

BACK TO SCHOOL!!!

It's that time of year again and we can hear the school bells ringing! It can be hard to adjust from the dog days of summer to the busy and fast pace of the school year. Here are eight tips to get back into the school mode and start this year off right!



Tip #1: Have the Proper School Supplies that you need for your classes! Getting folders and binder with patterns and designs to make note taking more fun. During the first day of class most teachers will tell you everything they require for their courses. Make sure that you get the specified supplies so that you are able to keep up with the class work and stay organized.

Tip #2: Get an Agenda!

During the school year is such a busy time! Between taking test, doing homework, attending activities, and school events it can be really hard to keep track of everything. By keeping an updated agenda, you can better manage your time and know what you have to accomplish. Having an agenda will definitely help you with time management. Time management is key to being successful and staying on top of everything you need to do!

Tip #3: Know your Course Syllabus

Knowing your class schedule is so important for being successful in the course your taking. Teachers will typical hand out your syllabus in class or post it online. Keep it in a safe and convenient place so you can frequently view. Knowing when you have papers and projects due is so important for passing the course and keeping up

Reminders

- * Please remember to return all Publix carts to Publix and carts are NOT permitted inside of the buildings.
- * Please clean up after your pets and please clean your pets. As the weather gets warmer, pets tend to sweat. Please be courteous and bathe your pets frequently.
- * ALL garbage bags should be taken out to the trash compactors in the parking lots. Please be sure to double bag all garbage bags that can possible leak.
- * AC filters should be changed about once a month. We provide AC filters in the office for your convenience.
- * Save time and pay your rent online!!!!

your grades. Having the syllabus will allow you to plan ahead and give yourself proper time to complete every assignment and get great grades!

Tip #4: Do Not Procrastinate

This is something that we have all been guilty of in the past and have learned the stressful repercussions. A habit is created in three weeks so if you study for every course you are taking daily in 21 days that will be a new habit for you. Dedicating a little bit of time every day to the courses you are taking is definitely going to positively impact your grades and make you a better student!

Tip #5: Know what is Expected of You

It is very important to know what your teachers are expecting from you. Pay attention to what the teacher is saying about the workload of the class and what they are hoping for you to get out of it. Teachers are supposed to want you to succeed so most likely they will provide you with what you need to do to thrive. Knowing their expectations and achieving them will help your year start smoothly. Always remember that communicating with your teachers is key for understanding their expectations.

Tip #6: Get Involved

Getting involved with your school community is great because you can pursue your interest and meet peers who have the same and similar interest as you. Many studies have shown that students who are involved in sports and school activities are able to achieve higher GPA's. If you enjoy playing sports try out for the school team. If you are a musician or actor then join your school band or theatre company and share your talent with your fellow peers. Join clubs that you are interested in and attend all the meetings. If your school doesn't have the sports you play, a club you want to join, or a musical or theatre program then talk to your school administrators and see if you are able to start your own! It is amazing to have something that you are passionate about and enjoy doing so never be afraid to pursue your interests.

Tip #7: Learn What Type of Learner You Are

Everyone is individual and so is the way you learn! There are three main types of learning styles which are auditory, visual, and kinesthetic. Knowing what type of learner you are is going to help you be a better student and have better studying habits. When you are able to determine the type of learning style that is best for you, you will find better results when you are studying and it will result in higher test scores! I highly encourage you to do some research and determine the type of learner you are so you can personalize your studying.

Tip #8: List of academic goals

Write out a list of goals that you want to achieve for the upcoming school year! Do you want to make the lead role in the play, get that varsity spot on the basket-ball team, improve your grades, You can reach all the goals you set for this year! When you write down every goal you are able to plan and realize what you need to do to prepare for them. Having that list can be a driving and motivating force to help you work to achieve those goals.

Every new school year is an opportunity for a fresh start, new friends, and to make it count. You have the potential to make this year one of the best ones yet!

POOL & FITNESS CENTERS INFORMATION:

POOLS

There are three great pools for exercise, family fun and relaxation.

- The **Enders Park** swimming pool has a 6-lane junior Olympic size main pool and a separate children's pool.
- At **Grace Hopper Hall** there is an 8-lane junior Olympic size main pool and a separate children's pool. The pool at Grace Hopper Hall is heated.
- The **High Park** swimming pool is a smaller pool (44'x44') great for a tranquil day of sunning. Tables and chairs are provided around the pool deck and are available on a first-come first-serve basis.

POOL RULES

- No diving, running or rough play
- Children under 12 must be accompanied by an adult
- Pool hours are 5 a.m. to 10 p.m. daily
- No alcohol
- No glass containers
- No animals except for service animals
- Use of bicycles, skateboards, roller blades or scooters prohibited
- No excessive noise, behavior, abusive or profane language
- Only audio equipment with headphones in pool area
- No cooking/barbecuing in pool area
- No hanging on lane markers
- Failure to adhere to these rules may cause loss of privileges
- No lifeguard on duty – swim at your own risk
- Maximum water temperature: 104F
- Bathing load: (Enders 78, Grace Hopper 82 and High Park 56) for your info
- Shower before entering pool
- Proper bathing attire required

FITNESS CENTERS

Fitness centers are located at **Grace Hopper Hall and Enders Park**. Both fitness centers are open 24 hours per day, seven days per week, except for cleaning.

The fitness center at Grace Hopper Hall is closed between 2 and 3:30 p.m. on Tuesdays and Fridays.

The Enders Park fitness center will be closed between 1:30 and 3 p.m. on Mondays and Wednesdays.

FITNESS CENTER RULES

- No personal training allowed
- Please use the cleaning products provided to wipe off equipment when you are finished
- No food in the fitness center
- Turn off TVs when finished
- Due to safety and insurance concerns children under the age of 16 are not allowed in the fitness center rooms at any time
- No horseplay on equipment
- No loitering
- Please wear appropriate attire and footwear while exercising
- Refrain from talking on cell

Thanks to the Baldwin Park Community Network

CAPRESE PASTA SALAD



Caprese Pasta Salad All the flavors of a traditional caprese salad brought together in a hearty pasta salad!

Prep Time 10 minutes

Cook Time 11 minutes

Total Time 21 minutes

Ingredients

16 ounce box of pasta

1 pint cherry tomatoes

8 ounce mozzarella cheese ball (not shredded)

1/4 cup store-bought pesto

1/4 cup extra virgin olive oil

2 tbsp balsamic vinegar

1 tsp garlic powder

1 tsp salt

1 tsp black pepper

1 tbsp fresh chopped basil for garnish

Instructions

1. Fill a large pot with water and 1 tbsp of salt and boil your pasta according to the package directions.
2. While the pasta is cooking, slice your tomatoes into 1/4 inch slices and cut your mozzarella into 1/2 inch cubes. These sizes are just my preference so if you like them smaller or bigger, go for it!
3. Once your pasta is done, drain it and rinse it with cold water. You do NOT want your mozzarella to get melty.
4. Add your cooled pasta to a mixing bowl along with the tomatoes, mozzarella, pesto, balsamic, olive oil, salt, pepper, and garlic powder.
5. Toss together and either serve at room temperature or refrigerated

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