



# NEWS

Next Week's Scoop

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

*And I will lead you in a way that you do not know, in paths that you have not known I will guide you. I will turn the darkness before you into light, the rough places into level ground. These are the things I do, and I do not forsake you.*

*Psalm 42:16*

## October 1 - 7, 2022

### WEEKLY HEALTH TIP

**Staying active** is good for just about everyone, young and old. No matter your health and physical abilities, you can gain a lot by **staying active**. In fact, studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of **physical activity** also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses. Research has shown that **exercise** is not only good for your physical health, it also supports emotional and mental health. You can **exercise** with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and **start moving!**

## Saturday, October 1

**HAPPY SABBATH**, and enjoy your weekend! Try going on a walk and appreciating the things God gave us in nature, **and** use this activity to stay healthy!

## Sunday, October 2

**SATs** will be administered today. For those who are testing today, please pay close attention to the instructions on your registration materials.

**RELAX** and find *at least* one thing to do to stay active!

## Monday, October 3

**VARSITY VOLLEYBALL TOURNAMENT** will be played at Milken School (15800 Zeldins Way, Los Angeles, CA 90049), beginning at 2:00 p.m. We do not know the exact times during which SGA will play. (Early release is at noon.)

**MISSION TRIP** participants will return this afternoon. If your son or daughter is on the Mission Trip, they will call you during the afternoon to update their estimated time of arrival. Also, check out the Wawona SDA Camp on Facebook to see the feature video thanking San Gabriel Academy.

## Tuesday, October 4

**PARENTS, FACULTY, STUDENTS, AND SUPPORTERS** are invited to meet with us today at the corner of Christensen Hall at 7:50 a.m. to pray for San Gabriel Academy. (1st Tuesday of each month)

**SOCCER GAME** will be played today at Pilibos Armenian School (1615 N Alexandria Ave, Los Angeles, CA 90027) at 3:00 p.m. (Early release is at 1:30 p.m.)

**CROSS COUNTRY MEET** will take place at Crystal Cove State Park (8471 N Coast Hwy, Laguna Beach, CA 92651) and will begin at 3:00 p.m. (Early release is at 1:00 p.m.)

**FACULTY MEETING** will be sent online. Please submit your NAD Convention Proposal Summaries to me (the Principal) by October 15. Students who submit (on Monday between 9:00 a.m. and 12:00 noon) to the Principal a list of five sincere, thoughtful, and heart-warming random acts of kindness that they did over the weekend will be notified of the winner by 8:30 a.m. on Tuesday. This list must be signed by your parent or guardian. This exercise will definitely be worth your time.

## Wednesday, October 5

**FACULTY PRAYER CIRCLE (STUDENTS ARE WELCOME TO JOIN US)** will meet at Mikey's Bench at 12:00 noon.

**WALLA WALLA UNIVERSITY FALL CLASSIC PARTICIPANTS** must carefully review the trip package for departure times and locations. If you have any questions, please contact Kevin McCloskey (Athletic Director) at [kmccloskey@sangabrielacademy.org](mailto:kmccloskey@sangabrielacademy.org). We'll be praying for a safe and successful trip! ***Please test (rapid test) your son or daughter on Wednesday morning before driving to the airport. We encourage each student to bring a supply of masks; we also will bring extra. We will have rapid tests with us, as well.***

**ALTERNATIVE EDUCATION DAYS:**

<b>Vegan Cooking</b> (on campus)	8:30 a.m. - 3:30 p.m.
<b>Kayaking in Long Beach</b>	8:30 a.m. - 3:00 p.m.
<b>Autumn Farm Activities at Oak Glen</b>	9:00 a.m. - 5:00 p.m.
<b>Acting Classes</b> (on campus)	9:00 a.m. - 2:00 p.m.
<b>Korean Tourism Organization</b>	8:45 a.m. - 1:30 p.m.

## **Thursday, October 6**

**ALTERNATIVE EDUCATION DAYS:**

<b>Vegan Cooking</b> (on campus)	8:30 a.m. - 2:30 p.m.
<b>Griffith Observatory</b>	9:00 a.m. - 3:00 p.m.
<b>Getty Villa</b>	9:00 a.m. - 2:30 p.m.
<b>Acting Classes</b> (on campus)	9:00 a.m. - 2:00 p.m.
<b>Japanese-American Museum</b>	8:45 a.m. - 1:45 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, October 7**

**ALTERNATIVE EDUCATION DAYS:**

<b>Vegan Cooking</b> (on campus)	8:30 a.m. - 1:30 p.m.
<b>Hiking at Eaton Canyon</b>	8:30 a.m. - 12:30 p.m.
<b>Sender City</b>	8:00 a.m. - 12:00 p.m.
<b>Annie Musical</b>	8:00 a.m. - 12:00 p.m.
<b>Battleship Iowa</b>	8:45 a.m. - 1:00 p.m.

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*Please continue to pray for San Gabriel Academy, our students, families, 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. We are still enrolling new students!*

**READ MORE ON OUR WEBSITE**

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



**San Gabriel Academy**  
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