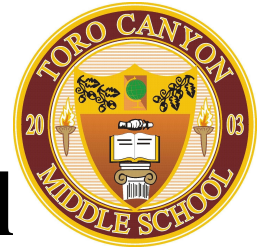


Newsletter

February 2021

Toro Canyon Middle School

Rommel Guerrero, Principal



	Monday Course A	Tuesday Course B	Wednesday	Thursday Course A	Friday Course B
8:00am - 10:20am	Period 1	Period 1	Intervention/Support	Period 1	Period 1
10:30am - 12:00pm	Period 2	Period 2	Students work independently on assignments	Period 2	Period 2
12:00pm - 12:50pm	Period 3	Period 3		Period 3	Period 3
1:00pm - 2:00pm	Intervention Hour	Intervention Hour		Intervention Hour	Intervention Hour

CALENDAR

Holiday (No School):

Feb 12 & 15 2021

Professional

Development Day:

March 22nd

Spring Break :

April 2nd-9th

**Parent Teacher
Conferences**

**March 25th, 2020-
4:30pm - 6:30pm**

*Zoom invitations will be
posted in each Google
Classroom.*

*Please contact the teacher
via Parent Portal if you
need to schedule a
conference during office
hours*

*Follow Us on Facebook:
<https://www.facebook.com/tcmspumas>*

Upcoming Parent Workshops:

Monday February 22nd, 6pm

Topic: Mental Health

Webinar ID: 839 1127 248



Free Online 24/7 Tutoring For CVUSD Students

Students can use the "Clever" app to login in to Tutor.com for free online tutoring. Sessions available in english or spanish.



How to Beat Pandemic Fatigue?

Stick to a routine.

Why it matters: Many people tend

to feel more settled and happier when they have a general routine.

Try this: Make a schedule that reflects your current situation. Set aside specific times to do schoolwork, secular work, and household chores. Included other healthy activities, such as spending time with family, being outdoors, and exercising. Periodically review your schedule, and revise it as necessary.

Adapt to changing seasons.

Why it matters: Changing seasons may reduce your opportunities to get fresh air and sunlight which are good for your physical and mental health.

Try this: During the winter, try to adjust your living room or work area to maximize sunlight. Plan outdoor activities you will be able to do despite the colder weather. If possible, obtain winter clothes that will let you spend more time outside.

86-150 Ave 66. Thermal, CA 92274

Thermal, CA 92274

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