

NETERTAINMENT MONTHLY

October, 2018

Staff Spotlight:

Ms. Gilbert AKA (ginger bread) considers herself to be a rowdy country girl, likes horses and bull riding. What she does for work is a plumbing dispatcher and a teachers assistant. In her spare time she like to hang out with friends to make up for lost time. Ms. G respects people who give help to other people and don't ask for anything in return. Regrets not going to college. Her advice to her students is not to give up EVER!! And to be successful and use the skills you learned in here

Any kind of dark chocolate will satisfy her chocolate cravings. When Leo Blanford asked her "what is the weirdest thing you've seen?" she looked at Leo in the eyes and said "Walmart people, they always dress up for the occasion." When Ms. Gilbert was a young adult she was an outgoing and crazy fun girl. She always wanted to find ways to have fun and live. When asked, "What is your favorite/spirit animal," she said with smile on her face a wolf.

Advice:

Here are some steps to prepare for a birthday party for 1 year old. The guests would be the parents of the baby, family, friends of the parents, and other babies. First, you have to go shopping for birthday supplies. For a birthday party, you need to buy cake, balloons, streamers, and window stickers. You also need cups, plates, napkins, and silverware. Also you need food and drinks that are kid and adult friendly. During the party you will need: board games, music for the hokey pokey and freeze dance game. For gifts you could bring any kind of toys or books for the baby. If you follow these steps you will be ready for a good time!

Staying Healthy

Being healthy and staying fit is important for people. There could be consequences to not eating right and forgetting to exercise.

Eating healthy often includes drinking a lot of water instead of soda or iced tea. Water doesn't have added sugar and can help you stay awake. Drinking soda will lead to your body slowing down or having a sugar rush and crash. Added sugar found in food like soda can lead to diabetes and other health problems. Each meal should have some fruits and vegetables. It is recommended to have protein as well. Balance is essential.

Eating healthy is great, but don't forget to exercise. Exercising is a way to stay in shape. For example, you can go for a walk with a friend. Outdoor activities like canoeing or fishing can be great for your health. Other activities include horseback riding, archery, hiking, and bowling.



Exercising can help you maintain a healthy weight. As we become adults, it's important to create a healthy routine for getting out of the house and doing something active!

Sleep hygiene is another important part of a healthy lifestyle. It's important to not sleep too much or too little. Make sure you don't stay up too late watching TV or using technology. A good night's sleep could lead to a good mood and a good day at work or school. This positive attitude could help with making friends and giving respect.

Sleeping, eating right, and exercise can lead to a healthy routine and life.

What's Happening

- Nov 1: RTA Presentation
- Nov 4: Daylight savings
- Nov 6: Election Day
- Nov 11: Veterans Day
- Nov 22- Thanksgiving
- Nov 21-23, No School
- Nov 30- Payday



"TELL A MAN THERE ARE 300 BILLION STARS IN THE UNIVERSE AND HE'LL BELIEVE YOU. TELL HIM A BENCH HAS WET PAINT ON IT AND HE'LL HAVE TO TOUCH IT TO BE SURE."

MURPHY'S LAW

NET Surveys

What is your favorite Halloween candy?

- | | |
|-------------------------|--------------------------|
| Hundred Grand | Dark Chocolate Reese's |
| Reese's Pieces Pumpkins | Candy Corn |
| Skittles | Dark chocolate Milky Way |
| Reese's PB Cup | Hershey's |
| Milky Way | Snickers |
| Circus Peanuts | Gummy Worms |
| M & M's | Kit Kat |
| Sweet Tarts | Sour Patch |
| | Oreo's |

