

Gridley Gazettes, Gridley Newsletter

December 2023

Remember to visit our Gridley Middle School Facebook page and Webpage for current activities and school updates.

Guess Who? Year book page

Dear Gridley Middle School Parents and Guardians,

Do you want to surprise your 8th grade student when they receive their yearbook? Our yearbook staff is offering you the opportunity to submit a baby photograph of your choice to be used on a "Guess Who" page. If interested, please send \$10 (Cash or card) to the office and a photograph (can be digital - to julie.ryan@tusd1.org) or a physical copy (which can be scanned and returned to you). **The deadline to submit is February 29th 2024.**

Thank you for your support!

Yearbook team

Missing! Please help!

We are missing 91 laptops that were not turned in during the last 3 years. 99 percent of the laptops issued this year have an ECF sticker on the top(I have 5 students who have older laptops that don't have the sticker). Laptops that are overdue for being turned in probably don't work as the IT department deactivates them.

I will take laptops/hotspots/library books from other schools also and get them back to where they belong.

Anita Sueme

Gridley Assistant Librarian

Laurie's Toolbox: Pro Tips for Better Mental Health

Laurie's Toolbox is an engaging feature that provides valuable insights, tips, and resources to promote mental health, curated by Laurie Girod Barnhart, MC, LMFT, the clinical coordinator for Talk It Out.

Does Self-Care Equal Selfishness?

Self-care is something that we often hear about in our daily lives, and it can be misinterpreted. One of the main reasons some of my clients have resisted engaging in self-care is due to the belief that doing so will make them appear to be selfish. So, what's the difference between self-care and selfishness?

Self-care is an action intended to replace that which is lost in the business of our lives. Think about how much energy or enthusiasm you still have by the end of a typical week. Self-care replenishes us so that we can be more present and engaging with those we love.

Selfishness is the general state of mind of an individual who gives themselves permission to do whatever they want regardless of how it impacts others. Selfishness diminishes our ability to show love and care for others.

As you enter the holiday season, think about what you would like to get out of this time with your loved ones. Do you want to barely survive it and dread its return the following year? Would you rather take care of yourself, physically and emotionally, so you can enjoy the extra time with your friends and family? Choosing self-care means choosing a healthier version of yourself to share with those you love. Making this choice could be the best gift you can give. [Click here](#) for tips on how to implement self-care into your life.

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Community Partner Spotlight | Community Food Bank of Southern Arizona

This month, we are proud to highlight our community partner, the [Community Food Bank of Southern Arizona](#). Their partnership has been an absolute lifeline for us, ensuring that our food pantries within our family resources centers remain well-stocked. Through their efforts, they transform lives within the community. The Community Food Bank serves by providing meals to the hungry today while striving to build a healthier, hunger-free tomorrow.

We encourage you to visit the Community Food Bank's website communityfoodbank.org to explore the various events they have planned and the diverse ways in which you can access food especially as the holiday season approaches. This time of year, presents numerous opportunities to seek additional assistance or to spread the word to those who may benefit from their services. Once again, we extend our heartfelt thanks to the Community Food Bank for their unwavering support to our TUSD community.

Calendar of events:

December 1st

- Faculty Holiday Door Decorating Contest (through Dec.15th)

December 4th

- Drama Club 3:40pm room 51
- Tutoring 3:30pm to 4:30pm room 52
- Spirit Week begins (through Dec. 8th)

December 5th

- Clay Club 3:35pm room 29
- Tutoring 3:30pm to 4:30pm room 52

December 6th

- Step Up TUSD schools Expo
5:30 - 7:30 pm | Tucson Convention Center Exhibition Hall | 260 S. Church Ave. | FREE Parking

December 7th

- Tutoring 3:30pm to 4:30pm room 20
- Family Engagement meeting 4:00pm in the library
- Band Concert 6:30pm

December 8th

- VIP student luncheons, Student Council sponsored. Teachers recommend student event. Invite only. During 6th, 7th, and 8th grade lunches

December 11th

- Drama Club 3:40pm room 51
- Tutoring 3:30pm to 4:30pm room 52

December 12th

- Tutoring 3:30pm to 4:30pm room 52

December 14th

- Orchestra and Guitar Concert 6:30pm
- Tutoring 3:30pm to 4:30pm room 20

December 18th

- Drama Club 3:40pm room 51

December 19th

- VIP movie 6th grade 'Student council sponsored. Teachers recommend student for this invite only event.
- Clay Club 3:35pm room 29
- Tutoring 3:30pm to 4:30pm room 52

December 20th

- VIP movie 7th grade 'Student council sponsored. Teachers recommend student for this invite only event.
- Tutoring 3:30pm to 4:30pm room 52

December 21st

- VIP movie 8th grade 'Student council sponsored. Teachers recommend student for this invite only event.

December 22nd

- **GRADING DAY/ NO SCHOOL FOR STUDENTS**

December 25th, 2023 through January 8th 2024

- **Winter Break**