Principal News: Mrs. Mulligan

Our fall break is later than it has been in the past. Also, this year we are back to a 4-day weekend that starts on Thursday whereas in the past we have had a Friday/Monday fall break. We frequently discuss the importance of “Sharpening the Saw”, Habit 7 of The Seven Habits of Highly Effective People/Teens. This program has been highlighted in our Gazette in the past, and we think the instruction students receive from the seven habits are relevant and insightful for middle school students. The lessons resonate with the teachers and staff as well. The 7 Habits instruction provides help us keep our lives in balance. When we have down time, we encourage everyone to take time to enjoy some relaxation with family and friends. The title of Habit 7 is a reference to a lumberjack who is charged with sawing down trees. If he or she never takes time to sharpen the saw, the daunting task of taking down a tree will be difficult if not impossible. John F. Kennedy said, “The time to repair the roof is when the sun is shining.” We agree with this maxim. It’s okay to relax. Taking care of the body, the brain, the heart, and the soul when you have down time helps strengthen the overall person. Habit 7 can be accomplished by taking a digital detox break, reading a good book, enjoying the beauty of nature during this colorful time of year, playing with a pet, laughing with friends, playing a simple game of cards or a board game, or watching a really good movie. And for teens, probably the one activity they enjoy the most (and truly need): sleeping in! Can you think of a way that your family can sharpen the saw? This question would be an excellent dinner-time question. Have fun with it!

Red Ribbon Week Dress Up Days:
Monday: Keep Drugs Out of Our Hood– Wear your favorite Hoodie!
Tuesday: Red Out Against Drugs– Wear as much red as possible!
Wednesday: Being Drug Free is No Sweat– Wear Athletic Wear!

Attendance Rate to Date: 94.61%