

Team Olympus Newsletter

All-Team Dodgeball Tournament



Videos From Dodgeball



Homecoming 2018



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What's Going on in Class?

Algebra:

We are almost done with chapter 3, which deals with simplifying exponential expression, and multiplying polynomials (algebra tiles are everywhere!). I know these concepts and skills have been challenging, but I'm proud of our students for embracing the struggle. Since we are coming to the close of this chapter, we will be having our test within the next few weeks. Start making your cheat sheet! If students would like extra tutoring, the math department is hosting various tutoring opportunities during A+. If you attend one you'll receive extra credit!



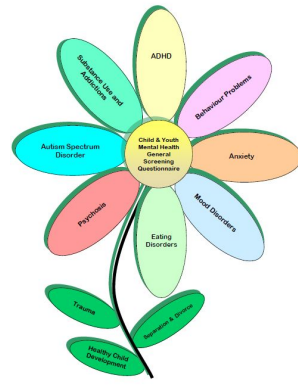
English:

CP: We are beginning our essay comparing three dystopian stories: *The Giver*, "Old Glory," and "Harrison Bergeron." By this Thurs/Fri, students should have their first two paragraphs completed, and they should finish their rough draft by Mon/Tues.

Honors/CP: Starting this week in Honors, and in 2 weeks for CP, we are beginning one of the favorite books of Freshmen year: *Of Mice and Men* by John Steinbeck. We will be focusing on the themes of friendship, the American Dream, and the treatment of African-Americans and women in the novel.



Health & Wellness



Teenagers: How to Stay Healthy

A dictionary might say that health is the state of being free from illness or injury. But others think it is more. The American Academy of Family Physicians (AAFP) says health is more than the absence of disease. “Health is a state of physical, mental, and social well being and not merely the absence of disease or infirmity,” it says. It is the key to living a productive and satisfying life.

Path to improved health

You can break down the concept of health into different categories. These could include physical, mental, emotional, and behavioral health. There are things any person can do to stay healthy in these areas. But as a teenager, there are some things you should pay special attention to.

[Click here to see the entire article.](#)

Healthy Habits for Teens and How to Encourage Them

The teen years are a fun and exciting time for your child, but often a very nerve-wracking time for you as the parent. It is a time when you are giving your teen more independence and responsibilities which is a good thing, but it is also important that you instill in them healthy habits that are essential to living a long and happy life. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Here are some healthy habits for teens: [VIDEO](#)

Healthy Diet

Good Hygiene

9 to 10 hours of sleep

Finding Their Passion

Be a Role Model

Be realistic

Give Cooking Lesson

Daily Exercise

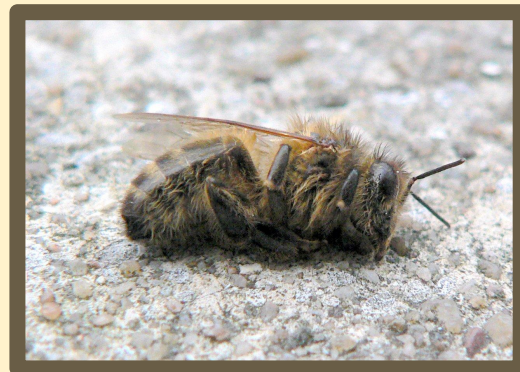
Encourage Open Communication

[Click here for the complete article.](#)

What's Going on in Class?

Science:

In Lab Biology: Exploring the microscopic world...
Building skills and checking out Dead Stuff.



In Earth Science:

Discovering the mysteries of the Rock Cycle...



PE: Full on into Badminton

Students have learned serving and scoring, and are currently in teams I have chosen. They are learning round robin format as well as top court where they play closer to their ability. This unit will run through Nov. 7th. Nov. 8th we will start Volleyball Baby Project . . .

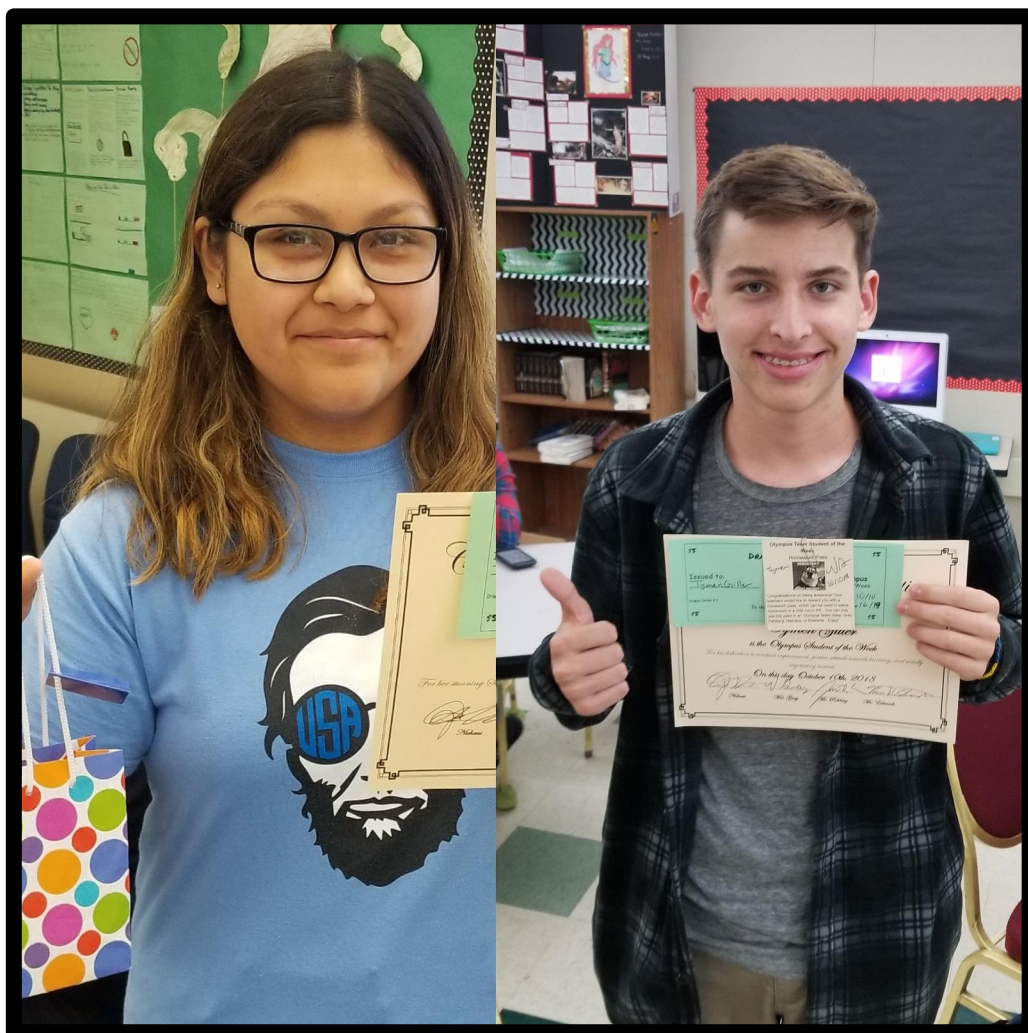


We had a special day with 15 babies joining our class.

All make up points will be earned running laps on the track during A+.

Physical Education: Uniforms are always on sale. \$10 shorts & T's, and \$15 sweat pants & shirts

Students of the Week



Leslie Yanez Berber
Keira Sheldon
Dylan Cusick
Sean Tomany
Tymen Giller
Jimena Echeveria
Julian Barajas-Birrueta
Alyssa Medeiros

