



Saints Support October Newsletter

Each month we will be sending out a short newsletter with study and organizational tips. We hope you find it helpful. Please reach out if you need anything.

– Mrs. Aloisio and Mrs. Carden

Awareness

Each month, we will highlight some awareness on disabilities or causes that impact ASCA families. October is Dyslexia Awareness and ADHD awareness month.

- Dyslexia is a common, lifelong, learning difference that makes reading difficult. Saint Theresa is someone who did amazing things with her life and had dyslexia.
- ADHD is caused by differences in the brain. People with ADHD think outside the box and can accomplish great things! St. Teresa of Avila is the patron Saint for those with ADHD.

Feed Your Brain

In order to keep your brains healthy and to learn the best you can, you need to eat a healthy diet.

Great foods to eat for breakfast are berries, bananas, cereal, juice, and milk.

At lunch time you can also refuel on healthy choices. Water and Milk are great drink choices. Eating a healthy meal with fruits and vegetables can give you energy to make it through your day.

Study Skills

It is important to make sure when you are studying for tests and quizzes you have your work environment set up to aid in your success.

- Study in a well lit area. It should not be too dark so you can read over your notes and textbooks.
- Stay away from distractions. TVs should be off and phones should be put out of sight.
- Classical music can actually aid in helping your brain remember what it studies. Music with words is proven to not help.

If you ever have a question on something, you can always email your teacher or send them a message in google classroom. They are there to help and want you to succeed!

