



RAYS UP: March Newsletter!

“LIFE IS LIKE RIDING A BICYCLE. TO KEEP YOUR BALANACE, YOU MUST KEEP MOVING.”- ALBERT EINSTEIN

Latino Club

Latino Club made tortillas with a couple of RAYS UP students after school. Don't forget to wash your hands before and after making the tortillas.



Ingredients:

- MASECA (Spanish Flour)
- Water



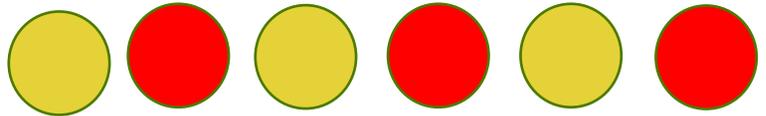
Play time!



Right here: Cedric H plays Connect 4 with a RAYS UP Youth-Life Coach. Hmm, I wonder who won?

Did you know that connect 4 enhances your problem-solving skills? Click on the link to read the explanation!

<https://bocaprepschool.wordpress.com/2013/03/15/overcoming-math-phobia-through-connect-four/>



Flashback Photo!



Where is the party at?!?

This is a throwback picture! It was Jacqueline's and Sergio's birthday back in October 2019! Had a blast in Mr. Pilapil's room!

Feeling Bored?

RAYS UP Kitchen presents to you a QUICK & EASY recipe for Peanut Butter Cookies!
YUMMM!!



Ingredients:

- 1 cup of peanut butter
- 1 cup of sugar
- 1 egg

Instructions: Mix all ingredients until smooth. Once mixed, grab spoonful of dough and place on baking sheet. Bake at 350 degrees F for 6-8 minutes. Enjoy!

If you have recipes send them to Ms.Kelly (Kellyg@rays.org), Ms.Nit (Raysupintern@rays.org) or Mr. Jaamon (Jaamone@rays.org). You can also text them to your Youth Life Coach!

Important message!

We know this can be a scary time for some of you. RAYS UP wants you to know that what you are feeling is normal and its okay to feel anxious during this Pandemic. For the time being, we have to take care of ourselves and loved ones: wash hands regularly for 20 seconds with soap and water, cover mouth when coughing or sneezing, practicing social distancing and limiting time in public places.

Here is a helpful Link:

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Stay Busy!

Keep yourself engaged! Whether you find interest in cooking, drawing or reading, it's a great idea to keep your mind occupied! Dimmitt Middle School created an

awesome website that has subjects ranging from Science to learning a new language! RAYS UP HIGHLY recommends you check it out!

Link: <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Play time!

This is a picture of Ms. Kelly's dog! She is half Chihuahua, so she is sassy!

Do you want your pet to be featured in next week's newsletter? If so, please send us a photo of your pet!

Send us a picture of your lovely pet!

Ms.Kelly: Kellyg@rays.org

Ms.Nit: Raysupintern@rays.org or

Mr. Jaamon (Jaamone@rays.org).

You can also text them to your Youth Life Coach!

