



# NEWS

Next Week's Scoop

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**Serve Others. Grow in Christ. Aspire to Excellence.**

*Those who live in the shelter of the Most High will find rest  
in the shadow of the Almighty. This I declare about the Lord:  
He alone is my refuge, my place of safety; He is my God, and I am trusting Him.  
Psalm 91: 1-2*

**August 20-26, 2022**

## **WEEKLY HEALTH TIP**

*One of the most difficult aspects of returning to school can be getting adequate amounts of sleep after the more relaxed schedule of the summer. Oftentimes, we can push back our bedtimes, but our bodies are always dealing with the results of less time spent resting and recovering. Studies have shown that young people who get an appropriate amount of sleep for their age have "improved attention, behavior, learning, memory, and overall mental and physical health." (Johns Hopkins Children Hospital) Children who are ages 13-18 should be trying to get at least 8-10 hours of sleep. As we transition into the*

*school year, try to start with good habits to encourage sleep and beneficial rest for incredible benefits.*

<https://www.hopkinsallchildrens.org/ACH-News/General-News/The-importance-of-sleep-for-kids#:~:text=Studies%20have%20shown%20that%20kids,pressure%2C%20obesity%20and%20even%20depression.>

## **Saturday, August 20**

**HAPPY SABBATH**, and enjoy your weekend!

## **Sunday, August 21**

Keep resting (and studying)!

## **Monday, August 22**

**TOWN HALL MEETING** A Zoom link to the Town Hall Meeting will be sent to all parents, guardians, and students on Monday morning or before. We encourage you to attend and to bring any questions you may have. We will introduce you to the teachers (again) and review Standards-based Learning and find out what SBL's newest element, Portrait of a Graduate, is all about. The meeting will begin at 6:00 p.m. and should conclude by 7:00 p.m. We hope to see you there!

**BEACH VESPERS CONSENT FORMS** Pick up your Consent Form from the Front Office today if you plan on attending Beach Vespers on Friday, August 26. Your completed and signed Consent Form, along with your \$10 fee for food, must be turned in to Ms. Quion (Room 204) before you go home on Wednesday, August 24. This is one of the teachers' and students' favorite events of the year.

## **Tuesday, August 23**

**CLASS MEETINGS** will be held during Chapel time. Here is the location and class breakdown:

Freshmen: Mr. Gallant's Room (Room 200)

Sophomores: Mr. Hays' Room (Room 203)

Juniors: Mr. Rajendran's Room (Room 100)

Seniors: Mrs. Lehnhoff's Room (Room 205)

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

## Wednesday, August 24

**DEADLINE TO TURN IN YOUR CONSENT FORMS FOR FRIDAY'S BEACH VESPERS** is TODAY! Make sure to turn in your signed Consent Forms, along with your \$10.00 fee for food, to Ms. Quion (Room 204) by 4:00 p.m.

## Thursday, August 25

**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, August 26

**LAST DAY TO CHANGE SCHEDULE** is TODAY! Make sure to see Mrs. Barnes by 12:40 p.m. if you need to make changes. The first student to bring the hidden envelope to Ms. Iversen by 3:00 p.m. on Monday will receive \$20.00 cash. You can find it in the area of the Administration Lawn. No schedule changes will be made after today.

**BEACH VESPERS**, sponsored by the Student Association, will be held after school today. Food will be served during the late afternoon. The buses will leave at 1:30 p.m. and return to school at 9:00 p.m. We encourage all parents and guardians of participating students to be at the school at 9:00 p.m. to pick up your daughters and sons.

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*Please continue to pray for San Gabriel Academy, our 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.*

**READ MORE ON OUR WEBSITE**



San Gabriel Academy

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