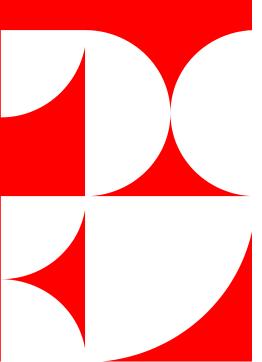


UPCOMING EVENTS

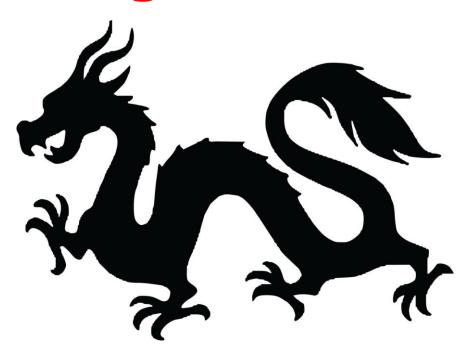
PSAT and NMSQT (sophomores/juniors) October 14th and October 17th

> SAT (seniors) October 14th

NO CLASSES October 22nd and October 23rd



Finding Brain Balance



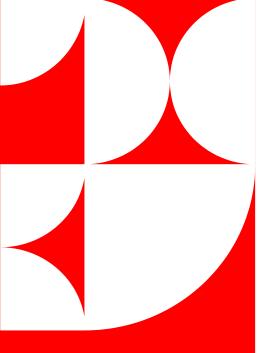
Welcome Back to School: The Online Version

We would like to take a moment to welcome everyone back to school! It is a much different version of learning and teaching than many of us are used to, but we hope everyone is adjusting well.

Online learning presents unique challenges for both the students and staff. This newsletter will hopefully provide you tips and techniques that can help you:

- find activities and exercises to try at home while school is online
- connect with resources and tools to better your academic learning
- prioritize your mental health





RESOURCES

Crisis Textline Text HOME to 741741

National Suicide Prevention Lifeline 1-800-273-8255



What To Do, What To Do?

Find yourself struggling to stay focused, motivated, or otherwise engaged in your online classes? You're not alone! Here's some things that can help:

- decorate your learning space to feel inviting. Pictures, plants, and pretty lights can help you feel more motivated to sit and work.
- **prepare everything you need** before sitting down for class or homework to limit distractions.
- when your brain starts to feel foggy and tired, stand up and move around for a few minutes before continuing your work.

Additionally, studying on your own time can be challenging as well. Maybe look at:

- rewarding yourself by doing something you enjoy after completing a difficult assignment.
- using a planner (a physical book, Google Calendars, or an app like Student Calendar) to help you keep track of due dates and upcoming tests.
- **connecting with your fellow students** to study together, ask and answer questions, and prep for tests.

Try This!

Mindful Coloring can be a great way to give your brain a break from the stress and strain of schoolwork. <u>This website</u> can help guide you through the process and explains the benefits. Print out one of the black and white images below and try it for yourself; you can also do this with your families or friends over Google Meets!





