

School Calendar

Sept 9 - Oct 25 - [Read and Feed](#) Book Drive

Oct 24 - Field Trip to [Naylor Family Farm](#)

Oct 31 - End of Quarter 1

Nov 1 - Teacher Workday

Nov 5 - Teacher Workday:
Election Day

Nov 6 - [Inter-Faith Food Shuttle](#)

Nov 11 - Veterans Day

Nov 15 - Field Trip to [North Carolina State University](#)

Every Tuesday - [BackPack Buddies](#) delivery (See Mr C)

Message from Principal Perkins

Focus on Wellness and Building Resilience

In today's fast-paced world, building resilience is more important than ever. Whether in our personal lives or at school, challenges can often feel overwhelming. But we have the power to shape how we respond to these obstacles by focusing on our mental and emotional well-being. Here are a few strategies for enhancing resilience:

Keep Things in Perspective

How you think impacts how you feel. It's easy to fall into negative thinking but recognizing irrational thoughts can help shift your mindset. If overwhelmed, remind yourself that this moment doesn't define your future—you control how you interpret and respond to challenges.

Accept Change

Life constantly changes, and some things are beyond control. Accepting this helps you focus on what you *can* change, freeing up energy to move forward.

Maintain a Hopeful Outlook

Staying hopeful is key to resilience. Focus on what you want to achieve, not on your fears. Small steps forward build confidence and control.

Let's support each other in prioritizing wellness and resilience in our school community.

Writing Tip:

Thoughtful, descriptive writing helps bring your personal experiences to life. Sights, sounds, & people are parts of experiences.

Test-Taking Tip:

Pace yourself, so you don't run out of time.

Wellness Moment:

Our school counselor, Mr. Cormier, is available for in person, one-on-one counseling sessions for students & families. Contact: kcormier@yahoo.com & Office Ext 26209.

Math/STEM Teacher Highlight: Mrs Both

I am a math teacher for 6th grade, and half of 7th grade. This is my 4th year as a teacher at Connections Academy. I started out as an IA. I am so proud to be a part of the math team with Ms. Lozhnikova, Ms. Zehr, Mr. Gharbo, Ms. Armlin and Ms. Habbershaw. For Unit 1, we have already learned about finding the area of polygons (6th grade) and how to scale drawings (7th grade). For the remainder of the 1st quarter, we will be working on ratios (6th grade) and proportional relationships (7th grade).

It is always so gratifying to see students solve what can be challenging concepts and calculations, and apply their learning to real life. Our students can always feel assured that the math team is not only here to help them reach their math goals but we LOVE to be a part of each and every student's math journey. We also love to have contact with family members as learning takes a village.

Just a reminder for all math students, homework is always available on [STUDENT.DESMOS.COM](https://www.desmos.com) (you need a class code), and you can also make-up any missed work on [STUDENT.DESMOS.COM](https://www.desmos.com) as well.

MATH RIDDLE: I am an odd number. Take away a letter, and I become even. What number am I?

→ If you know the answer, let me know for a small treat!



In Mrs Both's STEM class, we scaled a Pop Tart box: first without tools and measurement, then with tools and measurement. It is so much better to measure!!!!



We reached our Book Goal of 300! Click on this [Powerpoint](#) to learn more.