

## Miss Effimia's April Newsletter



### **Little Free Library**

I have set up a tub, by my house, full with Russian books to share with the Russian community. Everyone interested in reading Russian books is welcome to take books. I have included a sign in book if anybody wants to leave a suggestion or a word. Make sure to close the lid to protect books from the rain.

### **Congratulations, we have made it another school year!**

I will be finalizing grades very soon. Please have your students finish handing in work.

### **Congratulations to all our graduates! You did it!**

To the seniors, may your road be smooth and lead straight to a successful and fulfilling life. We will all miss you in our classes!

To the 8<sup>th</sup> grade promoters, may your path to graduation be a fun but also a profound learning experience. See you in high school!

### **S2 Parent and Family Involvement Event**

I hope everybody had fun doing all of the activities included in the bag. Please take pictures and send to me. Filling out the survey is an important part of the event, so please fill it out. If you need help accessing it, I'll be happy to do it with you.

**This is my last newsletter for the 2019-20 year. Thank you to all the parents for your support and patience. Have fruitful summer! See you in the fall.**

# Mr. R's Log

May 15, 2020



## Quote of the Week:

*“Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body.”*

– Arnold Schwarzenegger

## Word of the Week:

*Stress-“Physiological cascade of events when organism attempts to resist death or reestablish homeostatic norms in face of insult.”*

--Fish Physiology

## In Science:

- Salmon frequently rise to the surface to gulp air. This air is used to fill their swim bladder. The swim bladder is used to keep themselves buoyant and stable in the water. If salmon don't gulp air, their swim bladders will deflate, and they will have to swim twice as hard to stay stable in the water.

## In Preparation for Graduation:

### 10-Rules for Grilling the Best Chicken!

- 1) Keep the grill hot.
- 2) Clean the grill thoroughly.
- 3) Grease the grates.
- 4) Pound chicken breast flat!
- 5) Brine the bird
- 6) Add rubs and glazes.
- 7) Place a hot brick above the bird.
- 8) If it sticks to grill, leave it be.
- 9) Never walk away from grill.
- 10) Let it rest in aluminum foil off grill.

-Huffington Post (2013)

## In Math:

- Most everyone is complete the quizzes each week. All I am looking for is effort, and work shown. If you do that, and show me how you got your answers, you'll earn at least a "C." These grades only add to your last grade, meaning, ***if you had a C back in early March, and do the quizzes, you'll get at least an A!***
- The last quiz is Quiz 5.

## Next Year

Unfortunately, Mr. R. has been transferred out of Selo. This does not mean you are done with me, in fact, I will be working with Sorensen and Tatiana with math from Voz; and, if you're in high school, you will be enrolled in my Canvas science class next year. Trust me, I'd rather stay at Selo. It's paradise! The reason for the move is because of numbers. Next year, we'll only have 12 in high school, and 3 in middle school.

**Stay well, and use social distancing!**

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