



CLASS OF 2023

MAY NEWS

ADVISOR UPDATE

Happy May, Class of 2023! First, I just want to say how much I miss seeing you all! I can't WAIT to be back in school with you in the fall. This experience definitely makes you grateful for things we can easily take for granted, like being able to go to school and see everyone. I hope you are all doing well with remote learning. It is definitely an adjustment, so be patient with yourself. The teachers are also working hard to adjust to this totally new approach to school.

For May, let's all focus on wellness - mental and physical. This moment in time can be extremely stressful. You may be directly affected by COVID-19, with family members who are sick or who are vulnerable. That can cause a great deal of anxiety. You may be feeling a lot of emotions - anger, frustration, boredom, isolation. These are all okay! You have a right to feel this way. We have all experienced a great deal of loss - school, spring sports, dance recitals, clubs, family gatherings, going out with friends, going out to eat, going to the movies, etc. Our lives have been turned upside down so don't downplay your emotions and feel like they are not important. This is a VERY unique time and none of us have ever had to deal with something like this before.

I have found that getting outside and moving has been VERY important for me during this time. Every day I get out for a run, or I do a bike workout in my basement, and I also walk my dog approximately 10 times a day, which he is loving. :) Moving your body and getting fresh air (while socially distancing) does GREAT THINGS for your physical health, but also your MENTAL health. It can help with those racing thoughts, or just get out some pent-up energy. Give it a try and hopefully we'll have sunny skies and warm weather for May. Stay well! Miss you all!

- Ms. Finnegan

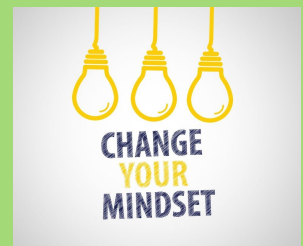


PRESIDENT'S PAGE

Hey! It's your class president Matthew Theriault again. Even though there's no more school (there's still online school) this year, May is still a big month at least for next year. The reason for this is that the school elections are being held in May! Everyone who wants to run is now allowed to, so make sure you sign up if you want to run. I can tell you from my personal experience that being a part of the class officers is really fun, super exiting, and an awesome experience. You become really close with your fellow officers and you get to have a great advisor! So, if you were thinking about running, run! Because even if you don't get elected, the election process is fun and an experience on its own. Stay safe and practice social distancing! - Matt

POSITIVE POSTS - MAGGIE'S TOP POSITIVE INSTAGRAM ACCOUNTS TO FOLLOW

- [globalpositivenews](#)
- [goodnews_movement](#)
- [humankindvideos](#)
- [thegoodquote](#)
- [mindsetofgreatness](#)
- [motivationmondays](#)
- [greatbigminds](#)
- [thedogist](#)
- [little_penny_thoughts](#)
- [dog_feelingsig](#)



MAY MOMENTS

Sunday, May 10: Mother's Day

Monday, May 18: Freshman Virtual Assembly - Student Council Candidate Speeches (10:15am)

May 18-22: Voting Portal Open for Student Council Elections

Monday, May 25: Memorial Day (No Classes)

Tuesday, May 26: Student Council Results Announced

Friday, May 29: Last Day of School for Seniors

Friday, May 29: Periods 1&2 Meet Today (from missed Memorial Day classes)





Here are fun recipes you NEED to try during quarantine!

1. 5 Ingredient Cookies!

- 3 cups of all-purpose flour
- 3/4 cups of brown sugar
- 2 eggs
- 1 cup of softened butter
- 1 cup of chocolate chips and mix!
- Bake for 10 minutes at 350!

2. Quick Quesadillas!

- 6 flour tortillas (8 inch)
- 1 1/2 cups of shredded Mexican cheese
- Chicken or Steak (optional)
- Cook until crispy! Add dipping sauce too! (optional)

3. Banana Bread!

- 3 mashed bananas
- 1 egg
- 1 1/2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 3/4 cup sugar
- 1 cup chocolate chips (optional)
- Bake for 1 hour at 300!

CONNOR'S SUGGESTED DAILY SCHEDULE

6-8:30 AM: Wake up, your morning routine of personal care and breakfast.

8:30-10:00 AM: First Block & Schoolwork

10-12:30 PM Downtime and Lunch. Make sure you have something to do, or fall victim to eating out of boredom(my bad habit)

12:30-2 PM Second Block & Schoolwork

2-3 PM Down Time.

3-4:30 PM Exercise. It's vital to have a healthy lifestyle, especially during the quarantine.

4:30-10 PM Down Time

10-11 PM Go to bed. Most people don't get enough sleep. Take advantage of quarantine to get a healthy sleep schedule!

TEACHER FEATURE: MEET MR. HANCHETT!

Mr. Hanchett is the advisor of the Student Council and is passionate about reading, traveling, surfing, fishing, and any outdoor activities, mainly those that involve water. Mr. Hanchett lived in South Africa until he was 14 when he moved to America with his parents. His parents worked in South Africa as missionaries, but eventually needed a break. As an adult, Mr. Hanchett found Masco and became friends with Mr. Muller, Mr. Scarpaci, and Mr. Walsh. Mr. Hanchett has been spending as much time as possible with his family during quarantine. They typically go on walks or work in their garden. However, he is also busy helping his kids with their online learning. As Student Council advisor, Mr. Hanchett is working to hold virtual elections! On Monday, May 18th, at 10:15 AM, freshmen will view a live assembly with pre-recorded speeches from all candidates. Students can then participate in a virtual voting process that Mr. Hanchett describes as being both "simple and secure".

- By: Connor



STELLA'S BOREDOM BUSTERS

- Baking
- Go on a run
- Working out
- Going outside
- Going on drives
- Watching movies
- Listening to music
- Going on a bike ride
- Spend time with a pet
- Organize your room/house

