



GMS WEEKLY

NEWSLETTER #6

October 16, 2023

MESSAGE FROM MRS. JOHNSON -

I always enjoy conferences. It's great to see parents/guardians, students and teachers come together to make a plan of success for our students. Celebrate the successes and make a plan to help those struggling.

Next week is a busy sports week. Unfortunately, some student athletes have failing grades and are not allowed to play. Remember playing sports is a privilege and you must have passing grades (D- or 60% or better) in all classes to play.

Make sure you read all the way through the information - Each week we will add a note from our counselor, Ms. Aloha at the bottom.

Please feel free to contact me at any time if you have a question or concern. Here is my email address: toni.johnsongervais.k12.or.us or phone number at GMS 503-792-3803 ext. 2020.

Proud to be a Wolverine!

Mrs. Johnson

IMPORTANT UPCOMING DATES: Oct. 16 - 20

- **Monday, Oct.16 - Regular Schedule / Dismissed @ 3:00**
 - Home soccer game vs Amity at 4:00 pm
 - Home volleyball game vs Colton at 4:00 pm in the middle school gym
- **Tuesday, Oct. 17 - Regular Schedule /Dismissed @ 3:00**
 - Away Cross-Country meet at Southwest Christian - Students dismissed at 1:15
 - Home football game vs Santiam @ 5:00 pm
- **Wednesday, Oct. 18 - Early Release / Dismissed at 1:00**
 - Cross-Country and Football Pictures today at 1:30

- Away volleyball game at Mt. Angel - Leave at 3:00 (Remember to stay on campus in the gym)
- Home soccer game vs Crosshill @ 4:00 pm.
- **Thursday, Oct. 19 - Regular Schedule / Dismissed @ 3:00**
 - No One Eats Alone Day
 - Home Soccer Game vs WCS @ 4:00 pm
 - District Cross-Country Middle School Meet @ 4:00 pm
- **Friday, Oct. 20 - Regular Schedule / Dismissed @ 3:00**
 - Good Attendance Reward during Homeroom - 0 or 1 excused absence + 0 or 1 Tardy for the week.

WEEKLY ACTIVITIES/UPDATES FOR Oct. 16-20

Lots of Sports! - Check the “Important Upcoming Dates” above for dates, locations, and times of all the sports this week.

Please talk to your child about their conference. What was good? What are they struggling with in school - behavior, grades, or both? What can you and the school do to help?

Ms. Fenya handed out a letter on pink paper about social media and the harm it causes. Please take some time to talk with your child about their social media. What sites are they on? If you see GMS or other sites with the school’s name know that it is not the school’s site. The only site we have is on Facebook.

- **Notes From Ms. Aloha:**

October is National Bullying Prevention Month. Being bullied can severely affect the person’s self-image, social interactions, and school performance and can lead to mental health problems such as depression, anxiety, and substance use, and even suicidal thoughts and behaviors. Bullying can occur in multiple ways like:

- **Physical Bullying**
- **Verbal Bullying**
- **Social Bullying**
- **Electronic or Cyberbullying**
- **Racial Bullying**
- **Religious Bullying**
- **Sexual Bullying**

- **Disability Bullying**

Students who bully may indicate unhappiness or personal/family issues. They may be seeking attention, power and/or love. Harming others is a sense of enjoyment to them. Please speak with your child about being bullied or being a bully. Please reach out to Aloha Yoshinaga, GMS Counselor, at aloha_yoshinaga@gervais.k12.or.us or 503-792-3803 x2024 if you have any questions or support.