



NEWS

Next Week's Scoop



Serve Others. Grow in Christ. Aspire to Excellence.

If you are wise and understand God's ways, prove it by living an honorable life, doing good works with the humility that comes from wisdom.

James 3:13 (NLT)

September 17 - 23, 2022

WEEKLY HEALTH TIP

Sugary drinks like sodas, fruit juices, and sweetened teas are the primary source of added sugar in the American diet. Unfortunately, findings from several studies point to **sugar-sweetened beverages** increasing risk of heart disease and type 2 diabetes, even in people who are not carrying excess body fat. **Sugar-sweetened beverages** are also uniquely harmful for children, as they can contribute not only to obesity in children but also to conditions that usually do not develop until adulthood, like type 2 diabetes, high blood pressure, and non-alcoholic fatty liver disease. Healthier alternatives include water, unsweetened teas, and sparkling water.

Especially when it's hot, let's reach for water rather than that enticing soda.

Saturday, September 17

HAPPY SABBATH, and enjoy your weekend! Drink something that's not sugar-sweetened. Water is the best choice!

CAMPUS MINISTRIES will enjoy its first outing of the new school year to one of our favorite locations - White Point Tide Pools, Korean Friendship Bell, and Shoreline Village. The bus will depart from SGA at 1:45 p.m. sharp and return to school at 9:45 p.m. Only those who have signed up and have turned in their permissions slips to Mr. Hays will be allowed to attend. If you have any questions or would still like to go, please email Mr. Hays at ahays@sangabrielacademy.org.

Sunday, September 18

STAY COOL, no matter what you decide to do today.

Monday, September 19

AEA College Fair from 2:00 p.m. to 3:30 p.m. This exhibit will be held in the Gym and is for Juniors and Seniors.

Tuesday, September 20

VOLLEYBALL GAME will be held in the Gym. We will be hosting CC Downey. The Junior Varsity game will be at 4:00 p.m., and the Varsity will play at 5:15 p.m.

SOCCER GAME will be held on campus. SGA will host Holy Martyrs at 5:00 p.m.

FACULTY MEETING will be held in Mrs. Rivera's Room at 2:45 p.m.

Wednesday, September 21

FACULTY AND STUDENT PRAYER CIRCLE will be on the Administration Lawn and 12:00 noon.

Thursday, September 22

LEADERSHIP CAMP participants will depart for the annual Leadership Camp, which will be held at Leoni Meadows, south of Sacramento. Please review the email sent out by Ms. Choi. The leaders attending should meet at SGA at 7:00 p.m. sharp. We will return on Sunday, September 25 by noon.

SOCCER GAME will be between SGA and International at 5:00 p.m. on SGA's Soccer Field.

VOLLEYBALL GAME will be between SGA and Orangewood Adventist Academy at 13732 Clinton Street, Garden Grove, CA 92843; Junior Varsity will play at 4:30 p.m., and Varsity at 5:30 p.m. (If you are reading this carefully, money may be in your future. The first student to bring me the specially marked lanyard that I hide in the vicinity of the Administration Lawn by noon on Monday, September 19, will receive \$20.00.) Go Eagles!

SBL COMMITTEE MEETING will be held in Mrs. Rivera's room at 3:45 p.m.

JEANS PASSES must be purchased from the Front Office PRIOR TO EACH FRIDAY in order to buy the pass for \$1.00. All Jeans Passes purchased on Fridays will be \$2.00. This is a Student Association Fundraiser.

Friday, September 23

MAP TESTING will begin at 8:30 a.m. in the assigned rooms.

Please continue to pray for San Gabriel Academy, our students, families, dedicated teachers, faculty, and staff. If you know of any students who may want to be part of SGA's family, please encourage them to contact us. Whether or not they feel they can afford to attend, please share with them that we will work with them in every way we can to make it possible for them to join our school family. We are still enrolling new students!

READ MORE ON OUR WEBSITE

(www.sangabrielacademy.org)



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