

Good morning, Gateway! Today is Thursday, January 6, 2022.

_____ Here is our daily American Heart Challenge message: Try to practice affirmations regularly, which are positive phrases or statements, to challenge negative or unhelpful thoughts. These empowering mantras have profound effects on the conscious and unconscious mind.

_____ Hey 6th Graders, come join us during 6th grade lunch next Wednesday in Ms. Vantuyl's room for our first 6th grade PRIDE club meeting. If you have any questions, contact your 6th grade Counselor, Mrs. Sample. Hope to see you there.

_____ Attention all students! This Friday is an HS&B Friday...please make sure to have headphones or earbuds with you...we will be working on our Chromebooks for HS&B and having personal headphones would be helpful!

_____ There are no after school clubs today and no 4 PM Activity Bus.

_____ This week's Spirit Friday is Rainbow/Pride Friday.

And remember, Gateway, to GUARD your character!