

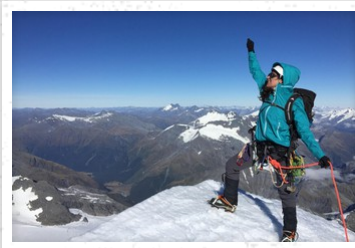
Peak Prep Principal's Update

September 23, 2020

Which mascot will you choose?



Polar Bear



Mountaineer



Phoenix

Vote for the Peak Prep Mascot!

WHEN

Tuesday, Sep. 22nd, 9pm to
Wednesday, Sep. 30th, 11pm

WHERE

This is an online event.

MORE INFORMATION

Please provide your vote for our Peak Prep's Mascot.
Our mascot will be announced on October 1st!

<https://forms.gle/toeB7zgZCXGDnjB27>

Physical and Emotional Well Being

Dear Families,

We are living during a tough and challenging time. We can be resilient and adapt to the challenges before us. Here are a few recommendations that we feel will help.

Get Up and Move

Physical activity does more than improve your physical health. It releases endorphins that boost your mood and reduce stress. Exercise increases levels of serotonin, dopamine, and norepinephrine. Exercise can be as simple as stretching, taking a walk, helping with chores around the house, or playing outside.

Get Enough Sleep

Did you know that 6 out of 10 middle schoolers do not get enough sleep? Children age 6-12 should strive for 9-12 hours of sleep a night, while teens (age 13-18) need about 8-10 hours a night.

Boost Your Immunity With Food

A strong immune system offers protection from illnesses. Flu season is upon us, so it is essential to maintain a healthy diet. Citrus fruits and red bell peppers are loaded with vitamin C that stimulates antibodies to help protect you from infections. Other immune system boosters are broccoli, garlic, ginger, spinach, yogurt, almonds, sunflower seeds, tumeric, green tea, papaya, kiwi, poultry, and shellfish!

Take a Deep Breath

One deep breath can make a huge difference when you're feeling stressed or anxious. Deep breathing exercises lower blood pressure and eases the mind while strengthening your lungs. Remember that you are not alone. We can and should stay emotionally connected.

**Still, feeling stressed? Click here to visit
the Peak Prep Calming Room!**



Field Trip to the Moon flyer.pdf

drive.google.com

Virtual Field Trip to the Moon with Mrs. Paules on October 1st



When: Thursday, 10/1
@ 1:00PM

Where: To the moon...
on Zoom!

Host: Mrs. Paules

MAP & I-ready testing is happening now!

MAP and I-ready testing are officially in full swing! If your student has missed one or more of their testing dates, their homeroom teacher will be reaching out to reschedule the testing(s).

I am pleased to announce, that we have our final 3 candidates for the Peak Prep Mascot.

i-ready (TK-5th Grade)

Please note:

- All students will take 2 assessments: Math & Reading.
- You will receive testing information (dates & times) from your homeroom teacher, but I have also posted them below.

iReady Login Information

Step 1:

Visit i-ready: <https://login.i-ready.com/>

Step 2:

Username*: Your Peak Prep Student email address

Password: PeakPrep2020!



Step 3:

Select Either Reading or Math

If you need technical assistance, please contact iReady at:

iReady Technical Support

Phone: 800-225-0248

Mon–Thurs 8:30 a.m.–7:00 p.m. ET

Fri 8:30 a.m.–5:00 p.m. ET

Email: i-ReadySupport@cainc.com

Teacher	Subject	Date	Time
Hanson	i-ready-Reading	Tuesday 9/29	11:00 AM
Hanson	i-Ready-Math	Thursday 10/1	11:00 AM
Cordero	i-ready-Reading	Tuesday 9/29	10:00 AM
Cordero	i-Ready-Math	Thursday 10/1	10:00 AM
Paules	i-ready-Reading	Tuesday 9/29	1:00 PM
Paules	i-Ready-Math	Wednesday 9/30	10:30 AM
Nuckles	i-ready-Reading	Monday 9/28	9:30 AM
Nuckles	i-Ready-Math	Thurs 10/1	9:30 AM
Williams	i-ready-Reading	Monday 9/28	10:00 AM
Williams	i-Ready-Math	Tuesday 9/29	10:00 AM
McLean	i-ready-Reading	Tuesday 9/29	1:00 PM
McLean	i-Ready-Math	Thursday 10/1	1:00 PM
Cromwell	i-ready-Reading	Tuesday 9/29	1:00 PM
Cromwell	i-Ready-Math	Thursday 10/1	1:00 PM



MAP (6th-11th Grade)

Please Note:

- All students will take 3 assessments: Math, Reading, & Language Arts
- Your student will receive a calendar invitation for each of the 3 testing sessions from their homeroom teacher, but I have also included the schedule below.
- They will be using a testing session ID to I

Step 1:

Join your class google meet or zoom link

Step 2:

Visit the Login Site: <https://test.mapnwea.org/>

Step 3:

Enter the session name and password provided by your teacher

Step 4:

Choose your name and select a test

Step 5:

Verify your name is correct and click yes

Step 6:

Begin Testing!

Test Session Name	Teacher	Subject	Date	Time
SK_READING_Kenzie	Kenzie	Reading	Thursday 9/24	9-11am
KL_LA_Linehan	Linehan	LA	Thursday 9/24	10 am-12 pm
QN_READING_Nguy	Nguy	Reading	Thursday 9/24	1 pm - 3 pm
LV_READING_VanHorn	VanHorn	Reading	Thursday 9/24	12pm-3pm
EV_READING_Vizzo	Vizzo	Reading	Thursday 9/24	1pm-3pm
TA_LA_Audish	Audish	LA	Friday 9/25	10 am -12 pm
SS_READING_Smith	Smith	Reading	Friday 9/25	10 am -12 pm
SS_LA_Smith	Smith	LA	Monday 9/28	10 am-12 pm
SS_MATH_Smith	Smith	Math	Tuesday 9/29	10 am-12 pm
AW_MATH_White	White	Math	Tuesday 9/29	10am-12pm
AW_LA_White	White	LA	Wednesday 9/30	10am-12pm
NT_READING_Tannous	Tannous	Reading	Friday - 9/25/20	9am-11am
NT_MATH_Tannous	Tannous	Math	Monday - 9/21/20	9am-11am
NT_LA_Tannous	Tannous	LA	Tuesday - 9/22/20	9am-11am

Please make sure that you sign your student's weekly learning log!



Peak Prep Pleasant Valley

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