up exam on the 24th.

Chargers need to be turned in, too.

The district is asking schools to assess fees for missing, lost or damaged devices - \$45 per charger, \$435 per Chromebook.

If you have any questions, please contact Diane Thomas, Assistant Principal, at (505) 362-3780 or thomas_d@aps.edu or Sue Estell, ECA Tech Support, at estell@aps.edu or (505) 259-4762.

Mark your calendars for this **Saturday, May 6th for CEC's Spring Car Show**. It will be from 9-2, right here on campus. The entry fee for judged vehicles is just \$10. Admission is free for spectators. See Mr. Mulroy for more information. [Car Show Flyer.pdf](#)



eSports Three-peat!!!

Our amazing ECA eSports Team is at it again! All four of our game teams are moving to the State semi-finals (and, hopefully, FINALS) competition series this Thursday, May 4th through Saturday, May 5th. Competition takes place at Berna Facio Training Complex on Louisiana; stop by and root for our teams! We're looking for our third State Championship in a row!

Thu. 5/4: League of Legends competes at 10 a.m.
 Fri. 5/5: Rocket League competes at 8 a.m.
 Sat. 5/6: Mario Kart takes the stage at 12 pm, followed by Super Smash Bros. at 5 p.m.

ALL PARENTS, PLEASE READ

CEC teachers and students, due to the [comprehensive high school closure schedule](#) and subsequent disruption to bus schedules, we're expanding our **Final Exam schedule** to **BEGIN on Thurs. May 11th** and end Wed. May 17th. Changes are reflected in the [updated Final Exam schedule](#); please review with your students and identify the best option(s) for your Final Exams. CEC Teachers, please discuss with your students and work with them to let them know when they have opportunities to take the Final Exam. They should be aware of when their home high school will be closed for Graduation; this will disrupt their ability to get to our campus. Buses will run regularly through Friday May 12th.

On Monday the 15th, *we'll only have 7:00a.m. (HS to CEC), 2:00 p.m. (CEC to HS) and 4:15 p.m. (CEC to HS) routes.*

On Tuesday the 16th and Wednesday the 17th, *we'll only have 7:00 a.m. (HS to CEC) and 2:00 p.m. (CEC to HS) routes.* If you have CEC students coming to campus for Final Exams on Tues. 5/16 or Wed. 5/17, they will have to make arrangements for transportation; they may be able to make the 7:00 a.m. pickup, for example, but there won't be a return bus to their campus after Session 1 finals. There will not be a 12:00 or 1:40 pickup to bring Session 2 or 3 students on the 16th or 17th. We've had to compromise with the district based on unexpected high school closures that week, and this is what we've been able to create in partnership with those schools and APS Transportation.

ECA PARENTS PLEASE READ

ECA Teachers and students, Beginning Tuesday the 16th, *we will only have 7:00 a.m. and 2:00 p.m. routes* for our ECA students who ride the bus from their home high school campus. This limited bus schedule will continue through the end of the school year. [ECA Final Exam schedule has not changed.](#)

We'll continue sharing this information through daily announcements, our weekly newsletter, and email blasts to students and families, and we ask that you assist in this process by discussing the schedule and situation with your students. The more often students hear this message, the fewer issues we'll have. We are disheartened by this disruption to our schedule, and apologize for the stress and inconvenience it may cause, but we're confident in the professionalism and flexibility of our teachers to help make the best of this situation.

FINALS SCHEDULE UPDATE

Final Exam Schedule (Updated)

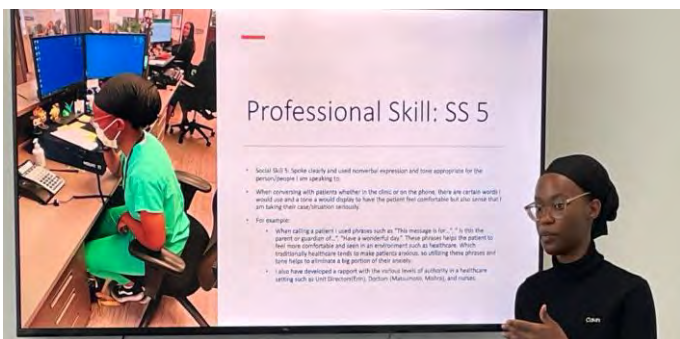
Senior Final Exams have begun! CEC Senior Finals started on Wed. May 3rd and conclude Fri. May 5th. CEC Seniors are finished with their classes after their Final Exams.

ECA Senior Final Exams take place Tue. May 9th and Wed. May 10th. ECA Seniors are finished with their classes after their Final Exams. We'll celebrate our Seniors with a special assembly on Fri., May 12th after they pick up their cap and gown.

Families, as noted in recent emails, we had to modify portions of our CEC Final Exam schedule, as well as transportation, during the last two weeks of school. Please review the attached Final Exam Schedule, and note that during the week of Mon. May 15th-Fri. May 17th, APS Transportation will only run two of our usual routes: 7:00 a.m. pickup from home high school and 2:00 p.m. dropoff at home high school. Students should arrange with CEC teachers to complete those Final Exams on May 11th and 12th wherever possible due to these limitations beyond our control. ECA students are still able to ride those 7:00 a.m. and 2:00 p.m. buses, and are expected to attend class every day until ECA Underclassmen Final Exams begin on Monday, May 22nd.

STUDENT SUCCESSES

Please give a **Shout-Out to Emmanuella Chionye** for her completion of the Future Focus Education (FFE) X3 Internship Exhibition! Her presentation to representatives of UNM Dermatology, FFE staff, and an APS Board member was an unqualified success!



MORE STUDENT SUCCESSES



Our two National Merit Finalists, Francisco Vigil and Victoria Scott, posing with Ms. Faulds after receiving their certificates. These two amazing students are on a pathway to success and exemplify what any student who comes to ECA and CEC can make of themselves! We will definitely hear more about them and we are so proud of their successes!!

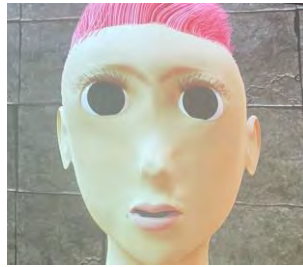
Click here for:
[**BREAKING THE SILENCE INFOMATION**](#)

This video makes it easy to spread the word about all of the fantastic classes offered by CEC. Please forward this link to family, friends, and youth who may be interested!
<https://www.youtube.com/watch?v=IVmLSu7Zj9Q>





Shout-Out to John Williams for the VERY successful Native American Fashion Show! And, a **Shout-Out to James Soto, Cecilia Romero & Yolanda Herrera & our Cosmetology Students** for making the models look SOOO good!



ECA Prom was unbelievable!!!



The CEC Animation Program put on a fabulous event at the Guild Theater, showcasing student work. The CEC Digital Audio class provided some of the background music, Special thanks to Mr. McIntire and Mr. Noriega for making it happen!!



ECA/CEC Principal Patrick Arguelles accepted the Magnet Schools of America Plaque for being a 2022 MSA Certified Magnet School. There were only 17 issued this year in the entire country!





CEC Cosmetology and Automotive SkillsUSA Participants in this year's competition!



CEC's SkillsUSA Winners – Cosmo's Laina Tafoya, Eliot Peterson, and Kloe Burkholder



Emmanuella Chionye, CEC and ECA student, is NM's Mock Trial State Champion!!!



Miskee Blatner's TEACHER CADET/Educator Rising program is creating a wave of future teachers who will one day be in our classrooms giving back! This is going to be a huge program in APS!



Dr. Wolverton's Engineering/Robotics class & students from Mr. McIntire's class took on the Air Force Research Lab's Enlightened Challenge and absolutely dominated!! CEC's four teams won each area of competition and many of our students were awarded AFRL Internships. Congrats to all!





ECA's Mock Trial and Debate Team!!



ANTI-RACISM ANTI-OPPRESSION HOTLINE

WE CAN'T AFFORD TO STAY SILENT.

SPEAK UP!

To report an incident of racism or racial
discrimination
in New Mexico Schools:

 arao.hotline@ped.nm.gov

 bit.ly/ARAOHotline

 (833) 485-1335



*This hotline was established as a requirement of the Black Education Act,
passed in the 2021 General Session of the Legislature.*

APS has changed its **COVID**
notification policies. Please review:
<https://www.aps.edu/news/news-from-2022-2023/moving-forward-after-the-public-health-emergency>



Joshua Cordova,
a CEC Automotive
Technology student
from La Cueva wins
Skills USA State, a
shot at Nationals and
a whole bunch of
cool stuff!!

BLACK EDUCATION ACT **The Black Education Act (BEA)** **NEW MEXICO**
Identity, Equity & Transformation Division Public Education Department





Although the Black Education Act was created to support improvements in education for Black students, the statute language includes tools to support all students, including the hotline, mandatory anti-racism training, and district policies to combat racially charged behaviors in schools.

Advisory Council

The role of the Black Education Advisory Council is to advise the Secretary, school districts, and charter schools on improving public school education for Black students. NM PED appointed 22 New Mexicans to serve on the council, including 3 students. The council will meet on the 3rd Saturday of each month with public access via Zoom.

Hotline

Purpose: Report racial incidents, unfair treatment, injustice, or the like in New Mexico schools

To report incidents, contact:
Phone: (833) 485-1335
Email: ARAO.hotline@state.nm.us

Contact Us

Email:
Black.Education@state.nm.us

Address:
Jerry Apodaca Building
300 Don Gasper Avenue Santa Fe, NM 87501

Website

<https://webnew.ped.state.nm>



Scan here to report incident

New Mexico Solutions is need of Treatment Foster Care (TFC) Parents!

TFC Parents provide a supportive family setting for children and youth with physical, emotional, and social needs.

Who can become a TFC Parent?

- A TFC parent must be over the age of 21 years old; and without a history of criminal offenses against children.
- TFC parents can be of any race, ethnicity, religion, sexual orientation, or culture.

TFC parents receive tax-free financial reimbursement.

Individuals interested in becoming TFC Parents should contact New Mexico Solutions at 505-388-8956.



SCHOOL RECOGNITION

Early College Academy has added a new award to the recent National Blue Ribbon Award won in 2019 – ECA is now a 2023 Certified National Magnet High School.

Only 18 magnet high schools in the entire United States earned the distinction of becoming a Magnet Schools of America HS Demonstration School. They earned the distinction from [Magnet Schools of America](#), the national association of magnet and theme-based schools.

The certification process is designed to recognize the most exemplary magnet schools in the nation and help them as they continue to grow and provide high-quality, innovative curricula and instructional programs that promote choice, equity, diversity, and academic excellence for all students.

As a Nationally Certified-Demonstration Magnet School, ECA demonstrated through evidence, reflection, and strategic action that they have established the Standards of Excellence in their schools and fulfilled a commitment to community stakeholders.

OUR ROADS, OUR SAFETY.

ROAD SAFETY Art Contest

Contest Ends June 10

A fun way to help children and teens learn about traveling safely around large trucks and buses!

Open to students in grades K-12

Entries

- Hand-drawn art
- Digital art
- Animated and live videos
- Photos
- Crafts

Grand Prize Winners

- Category 1: Grades K-2
- Category 2: Grades 3-5
- Category 3: Grades 6-8
- Category 4: Grades 9-12

Contest Recognition

- Inclusion in a Winner Announcement Video
- Recognition on FMCSA's Kid Zone and Teen Zone webpages
- A framed copy of the winning work
- An award certificate
- Inclusion in the 2024 Road Safety Art Contest Calendar

Submit artwork and entry form to fmcsa.outreach@dot.gov

Road Safety Art Contest for Grades K-12

Please help spread the word about this art contest sponsored by the U.S. Department of Transportation Federal Motor Carrier Safety Administration. Our agency's main goal is to reduce crashes, injuries and fatalities involving large trucks and buses. This contest invites students to use their creativity to raise awareness of how to stay safe on the road, particularly when driving, biking, or walking around large commercial motor vehicles. This year's art contest is **open to students in grades K-12**. It gives teachers and families a fun way to help children and teens learn about traveling safely around large trucks and buses. Entries can be hand-drawn, digital art, animated and live videos, crafts, or photos. Please encourage all the children and teens in your district to get involved. **The contest is open until June 10, 2023.**

For more information go to www.fmcsa.dot.gov/OurRoadsArtContest

ECA & CEC Finals and Staff PD

- **Certified Nursing Program Finals**

Sunday, March 19 Principles of NA Finals
 Th/Tu/Th, March 16, 28, 30 Lab Finals
 Mon., April 3 Clinicals start; Sun., April 16 finish
 Wednesday, April 15 Clinicals Final

- **CEC LPN Senior Nursing Finals**

Monday, May 1 Finals
 Senior Nurses in class until May 5

- **CEC LPN Junior Nursing Finals**

Tuesday, May 2 Finals
 Junior Nurses in class until May 5

- **CEC Senior Finals**

Wednesday, May 3 Sessions: IC, II, IIIA M/W
 Thursday, May 4 Sessions: IA/B, II, IIIB T/Th
 Friday, May 5 Sessions: IC, II

- **ECA Senior Finals**

Tuesday, May 9 4 per. each day; Teacher choice
 Wednesday, May 10 on finals; given 1 or both days

- **CEC Underclassmen Finals**

Thursday, May 11 Sessions: IA, II, IIIB T/Th
 Friday, May 12 Sessions: IC
 Monday, May 15 Sessions: IA, II, IIIA M/W
 Tuesday, May 16 Sessions: IA, II, IIIB T/Th
 Wednesday, May 17 Sessions: IC, II, IIIA M/W

Make-ups scheduled at teacher discretion; ALL CEC GRADES DUE BY Thursday, May 18 at 3p

- **ECA Underclassmen Finals**

Monday, May 22 Periods 1 — 3 — 5/6 No 7th Per Finals
 Tuesday, May 23 Periods 2 — 4 — 5/6 School done at 1:50p

Make-ups scheduled at teacher discretion; ALL ECA GRADES DUE BY May 25 at 12p

- **CEC/ECA Certified Staff Events and Information**

Friday, May 19 Staff Celebration 12:30a-2:00p
 Wednesday, May 24 ECA/CEC Staff Professional Development 8:00a-2:00p



CEC FINALS INFORMATION

CEC students will not have school on the day their school graduates. Those students will have to take it on an alternate day. Here is the Graduation Schedule
May 15, 2023—Manzano; Volcano Vista
May 16, 2023—Cibola; Eldorado; Highland
May 17, 2023—Atrisco; Del Norte; West Mesa
May 18, 2023—Valley; Albuquerque
May 19, 2023—La Cueva; Rio Grande
May 20, 2023—Sandia

APRIL 2023

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Manicure Madness

Join us for a fun filled evening of manicures. Bring a friend with you and enjoy the evening, while an experienced instructor leads you through a step by step process on how to complete a professional manicure.



Where: Career Enrichment Center 807 Mountain Rd NE,
Albuquerque, New Mexico

When: May 12,, 2023

Time: 6:00 PM-7:30 PM

Why: We are raising funds for CEC's Cosmetology Students who won gold medals in the state competition for Skills USA. Next stop is Atlanta Georgia, in June to compete in the national competition.

Tickets: Can be purchased for \$30 a person which includes a manicure kit. Tickets available at the Career Enrichment Center or call 505-247-3658

Perfect Gift For A Mother For Mother's Day!

GET YOUR DAILY HAPPINESS CHEMICALS

The happy brain chemicals that make you feel good



1 What are the Happy Chemicals?

DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art

- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate