



NEWS

Next Week's Scoop



Serve Others. Grow in Christ. Aspire to Excellence.

*Pray to me in your times of trouble. I will rescue you, and you will honor me.
Psalm 50:15 (CEV)*

September 3-9, 2022

WEEKLY HEALTH TIP

With this recent streak of warmer weather one of the most important things we can do for our health is to stay hydrated. Our bodies need adequate fluids every day to function properly. **Water** is like the oil in our cars, we need to replenish it each day in order to optimize performance. On warmer days it is especially important to consistently replenish the **water** lost through sweat and activity. Adding fresh fruit or electrolytes into our **water** can also help keep us hydrated. This YouTube video highlights the importance of **water** in the body and gives great recommendations for how we can stay hydrated.

<https://youtu.be/aEgc5cUsxvU>

Saturday, September 3

HAPPY SABBATH, and enjoy your weekend! Get some **sunlight!**

Sunday, September 4

STAY COOL, no matter what you decide to do today.

Monday, September 5

LABOR DAY - NO SCHOOL

Tuesday, September 6

PRAYER CIRCLE will be held at 7:50 a.m. on the southwest corner of the Soccer Field. Students, parents, guardians, faculty, and staff are invited to join us.



CHAPEL TODAY will be an introduction to the Masters' Showcase.

FACULTY MEETING will be held in Mrs. Rivera's Room at 2:45 p.m.

Wednesday, September 7

SGA SOCCER GAME will be held today between the SGA Eagles and International at 4:00 p.m.

VARSITY VOLLEYBALL GAME will be held at Eagles at Orangewood Adventist Academy at 2:00 p.m. (13732 Clinton Street, Garden Grove, CA 92843)

Thursday, September 8

SGA SOCCER GAME will be between SGA and Pilibos at Pilibos High School (1615 N Alexandria Ave, Los Angeles, CA 90027) at 3:00 p.m.

SGA VARSITY VOLLEYBALL GAME will be between SGA and Mark Keppel High School at 501 E Hellman Ave, Alhambra, CA 91801; Varsity at 3:30 p.m. and Junior Varsity at 5:00 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, September 9

REFLECT on at least five good things that happened to you this week.

Please continue to pray for San Gabriel Academy, our 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.

READ MORE ON OUR WEBSITE

(www.sangabrielacademy.org)



San Gabriel Academy
8827 E Broadway, San Gabriel, CA 91776