

Announcement!

By Nakiya

There are only 2 school days until the marking period ends! You should check your H.A.C and look for missing/absent assignments and check in with your teachers. You don't want the missing work to become zeros and pull down your average! Also, be sure to turn the completed game in to win a chance to get \$20 FS Cash!

Looking Back, Looking Forward

By Andre

January Birthdays:

- Elijah - 24th
- Miss O'Donnell -20th
- Mr. Roger -22nd

Upcoming:

- End of the Marking Period - 17th
- MLK Jr. Day - 20th (NO School)
- Grading Day - 21st (NO School)

Ongoing:

- Blood Donor Awareness Month

Diabetic Assist Dogs

By Marta

Diabetic Alert Dogs (DAD) are trained to alert diabetic handlers in advance of low or high blood sugar before they become dangerously out of range. A Diabetic Alert Dog's early detection allows the handler to take the proper steps to return their blood sugar to a normal healthy range. Dogs have a naturally heightened sense of smell that makes them excellent hunters. Professional trainers have learned to harness these skills by training dogs to recognize certain smells. These could include the fruity-smelling and ketones a person's body produces when they are experiencing a hyperglycemic episode when blood sugar is too high, or the unique scent a person gives off during a hypoglycemic episode when blood sugar is too low.

<https://www.healthline.com/health/type-2-diabetes/dogs>

Monthly Astrology

By Tyasia

Aries-With all this power and energy behind you, it's good to have a clear direction.

Taurus-Your paths of greatest fulfillment are communication, intellectual interests, and spirituality.

Gemini-Career and outward success are very important this month.

Cancer-This should be a happy and successful month – filled with forward progress and achievement.

Leo-Good is coming from other people and through their good graces. Let it happen.

Virgo-You need to balance outward/inner goals, family and career.

Libra- January brings you love, social bliss, increased earnings, creativity, and great optimism.

Scorpio-It is best to channel this energy into sport or exercise regimes – or into areas that don't affect your social life.

Sagittarius-This month you need to build paradise 'inside' yourself first.

Capricorn-This month is for psychological, inner progress and laying the groundwork for future success.

Aquarius-There is definitely light at the end of the tunnel.

Happiness is such a relative thing.

Pisces-Things are very competitive and you are defending your position.

Horoscopes.guru.com

Blood Donor Awareness Month

By Andre

In January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors.

National Blood Donor Month has been observed since 1970 with the goal of increasing blood and platelet donations during winter – one of the most difficult times of year to collect enough blood products to meet patient needs. During the winter months, inclement weather often results in canceled blood drives, and seasonal illnesses like the flu may cause some donors to become temporarily unable to donate.

In addition, the American Red Cross and the NFL are collaborating on a blood drive. Just come to give blood January 1-19, 2020, and you'll automatically be entered for a chance to win a trip to the super bowl. For more information go to <https://www.redcrossblood.org/local-homepage/events/win-a-trip-to-super-bowl-liv.html>

<https://www.redcross.org/about-us/news-and-events/news/Resolve-to-Give-during-National-Blood-Donor-Month.html>

New Year's Resolutions

By Nakiya

You've probably heard the phrase "New Year's Resolutions" before. New Year's Resolutions are basically goals people set on New Year's Day for, well, the new year. Some of those are eating better, exercising, and quitting drugs, alcohol, and smoking. Many people set goals for the new year but most don't go through with them. In this column, I'll give you some tips on how to follow through on your resolutions!

1. Set REALISTIC goals

Don't set goals you *know* you aren't going to do or won't have time to do (ex. Quit smoking in a week). Habit type goals require time so don't rush it.

2. Do NOT create a lot of goals

Setting a lot of goals can be overwhelming and way too time consuming when you actually start to do them. Start with about 1-2 goals and go from there.

3. Make TIME for your goals

You can't have a goal of learning a new language if you don't take at least 15 minutes a day to practice it. It usually takes 21 days to break or create a habit so make time for them.

Hopefully, these tips help with your New Year's Resolutions!

TikTok

By Monica

TikTok is a video-sharing social networking service owned by ByteDance. It is used to create short lip-sync, comedy, and talent videos. The app was launched in 2017 for iOS and Android for markets outside of China, by ByteDance, a Beijing-based company founded in 2012 by Zhang Yiming. It had previously launched Douyin.

- ❑ TikTok was the most downloaded app in the US in October 2018, the first Chinese app to achieve this. As of 2018, it is available in over 150 markets and in 75 languages. In February 2019, TikTok, together with Douyin, hit one billion downloads globally, excluding Android installs in China.
- ❑ TikTok has been downloaded about 80 million times in the United States, and 800 million times worldwide, according to Sensor Tower. Since 2018, celebrities such as Jimmy Fallon and Tony Hawk have joined and made many videos.

Taken from: <https://en.wikipedia.org/wiki/TikTok>



screwdriver



iron



snail



butterfly



candle



crescent moon



rabbit's head



worm



loaf of bread



spool of thread



ring



safety pin



button



bat



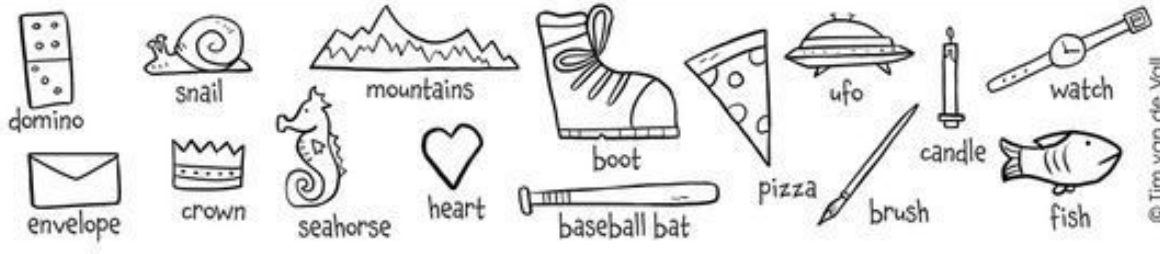
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Name _____

Date _____

Elementary/Middle school



© Tim van de Vell

Name _____

Date _____

High school _____