



# NEWS

Next Week's Scoop

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

*Pray to me in your times of trouble. I will rescue you, and you will honor me.  
Psalm 50:15 (CEV)*

## September 10 - 16, 2022

### WEEKLY HEALTH TIP

It is no secret that **sugar** is linked to weight gain, diabetes, acne, and even heart disease. We all love the occasional sweet snack to satisfy a craving, but according to this study done by Harvard, the average American consumes 22 teaspoons of hidden added **sugar** per day. Often these **sugars** are disguised in jarred tomato or pasta sauces, beverages, soups, prepped meals and dressings. This year, try to be conscious of what you are putting in your body, and make healthy trades or substitutions if a product contains more than The AHA recommended daily amount of **sugar** (6 teaspoons). If you really enjoy sweets and don't want to give them up, SweetLeaf has a host of **sugar** alternatives to help you enjoy your favorite snacks as a healthier option.

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/added-sugar-in-the-diet/>

## Saturday, September 10

**EDUCATION SABBATH- Pasadena SDA Church** (1280 East Washington Blvd., Pasadena, CA 91104)

**HAPPY SABBATH**, and enjoy your weekend! Get some **sunlight!**

## Sunday, September 11

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

## Monday, September 12

**JUNIOR VARSITY VOLLEYBALL GAME** will be between SGA and Glendale Adventist Academy at 5:00 p.m.

## Tuesday, September 13

**CROSS COUNTRY MEET** at Avalon High School (1425 N. Avalon Blvd. Wilmington, CA 90744).

**SGA VOLLEYBALL GAME** will be between SGA and Samueli Academy at 1901 N. Fairview St., Santa Ana, CA 92706; Junior Varsity at 4:00 p.m. and Varsity at 5:15 p.m.

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

## Wednesday, September 14

**PICTURE DAY FOR GRADES 9-11** will be held during the 1st and 4th Periods. Your appointment/schedule will be sent to you by Ms. Quion.

**CAMPUS MINISTRIES CONSENT FORM** is due today.

## Thursday, September 15

**FALL PICNIC** - Buses will begin transporting students to Vincent Lugo Park at 8:30 a.m. and will return to SGA at 2:00 p.m. An envelope will be hidden on Monday, September 12 in the general area of the Administration Lawn. The person who brings to me (Ms. Iversen) this envelope by or before 3:25 p.m. will find themselves \$10.00 richer.

**SGA SOCCER GAME** will be between SGA and Le Lycee at Le Lycee at 5:15 p.m.

**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 16**

### **MAP Testing**

**PICTURE DAY FOR GRADE 12** will take place immediately following MAP Testing. Ms. Quion will notify you of your appointment time.

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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**

**([www.sangabrielacademy.org](http://www.sangabrielacademy.org))**



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