Take a moment to *breathe and focus*

Communication is key

Contact your teacher or trusted staff member if you are unsure how you are doing, what work is assigned and due, or you are having trouble with an assignment.

Know where you stand
Find out your grades. Are you graduating, being promoted to the next grade?

Think about and start planning next steps for summer and fall

Don’t give up! Opportunities for a fresh start exist either this summer or fall

Contact your NH Coordinator if you have any questions or need assistance.

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**STORY TIME! Join virtual story time**

Join the DC public library on Facebook LIVE for virtual story time at facebook.com/dclibrary.

**SAVE THE DATE!**

Every Monday – Friday at 10:30am through August 31 (except July 3).

Check out more info on: https://www.dclibrary.org/node/67020

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**WE WANT TO HEAR FROM YOU! Stay Connected**

✓ Please check out our Instagram page

✓ Send us pictures, you, your baby, doing fun activities

✓ Write a message to Dear New Heights - share what’s happening in this challenging time, how are you coping, what is it like to be a mom or be pregnant?

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**RECIPE CORNER!**

**BANANA SMOOTHIE – Blend!**

1. 2 bananas
2. ½ cup each vanilla yogurt and milk
3. 2 teaspoons honey
4. Pinch of cinnamon
5. 1 cup of ice

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To contact New Heights call (202) 442-4050 or your school’s New Heights Coordinator

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Next Issue: Preparing for the summer/fall