

# Pegasus Pulse

The Monthly Newsletter of Columbus Alternative High School

**Excellence is the Standard—Not the Exception.**  
**It's Our Mindset, Not a Moment.**  
August 2025 Edition

## From the Principal's Desk

Dear Pegasus Caregivers,

Welcome to a new school year filled with opportunity, growth, and purpose. At CAHS, **Excellence isn't just something we strive for—it's who we are.** As a school focused on preparing our student for post secondary success, we challenge our students to think deeply, act ethically, and engage globally. That starts right here!

This year, we're centering our culture around our refined motto:

**"Excellence is the standard—not the exception. It's our mindset, not a moment."**

This speaks to who we are—individually and collectively. Whether preparing for AP/IB assessments, applying to colleges, or showing up for each other with integrity and respect, we know that excellence is about consistency, not perfection.

Let's make this a year of reflection, resilience, and results.

With Pegasus pride,  
**CAHS Principal, Michelle Lewis**

## Recap News

2029 Freshmen	2028 Sophomores	2027 Juniors	2026 Seniors
<ul style="list-style-type: none"><li>Incoming Freshma...</li><li>Fall 2025 New Stud...</li></ul>	<a href="#">Pre for the PSAT on 10/8</a>	<a href="#">Pre for the PSAT on 10/8</a> Continue to work on securing an Internship Site.	Continue to work on securing an Internship Site.



**CAHS OPEN HOUSE SAVE THE DATE-Opportunity to mingle with CAHS Educators and CAHS Families.**

**SEPTEMBER 10, 2025**

**6:00-8:00 pm**



**Advanced Studies Spotlights: Learners in Action**



This month's focus IB Learner Profile trait: **Thinker**

Our TOK and IB Math students are already diving deep into analyzing real-world issues and abstract concepts with intention. In the words of one junior, *"TOK makes me question everything—and I love that."*




Extended Essay Checkpoint 1 is due August 30.



CAS Planning Sheets are being finalized. Don't forget to log hours weekly!



## Student Shoutouts

 Thank you to all of our CAHS volunteers that helped us welcome our New Students and Caregiver last week. We appreciate you all!



## College & Career Ready

### School Counselors

Last names A-D: Megan Higgins [mhiggins@columbus.k12.oh.us](mailto:mhiggins@columbus.k12.oh.us)

Last names E-Mi: Drew Milligan [cmilligan4382@columbus.k12.oh.us](mailto:cmilligan4382@columbus.k12.oh.us)

Last names Mo-Z: Victoria Goodwin [vgoodwin@columbus.k12.oh.us](mailto:vgoodwin@columbus.k12.oh.us)

**Internship and Work Based Learning Coordinator**, Ms. Samantha Smith [ssmith2@columbus.k12.oh.us](mailto:ssmith2@columbus.k12.oh.us)



**I Know I Can College Advising Manager**, Ms. Brenna Holmes, [bholmes@columbus.k12.oh.us](mailto:bholmes@columbus.k12.oh.us)

**Upcoming College Visits:** More will be scheduled - check SchoolLinks frequently for updates!

- Monday, September 8th, 2025 - Case Western Reserve University (lunch mods)
- Tuesday, September 9th, 2025 - Miami University (lunch mods)
- Friday, September 12th, 2025 - The College of Wooster (lunch mods)
- Monday, September 15th, 2025 - University of Notre Dame (lunch mods)
- Tuesday, September 16th, 2025 - Hamilton College (lunch mods)
- Monday, September 22nd, 2025 - Ohio Wesleyan University (lunch mods)
- Tuesday, September 23rd, 2025 - The Ohio State University (lunch mods)
- Thursday, September 25th, 2025 - Vanderbilt University (lunch mods)
- Monday, September 29th, 2025 - Capital University (lunch mods)
- Tuesday, September 30th, 2025 - Denison University (lunch mods)

**Seniors:** If you haven't already, book your **college planning meeting** with your counselor. And remember—*excellence in applications begins with your mindset.*

## School-Wide Reminders


 **Device Expectations:** Phones away. Eyes up. Engagement on. We're locked in because **focus is our foundation**. Please review our  **CAHS Expectations 25 26 Overview**

## Mindset Matters

Each month, we'll challenge our community with a reflection:

**What does excellence look like in your daily habits—not just your goals?**

Let us know what you'd like to see in future issues of *Pegasus Pulse*!

 Contact: CAHS Main Email: [CAHS@columbus.k12.oh.us](mailto:CAHS@columbus.k12.oh.us)

Check out our BiWeekly Family Ambassador Newsletters for even more information and updates: Connect with our Family Ambassador Ms. Showalter via email [dshowalter1@columbus.k12.oh.us](mailto:dshowalter1@columbus.k12.oh.us)