

BSAP NEWSLETTER



Mann UCLA
Community School

SPRINGING FORWARD LET'S FINISH STRONG!



Welcome Back BSAP Panthers! 🐾

Our BSAP Team hopes you had a restful Spring break!

Now let's get ready to spring forward into completing the fourth quarter of the school year! Remember, the BSAP Team is here to support you and your school needs.

Here are a few tips to leap back into the school **routine**.

APRIL IS EARTH DAY! 🌍



Earth Month is an annual event celebrated in April to raise awareness of the importance of protecting our planet. It is a time to reflect on the ways we can all make a difference in reducing our impact on the environment.

There are many things that students can do to help keep the Earth clean.

Here are a few tips to help us ALL on how to improve our **EARTH!**

By making small changes in their daily lives, students can make a big difference in protecting our planet. Earth Month is a great time to start making these changes.

TAKE A MOMENT FOR YOURSELF AND NEST

As a student, it is easy to get overwhelmed with the amount of work and responsibilities that come with being in school. That's why it is so important to practice self-care - it helps you stay focused and productive while also keeping your mental and physical health in check.

Self Care Tip: Mind your N.E.S.T.

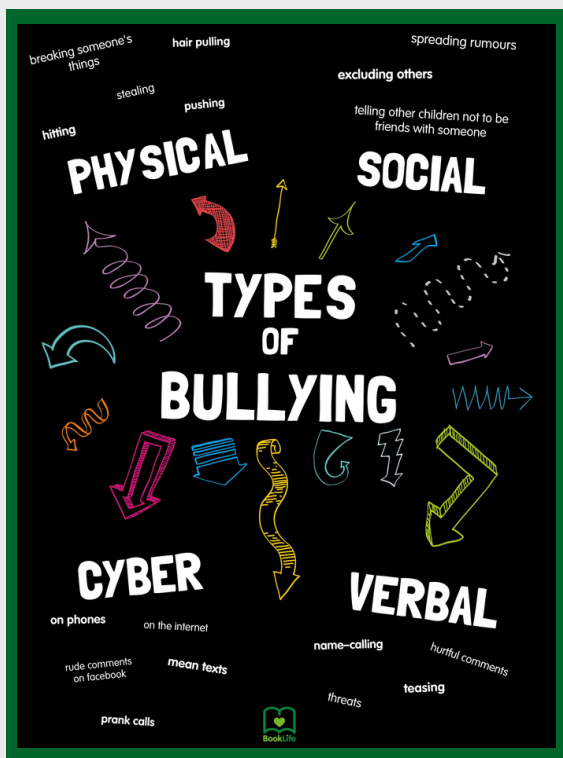
- Nutrition- Strive to eat real food, avoid processed food
- Exercise-Build in regular physical activity to your day
- Sleep- At least 7 hours a day
- Thoughts- Avoid negative thoughts & negative people



Self-care can come in many forms, from taking time out of your day for physical activity, to writing in a journal or blog, to simply taking some time for yourself.

By carving out space for yourself, you can ensure that you are not neglecting your own needs while still managing your school workload.

STOP BULLYING



BSAP COUNSELOR'S CORNER



Students should finish the academic year strong in the 4th quarter of school to ensure that they are well-prepared for the next grade level. Here are a few tips to finish strong:

1. Do your best to improve your academic performance
2. Increase your confidence abilities
3. Be proactive to find resources: talk to your teacher for extra help, ask about tutoring, ask your peer(s) for help, and start a study group.
4. Stay Motivated and finish the year with a sense of accomplishment.
5. Ask your BSAP Team for help. We Got You!

COMING EVENTS

Come join The BSAP Team as we build our MANN Black Student Union (BSU) Community. The BSU Meetings will be held on Wednesdays during Advisory in the BSAP Building.

BSAP Girls Rock!

Our BSAP 6th grade girls meet on Tuesdays and our 7th grade girls meet on Thursday in the BSAP Building during Advisory A.

