FIRST MARKING PERIOD ENDS ON NOVEMBER 15!

With the end of the marking period approaching, here are some helpful study tips for students to use for the remainder of the year:

1. **Organize Your Study Space**: Make sure you have space to spread your notes out. Try & get rid of all distractions so you can focus on the material.

2. **Explain Your Answers to Others**: Use your peers to your advantage by explaining answers to them. This will help you to get it clear in your head, and also highlights any areas where you need more work.

3. **Take Regular Breaks**: Studying for as many hours as possible can actually be counterproductive. Studies show that taking regular breaks really helps for long term retention of knowledge.

4. **Ask Questions If You Don’t Understand**: Raise your hand & ask questions if you don’t understand something. If you don’t feel comfortable asking in class, write yourself a reminder to talk to the teacher afterward.

5. **Be Positive**: Your attitude has a big impact on the effectiveness of your learning process. When you think positively, the reward centers in your brain show greater activity, thereby making you feel less anxious.
Last week was Red Ribbon Week, where we came together to take a visible stand against drugs and alcohol. Check out some of the Red Ribbon Week photos taken from our schools in the last few weeks!
Do you know our District I&RS Team? Intervention and Referral Services (I&RS) is a team that supports and assists parents and guardians in addressing a variety of topics. These topics include academic/learning support, social/emotional support, physical health/well-being, and attendance of your children. Check out their contact information below:

- **Ewing High School**: Ms. Shalieka Jarrett - sjarrett@ewingboe.org
- **Fisher Middle School**: Mr. Hugh Dwyer - hdwyer@ewingboe.org
- **Antheil Elementary School**: Mr. Mark Malecki - mmalecki@ewingboe.org
- **Lore Elementary School**: Mrs. Nikima Stewart - nstewart@ewingboe.org
- **Parkway Elementary School**: Mr. Joseph Callea - jcalea@ewingboe.org

### Upcoming Counseling Events

**Ewing High School Presents...**

**AP Parent Night**

Everything You Need to Know About AP Courses!

**What You Will Learn From This Session:**
- Benefits to Taking AP Coursework & Exam
- Study Tips and Techniques
- Available Resources For You!

**Date & Time:** November 11th at 6:30 PM
**Where:** Virtual (Google Meet)
**Who:** Open to All Parents of Students in Grades 9-12