

Between the Lines

MEDIA CENTER E-NEWSLETTER

Books are just the beginning!
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HAPPY NEW YEAR!

NEW YEAR RESOLUTIONS FOR TEENS 2023

Choose a Goal

Do it as a New Year's resolution this year. Make sure you pick a goal that aligns with your values, and one that you can achieve and come up with steps to make sure you follow through. Below are a few goals to think about.

- Unplug from social media at least 24 hours every month
- Read one new book every month
- Donate my unwanted shoes and clothes
- Drink more water
- Get at least 8 hours of sleep every night
- Learn a new vocabulary word every day
- Perform one act of kindness every week
- Refrain from saying negative things about yourself
- Ask questions if you are unsure of something



The Most Exciting Young Adult Books of 2022

Have you read any of these books?

[The Best Young Adult Books of 2022](#)

Visit the Media Center and check them out! New books arrive each month. You can also go to library.essextech.net and click on SORA or EBSCO eBooks to download audio and ebooks to any device.

Explore the Mass Library System Databases

Our databases located at library.essextech.net connect researchers who are in search of credible, timely content. Our wide range of online databases offers open access to scholarly, peer-reviewed content they would not otherwise have access to. From full-text journal articles and newspapers to archives and eBooks, there is a resource to meet every need.

Explore student favorites like the *Gale In Context* resources, discover newly designed databases like *Gale Presents: Peterson's Career and Test Prep*, or find out more about any of the databases listed below.



Google Workspace Tips

- Send very large attachments with your emails

- [Learn how](#) 

- See when everyone's available by layering their calendars

- [Learn how](#) 

- Keep all your drafts in one Drive file — you can revert to earlier versions any time

- [Learn how](#) 

- Edit Microsoft Office documents without installing Office

- [Learn how](#) 

[View all Google Workspace product tips](#)

**Looking for some quiet space to do your homework?
Sign up for the late bus on Monday, Tuesday, and/or
Thursday and come to the media center to do your work
after school.**

Chromebook Tips

Zoom In and Out

You can increase or decrease the Chromebook's display resolution without opening settings with the help of the following keyboard shortcuts:

- Press **Ctrl, Shift, +** to make everything bigger.
- Press **Ctrl, Shift, -** to make everything smaller.
- Press **Ctrl, Shift, 0** to reset screen resolution to the default values.

Take a Screenshot

1. Press the **Ctrl + Overview** (icon of a rectangle with 2 lines) keys on the keyboard to take a screenshot of the entire screen.
2. If you want to take a partial or window screenshot, or capture a screen recording, press the **Shift + Ctrl + Overview** key. That will open the screenshot toolbar. Select the desired option from it.

How to Deal with Flu Season at School

Wash your hands often

Wash your hands frequently with soap and water and avoid the urge to touch your face. You can also use an alcohol-based hand sanitizer containing at least 60 percent alcohol. Keep one on your backpack with a clip for easy access.

Don't share personal items

Avoid sharing personal items, such as lip balm or makeup, drinks, food and eating utensils, earbuds, musical instruments, towels, and sporting equipment.

Cover coughs and sneezes

Cough into your sleeve or a tissue and wash your hands if you've sneezed or coughed into your hands.

Stay healthy

A key way to prevent the flu and other common viruses is to keep your immune system strong and healthy. The school community should take extra care to make sure they're getting enough sleep and exercise, avoiding stress, and eating a well-balanced diet rich in fruits and vegetables. (healthline.com)

