



# GMS WEEKLY

## NEWSLETTER #11

Nov. 20, 2023

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**MESSAGE FROM MRS. JOHNSON -**

Happy Turkey Day! And, one week off. Staff and students are ready for a break. I hope everyone has a relaxing, fun, safe and family filled week. We will see everyone back at 8:00 am on Monday, November 27th.

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.

**Wednesday, Nov 29th is a full day. Dismissal is at 3:00PM. NO EARLY RELEASE!**

December 8 at 6:00pm is the Gervais Christmas Light Parade. If you, your child or organization 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](mailto:toni_johnsongervais.k12.or.us) or phone number at GMS 503-792-3803 ext. 2020.

Proud to be a Wolverine!

Mrs. Johnson

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**Message from Mrs. Guerrero in the Office:**

If you need to pick up your child from school please try to contact the office at 503-792-3803 ext. 2020 BEFORE 2:00 on regular school days and by 12:00 on early release days. It is too difficult to get a message to students when parents/guardians call right at dismissal time.

Thank You - Mrs. Guerrero

## **IMPORTANT UPCOMING DATES: Nov. 20 - Dec. 1**

- Week of November 20th - No School / Thanksgiving Break
- Monday, Nov. 27 - Regular Schedule / Dismissed @ 3:00
- Tuesday, Nov. 28 - Regular Schedule / Dismissed @ 3:00
  - Home girls basketball game vs Western Christian @ 4:00
  - Picture Retakes!
- Wednesday, Nov. 29 - Regular Schedule / Dismissed @ 3:00
  - Home Wrestling Meet @ 4:00 pm in Gervais High School
- Thursday, Nov. 30 - Regular Schedule / Dismissed @ 3:00
  - Away Girl's Basketball game at East Linn @ 4:00 pm. Dismissed at 2:15
- Friday, Dec. 1 - Regular Schedule / Dismissed @ 3:00

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## **WEEKLY ACTIVITIES/UPDATES for Nov. 20 - Dec. 1**

### **GMS Yearbook now on sale -**

You can now pre-order the 2023-24 middle school yearbook. It will be given out to students at the end of the school year, who have ordered and paid. Hardcover \$25.26 and Softcover \$15.77. <https://store.shopyearbook.com/gms-yearbook>

### **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 😊**

#### **Mental Health Around the Holidays**

Holidays can be both joyous and stressful for both parents and children. Parents, remember to practice self-care and take some time to get away to find some peace. For your children, be aware of mental health struggles during the holidays. The red flags to watch for are:

1. Isolating Themselves
2. Changes in Behavior
3. Physical Signs of Depression or Anxiety

**Here are some tips on how to navigate and deal with some of the holiday blues:**

- 1. Small Family Bonding Events.** When all the extended family come into town for the holidays, things can get overcrowded and overwhelming. Taking some time to take the immediate family on a small family outing can give you all the space and calm that you need. Get together and have a discussion on what would be fun for just you guys to go and do while everyone is around. Maybe it's going to the movies or maybe it's going ice skating—whatever the case, make an effort to take that time off.
- 2. Don't Go Crazy with Social Events.** I know, I know, everyone and their mother is throwing a holiday party and it's incredibly difficult to say no. But here's the thing, stretching your family out thin to go to every party you can fit into your schedule isn't going to get anyone in the holiday spirit. It's going to get exhausting and probably overwhelming for your whole family. Sit down with your family and talk about which ones are necessary and how many holiday events are doable without making everyone miserable.
- 3. Don't Force It.** Sometimes it's nice to just rest for a day. I know it can feel like you need to get something big done every day during the holidays, but that can be exhausting for children. Give them the opportunity to have a quiet day if they want.