

Between the Lines



LIBRARY/MEDIA CENTER E-NEWSLETTER

Books are just the beginning!
December 2020 Edition, Issue 18
Medial Specialist - Tammy Garron



*What good is the warmth of summer,
without the cold of winter to give it sweetness.*

(-John Steinbeck, Travels with Charley: In Search of America)

Useful websites that everyone should know

Explore these three sites - there is something for everyone!

- Smithsonian Education
 - There is a student section with resources covering topics such as art, science, history, culture, nature, people, and places.
- TED Ed
 - A collection of educational video content to inspire, challenge and enrich student learning experiences.
- CK-12
 - Free online textbooks, videos, exercises, flashcards, and real world applications for over 5000 concepts from arithmetic to history.

The ultimate list of social media definitions

Need to brush up on your social media definitions? Start with this glossary, which includes over 200 terms. <https://blog.hootsuite.com/social-media-glossary-definitions/#0>

The future belongs to those who believe in the beauty of their dreams (FDR)

Get connected at the Library/Media Center - library.essextech.net

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

Students

Every student can succeed at the library/media center. You may think you're wired but unless you're connected to ENSAT's school library/media center you don't know what you're missing. Everything you want to know about practically everything is at the school library/media center and online at library.essextech.net. The Library Media Specialist, Mrs. Garron, is available to help you find what you need in person or by email - tgarron@essextech.net.



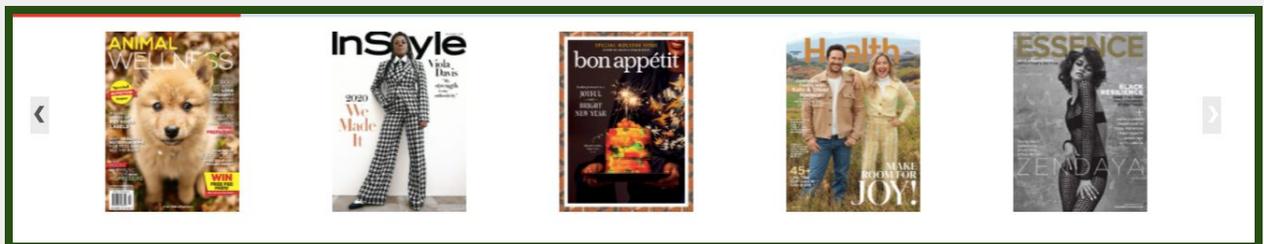
Teachers/Administrators

Mrs. Garron is here for you. ENSATS' 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. ENSATS' library/media center provides print, electronic and other resources that support the curriculum and address a variety of learning needs. Invite Mrs. Garron into your classroom or to your Zoom meetings with students so they can learn how to access the best information from ENSATS' library/media center website - library.essextech.net. (ala.org)

There is nothing like a good magazine!



Don't forget to check out the Flipster online magazine issues located on our library/media center website - library.essextech.net. You don't want to miss the December issues! Just download a magazine to any device and read. Be sure to use your school Google login and password to access.



Tips to staying healthy this winter (magazine.medlineplus.com, October 2020)



Staying healthy during colder months is the first step in making sure you can enjoy all the activities the season brings.

Reduce the Spread

To help reduce the spread of the flu, colds, and other viruses, including COVID-19, you should:

- Wash your hands frequently. It is the best way to protect yourself from catching illnesses.
- Wipe down surfaces around you with a sanitizing cleaner.
- Keep a distance from those who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay hydrated, so you can flush toxins out of your system.
- Get enough sleep to keep your immune system strong.

Make nutritious choices

Eating a diet full of vegetables, fruits, lean protein, and whole grains can also help you stay healthy during the colder months. Consider treats that will satisfy cravings but have less fat and added sugar, and also keep an eye on portion size. When making your food shopping list during the holidays, think about healthier alternatives to traditional comfort foods.

Stay active

Shorter days and colder weather may lead you to exercise less. But even moderate exercise, like a brisk walk, raking leaves, or climbing stairs, can help. Physical activity can help you maintain or lose weight, reduce anxiety, lower blood pressure, and improve your quality of sleep.

Winter is not a season, it is a celebration.

(Mishra)