

THE STOMPING GROUNDS GAZETTE

Youthbuild Philly Charter School

THIS ISSUE'S FEATURED ARTICLES:

Advice Column

Online Learning
Tips

Time Management

Benefits of Herbal
Tea

Student Of The
Month

Advice Column **Melanie O.**

Dear Gazelle, I'm sure I'm not alone when I say that COVID times have been hard. I've been struggling a lot with my mental health, and knowing exactly how to stay safe during this pandemic. Is there any advice you could offer me?



Gazette Gazelle

COVID SAFETY TIPS

- Wear a mask over your mouth AND nose
- Wash your hands
- Stay 6 feet away from people and minimize contact
- Sanitize every time you come from outside
- Do activities that you can safely such as bike riding
- Make sure you are wearing a mask at all times with the exception of the house.
- Keep hand sanitizer and wipes on go when you leave out if you can get to water

"I'VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL."

Maya Angelou

Self-Care Tips

- Exercise Plan out time to yourself to truly relax
- Take a warm bath
- Read a book
- Do something you haven't done in a while.
- Spend time w/ friends and family



Online Learning - BAS Class

There is no doubt that online learning has been a huge hurdle for most students, so we decided to offer tips to help those struggling to transition into a new classroom setting. So, how to stay engaged in online learning? While the material we learn here is interesting, staring at a computer, looking at the same people all day, is kind of boring, we've figure out ways to stay alert and engaged online to best learn:

Zoom Tips



- Use your breaks- don't keep working, get up and stretch and walk around
- Games like Kahoot have been helpful to have students stay engaged and learn content in Healthcare.
- Using resource such as Nearpod can help students complete In-class work and check for understanding
- 20/20/20 If you've been online for 20 minutes, take a break and look at something 20 feet away for 20 seconds! Stretch your eyeballs!

Time Management Tips

Oscar M.



Set a time limit for each task.



Sleep eight hours.



Workout



Make a to-do list



Do an activity to help you feel better & give you energy



Practice removing bad habits



Stop being perfect!

Benefits of Herbal Tea - Arionah B.

Teas are some of the healthiest things you can drink. The vitamins, minerals, and antioxidants found in many herbs have shown to provide many long-term health benefits.

Fights the cold



Elder tree herb is one of the best for fighting a cold as it has properties that clear the nasal passages and stops heavy coughs.

Improves Digestion



Tea can reduce symptoms of indigestion, bloating, and vomiting.

Boosts Immune System



Antioxidants and vitamins found in herbal teas are great for helping fight disease and infections.

Reduces Inflammation



Herbal tea can reduce pain, swelling, and tiredness in joints.

Anti-ageing



Antioxidants found in herbal teas have shown to aid in slowing down the aging process

Relieve Stress & Anxiety



Chamomile tea is one of the best teas for stress relief and difficulty sleeping

Lower Blood Pressure



Herbal teas such as Hibiscus can decrease blood pressure without any negative side effects due to the chemicals it contains.

Great for Skin Health



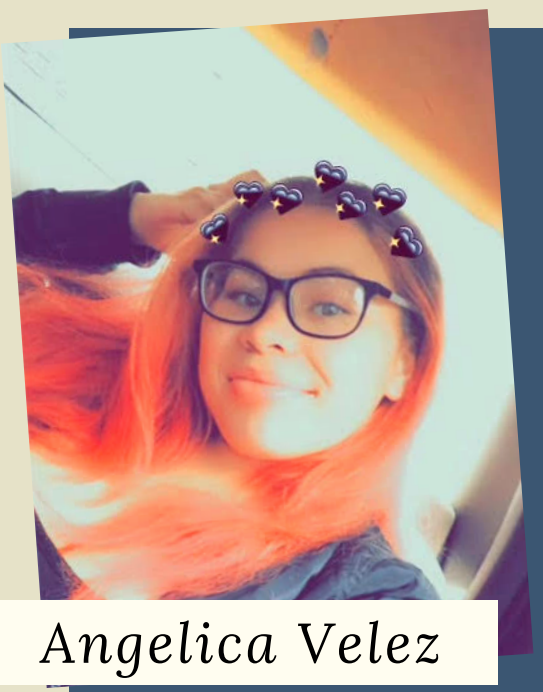
Herbal tea is a useful treatment for acne, without the side effects that some medications cause.

Best Herbal Teas for Specific Health Benefits

Chamomile Tea Rooibos Tea Peppermint Tea Ginger Tea Echinacea Rosehip Tea

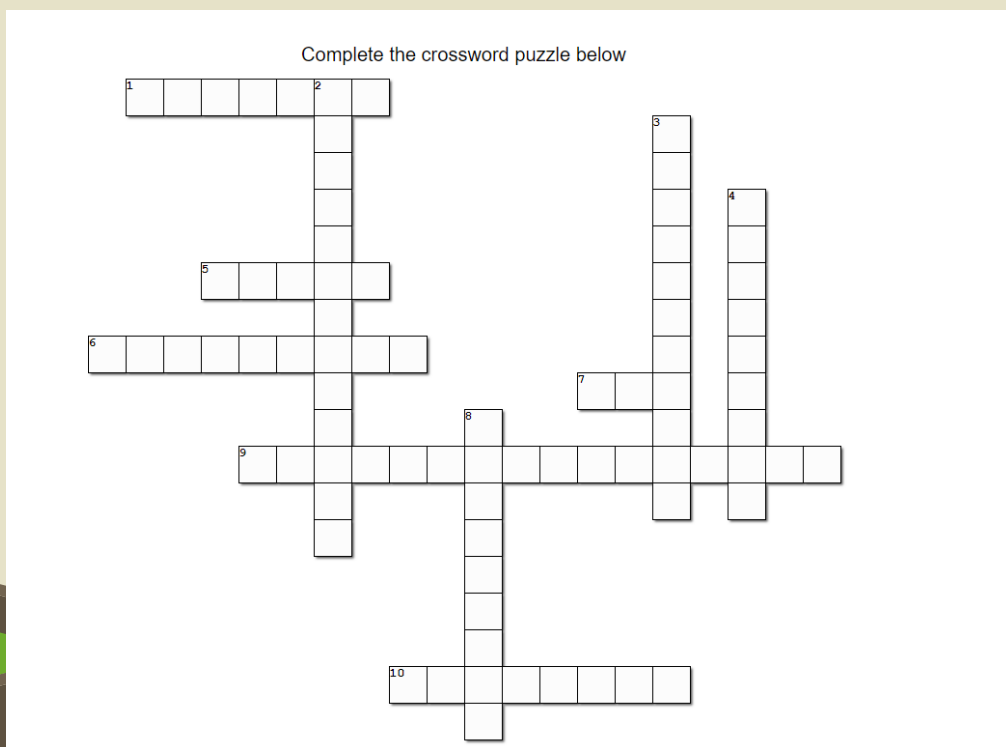
Student Of the Month

Hi, I'm Angelica. I currently attend a B.A.S class at YouthBuild and was elected student of the month, yet I don't really feel like I should've been nominated for this position though. The student of the month position shouldn't be limited to one individual. We all have complications that we deal with on a daily basis and sometimes these complications turn into obstacles. Everyday these obstructions try to stop us from moving forward but because we all have the strong desire to see our peers succeed we constantly lift one another up. The amount of teamwork and cooperation that we set to give out are starting to give way to some pretty deep bonds. Not one of us can walk a mile in another's shoes, our lives are just simply unique only to us. Yet there's no mistake that we all do our best all the time. So, needless to say, one person shouldn't get praise for their actions alone but the class as whole for the progress we've been making together.



Angelica Velez

FUN AND GAMES



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. Coming from the word 'cut' a short drink of espresso and steamed milk
5. The total money taken in by a person or organization
6. A system of matching expenses to income
7. The money taken in after taxes and expenses
9. A business with a physical storefront.
10. The management of money

Down

2. Having product made at time of purchase so there is no need for extra inventory
3. The process that happens when something is exposed to air
4. An agreed upon way of doing things professionally
8. A drink made with espresso, steamed milk and a little foam

By: Yadirah and Wileyah

Can you spot the difference?

By: Angie V.



Cafe Update: Stomping Grounds Social Justice Café is coming along! Here's a picture of our front counter. We've got plenty of space for all those great teas and other things and room to grow!