



**1. COMPLETING A BUZZFEED QUIZ,** Makena Schell, Elizabeth Tripeny-Chin and Allie Morgan, 08, keep up to date with the latest on social media during recess. "We were hanging out at lunch stalking people on social media," Morgan said. "I BELIEVE friendships are really important and having people there to support you."

*photo by a. morgan* **2. NOTE FOR NOTE,** Breanna Nelson, 07, plays the flute in Band. "I have been playing the flute since 6th grade and love it. I BELIEVE that playing the flute calms me and helps me center my brain," Nelson said.

*photo by a. morgan* **3. KEEPING THE PACE** Janpierre Medina and Gabrielle Roche, 08, run laps in PE. "Usually, I just put in headphones and let the music motivate me to go," Roche said. "It's good to get my mind off of things. Running is difficult; it's not enjoyable all the time. Running helps the blood flow go to your brain and you feel good for the rest of the day."

*photo by a. morgan*

DESIGN BY KORINNE CULP & DELANEY JACOB  
PAGE BY DELANEY JACOB, ELOISE BOEDEKER, CALIA KEASLER & NOAH JOHNS

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