It’s hard to believe it is only the 2nd week of school. The students have completely acclimated to the L3 environment and the routines and procedures.

The students have started working in their math textbooks and everyone has turned in their homework each day. They have learned how to sign into their Google Classroom accounts and have started using Google Docs to create “Wanted” posters about species that are invasive to Florida. The students presented their projects from their summer work. They had a lesson on starting a writer’s notebook and have already included some entries of lists of favorite movies, books, songs and quotes. It’s been a great week.

Each day we practice meditation and mindfulness. We learned about the amygdala and its response to fear and stress. Something as simple as counting backwards from 10 can calm us and give us the opportunity to think more clearly.