



COLLEGE PARK
MIDDLE SCHOOL

THE BULLDOG BULLETIN

Home of the 🐾 **BULLDOGS** 🐾

DECEMBER 2019

Volume 20
Issue 2

Principal's Message

Dear Parents, Students and Community,

Let me begin by saying that I sincerely hope you each had the opportunity to spend valuable time with your family and loved ones during this Holiday Season. I also hope you had the chance to rest up because we have a busy second half of the school year ahead of us! We are now half way through the school year, can you believe it?!

Students return to school on Tuesday, January 7th. Please make sure to continue to check Skyward to ensure that your students are keeping up to date with all of their assignments. We want to thank those parents and community members that have provided support to our families in need during the holiday season. College Park Middle School and our families are very appreciative of the many kind deeds!

We would like to remind you about our IB Open House on Thursday, January 16, 2020, which will begin at 6PM. The event will offer opportunities to meet the teachers and see current student work and projects. There will also be a question and answer session. For more information about the IB Open house you can contact our IB Coordinator Ms. Alvarado at Wanda.Alvarado@ocps.net.

Parents, we also want to emphasize that you keep your contact information current with us. It is important that phone numbers be current in case of an emergency and to make sure we have the ability to update you about daily issues that may impact you and your child. Updating your contact information can be completed in the guidance office.

In closing, report cards will go home on Tuesday, January 21st, 2020. Please take advantage of opportunities to discuss academic concerns with your child's teacher and school counselors to pave a clear path to success. At College Park Middle, the staff, faculty, and administration are honored that you entrust us with your precious ones. The hours that your children are with us each day are so important.

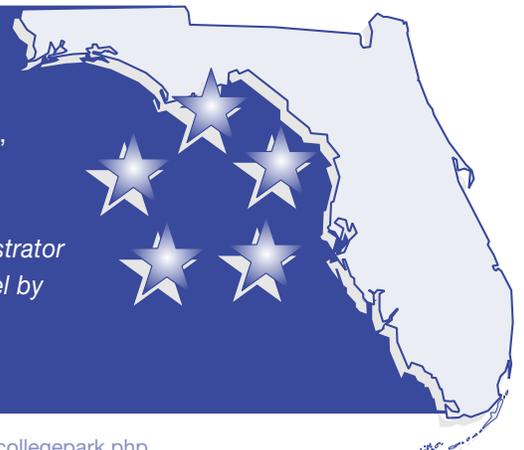
Excellence at any cost because at College Park Middle you are loved and there's nothing you can do about it!

Sincerely,
Mr. Sanjay Brown
Principal

College Park Middle School Vision

Our school is a positive learning environment that enables and inspires all to acquire the skills, knowledge, and attitudes necessary to succeed in a rapidly changing, multicultural world.

"Our goal is for students to learn and achieve. We invite you to give your input on our instructional program. You may request an Administrative Feedback Survey for any administrator who is assigned the responsibility for evaluating the performance of instructional personnel by contacting your principal."



Volunteers and Chaperones

Our volunteers and chaperones are a valuable commodity to College Park Middle School.

The instructions below will walk you through the volunteer application process.

- ADDitions: An application must be submitted/updated EVERY year.
- Please list every school where you would like to volunteer.
- Chaperone: This application must be submitted for EVERY field trip. (An ADDitions application must also have been completed)

For ADDitions: To become a school volunteer

1. Go to the Community Resources web site: <http://volunteer.ocps.net>
2. Click on ADDitions Online Application.
3. Enter your information into the online application; remember you must fill in the highlighted red boxes to have your form accepted. Move from box to box using the tab key.
4. Make sure to indicate College Park Middle School as your choice for volunteering. One application can include up to four schools if you need to register for other schools.
5. When the application is completed, please review all information for accuracy.
6. Click on the "send" button to submit.

For Chaperones: To become a field trip volunteer

1. Fill out the online ADDitions application (if you have not already done so)
2. Go to the Chaperone Volunteer form: <http://volunteer.ocps.net>. Then click on Chaperone Application.
3. Print the application, fill it out and send to your child's teacher.

Thank you for all of your time and commitment to College Park Middle School. It is truly appreciated. If you have any questions please feel free to contact the ADDitions Coordinator Nikki Covington or call 407-245-1800.



Join the SAC Team!

As a parent or guardian, you are an important part of the College Park Middle School community and we want to know your opinions about our school and its plans for the future. We hope you will consider becoming a member of our School Advisory Council (SAC).

The School Advisory Council is a team of people that represents various segments of the community – parents, teachers, students, administrators, support staff, business/industry people, and other interested community members. They meet to discuss our school's academic plan and progress, and help create the School Improvement Plan (goals and objectives for the school). The purpose of the School Improvement Plan is to increase student performance.

Parents and families are the heart of the education process. You can make a difference by becoming a SAC member. By working together, we can provide a positive educational experience for every student. SAC meets on the second Thursday of every month. We hope to see you there!

Second Semester

January marks the beginning of our second semester. Each year, during the second semester all schools experience an increase in absences and late arrivals, and a gradual decline in academic performance.

So prevalent is this trend, it has been referred to as the "Second Semester Slide". We are determined to improve this trend and you the parents can play a major role. Absences and tardiness are two of the reasons that grades decline. Please be vigilant in making sure your student attends school every day and arrives on time. Your attention to this issue will have a positive effect on your student, reinforcing the importance you place on attendance.

To assure continued academic success, reestablish your student's homework and study routine. Help him/her to reclaim the space and time meant for this important purpose. Determine if any supplies or devices are needed. They make great holiday gifts. Also, monitor your student's grades, attendance, and classwork by accessing Skyward.

Learn what tutoring and support opportunities are available here at school to improve results. Again, your attention to your student's school work will have a tremendous positive effect. When students are prepared for class each day, they will attend each day, arrive on time, and perform with confidence.

These efforts; staying informed about your student's progress, re-establishing a solid home-study routine, and making certain that your student attends every day and arrives on time will have an enormous positive result and help us all overcome "Second Semester Slide".

Laptop and Charger

All CPMS' students have their own laptop and charger to use in their classes daily! The laptop and charger need to come to school with your child every day. In addition, please make sure that your child is "shutting down" (not just logging off) their computer every night and charging it at home overnight. Some students arrive to class (early in the day) and their battery is almost dead, or they say they forgot their computer or charger at home.

If your student is having any kind of computer issue or problem, there is an icon on their laptop (tech request) that needs to be filled out and submitted detailing the problem they are having so they can get it fixed quickly. Students will be called to the media center once this tech request is received. Having a laptop to use is both a privilege and responsibility. Please help your child to understand their role in making sure that they have needed supplies every day for their "job" here at CPMS, including their laptop and charger, pencils and paper.

School Garden

Our school garden is expanding with the help of the University of Florida but we could use your help. Parent volunteers are needed as well as supplies such as bagged soil, watering cans, seeds and fencing. Please contact Mr. Dennis (kyle.dennis@ocps.net) or Ms. Alvarado (wanda.alvarado@ocps.net).

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Riding the School Bus is a Privilege

Transportation safety guidelines are established to help ensure the safest ride possible for your student on the school bus. Riding the school bus is a privilege. Each student extended this privilege has a right to a safe, non-coercive environment on the school bus while riding to and from school or related events. Each student has the responsibility to follow the direction of the driver and established safety guidelines. Failure to do so adversely affects the safety of all other passengers and will result in action being taken. This action may include but is not limited to assigned seats, detention, and/or suspension of riding privileges.

Printed below are the safety guidelines and consequences:

At the bus stop:

- Get to the bus stop five minutes before your scheduled pick-up time. The school bus driver usually cannot wait for late students.
- Respect the property of others while waiting at your stop.
- Keep your arms, legs, and belongings to yourself.
- Use appropriate language.
- Stay away from the street, road, or highway while waiting for the bus. Wait until the bus stops before approaching the bus.
- After getting off the bus, move away from the bus.
- If you must cross the street, always cross in front of the bus where the driver can see you. Wait for the driver to signal before you cross the street.
- No fighting, harassment, intimidation, or horseplay.
- No use of alcohol, tobacco, or drugs.

On the bus:

- Immediately follow the direction of the driver.
- Sit in your own seat, facing forward.
- Talk quietly and use appropriate language.
- Keep all parts of your body in the bus.
- Keep your arms, legs, and belongings to yourself.
- No fighting, harassment, intimidation, or horseplay.
- Do not throw any objects. •No eating, drinking, or use of tobacco or drugs.
- Do not bring any weapons, cigarette lighters, or other dangerous objects on the bus
- Do not damage the bus.

Consequences:

- Verbal warning, seat re-assignment.
- First referral: Conduct report issued, parent notified, possible detention.
- Second referral: Conduct report issued, parent notified, possible detention and/or one to five (1-5) day suspension from bus.
- Third referral: Conduct report issued, parent notified, possible suspension of riding privileges for up to full school year. Conference may be scheduled with parent, administrative representative, and transportation representative.

Service as Action/ Community Service

All students at College Park Middle School are encouraged to participate in Community Service.

Students participating in the IB MYP magnet program are expected to fulfill the following requirements:

Year 1 (6th grade):

- Participate in a minimum of 2 activities*
- Record service and reflections using IB Portfolios (reflections must be approved by supervisor)

Year 2 (7th grade):

- Participate in a minimum of 4 activities*
- Record service and reflections using IB Portfolios (reflections must be approved by supervisor)

Year 3 (8th grade)

- Minimum of 15 hours on completion of Community Project



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S.A.F.E. News

College Park's SAFE Coordinator (Student Assistance and Family Engagement), Mr. Hill, is the school's mental health designee, threat assessment team leader, professional counselor, and wearer of many hats.

In collaboration with the discipline and student services departments, SAFE is responsible for evaluating and improving the well-being of all students on campus. The goal is to ensure College Park is a safe environment where students can thrive emotionally, physically, socially, and mentally.

Though much of SAFE's time and energy is devoted to crisis response and counseling, Mr. Hill is also excited to have implemented preventative programs:

- **EVERFI Honor Code**, a digital bullying prevention and leadership program created and sponsored by Orlando City Soccer.
- **Mighty Teens**, a program designed specifically for middle school girls as they navigate the challenges of social media, peer pressure, and bullying.
- **SAFE Ambassadors**, a program that identifies and trains leaders on campus to advocate for and counsel their peers.
- **REACH Developmental Relationships**, a trauma-informed, research-based training program to improve adult to student and student to student relationships.

If you have questions about SAFE or desire your student to meet with the SAFE Coordinator, please contact Mr. Hill at 407-245-1800 x5132265 or Austin.Hill@ocps.net

Student Services News

Your school counselors have been busy holding student conferences, enrolling new students, coordinating 504 meetings and assisting students with academic planning, counseling and goal setting. We have done Restorative Justice Sessions as well with students to help with conflict and problem solving and these have been very successful!

Counselors will continue delivering classroom guidance lessons to all grade levels. Topics addressed will include safety, coping skills, conflict resolution, goal setting and career development. Through Naviance lessons, our eighth grade students will complete self-assessments and explore career paths they may be interested in. Parents are encouraged to discuss high school, college and career planning with your students. Sixth and seventh graders will also receive career lessons designed by their grade level counselors.

The academic top 10 percent of our 7th grade class has been invited to participate in the Orange TIPS Program. This is an Orange County Public Schools initiative to bring early exposure to the rigors associated with preparing to be admitted into top tiered universities like the University of Florida, Rollins College, the University of Central Florida, etc. Participating students will have the opportunity to take the SAT in March of 2020 and enjoy summer field trips at the College Readiness Camp in June 2020.

Students interested in applying for a magnet program for the 2020-2021 school year can complete an application through the OCPS School Choice Department. Magnet information, applications, and further communications will be completed online at www.schoolchoice.ocps.net. The 2020-2021 magnet application period will remain open until February 15, 2020.

During the 3rd quarter, our eighth grade students will have the opportunity to meet with counselors from the neighboring high schools. Both Edgewater High School and Evans High School will provide orientations and registrations on our campus. Curriculum guides will be provided and/or available online for each student. We encourage you to review the graduation plans and decide which electives will best meet the needs of your student, while fulfilling a specific elective requirement. After reviewing these guides, if you have any questions or concerns, please feel free to call Ms. Jay at 407-245-1800 ext. 5132305 or email her at jill.jay@ocps.net.

If you ever need to schedule a conference or meet with a counselor, please call 407-245-1800 ext. 5132273 and Ms. Covington will be happy to schedule an appointment for you. On a final note, the Student Services Department would like to wish everyone a safe and restful Winter break!

Sincerely,

Mrs. Jay, Mrs. McEwen, Ms. Whitman

Language and Literature

7th Grade Language and Literature

Seventh grade students have been studying central idea, citing evidence, analyzing author's choice and purpose, as well as character development. Students will soon focus more on their writing skills through comparing authors' presentations and arguments as well as source transformations across mediums. Also, they will have the opportunity to critically and analytically dissect the author's structure, point of view and word impact in a variety of literary and informational texts. Finally, our seventh graders will participate in informative and argumentative essay writing workshops that will enhance and elevate their writing skills and abilities. Our goal for the year is to build each student's skill level in both reading, critical thinking and writing.

Ms. Clites and Mrs. Dees

8th Grade Language and Literature

Bulldog 8th graders will continue to explore the various aspects of the writing method. Analysis and curiosity are parcel with rhetorical selections and vocabulary development as we delve into Argumentative Writing. These concepts are for our writers to not solely have the mechanical ability to assemble paragraphs into meaning, but also to gather further insight into larger topics.

IB Students will also be reading *The Boy in the Striped Pajamas*, during an exploration into the Holocaust and the global impact of war.

Ms. Clites, Dr. Ford, and Mrs. Olowu

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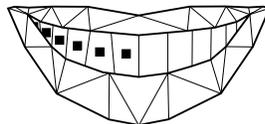
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Mathematics

Ms. Chavez, Mrs. Seaver and Mrs. Dietz 6th grade math students will work on writing and evaluating expressions as we start the 3rd nine weeks of school. This will lay the foundation for our further study of solving one variable equations and inequalities. We will finish this nine weeks with a study in statistics.

As we enter the 3rd nine weeks we will continue to do a spiral review of all the topics covered the first and second nine weeks to keep the information fresh in our kids' minds.

Homework will continue weekly, being given out on Monday and due on Fridays providing practice of both current and past math skills.

7th grade math students of Mr. Carillo, Ms Piersall and Ms. Seaver will work on two-dimensional and three-dimensional geometry as well as working with circles and polygons. We will finish this grading period working on a unit in statistics. Homework for 7th grade continues to be an avenue to success as it helps provide critical practice weekly.

8th grade students of Mr. Touil, Ms. Piersall and Ms. Finger will spend time the 3rd nine weeks working on the Pythagorean Theorem and transformations. We will complete our units of study analyzing angle relationships and working with statistics. Homework will increase understanding and lay the foundation for success in these units.

Ms. Han's Algebra students will begin the 3rd nine weeks studying the modeling of exponential relationships.

From here we will delve into comparing linear, exponential and quadratic models. A strong finish will happen with work in statistics.

Ms. Han's Geometry students will work with quadrilaterals and polygons circle geometry in the 3rd grading period. Homework for Ms. Han's students will increase their fluency and understanding in these areas and help provide a real foundation for math in high school.

Intensive Math students in 6th, 7th and 8th grade, of Mrs. Dietz, Mrs. Morris, and Mr. Touil will continue working through the TransMath curriculum utilizing hands-on materials, video tutorials, workbook practice exercises, small groups and online math practice through V-Math live. Students will be able to see their weekly progress through V-Math live and are able to work at home on their computers. These classes continue to provide foundational support and are building blocks to help ensure success as students move forward in math.

Media Center

All students in Orange County now have a free Virtual Library Card from the Orange County Library System. This account is completely separate from any personal library account already created, and will not accrue any overdue fines associated with it. Your student can access the Virtual Library Card on Launchpad or by visiting www.ocls.info/vlc. The library card number is the Student ID and the password is the student's date of birth (YYYYMMDD). With this account, students have free WIFI access at any library location, live homework help, e-books, language learning tools, magazines, downloadable music, and more.

The Battle of the Books team began meeting in the fall and is preparing for the annual OCPS Middle School Battle of the Books event in March. Students read and study the 15 books on the Sunshine State Young Readers Award list and compete against other middle school teams. Team members can check our team Canvas page for updates and announcements.

Is your student working on a research project or paper? Don't forget about the "Library Research Tools" on the OCPS Launch dashboard. Students can access Encyclopedia Britannica, Infotrac (articles, images, & more!), American Music Company, and the Orange County Library System. Launchpad is also the portal to online textbooks, Canvas, i-Ready, BrainPOP, and many other useful tools. Visit Launch.ocps.net and explore these wonderful resources today.

Did you just finish reading a book? Don't forget to take an Accelerated Reader quiz on it today! Students should listen for announcements on opportunities to win rewards for taking and passing AR quizzes. AR is accessible on Launchpad in the Library Research Tools folder. Thank you for encouraging your child to read.

Wellness

A fresh Start to begin 2020! Make some time to add some new healthy habits to your day. Here are some simple ideas that you can use at work or at home. This month, find a new way to add an extra minute of physical activity to your day. Get creative: take the stairs instead of the elevator, do 10 walking lunges on the way to your next destination or dance as you vacuum.

Give thanks! Expressing gratitude is a wonderful way to increase feelings of happiness and it counts as a stress reliever as well! Start taking 5 minutes to write down as many things, people, experiences, etc. as you can that give you a feeling of gratefulness. Promote even more positivity by expressing your appreciation directly to a family member, friend or colleague.

How healthy are berries? Berries are high in antioxidants such as anthocyanins, which may protect cells from free radical damage. Berries may improve blood sugar and insulin response when consumed with high-carb foods or when included in smoothies. Berries contain fiber, which may help decrease appetite, increase feelings of fullness and reduce the number of calories your body absorbs from mixed meals. Berries are rich in several vitamins and minerals, especially vitamin C and manganese, yet low in calories.

Berries can be enjoyed on most diets because they are low in calories and carbs and widely available in fresh or frozen forms.

Here is an idea:

- Spinach or lettuce, small cut up pieces of chicken, strawberries and sliced almonds. Toss together with your favorite low calorie dressing.



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IB Learner Profile

The International Baccalaureate® (IB) learner profile describes a broad range of human capacities and responsibilities that go beyond academic success.

They imply a commitment to help all members of the school community learn to respect themselves, others and the world around them.

The profile aims to develop learners who are:

- Inquirers
- Knowledgeable
- Thinkers
- Communicators
- Principled
- Open-minded
- Caring
- Risk-takers
- Balanced
- Reflective



Teachers incorporate these traits into their lessons both directly and indirectly to develop these attributes in all students.

Approaches to Learning

Through ATL in IB programs, students develop skills that have relevance across the curriculum that help them “learn how to learn”. ATL skills can be learned and taught, improved with practice and developed incrementally. They provide a solid foundation for learning independently and with others. ATL skills help students prepare for, and demonstrate learning through, meaningful assessment. They provide a common language that students and teachers can use to reflect on, and articulate on, the process of learning. IB programs identify five ATL skill categories, expanded into developmentally appropriate skill clusters.

Individuals and Societies

U. S. History (Mr. Berger, Ms. Thomas, Mrs. Shackelford)

The Jefferson Era:

Examining the causes, course, and consequences of United States westward expansion and its growing diplomatic assertiveness by:

- Describing how the United States expanded due to diplomacy.
- Recalling the Louisiana Purchase as a cause of United States westward expansion.

War and Compromise of the New Republic:

Demonstrating an understanding of the domestic and international causes, course, and consequences of westward expansion through:

- The War of 1812
- Adams-Onis Treaty
- Missouri Compromise
- and Monroe Doctrine

Industrial Growth:

Identifies technological improvements (inventions/inventors) that contributed to industrial growth by:

- Describing how industrial growth affected this era of American history.
- Identifying causes of industrial growth during this era of American history.

Jacksonian Democracy:

Identifying key ideas and influences of Jacksonian democracy by:

- Giving examples of Jacksonian democracy.
- Identifying and describing political developments during this era of American history.

A Changing Nation: Expansion, Tension, and Compromises:

Examining the experiences and perspectives of significant individuals and groups during this era of American History by:

- Comparing and contrasting the experiences and perspectives of significant individuals and groups during this era of American history.
- Identifying and describing the experiences of significant groups during this era of American history.

The Age of Reform:

- Seneca Falls Convention
- Women’s Suffrage
- Education
- Mental Health

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Sciences

Our CPMS scientists will be covering the following topics between January and March.

- **6th grade Comp. Science 1** – Water Cycle, Weather and Climate, Global Patters, Severe Weather, The Cell, SSA Review
- **6th grade Life Science Adv.** – Cells, Mitosis and Meiosis, Heredity and Reproduction, Biotechnology
- **7th grade Comp. Science 2** – DNA and Reproduction, Genetics, Ecological Relationships, SSA Review
- **7th grade Earth/Space Science Honors** – Earth's Layers, Plate Tectonics, Earth's Changing Surface Geologic time
- **8th grade Comp. Science 3** – Elements, Compounds and Mixtures, Changes of Matter, Processes of Living Systems, Practicing Science, Progress Monitoring Activity Review
- **Physical Science Honors** – Electrons and interactions, Understanding Chemistry, Types of Reactions, Chemistry of our World, Ecology

First Lego League (FLL) Team

Our robotics teams continue to impress and have been hard at work as they prepare for this year's FLL competitions.

At the Pre-Qualifying competition in November our 8th grade team took home the Robot Performance Award. Their robot completed the greatest number of missions and achieved the greatest point value out of 20 participating teams. The 7th grade team received a first place trophy for their Core Values presentation. Core Values are the tenets FLL expects from its competitors. These tenets include discovery, inclusion, teamwork, fun, etc.

Qualifying competition was held on December 7th. Unfortunately, we don't have the results for that competition at print time. However, if our teams are successful, they'll represent CPMS at the FLL Regional competition which includes the entire Central Florida area.

Choir

Dear Families,

It's hard to believe we're half way through the year already. I'm so proud of our choir students and all they've accomplished thus far. Thank you to everyone who came out to support our program at our winter concert.

In January, students will begin preparing music for our Music Performance Assessment (MPA) which will take place sometime during the first week of March. Music Performance Assessment is a district-level event where each ensemble prepares two pieces in contrasting styles to perform for a panel of three judges who adjudicate them on a predetermined rubric of 26 categories. They receive a score from each judge for their performance on stage. They then proceed to a fourth judge who will adjudicate the ensemble on their ability to sight read a piece of music they have never seen before. **District MPA is required and graded just like any other on-campus performance, so please pay special attention to communication regarding MPA as it is made available.** We hope to see everyone back at our Pre-MPA concert at 6:30pm at Edgewater HS on February 25th. Thank you for your continued support of our College Park Choir Program! Sincerely, Julie Simmons

Chess Club

Chess Club has started once again at CPMS! We "graduated" a winning group of chess players last year as they moved onto high school. They won several trophies in the years that they competed in county competitions, making us very proud and representing our school well!

Do you have a student who plays chess, either as a beginner or advanced level player? Have them join us on the **1st and 3rd Friday mornings of each month at 8:30 a.m. in room 818.** We will work on strategies and skills and play against each other. OCPS has two middle school tournaments in which our players will compete. One is in the early spring and one is in May. Our goal is to become better players and participate in these competitions as we seek to bring home some gold; trophies that is! Any questions, please email Laura Dietz at laura.dietz@ocps.net.

Mrs. Laura Dietz Judge Robert Dietz
Chess Club Sponsor Chess Club Coach

Bulldog Technology Reminders

Don't forget to charge your laptop before school every day. When you are walking around campus with your computer, it should be closed and kept in your backpack.

Keep your laptop away from extreme temperatures, food and drinks, small children and pets. Internet Hot Spots need to remain at home and are not for use at school.

Need computer help? Don't forget to fill out a Student Technology Request at: StudentTechRequest.ocps.net.

Remember: All Bulldog students are responsible digital citizens.
Parents, please visit www.digital.ocps.net for resources and support.

CHOOSE YOUR ER TIME. ONLINE.

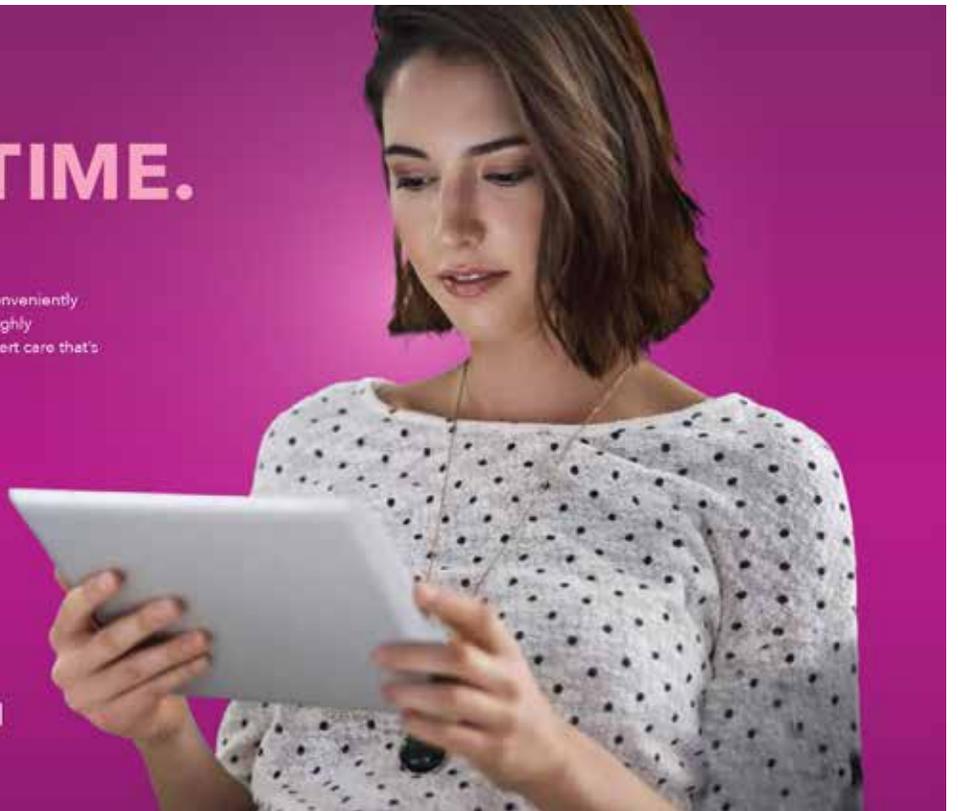
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Maintain Momentum Through Holiday Break

The holidays are just around the corner and with that comes some much-needed time off! Teachers and students alike appreciate this time to refresh, enjoy time with friends and family, and maybe even catch up on binge-watching a favorite show on Netflix.

During this time off, it's easy for students to lose the momentum that teachers have worked hard to build up. Coming back to school after the holiday breaks can be almost like starting school all over again. Here are some tips to help keep a little momentum going and make coming back from holiday breaks a little easier.

Maintain a similar schedule

- Now this doesn't mean you have to get up so early every single day, but it helps if you don't sleep until noon! Getting up and having a routine is more beneficial than lounging around all day. When I'm not working, I actually still get up at the same time, eat breakfast, and work on some writing or take a walk which keeps my mind and body alert.

Study with friends

- Getting together with friends during school breaks is a great idea! You can have fun, maybe hang out at the mall and go shopping or see a movie. You could also spend a little time studying or doing some homework together. Studying in a small group or with a friend is a great way to socialize and still get some learning done at the same time.

Read a little bit every day, various subjects – it doesn't have to be about schoolwork.

- Maybe you don't have any homework or studying over break, but it's a good habit to still engage in some silent reading every day. I try to read about an hour a day, but getting in at least 20 minutes is an excellent habit to build. You don't have to read about school-related topics, you can read about anything that interests you, just make sure to get a little reading time in daily! If you really want to challenge yourself, select a topic unfamiliar to you – something you wouldn't normally read about.

Engage in your online activities, like Khan Academy and iReady.

- If you have internet access at home, you can spend some time working on math and reading skills through online resources like Khan Academy or iReady. Just like with silent reading, spending 20 minutes a day working on these interactive sites will help keep your brain sharp!

Reward yourself!

- Don't make your entire week off about work! Reward yourself for setting and reaching small goals. If you tell yourself you will spend 20 minutes reading, and then 20 minutes on Khan Academy, and you do it, then reward yourself with taking a break. Maybe watch one of your favorite shows or make a tasty snack. You deserve it!

Hopefully by following some of these tips you can make the most of your time off – have fun and get a little work done at the same time. I hope everyone enjoys their break and we'll see you after vacation, well-rested and ready to learn!