



Wellness
Edition

FALCON FLYER NEWSLETTER



Home of the Falcons

May 29th, 2020

"Training students to live for Christ today so they may live with Him for eternity"

Calendar

End of Semester Grades – May 29th
Graduations- First Week of June

Graduation Ceremony Schedule

Mon, June 1: K-3 and K-4
Tues, June 2: K-5
Thurs, June 4: 8th grade
Fri, June 5: 12th grade

(Graduation Start Time: 10AM)

Last Day of School- June 3rd
RCA Distance Learning Continues
RCA 2020-2021 Registration

May is National Stroke Awareness Month

More than 800,000 strokes happen each year in the United States. Stroke is the fifth leading cause of death. Some of the warning signs include: Weakness in the face, arm, or leg, Difficulty speaking, Vision loss, Dizziness and Brief loss of consciousness. **Call 911 immediately/note the time when the first symptoms appeared.** (Taken from [Medicare.gov/blog](https://www.medicare.gov/blog))

Bible Verse

"So whether you eat or drink or whatever you do, do it all for the glory of God." – 1

Corinthians 10:31

Motivational Saying

"Happiness is when what you think, what you say, and what you do are in harmony." **Mahatma Ghandi**

HCOC Prayer Chat

Wednesdays at 7 pm
Sundays at 1:30 pm

Christ's Corner on Facebook

Wednesday at 2 pm
Chapel Live Stream

5 things really happy people do every day, especially when the going gets tough.
(Taken from Inc.com)

1. Exercise

It seems cliché, but physical wellness equates to mental wellness...

2. Be kind

Even though there is the old saying that "nice guys finish last," it's important to recognize the positive impact simply being kind to the people in your life can be...

3. Surround yourself with people you love

Why spend time with those that make you feel bad about yourself?

4. Be grateful

Just like kindness, being grateful goes a much longer way than we ever think it does...

5. Let yourself be happy

Sometimes, we are the biggest obstacles holding ourselves back. Be happy. Let yourself enjoy things...

STAY HOME. SAVE LIVES.

Help Stop Coronavirus

- 1 STAY** home as much as you can
- 2 KEEP** a safe distance
- 3 WASH** hands often
- 4 COVER** your cough

5 SICK? Call ahead

Jobs still hiring during COVID-19

- 1) Shipping and delivering companies
- 2) Online companies
- 3) Grocery stores and delivery services
- 4) Remote meeting and communication companies
- 5) Working families needing help

Healthy/Delicious Free Grab & Go Lunches (Tuesdays and Fridays)
4 pm – 7pm at

50 MDCPS High School Sites in Miami Dade County

Why Sleep is Important for Health

Sleep plays a critical role in metabolism, memory, learning, immune function and other vital bodily functions with the connection being quite complex and not entirely understood. **Some studies** have shown that the quantity and quality of sleep have a profound impact on both learning and memory. Research results concluded sleep is essential for forming and consolidating memories, and it plays a central role in removing old ones and the creation of new neuronal connections. (Taken from [chaptershealth.org](https://www.chaptershealth.org))

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