

VISION 2022

Setting intentions and attainable goals for the year while prioritizing your wellness.

1. SET AN INTENTION

Reflect, create a vision board, or simply take time to think

2. INVEST IN A CALENDAR

Keep a daily calendar to stay in contact with yourself and the activities you will be spending time in.

3. SCHEDULE DOWN TIME

Schedule down time for the year ahead of time.

4. FEED YOUR MIND, BODY, HEART, SOUL, AND INNER CHILD

Engage in calming activities to decompress during and after work and on weekends.

5. REFRESH

Take small breaks “pauses,” throughout your day.

WELLNESS TIPS FOR YOUR 2022 VISION...

This brochure or newsletter is designed with your health and wellness in mind. These are some ways that you can prioritize your wellness in 2022. Scheduling downtime ahead of time is one way to incorporate our wellness given the school breaks throughout the academic year.



**LELAND SCHOOL
DISTRICT NEWS**
SEL HEALTH CARE
TEST TAKING TIPS



Edna M. Scott Elementary School

3rd Nine Weeks Assessment Test
Schedule Mon. Mar. 7th – Fri. Mar. 11th

<u>Test</u>	<u>Date</u>	<u>Grade</u>
Sci/SS	Mar. 7 th	1 st – 5 th
ELA I/II	Mar. 8 th	1 st – 5 th
MATH	Mar. 9 th	1 st – 5 th

Make-Up's will be administered on Mar. 8th – 11th The next day the student(s) arrive

All Test will be administered from 8:30 am to 10:30 am daily

6. SET SMALL GOALS

Set small obtainable goals that you know that you can reach, not goals that are far fetched that are so hard that you cannot obtain them.

7. KNOW YOURSELF

Do more of what bring you joy, happiness and lots of fun.

TEST TAKING TIPS

1. Get a Good Night's Sleep
2. Eat a Good Morning Breakfast
3. Come to School Daily and Prepared
4. Stay Alert and Focus During the Test
5. Do your Very Best
6. Believe that you Can



Daylight Saving Time Begins March 13th. Don't forget to Spring forward one hour on Saturday, March 12th before you go to bed.



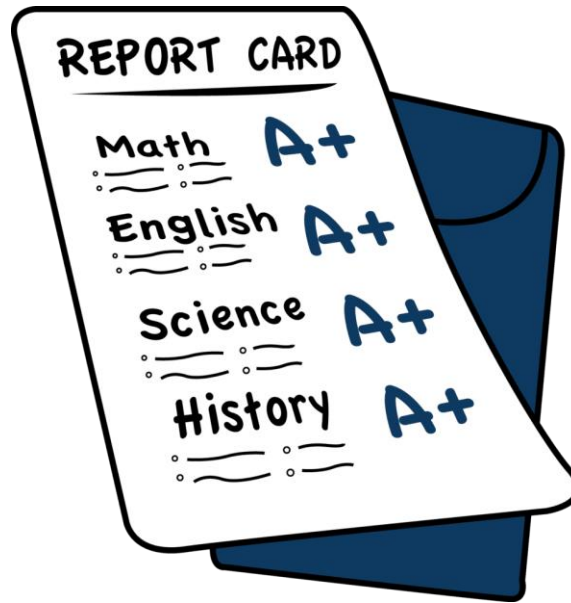


Leland High School

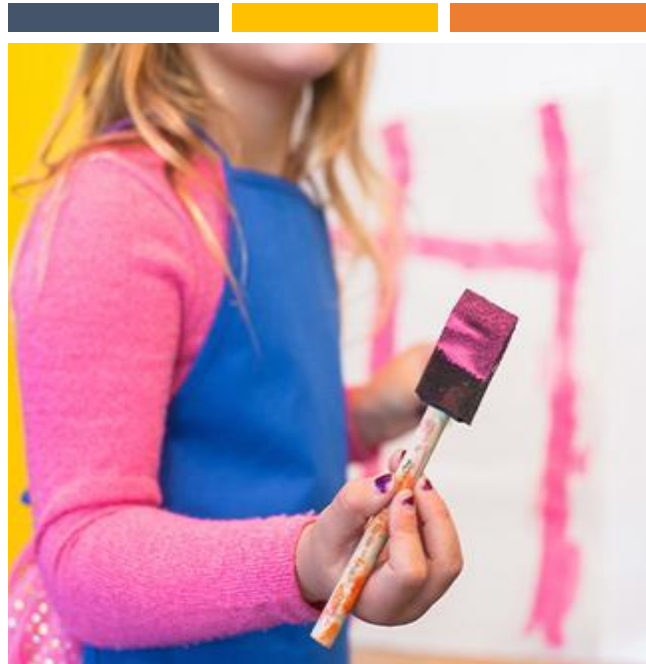
3rd Nine Weeks Assessment Test Schedule
 Test Dates Thurs. Mar. 3rd – Tue. Mar. 8th

<u>Test</u>	<u>Date</u>
English II	Thurs. Mar. 3 rd
Inclusion Students	Thurs. Mar. 3 rd
Algebra	Fri. Mar. 4 th
Inclusion Students	Fri. Mar. 4 th
Biology I	Mon. Mar. 7 th
Inclusion Students	Mon. Mar. 7 th
U.S. History	Tues. Mar. 8 th
Inclusion Students	Tues. Mar. 8 th

All Test will be administered from
 9:00 am – 11:00 am daily



Leland School District will issue Report Cards on Tuesday, March 29, 2022. Parents, please save this date in your calendar.



Leland School Park

3rd Nine Weeks Assessment Test Schedule
 Test Dates Thurs. Mar. 3rd – Fri. Mar. 11th

<u>Test</u>	<u>Date</u>
Soc. Stu. and 6 th & 7 th Sci.	Thu. Mar. 3 rd
Bank & PE	Fri. Mar. 4 th
Cyber Foundations I/II 7 th & 8 th Grade	Mon. Mar. 7 th
8 th Grade Sci. & Alg. I	Tues. Mar. 8 th
ELA	Wed. Mar. 9 th
MATH	Thu. Mar. 10 th
All Make-Up (afternoons) March 9 th & 10 th and Fri. Mar. 11 th	Wed. & Thu.



Leland School District will celebrate Spring Break during the week of March 14th – March 18th. Students will report back to school on March 21st at their regular time