



GMS WEEKLY

NEWSLETTER #10

Nov. 13, 2023

MESSAGE FROM MRS. JOHNSON -

This is the last full week before Thanksgiving break. This month is going so fast. We are also now in 2nd quarter. All of the students' grades continue through the semester which ends February 1st . If your child is struggling in any class and not passing there is still time to fix it. Have your child talk to their teacher. Middle schoolers need to learn how to advocate for themselves. It is their grade and therefore they are the ones who should step up and ask for help. Parents, you can also contact all the teachers to discuss your child's grades.

Tuesday, Nov. 28th are picture retakes. If your child did not get their picture taken, if he/she is new to the school, or you just want a new picture this is the date. If you purchased pictures earlier please bring the pictures back to school or you will be charged for the retakes.

December 8 at 6:00 pm is the Gervais Christmas Light Parade. If you or your child would like to join the parade a form is located on the Gervais city website.

<http://www.gervaisoregon.org/>

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: Nov. 13 - Nov. 17

- **Monday, Nov. 13 - Regular Schedule / Dismissed @ 3:00**
 - **Home Girl's Basketball game vs St. Mary's @ 4:00 pm**
- **Tuesday, Nov. 14 - Regular Schedule /Dismissed @ 3:00**

- Wednesday, Nov. 15 - Early Release / Dismissed @ 1:00
- Thursday, Nov. 16 - Regular Schedule / Dismissed @ 3:00
 - Away Girl's Basketball game at Santiam @ 4:00 pm. Dismissed at 2:15 pm
- Friday, Nov. 17 - Regular Schedule / Dismissed @ 3:00

WEEKLY ACTIVITIES/UPDATES FOR Nov. 13-17

Student Athletes and Early Release Days -

- Remember student athletes must be passing with a 60% or better in all classes to be allowed to be in sports. In early release days practice will still be at 3:15. Athletes must stay on campus in the middle school gym.

Ms. Aloha's Words of Wisdom 😊

Best Ways to Communicate with Your Child About Setting School and Personal Expectations

Having expectations for your child/children communicates the important standards you place on them which they can strive for. Looking into healthy versus unhealthy expectations needs to be clear when communicating with your children. Unhealthy expectations, like ability expectations, are those in which children get a message that you expect them to achieve a certain result because of their natural ability. "We expect you to get straight A's because you're so smart," or "We expect you to win because you're the best athlete out there." The problem with these messages is that children have no control over their ability. Outcome expectations in which the message is that their children must produce a certain result—"We expect you to win this game" or "We know you'll be the soloist in your dance school performance" if they want to be seen as competent. The problem is that, once again, children are asked to meet an expectation over which they may not have control. Children are born with a certain amount of ability and all they can do is maximize whatever ability they are given.

Healthy expectation is effort expectations like goal setting. One of the great joys in life is to set a goal, work toward a goal, and achieve a goal. Children have ownership of their goals and want to set and strive toward goals for themselves, with guidance from parents, teachers, and coaches. For example, "My goal is to get straight As this semester." One great thing about goals is that they aren't black and white, but about the degree of attainment. Not every goal can be achieved, but there will almost always be improvement toward a goal and that progress defines success. If your children meet effort expectations, they will, in all

likelihood, gain competence and experience the intrinsic rewards garnered from their efforts.

If you need any help with this, please contact Aloha Yoshinaga, GMS Counselor, at aloha_yoshinaga@gervais.k12.or.us or 503-792-3803 x2024.