



NEWS

Next Week's Scoop



Serve Others. Grow in Christ. Aspire to Excellence.

*When I am afraid, I put my trust in You. In God, whose word I praise,
in God I trust; I shall not be afraid."*

Psalm 56:3-4

September 24 - 30, 2022

WEEKLY HEALTH TIP

When was the last time that you felt **grateful**? Did you know that taking time to **give thanks** can be an instant mood-booster? Writing down the things for which we are **grateful** can improve our overall well-being by helping us be more **appreciative** of our life and the people around us. Writing down our **gratitude** is key, because it helps our brains consciously recognize the information. The more we engage in **positive writing**, the more we recognize the good things around us, and that can result in a better frame of mind and lead to better overall health. So, reserve a time before you go to bed to reflect on the day. Focus on the things in life for which you are most **grateful**, or the good things that happened that day, however big or small. Add to your list every single day. Watch how your happiness and satisfaction grow over time!

Saturday, September 24

HAPPY SABBATH, and enjoy your weekend! Start (or continue) a Gratitude Journal. There's a lot for which to be thankful!

Sunday, September 25

RELAX and find *at least* one thing for which to be grateful!

Monday, September 26

VOLLEYBALL GAME will be between SGA and Calvary Chapel Christian School at 12808 Woodruff Ave., Downey, CA 90242. The Junior Varsity will play at 3:30 p.m., and Varsity at 5:00 p.m. Go Eagles!

Tuesday, September 27

VARSITY VOLLEYBALL GAME will be held in the Gym. We will be hosting Southlands High School at 5:00 p.m.

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

Wednesday, September 28

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

MISSION TRIP participants will depart right after school is over.

Thursday, September 29

VOLLEYBALL GAME will be at home between SGA and Samueli Academy. The Junior Varsity will play at 4:00 p.m., and the Varsity will play at 5:15 p.m.

ALL STUDENTS who have read *The News* this far should pay close attention. The first student who completes 5 jumping jacks in front of the Principal's window *on MONDAY, BETWEEN 9:00 a.m. and NOON* will be a bit richer heading into the weekend.

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 30

IT'S ALWAYS A GOOD THING (something for which to be grateful) when we arrive at the end of another week - a little wiser, a little more educated, with more memories and experiences packed into our hearts - AND with a weekend of rest and fun just ahead!

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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