

I have always enjoyed African proverbs because they are easy to understand and they are often relatable. My mom has shared many of her favorite ones with me because, as some of you know, she is South African. One goes as follows:

## "However long the night, the dawn will break."

I think many of us teachers and students have experienced a "long night" this year. We left the year unfinished and in a way, hopeless. But every day the sun rises over the horizon and reminds us that the dark of night does not last forever. So make the best of this summer, this year and this time.

To the teachers who have adapted and re-adapted, thank you for your hard work. To the students who have tried to stay in touch as much as possible and have encouraged us, thank you. We all look forward to things "getting back to normal." But remember, no matter how long the night, a new day is on the horizon.



"To the teachers who have adapted and re-adapted, thank you for your hard work."

1

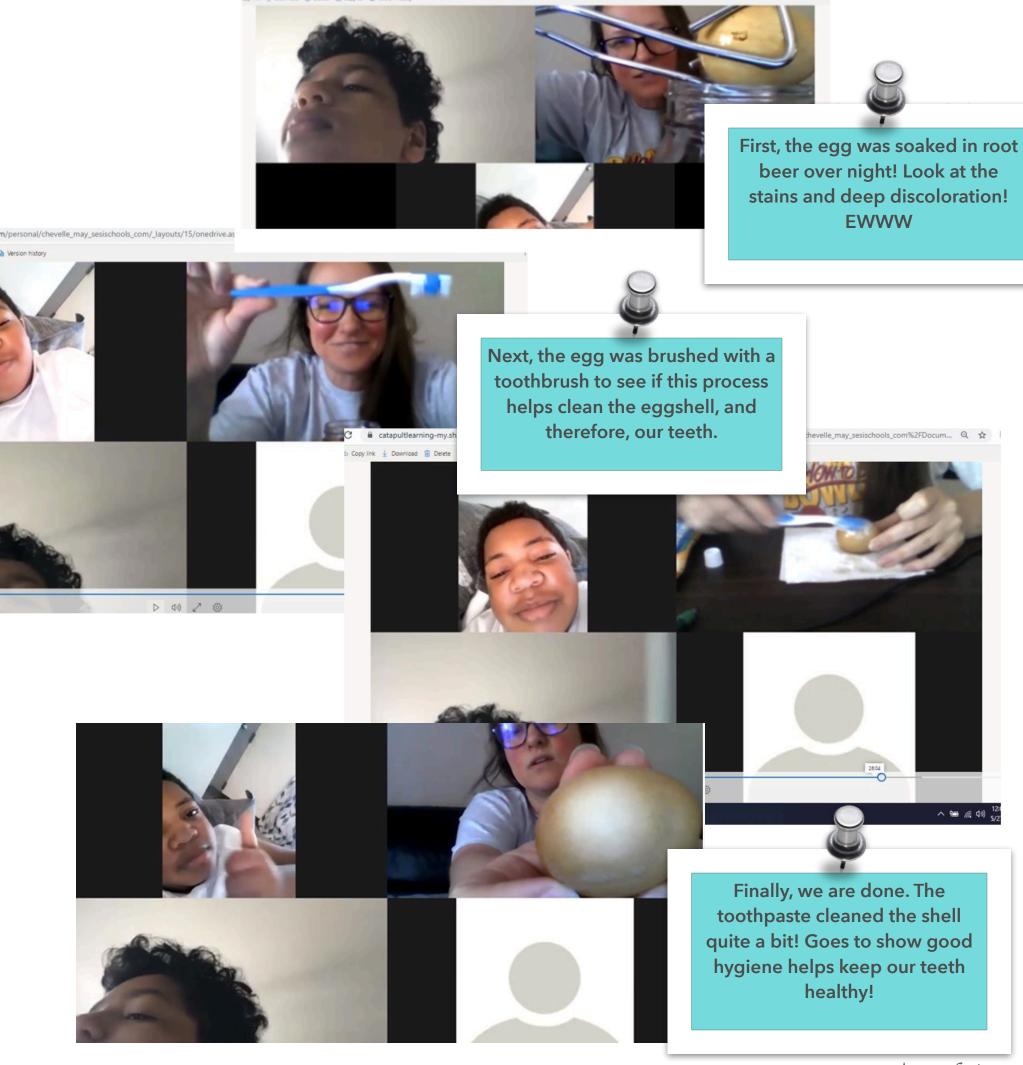
## YOUR WORK

## **Shell Shock**

## By Mrs. May

This eggs-pediment was meant to visually represent the harm done to the enamel of your teeth by sugary/acidic drinks using eggs. Although eggshells have a very different purpose to serve than the function of enamel on our teeth, the make-up of an eggshell is very similar to the make-up of the enamel (or protective outer layer) of our teeth. Acids and sugars break down tooth enamel, even though it is one of the hardest substances produced by the human body. So what would our teeth look like if we only drank sodas, juices and coffee? And does toothpaste really help protect our enamel? Let's find out!













Moments like these are what we miss as teachers and students. We all look forward to the friendships and relationships we will build next year.





This piece was created by one of our middle school students,
Avionte. He was challenged in art to create a picture using different editing apps.



