



24/25 GMS WEEKLY NEWSLETTER #10

Nov. 4, 2024

MESSAGE FROM MRS. JOHNSON -

The rainy colder weather has started. Please try to get your child to wear a warm sweatshirt or better yet a coat. If you are not able to buy a coat for your child and would like them to wear one, please contact the office and we can see how to help. We don't want any students to be cold and wet.

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.

Team GMS!
Mrs. Johnson

IMPORTANT UPCOMING DATES: Nov. 4–Nov. 8

- **Monday, Nov. 4 - Regular Schedule**
 - **Girls Basketball and Wrestling Practice after school**
 - **Tuesday, Nov. 5 - Regular Schedule**
 - **Last day of 1st quarter**
 - **Needs 70% (C-) or better in all classes and passing homeroom by today to be eligible to go on the 1st quarter reward trip next week.**
 - **Living History assembly in the high school - Veterans will be talking about their experiences in the various branches of the military.**
 - **Boxing after school from 3:15-4:15**
 - **Wednesday, Nov. 6 - Early Release**
 - **Thursday, Nov. 7 - Regular Schedule**
 - **Friday, Nov. 8 - Regular Schedule**
 - **Fun Friday - based on passing grades. 1st quarter grades continue through the end of 2nd quarter (1st Semester).**
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Monday's Attendance Winners:

Congratulations to the following students who won a \$5.00 gift card to McDonalds, Taco Bell, Jamba Juice, or Dutch Bros "because they were in school and no tardies!" Be Here to Win!

6th Grade - Nehemiah Cortes

7th Grade - Dayana Gudino

8th Grade - Callista Smith

GMS Sports:

I will be checking grades immediately. All athletes will need to have passing grades in all classes to be able to go out for basketball or wrestling. I will be meeting with those students who have failing grades in any classes. They have two weeks to get the grades to passing or will be removed from the team.

GMS Concessions:

During home games, the GMS Leadership class will be running a concession stand. They will be selling small snacks, water and Gatorade. The money they earn will go towards Leadership T-shirts and various incentives for students at the middle school.

Ms. Aloha's Words of Wisdom: 😊

As the weather changes, please make sure to check in with your child about their academics, friendships, sports, and mental health. With the days being darker and wet, your child might experience Seasonal Affective Disorder (SAD), a form of depression that occurs during specific seasons. Here are some strategies to help:

- 1. *Light Therapy:*** Light therapy involves sitting in front of a light box that emits bright light, simulating natural sunlight and triggering the release of serotonin.
- 2. *Stay Active:*** Regular physical activity has been shown to boost mood, reduce stress, and improve overall mental health.
- 3. *Connect with Others:*** Social connections are vital for mental health and well-being.
- 4. *Seek Support:*** If you're struggling with your mental health, don't hesitate to seek support from a counselor, therapist, or mental health professional.