

# Rucker Weekly



## “What’s The Tea?”

Volume #26: 5/4/20

### Ms. Head



Ms. Head

Ms. Head is a 6th grade Social Studies teacher here at Rucker. She decided to become a teacher because it is in her nature to help others. She loves to help people achieve success and reach their goals. Her biggest influence has always been her mom, because she was always there and encouraged her every step of the way. When she was little she always wanted to be a garbage man. She used to tell her parents she always wanted to be one since she was fascinated with trash. If she wasn't a teacher she would probably be a nurse. Growing up she lived with her sisters and her loving parents. Her parents were married for 42 years before her mom sadly passed away in 2017. Her sister blessed her parents with 2 grandchildren, JaMariah and Cornelius. When Ms. Head was little, she had multiple hobbies. She loved to read, play outside, and play “school” with her stuffed animals. Her best year of school was her 8th grade year at Rucker because she met one of her best friends in 1997 and had the best group of teachers. The hardest part of her job is also the most rewarding, she loves teaching the kids but is also very sad when she has to say goodbye. Her favorite part of Rucker is that we are a family and in the end we all come together to help meet the needs of students. She also loves working with her 6th grade crew too.

### Student of the Week



Bryce Calhoun

Our student of the week is 7th grader Bryce Calhoun. Bryce feels that his best subject is math because that is where he scores the highest. When asked about his goal for this school year he replied “I don't want to get sick by the coronavirus”. His goals for the future are to go to college and get a degree in Mechanical Engineering and minor in design. He has not decided on which college he would like to attend at this time. When asked about his extracurricular activities he told us that he is a member of the Academic Team at Rucker. When asked how he deals with failure/disappointment he stated that “he feels that failure can lead to success. If you fail, you realize that that may not be the way to solve the problem so you will try a different way.” He also stated that he just keeps moving forward to try and succeed. When asked how he deals with a tough teacher he replied that he tries his best to do the best that he can and thinks to himself that it is only one period of the day. His favorite part of Rucker is being able to see his friends especially right now. We asked Bryce how he has passed his time during the Covid-19 quarantine. He stated that he has “been playing video games and watching a lot of television, I mean a lot of television.”

<b>Workout at Home</b>	<b>Managing Time</b>
<p>Need a quick workout when in quarantine? Choose some exercises to help build some strength!</p> <p><b>Core:</b>  20 mountain climbers  40 crunches  30 sec plant  20 pushups  20 V-Ups  20 sit ups</p> <p><b>Legs:</b>  50 squats  20 lunges  30 high knees  30 frog jumps  60 sec wall sit</p>	<p>Below are some easy tips to help your quarantine be a little more balanced and stress-free</p> <ul style="list-style-type: none"> <li>• Make a schedule that you follow every day</li> <li>• Wake up like it was a normal school day, yes this may be hard but this will let you have more energy for the day</li> <li>• Try to aim for at least 3 hours of school work. This does not have to be in row, you can do 15 minutes at a time with a break in between</li> <li>• Make a checklist of all the school work, this will help you see what you've completed and what you need to do.</li> </ul>
<b>Fitness apps</b>	<b>Recipe</b>
<p>Why not try to do some quarantine workouts? These apps will help you get started on your own quarantine workout journey.</p> <p><b>30 Day Fitness at Home:</b>  This app will give you at home workouts that are quick and easy. You can choose which part you want to work on, abs, stomach, arms, legs, or a full body workout. This app has different levels of difficulties so all can use it, athletic or not. This app will show you step by step on how to do the workout. You can easily do this at home, it does not require weights or bands. You can do this app daily to build your strength.</p> <p><b>RunKeeper:</b>  Going on a run? This app is a must have. This app will show the distance you've ran, how many calories you've burned, the time you've run, and it will play music while you run. It will help you train for marathons too.</p>	<p>We're all stuck at home so why not try some new recipes? Below are some yummy smoothie recipes that are definitely worth a try.</p> <p><b>Kiwi Strawberry-</b> 1 cup of strawberries, 2 peeled kiwis, 2 tablespoons of sugar, and 2 cups of ice</p> <p><b>Strawberry Banana-</b> 1 banana, 1 cup of strawberries, ½ cup of milk, ½ cup of yogurt, 2 teaspoons of honey, a pinch of cinnamon, 1 cup of ice</p> <p><b>Banana PB&amp;J-</b> 1 banana, 1 cup of milk, ¼ cup of peanut butter, ¼ cup of grape or strawberry jelly</p> <p><b>Chocolate Chip Cookie-</b> 1 cup of vanilla ice cream, 1 cup of milk, 1 cup of crumbled chocolate chip cookies, ¼ cup of chocolate chips.</p> <p>Make sure all of the ingredients are well blended and then serve. Enjoy!</p>

--	--