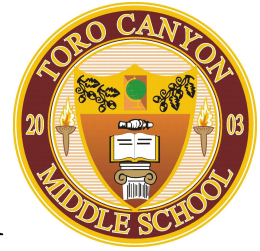


Newsletter May 2022



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	Student work independently on assignments	Period 1	Period 1
10:30am - 12:00pm	Period 2	Period 2		Period 2	Period 2
12:00pm - 1:00pm	Period 3	Period 3		Period 3	Period 3
1:00pm - 2:00pm	Intermission Hour	Intermission Hour		Intermission Hour	Intermission Hour

CALENDAR

May 30: Memorial
Day (No School)

Minimum Days:

June 6

June 7

*Last Day Of
School : June
7th*

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Facebook:*

*[https://www.facebook.com/
tcmspumamas](https://www.facebook.com/tcmspumamas)*

Summer School 2022

Who: In person currently 6th -7th grade students

When: June 13 - July 8, 2022 Time: 8:30 am -3:00 pm (6hrs)

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLScEi3V_FZ3MB5nzO90YGhqek500m-tabuibUmiZAzh15h5lCg/viewform

Paper /pencil application available at school site office

3 Tips To Stay Healthy This Summer

Taking care of your health can improve your performance at school-and your quality of life.

1. **Rest:** Getting sufficient rest will give you more energy. It can also accelerate your physical growth, improvise your brain function, boost your immune system, and enhance your emotional well-being.
2. **Nutrition:** Teens grow rapidly. Growing bodies need plenty of raw materials and energy. Make sure you give your body the nutrition it needs.
3. **Exercise:** It can strengthen your muscles and bones, improve your stamina, control your weight, increase your mental capabilities, boost your immunity, alleviate stress, and lift your mood. Of course, exercise can also be fun, since it can include activities you enjoy!

The bottom line: Adequate sleep, balanced nutrition, and moderate exercise will help you keep your “engine” running. And that, in turn, will help you upgrade your performance in the classroom.



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