



# @NYWUSA News

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## Introducing The Live Your Life Contest!

September is National Suicide Prevention Month, and in its honor, we want to host a celebration of life. To participate [submit a video here](#) on what you want to do with your life and why living is important. The deadline is **September 5th**. Winner will win a shopping spree!



## Getting Ready to Go Back to School

Saanvi Maskara

Summer seems to be coming to an end far too quickly. The long-awaited first day of school is coming closer and closer. Many people will have to, once again, become accustomed to the cycle of staying up late nights, finishing homework, and studying for big tests. Amongst the repeat of this cycle, it's important to remember that there are things to look forward to. The beginning of the new school year allows people to make many new friends and reconnect with old ones. It gives people the opportunity to explore extracurriculars they may be interested in and clubs which are driven by a purpose they feel passionate about. It's important to begin this new school year with an open mind. It will take everyone a while to become accustomed to school once again, but exploring interests and making mental health one of your main priorities will make the school year much easier!

### MISSION STATEMENT:

Discover the power of your purpose and save lives.

To help support OMI, [click here](#).

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## The Importance of Study Breaks

Nicole Clarin

As school is ramping back up, it's not uncommon to feel overwhelmed from the amounts of schoolwork put on your shoulders. Obviously, all of this stress and anxiety does a number on our mental health. That is why it is necessary to take breaks and step back from schoolwork for a while. Taking breaks has a plethora of benefits for our overall wellness. First and foremost, breaks help to reduce stress. By taking your mind off of school, you can take a minute to relax. Study breaks also re-energize you. Constantly racking your brain for answers can be taxing, so taking a break can help your brain recover some of that lost energy. Breaks can also improve your memory by increasing your concentration. Therefore, when going back to school, remember to take those study breaks and give yourself time to relax to facilitate your productivity and your mental health.



## Using Notion for Management

Fareeha  
Mohammad

Have you heard of Notion? Known as the productivity app of the future, it manages several different tools under one name including calendars, to-do lists, notes, and more. Once school begins, you can use it to manage your school, work, and personal life. However, there is one drawback: it can be difficult to use for beginners due to its coding-like structure. As a result, it would be best to try it out before school starts, preferably with a pre-made template. To get started with Notion, first make an account, then find a template. While the Notion website itself contains several templates, you can click on this [link](#) for one that is more school-based. To use it, click on "duplicate" at the top. That allows the template to replicate to your personal account so that you can make adjustments without affecting the main template. While it can be a little challenging to use initially, Notion soon becomes second nature with enough practice.



## PRESIDENT'S NOTE

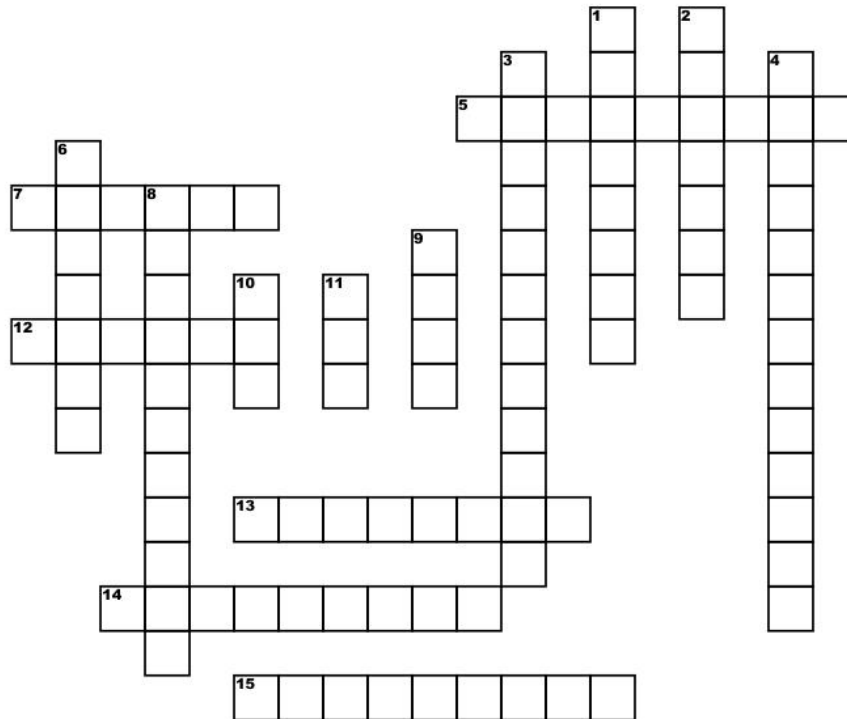
As we get ready to head back to school, I want to remind everyone: the only person that can stop you is you. This year, we have faced Anger, Depression, Anxiety, Sickness, and Financial struggles at an all time high. I want you to look in the mirror and tell yourself "I made it!" Nothing can stop you but you. You can make a choice to overcome pain, trauma, and betrayal and keep shining. Look forward to healing, new friendships, and peace.



# Activity Page: Back to School Crossword Puzzle

Fareeha Mohammad

## Back to School



### **Across**

**5.** When in trouble your teacher will send you to this person

**7.** Best part of the school day

**12.** Ten times Three

**13.** Where you place your homework

**14.** A fun school event that is outside of school grounds

**15.** What number pencil are used on school test?

### **Down**

**1.** How do you bring your food to school

**2.** Peers

**3.** Assigned instruction to complete with a group

**4.** Example of raising your hand

**6.** This person guides you in your learning skills

**8.** How to get extra points on your test?

**9.** Binded with many pages with a soft or hard back

**10.** Promotes health

**11.** School transportation