

John Q. Adams Middle School

Pathfinder Press

April 2021

Calendar

April 2-6 Spring Break
April 9 Dress Down \$2
April 27 Interims issued
April 27-May 3 7th &
8th grades LEAP testing

COMPUTER CARE TIPS

1. Charge your laptops every night.
2. Handle school computers gently.
3. Keep computers dry on rainy days.
4. Don't allow pets or younger siblings near or on your school computer.
5. You are responsible for caring for your school computer.

VIRTUAL LEARNING

EXPECTATIONS

1. Be on time to class by 7:33 A.M. daily.
2. Complete and turn in all assignments.
3. Follow the PATH.
4. Wear uniform shirt.
5. Call the technology help desk (504-365-5304) for computer help.

Counselor's Corner

SELF CARE TOOLS

1. **Carve out time.** You need time, and it has to be part of a daily routine. If you start now, it will become a habit and only take up 15-20 minutes in your day. Meditation has proven to change the structure and function of the brain, and promotes relaxation while reducing anxiety, depression, and stress.
2. **Exercise.** Exercise not only gets you physically fit, but it's a natural way to help decrease depression and anxiety.
3. **Get some sleep.** Sleep deprivation is detrimental to a person's thinking and his/her physical and emotional state. Most young people need eight to nine hours of restful sleep to function at their best.
4. **Creative expression.** Choose a creative outlet to convey your thoughts and feelings, such as journaling, writing, painting, dancing, or playing music.
5. **Meet and communicate with friends.** Group connections are so important for fostering resilience and releasing chemicals in the brain that support well-being.
6. **Appreciate nature.** There is something to our relationship with the outdoors that makes us feel good.
7. **Turn off smart phones** (at least for part of the day). It's hard. But really, you can take a break, even for just part of the day. Once you try it, you may actually find it refreshing to have a break from the constant notifications.
8. **Do something for someone else.** Our brains are wired for giving. In fact, the chemicals released by the brain during the process of giving is far more rewarding than when we receive gifts.

Adams Vision: Adams students will actively pursue an education that will ensure a brighter future!

Mission Statement: To work as a TEAM to provide an education for a brighter future!

Goal 1: Increase Mastery by 5%!!!

Goal 2: Increase ELA scores by at least 10%!!!

Teaching and Learning...It's What We Do!