We hope everyone's first few weeks of school ran smoothly! It was a joy to see everyone's eager faces during the first weeks of school. As we enter the first grading cycle, it is best practice for students to create a strong foundation at the beginning of the school year in order to maintain successful and healthy habits. This foundation may consist of tools that help students become responsible and accountable in their education, but at the same time feel accomplished and safe within themselves. As you read this newsletter, consider ways that your student can incorporate or improve some of these practices to make for a prosperous school year.

**STAY ORGANIZED**
Part of being organized is sticking to a routine. Ways you can stay organized are setting a bed time for maximal rest, allocating homework to folders/binders, and remembering to CHARGE YOUR LAPTOP before bed. This way your body will create muscle memory in what you need to do to prepare to be successful every day.

**BE MINDFUL OF YOUR COMPANY**
Choosing the right peers that you surround yourself with on a daily basis directly correlates with how you carry yourself. Believe it or not, your group influences your choices and your overall character. Choose friends who support, respect, and make you a better person all around.

**ASK FOR HELP**
POMS has one of the most friendliest and helpful staff to support you and your community. Do not hesitate to ask for help. We are here to help your student be the best they can be, and if we don't have an answer right then and there, we will help you find one.

**Upcoming Events**
- Sept 4: No School - Labor Day
- Sept 15-Oct 15: Hispanic Heritage Month
- Sept 19: Open House
- Sept 25: No School
- Sept 26-29: Say Something Week
- Sept 29: C1 Ends
Limit Tech Time
Although technology is typically used to make our lives easier, there are also ways that it can make a negative impact on our lives. Extended amounts of screen time may alter our physical and mental health by declining eye sight, limiting much needed physical movement, and increasing anxiety. Try setting a specific time frame allotted towards technology use. (https://doi.org/10.1016/j.envres.2018.01.015.)

Screening Followers/Following
Parents, be aware of whom students come in contact with on social media platforms and other communicative apps. Screen conversations to ensure your child is not in danger. Unfortunately, some predators may disguise as people who may not be harmful, so check for signs and vocabulary that would alert red flags.

Do You Need the App?
There are many applications that are readily available for anyone to download that may not benefit the student. Be conscious of apps that are distracting and enable negative behaviors. Also, make sure the app has adequate secure measures if they are accessible to minors.

Not All Apps Are Bad
Technology can be a blessing and curse. If utilized correctly, it allows people to perform at optimal levels and spread viable information for the common good.