

# ABLE NEWSLETTER

*Monthly Email Newsletter curated by our Yearbook Team*

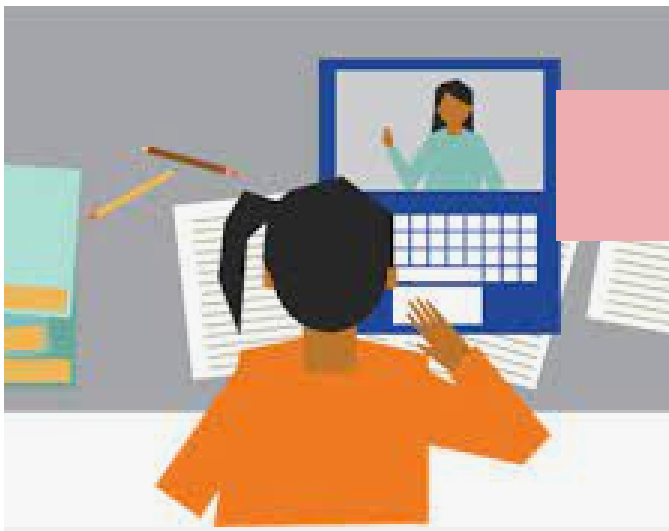


## TEACHER APPRECIATION WEEK

*This has been a school year that no one will ever forget. Teachers and students have done the unimaginable and made distance learning a success. Don't forget to send your teacher a thank you note or email to tell them how much they mean to you.*

## MOTHER'S DAY

*Mother's Day is this Sunday, don't forget to thank your mom, grandma, aunt, sister, cousin, neighbor, or anyone who has been a mom to you and helped guide you.*



## KEEP GOING!!

*As the end of the semester nears, please don't give up!!!! We have several weeks left in this semester and your hard work and dedication can make all the difference in your grades :)*

# ***Things you should do to make your Mom Happy!***

Get all of your **siblings** and **family** members together to **celebrate Mother's day.**



- ***Spend your day with her!***
- ***Watch her favorite movie together.***
- ***Make a special dish for her..***
- ***Share old memories to remind her how Important she is to us!***
- ***Surprise your mom with Love not with Expensive Gifts.***

*By: Khushi Kooner*

# SPRING PLACES TO VISIT

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May 2021

By: Lenita Svay

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## SPRING PLACES

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Queen Wilhelmina Tulip  
Garden, San Francisco

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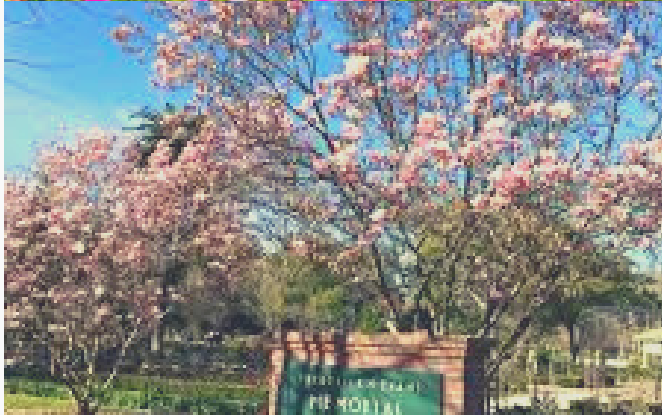


The Flower Fields at Carlsbad

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Fredrick N. Evans Rose  
Garden, Sacramento

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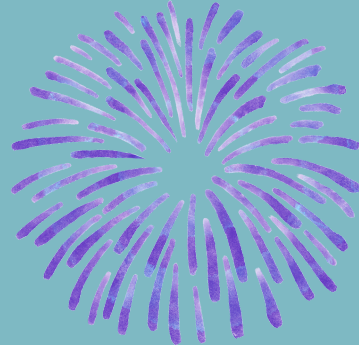
# CINCO DE MAYO

Cinco de Mayo is a celebration celebrated by the Mexican Community but has also branched out. This day is celebrated on May 5th or better known as Cinco de Mayo. The celebration occurs annually in honor of the battle of Puebla which occurred in 1862 Mexico, this Mexican holiday acknowledges the victory that Mexico over the French during the Franco-Mexican war.

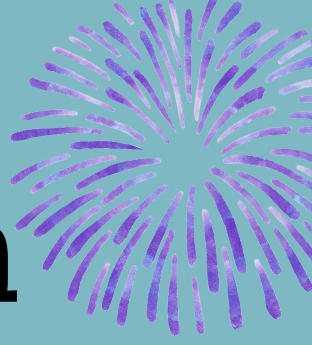


-Aryssa





# Teacher Appreciation



This year has been a rollercoaster, we've had our ups and downs but the people who were there for us and have helped us for this past year we're our teachers. And I think that it might be time that we show them how much we appreciate them. So if you don't know how to tell them you appreciate them, then I suggest you read the rest of this news letter. To start off you can write Thank You Notes. Writing notes to your teachers are a small but simple way to show them that you care and appreciate them and everything that they do. You can also get them some Gift Cards, so that they can go get some Starbucks before school start and be ready for the day. If not them maybe you can get them some snacks that they can eat throughout the day in case they don't have time for lunch. Or maybe even some flowers. Even the simplest things can make their day, so make sure that you go and tell your teachers that you appreciate them.

-by ashton guadian

A P P R E C I A T I O N



# Tips for staying focused during distanced learning.

By : Ra'ed Aziz

## class

Put away distractions.  
(phones, games, etc.)

Pay attention to the  
teacher.

Take notes and do your  
class work.

Ask your teacher if you  
need help.

Don't get too comfy.

## Homework

Put away distractions.  
(phones, games, etc.)

Put some background  
music/noise on.

Take breaks after a  
while.

Have a snack and drink  
plenty of water.

Ask for help if you need  
it.



# Memorial Day

Memorial Day is one of the most important day of the year. It is a day where we remember and honor those who sacrificed themselves to have us, civilians, to live another day and in peace. Memorial Day is on May 31, 2021 which lands on Monday.

