



NEWS

Next Week's Scoop



Serve Others. Grow in Christ. Aspire to Excellence.

For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged. And why worry about a speck in your friend's eye when you have a log in your own?

Matthew 7:2-3

October 8 - 14, 2022

WEEKLY HEALTH TIP

Some people avoid **nuts** because they are high in fat. However, **nuts and seeds** are incredibly nutritious. They are packed with protein, fiber, and a variety of vitamins and minerals. **Nuts** may help you lose weight and reduce the risk of developing type 2 diabetes and heart disease. Additionally, one large observational study noted that a low intake of **nuts and seeds** was potentially linked to an increased risk of death from heart disease, stroke, or type 2 diabetes

Saturday, October 8

HAPPY SABBATH, and enjoy your weekend! Grab a snack of nuts and seeds, **and** use this snack to stay healthy!

SGA CHORALE will perform at the White Memorial Church (401 North State Street, Los Angeles, CA 90033). The call time is at 9:30 a.m. in the Courtyard.

Sunday, October 9

WALLA WALLA FALL UNIVERSITY CLASSIC PARTICIPANTS will return home. Parents/Guardians, please check the flight time arrival of your daughter or son.

RELAX and find *at least* one thing to do to stay healthy!

FLIP SCHEDULE FOR THE WEEK OF OCTOBER 10 - 14

Because many holiday observances fall on Mondays, we flip the schedule periodically so that Monday classes don't get the short end of the stick. So, for this week, the flip schedule is as follows:

MONDAY	NO SCHOOL
TUESDAY	Monday Schedule (No Chapel)
WEDNESDAY	Thursday Schedule
THURSDAY	Wednesday Schedule
FRIDAY	Friday Schedule

Monday, October 10

TEACHERS IN-SERVICE DAY - NO SCHOOL!

VOLLEYBALL GAMES will be held in the Gym. We will be hosting Orangewood Adventist Academy. The Junior Varsity game begins at 4:00 p.m., and the Varsity game will begin at 5:15 p.m. Senior Night will be celebrated before the Varsity game.

TEACHERS and STAFF: CHILD ABUSE AND NEGLECT TRAINING CERTIFICATES - Today is the deadline to have your training certificates submitted to Blanca Barnes.

Tuesday, October 11 (Monday Schedule)

JUNIOR VARSITY VOLLEYBALL GAME will be played at Orangewood Adventist Academy (13732 Clinton St, Garden Grove, CA 92843) at 5:15 p.m. Early release time is at 3:00 p.m.

Wednesday, October 12 (Thursday Schedule)

PSATs will be given to *all Sophomores and Juniors* today during 5th and 6th Periods. Please review the email that will be sent out by Mrs. Barnes explaining the rooms and times.

FACULTY PRAYER CIRCLE (STUDENTS ARE WELCOME TO JOIN US) will meet at Mikey's Bench at 12:00 noon.

FACULTY MEETING will be held at 2:20 p.m. in Mrs. Rivera's Room.

CIF CROSS COUNTRY will compete at Griffith Park at 4:00 p.m.

VARSITY VOLLEYBALL GAME will be held at Southlands Christian (18550 Farjardo St, Rowland Heights, CA 91748) at 5:00 p.m. Early release is at 3:00 p.m.

JUNIOR VARSITY VOLLEYBALL GAME will be held at Glendale Adventist Academy (700 Kimlin Drive, Glendale, CA 91206). Time will be announced at a later date.

Thursday, October 13 (Wednesday Schedule)

VARSITY VOLLEYBALL GAME will be held at Rio Hondo Prep. Time will be announced at a later date.

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, October 14

END OF FIRST QUARTER! Congratulations!

SA KIDS VESPERS will host Grades 1 and 2 right after school.

The Journey to Bethlehem is in the air! It's that time of year again, and we will soon be inviting all students to participate in specific ways. Tell your family and friends! Check to see if your JTB t-shirts still fit. It's going to be another exciting event!

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)



San Gabriel Academy
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