



The Linguistic Academy of El Paso:

A Cultural Demonstration Site

March 2024 Newsletter

Principal's Message

What is the importance of reading books?

"Reading is important because it develops our thoughts, gives us endless knowledge and lessons while keeping our minds active. Books can hold and keep all kinds of information, stories, thoughts and feelings unlike anything else in this world."

What are the benefits of reading?

Research shows that regular reading:

- improves **brain** connectivity.
- increases your vocabulary and comprehension.
- aids in sleep readiness.
- reduces **stress**.
- lowers blood pressure and heart rate.
- fights depression symptoms.
- prevents cognitive decline as you age.

Claudia Castanon, Principal

Important Dates in March

- March 4th-8th - Read Across America Week
- March 10th – Day Light Savings time
- March 11th - 15th- Spring Break
- March 17th- St. Patrick's Day
- March 19th- Spring Begins
- March 23th-Saturday tutoring
- March 29th-Spring Holiday

REGISTER NOW!
To Reserve Your Spot

Enjoy Your
**SPRING
BREAK**

March 11th-15th

