

Between the Lines



MEDIA CENTER E-NEWSLETTER

Books are just the beginning!

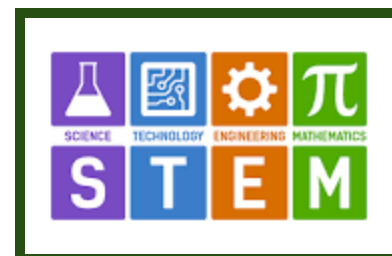
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Massachusetts STEM Week!

STEM week will take place from **October 17th – 21st**, and is organized by the Executive Office of Education and the STEM Advisory Council. Check out this link to the STEM week challenge -

<https://mass-stemhub.org/stem-week>



Get Connected in the Media Center

** Research * Explore * Collaborate * Share * Dream **

Students

Every student can succeed at the media center. The media center is one place where you're not expected to have the answers. We're here to teach you how to find them. You may think you're wired. But unless you're connected to ENSAT's school media center you don't know what you're missing. Everything you want to know about practically everything is at the school media center. And the Media Specialists (Mrs. Garron and Ms. O'Brien) are there to help you find it.

Teachers/Administrators

We're here for you at the Media Center. Our mission is to help every student develop a love of reading, become a skilled user of ideas and information and explore the world through print and electronic media. School library media specialists teach information skills and strategies that students need to learn and achieve. The school library media center provides print, electronic and other resources that support the curriculum and address a variety of learning needs. (ala.org)

***Remember to charge your Chromebook
and bring it to school!***

Visit a Museum

There are many museums that are open and they are located right in our backyard in Salem, MA. Click on each museum for more information.

[Peabody Essex Museum](#)

[Salem Witch Museum](#)

[Witch House at Salem](#)

[Halloween Museum of Salem](#)

[Salem Toy Museum](#)

[New England Pirate Museum](#)

[Witch Dungeon Museum](#)

[Witch History Museum](#)



Stress Management Tips for Students

Sleep

Students, with their packed schedules, are notorious for missing sleep. Unfortunately, operating in a sleep-deprived state puts you at a distinct disadvantage. You're less productive, you may find it more difficult to learn, and you may even be a hazard behind the wheel. Aim to get at least 8 hours a night.

Exercise

One of the healthiest ways to blow off steam is to get a regular exercise program going. Starting now and keeping a regular exercise practice throughout your lifetime can help you live longer and enjoy your life more.

Music

A convenient stress reliever benefits, music can help you down or stimulate your mind harness the benefits of music studying, playing upbeat with the help of their favorite



that has also shown many cognitive to relieve stress and either calm yourself as your situation warrants. Students can by playing classical music while music to 'wake up' mentally, or relaxing slow melodies.

Organization

It's a fact that clutter causes stress, and can decrease productivity and even cost you money. Many students live in a cluttered place and even have cluttered study areas, and this can have negative effects on grades. One way to reduce the amount of stress that you experience as a student is to keep a minimalist, soothing study area that's free of distractions and clutter.

Healthy Eating

You may not realize it, but your diet can either boost your brain power or sap you of mental energy. While a healthy diet isn't generally thought of as a stress management technique or a study aid, it can actually function as both. Improving your diet can keep you from experiencing diet-related mood swings, light-headedness and more.

Positive Thinking and Affirmations

Did you know that optimists actually experience better circumstances, in part, because their way of thinking helps to *create* better circumstances in their lives? It's true! The habit of optimism and positivity can bring better health, better relationships, and, yes, better grades.

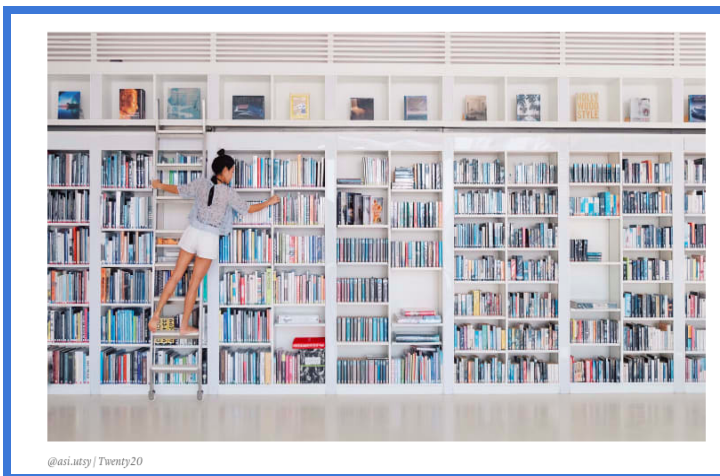
(verywellmind.com) (image, Harvard University)

Vocational & Career Collection Database

Looking for articles related to your CTE area? This database located at library.essextech.net is designed to meet a wide variety of vocational and technical research needs and provides full-text coverage for trade and industry-related periodicals for high schools, community colleges, trade institutions and the general public.



Do I have a book for you!



I don't know about you, but I still like to hold a "book" in my hands and sit in my favorite spot to read.

Are you looking for a great read? Email Mrs. Garron at tgarron@essextech.net to set up a time to browse the shelves in the library/media center. If you know the title of the book you would like to read, just email Mrs. Garron with the information and she will check out the book in your name and you can pick it up at your convenience from the circulation desk.

Open a world of reading! Borrow ebooks and audiobooks from the school's library with Sora.

