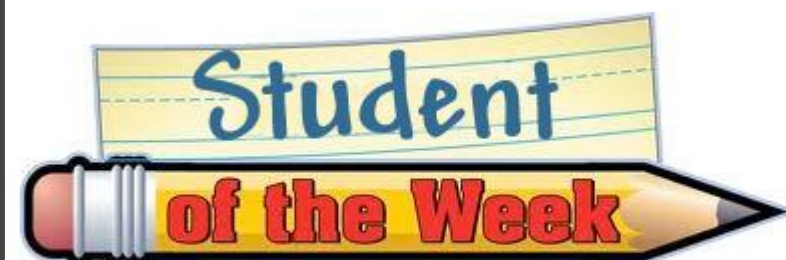


Team Olympus Newsletter

Link Crew -- Freshmen Orientation



English: Mrs. Gray
Email: vgray@sonomaschools.org
Math: Mr. Rehberg
Email: jrehberg@sonomaschools.org
Science: Mr. Edwards
Email: koleary@sonomaschools.org
P.E.: Mrs. Green
Email: jniehaus@sonomaschools.org



Back to School Night

Date: September 12th,
Wednesday

Time: 5:40-8:15pm

You will be going to your student's class periods. Keep in mind that if your child has 0 period, that you will go there first and then go to the gym for the welcome. The time for the event is subject to change. [Click here](#) for more information.

Top 25 Questions to ask Student when they get Home from school.



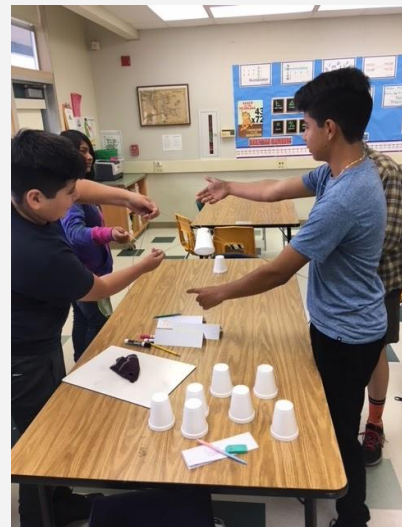
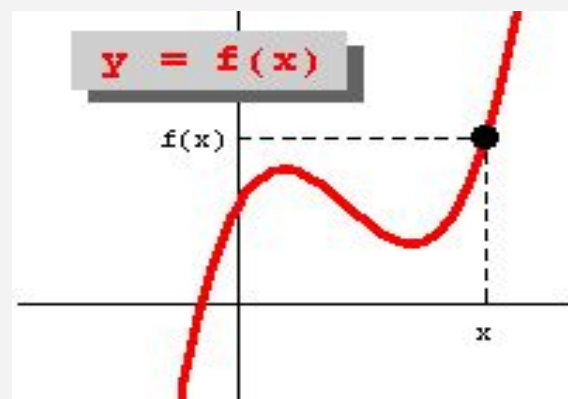
[Click here](#)

This Year's Winners so far: Leslie Yanez Berber,

Keira Sheldon

What's Going on in Class?

Algebra:



We are flying through chapter 1. It's been awesome to get to know all of the students and start tackling algebra problems together! Remember, we need to embrace the struggle, that's when our brains are literally growing.

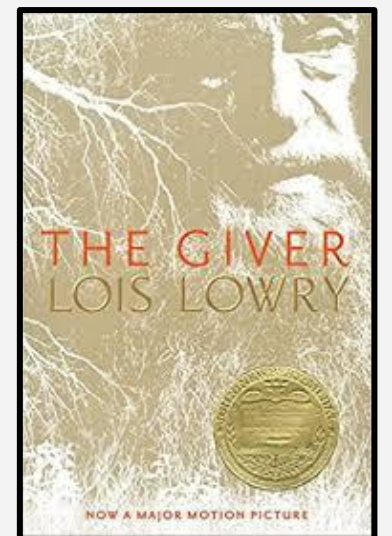


English:

In both College Prep and Honors English, we are working on the following (click on links for more information):

- ["I am From" Poem Project](#)
- [Fall Benchmark on Population Control](#)
- [ABU "All Booked Up"](#)

Starting the week of September 10th, we will be starting the dystopian novel, *The Giver*, by Lois Lowry. Yes, students will be reading two books at once! Wahoo! Let's work out those brains!



Here are some of the name posters students completed on the first day of instruction.

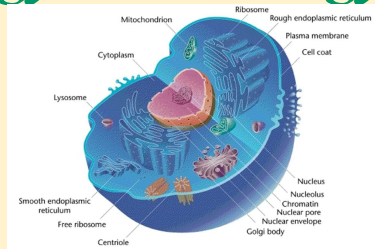


What's Going on in Class?

Science:

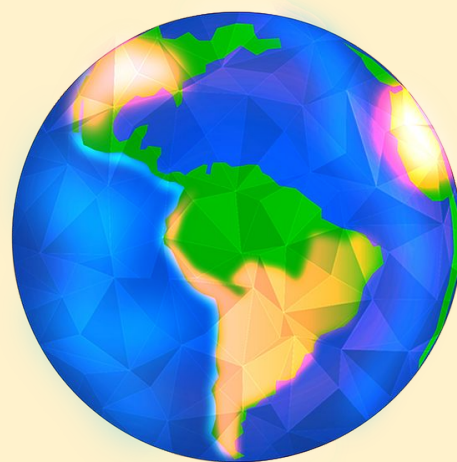
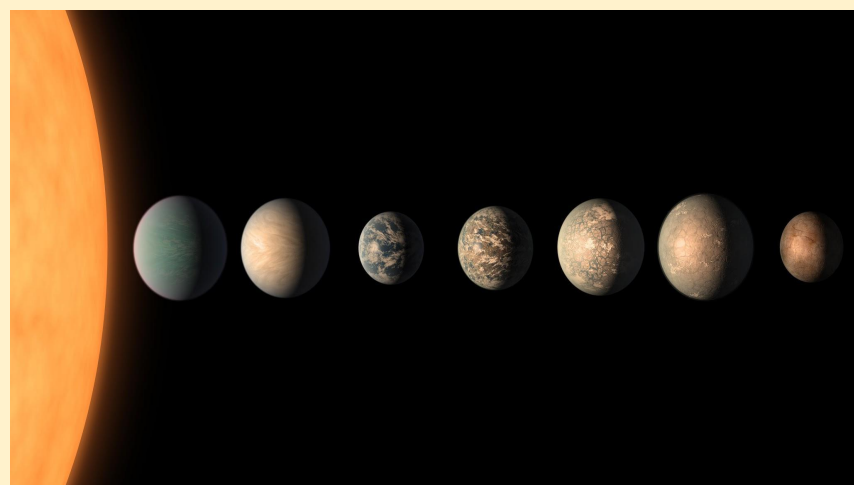
In Lab Biology:

We are beginning the year with an overview of “what is Biology”. Areas of study throughout the year will include: evolution, physiology, cell biology, transfer of energy and ecology.



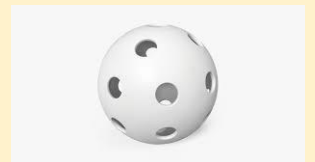
In Earth Science:

We are beginning the year with an overview of Earth Science. Areas of study throughout the year will include: scientific investigation, geology, weather and climate, astronomy and oceanography.



Physical Education:

Yes, Dress: Students have begun dressing and participating in class. We are learning our Dynamic Exercises and running for time. Our runs are the Field Run, Timed Mile and Niehaus Mile. Our activity is Wack-a-ball, which is played on the tennis courts with whiffle balls and pickleball paddles.



Uniform: Physical Education clothes can be purchased anytime through the school year through any Physical Education teacher. T-shirt & shorts are \$10 each and sweat pants & sweat shirt are \$15 each.

Fun Facts: Teens need **about 8 to 10 hours** of sleep each night to function best. Most teens do not get enough sleep — one study found that only 15% reported sleeping **8 1/2 hours** on school nights.

[Sleep for Teenagers - National Sleep Foundation](https://sleepfoundation.org/sleep-topics/teens-and-sleep)

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