



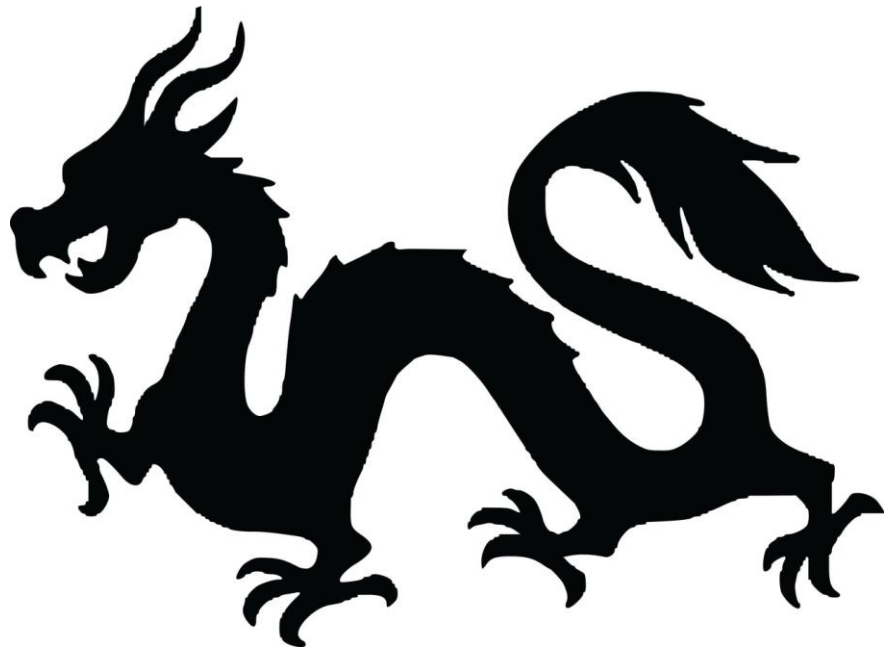
## UPCOMING EVENTS

**PSAT and NMSQT**  
(sophomores/juniors)  
October 14<sup>th</sup> and  
October 17<sup>th</sup>

**SAT**  
(seniors)  
October 14<sup>th</sup>

**NO CLASSES**  
October 22<sup>nd</sup> and  
October 23<sup>rd</sup>

# 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





TODAY

I CHOOSE

JOY





Get  
DRESS UP  
Show  
& NEVER  
Give Up



All  
is  
well