NDLOVU'S ¾ CLASS NEWSLETTER

June 1, 2020

Positives to take away from quarantine

By Riley B.

I think at this point we all know what the corona virus is and how it's affected us personally and as a group. For some, it's hard to even comprehend and others are just so annoyed. I, for one, am one of those people who's annoyed. But instead of complaining so much about it like everyone else, I decided to focus on the few positives of it.

I sent out a Google form to our class asking what their highlights and positives were. Something that recurred was family. I think that sometimes we get so caught up with school, sports, and friends that we forget about the loved ones that are always there. My dad always says, "Friends come and go but family stays forever"; maybe we just take that for granted and go for our friends. But this is a perfect time for families to connect. Parents who work full time jobs or even own a business are busy doing their thing; what about the family time and kid time? Well, I think I can speak for everyone but we all have had some good family time.

Another response was technology. I think this one is taken for granted quite often, as well. Just think about how hard this pandemic would have been without technology advances we have today?! No FaceTime, social media, school work, even work for adults. Our whole country would be out back so far, and so for us all to have that opportunity to say we have technology is a big thing to be thankful for.

Lastly, just the opportunity to breathe and catch up with ourselves. We kids and parents push ourselves a lot and it's every day! Most of us don't get breaks, and sometimes the fun things in this break gives us the chance to stop, breathe, and focus on ourselves. If that means doing a good spring clean, starting something new, or even working out. We have that time, and it's good to find yourself even with all the stress.

This pandemic has been a struggle for many and changed the lives of us all. Sometimes we get caught up with all the negativity we need a break to focus on the positives. This article was to give you a chance to stop and think of how helpful this pandemic was. Maybe we really needed this, for all of us! Maybe not the length, but wasn't it really nice in the beginning? Well, I'll leave you to your families now but always think about the things you take for granted. What if they weren't there anymore? Would you have been over the top in stress if it weren't for this pandemic? Do you think it happened for a reason and do you like the reason?

life seem to turn into chores. No one wants that, and

Different ways to stay healthy in quarantine

By Lauren B.

We have been social distancing for over 2 months now, and everything feels the same. You get up, do schoolwork, and basically nothing else. Everything seems bland, like you have no reason for anything anymore life just seems boring. Well for some it might seem like that but for others they are keeping their mental health and physical health trying to stay healthy. Today I'm going to share some tips with you on staying mentally and physically healthy during this pandemic.

- Don't Over Eat

If you are bored during this time you will likely be overeating. Take a break from candy, chips, and soda, and other junk food and try some fruit or veggies, and maybe eat a salad. Eating healthy will make you feel better and you will want to do more.

- Manage Your Environment

Instead of doing school work in bed and not leaving your room all day, designate a school area and then you will feel much more productive throughout the day. Spending time in your room all day will do you no good.

- Maintain Your Sleep Routine

We all thought that it was so cool when we got off of school and we could go to bed whenever we want. Well, instead, you should be going to bed early and waking up early. For example, a normal time would be to go to bed at 10:00 and wake up at 8:30. You will feel much better in the morning if you go to bed at a decent time.

- Go Outside

We all want to hibernate in our rooms and not do anything all day. But, instead, go outside, go on a walk, sit outside. Even if you don't want to, you should do it because this will help you mentally and physically for your health and trust me, it will make you feel a hundred times better.

- Talk To Your Friends And Family Daily

Spending time alone and not really talking to anyone can lead to depression, so FaceTime your friends and family. It will make your day and their day if you spend some time with them through the screen. It might be hard not seeing them in person but at least you can talk to them.

As you can see these tips are very important, and everyone should be trying this on a daily basis. And you don't have to do this just during quarantine; you can practice these tips all summer! Overall it will change the way you feel and act.

What have people been doing during quarantine?

By Ava K.

People have been doing a number of different things during quarantine, including more video game time, family time, and people have been playing board games and watching a lot of TV.

During safer at home, people cringe to go places so they stay home. For kids, we play video games and FaceTime with our friends. During this we can't hang out with our friends so we have to be with our family which at times is hard because you want to be with new people. I think there have been a lot more families playing board games and taking walks.

My family has been doing a lot; they have had time to clean the house and have been more productive. There has been a lot of working out and staying fit. My cousins have been on a lot of video games and going up north.

Activities during quarantine

By Maliyah D.

Is being stuck in the house making you feel bored, tired, useless in ways? Well this article can help you get the boredom to disappear!

To start this article off, the first activity is EXERCISE! When you exercise you can stay in shape, healthy, and keep yourself occupied! Some exercises you could do are push-ups, planks, sit-ups, jumping jacks, etc.

The second activity you could do is play a BOARD GAME! When you play a board game, it gets you excited, jumping, and maybe even winning! Some board games you could play are: Monopoly, Uno, Pie Face, Apples to Apples, etc. Card games: Garbage, Go Fish, Black Jack, etc.

Another activity to do is WATCH TV! It couldn't hurt to watch a few movies or episodes, am I right?! Go on Disney Plus, Netflix, Hulu, and many more to watch shows and movies. Some movies and shows you could watch are: Stranger Things, To All The Boys I've Loved Before, Onward, Black Panther, and many more! Watching TV could give you a time to spend and hangout with your family and to laugh, cry, maybe even jump (if you're watching a scary movie)~~~LOOK BEHIND YOU! HAHA, Kidding! I think…

Anyways the last and very not least is…..READING! YAY! Read a book that you like the most, maybe reread your favorite book, and find out and notice things you didn't notice before! If you don't have anything you want to read, here are some books you could read: *The Hate U Give, Hunger Games, Maze Runner, Big Nate, I Survived Series*, etc! Reading could give you the time to think to yourself and be in a space where it's your little world! You could have your own little imagination and pretend you're on a vacation!

Well, that's all folks! Oh! Maybe you could watch Looney Tunes, too! As I was saying… Have Fun with these exciting and relaxing activities and hope you have a great day (or night)!

Simple ideas to help you stay fit

By Chaston D.

Staying fit is easy, you just need to start. Once you start you can keep going by either using weights or doing simple exercises.

One way is to do burpees, push-ups, sit-ups, etc. Just go to an open spot in the house and do whatever exercise comes to mind and to get motivated listen to music.

Another way is if you don't want to do an exercise session just do exercises around the house like dips at a corner of a counter or running up and down the stairs. Also when holding something heavy do some curls.

3 recommended exercises

By Blake P.

Push-ups: Push-ups work on the arms and help your muscles get stronger every day if you do this a lot (push-ups are beneficial for building upper body strength). They work the triceps, pectoral muscles, and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging (pulling in) the abdominal muscles. Push-ups are a fast and effective exercise for building strength. Healthline.com says that this is why push-ups are beneficial to you're body's health.

Squats: Squats are good for your quad muscles to gain more strength to keep your body more healthy. Squats build your leg muscles – quadriceps, hamstrings, and calves. These drills also create an anabolic environment, which promotes body-wide muscle building, improving muscle mass, according to www.theactivetimes.com. Squats, and all of their variations, are a great exercise for the whole body. That's why doing squats is beneficial to your body's health.

And of course if you have equipment like a bar, dumbbells, treadmill, use that and make up some fun exercises to challenge you.

So honestly if you wanna work out and get fit just do whatever motivates you.

Sit-ups: Sit-ups are good for the core of your body. They are good for your abs and all out good for your health, as well. According to www.healthline.com, they use your body weight to strengthen and tone the core-stabilizing abdominal muscles. Sit-ups work the rectus abdominis, transverse abdominis, and obliques in addition to your hip flexors, chest, and neck. They promote good posture by working your lower back and gluteal muscles. This explains why doing sit-ups is good for your health and good for the core of your body.

Maintaining mental health in quarantine

By Katelyn P.

Have you ever experienced an anxiety attack? A time of great stress? In recent times many have voiced an increase in stress and a decrease in their mental health status and it has left me wondering, how can people keep up their mental health? I hope that this article may help you keep up or improve your mental health.

Mental health is a challenging subject; there are many parts to unpack. To figure out how to help your mental health, first we have to understand what mental health is exactly. Mental health is our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, make choices, and how we relate to others. Mental health is not the same thing as mental illness; you are able to experience poor mental health without being diagnosed with a mental illness. Mental health is our mental well-being. It is an important thing to maintain.

The next part I wish to unpack is how you can tell if you or someone in your household is struggling with mental health. Eating or sleeping too much or too little is one sign of an unhealthy mental health; take note if your own or someone else's eating or sleeping habits are differing. A change in mood is also a common sign of poor mental health: pulling away from people and usual activities. Feeling numb, helpless or hopeless, like nothing matters. Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared, yelling or fighting with family and friends. In summary, mood swings. If you or a loved one appears to be experiencing any of these symptoms, please take care of yourself and if it worsens you may want to seek medical help.

one's mental health. That's why valuing yourself should be one of your first steps. To improve your self-esteem, try to be aware of negative thoughts; also take note in repeated patterns. Then try to challenge your thinking; ask yourself if your view is consistent with facts and logic or whether other explanations for the situation might be plausible. Then adjust these thoughts, forgive yourself, use hopeful statements, focus on the positive in your life, and encourage yourself. This is the biggest step you can take; it will likely be challenging and require a lot of commitment.

The second step you can do is take care of your body. Taking care of your physical well-being can help improve your mental well-being. Eat well balanced meals; try to base each meal around the food pyramid unless your doctor has recommended a specific diet. Drink water; attempt to drink at least one cup of water a day. Exercise regularly; it is recommended that you exercise daily for at least 30 minutes. Studies have proven that regular exercise decreases depression and anxiety and improves moods. The final way to take care of your body is sleep. Researchers believe that lack of sleep contributes to a high rate of depression in college students. Self-care is always important.

The third step is to make time for yourself. Try a break every day where you do something for yourself; avoid social media, and do something you enjoy, or try meditation. It is estimated that mindfulness meditation can reduce symptoms of post-traumatic stress disorder 73% of the time and, after meditating for 6–9 months, almost two-thirds of those prone to anxiety manage to reduce their anxiety levels. So, during these

The final and main thing I wish to inform you about is how to keep your mental health healthy. The first step you can do is valuing yourself; respect your body and mind. This is always a good first step in your mental health journey. Self-love is important; approximately 75% of girls with low self-esteem said they took part in negative activities like cutting, bullying, or disordered eating. All these activities destroy breaks, I personally recommend trying a meditation break but you may do anything that makes you happy using this time.

By all counts, mental health is an important part in every stage of our life, and it takes a good amount of effort to care for. In recent times, many people have reported that their mental health has become an issue, and if you are a part of this group, I hope this article was able to help you.

Fun activities for kids to do during quarantine

By Ben F.

There are so many kids that are bored during quarantine that they have nothing to do, so in this segment of the newsletter I will be telling you some things that kids can do over quarantine.

Active kids:

- If you have any type of plastic bat and either a tennis ball or wiffleball, you can get at least two other people in your family and go in your backyard and play some wiffleball or baseball or something like that.
- If you have a basketball or even a soccer ball, really anything like a round ball that bounces, and some sort of hoop, you could grab even one family member and play basketball with them or you could shoot on your own.
- You could go outside if you have chalk and you could draw lines and you could just run and touch the lines; it's really good conditioning for you.

Crafty kids:

- You could go outside and if you have chalk then you could figure out something you want to draw and you could go in your driveway and draw what you want on your driveway.
- You could find some paper and you could even have a pencil and then draw or make something with the paper like Oragami.

All of these are just some of the lots of things you could do over quarantine when you are bored.