



# Gap Rap Newsletter

Growing in academic, social, physical and spiritual maturity.

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## THANKSGIVING BREAK

School will dismiss at noon on Friday, November 18. There will be NO AFTERCARE this day. Thanksgiving break will continue through the following week and so there will be NO SCHOOL November 21 - 25.

## SOCCER SHOTS

Second semester Soccer is available for students aged 5 to 8 years old. Classes are held immediately after school dismissal on Mondays. The winter/spring session begins on January 23rd and runs through the first of May. For more details and to sign up, you can find a direct link on our website by clicking on Students / Soccer Shots.

## MUSIC ATTIRE

For all musical performances, including Student Sabbaths, the Christmas Program, and our End-of-the-Year Program, the attire for students will be black and white. For girls, this could be a black dress or a black/white skirt/shirt combo. Boys should wear black pants with a white shirt.

## FALL FEST THANKS

"Thank you to every single person who participated in the Fall Festival. Thank you to those who attended, helped plan, made food, set up, manned the activities, and/or cleaned up. It was a success because of you. I am so very appreciative of our parents, grandparents & our church members who are making our little school have a big impact. Thank you, thank you!"

Leah Parris-Gray  
Home & School Leader

## YEARBOOK PICTURES

If you took any pictures at the Fall Festival that you would like to be considered to be put into the yearbook, please send them to Stephanie Land, 423-653-1557. You can also email pictures to the school at [standifergapsda@gmail.com](mailto:standifergapsda@gmail.com).

## FOOD DRIVE

This is the last week for the Annual Samaritan Center Thanksgiving Food Drive. A collection barrel is in the lobby of the school or you can bring your donation to the church on November 19.

## STUDENT WORK FEATURE

### Verb Poems by 4th-6th Graders

Fix a Bored Day  
Crawl on the floor and lick it  
Scream in the hallway and  
Make weird noises  
Adore a cute boy in your class  
Hiss at your parents and bite them  
Jab a watermelon until it is no more  
Chase a squirrel

~Lennox Land, 5th grade

Verb: Yell  
Raise your voice. Harsh, Loud.  
So loud that it shatters  
So harsh it breaks your ears.

Verb: Work  
Hot. Sweat.  
Muscle making. Back breaking.  
So much aching that some yell  
and some are bored.

~Logan Davis, 6th grade

Cures for a Boring Day  
Flip I would try to any way  
Slide down a waterslide  
Run off a zip line  
Scream going bungee jumping  
Spin cotton candy  
Jump on the trampoline  
Swim in a pool  
Look at sharks  
Climb a cliff  
Run with friends along the water  
Jump into an ocean  
Play on the drums  
Jump out a window  
Yell while sky diving

~Elena Price-Hidalgo, 6th grade

## REMEMBER THIS

### \* Volunteers

Remember to log your hours in the parent volunteer book which is located in the school office.

### \* Jeans & T-shirt Friday

On Fridays, students may wear jeans (without holes/rips) and their school t-shirt/hoodie or a uniform shirt.

### \* Online Payments

You can pay tuition, hot lunch and more online through the link on our website. There is a \$25 minimum for credit/debit cards.

### \* Ukulele/Guitar

Wednesdays & Fridays at 7:30 am in the music room.

### \* Check Grades

Parents can check grades with their FACTS Family Portal login.

### \* Support & Shop



# NOVEMBER

## Birthdays

HENSLEY NOV 11  
HADASSAH NOV 14  
DANIEL NOV 15

DEXTER NOV 18  
JACOB S. NOV 20

## CALENDAR REMINDERS

- Nov 16 - Pathfinders CANCELED - No Mtg
- Nov 17 - Basketball AWAY Game at LTES 4:30
- Nov 18 - Noon Dismissal
- Nov 21-25 - Thanksgiving Break / NO SCHOOL
- Dec 9 - Christmas Music Program 7 pm

## MORE LIKE JESUS

**THANKSGIVING** is a time when friends and families come together to eat good food and give thanks. Our thankfulness can be expressed outwardly, towards God and others, or inwardly by expressing thankfulness for how we have been blessed, but is one way healthier than the other? Research says it is.

Medical science has shown that those who experience an outward focused thankfulness experience a greater sense of wellbeing, happiness, optimism, satisfaction with their lives, greater sense of feeling loved, greater success in achieving life's goals, and lower incidence of stress and depression when compared to those who don't express outward thankfulness.

The thankfulness that results in all these positive changes is the thankfulness which moves one toward actions of appreciation. It is when we recognize our appreciation, develop a sense of goodwill toward those to whom we are thankful and then express our gratitude in meaningful ways that we experience positive mental and physical outcomes. Further, expressing thankfulness has positive impact on social relationships resulting in greater sense of cohesion, connectedness, and bonding within one's social group. We are more valued and loved and we love and value others more when we are thankful.

Those who tend to focus on self, who are thankful for what they get, rather than for those who are gracious in giving, fail to express genuine thankfulness. The verbal expression of "thanks" mumbled as someone opens the door, or as one birthday present after another is opened, is not the healing, life transforming thankfulness. It is when we take time to allow ourselves to genuinely care about and appreciate others and then take purposeful action to express that care that we experience mental and physical wellbeing.

(Jennings, "Thankfulness and Your Health," November 2010,  
<https://comeandreason.com/thankfulness-and-your-health/>)

As we go into Thanksgiving break, let's remember to have a thankful heart that is full of appreciation for God and others. And let us carry that thankfulness into our daily lives because being thankful isn't something we should do just at Thanksgiving time, we should strive to be thankful all the time! First Thessalonians 5:18 says, "Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (NLT) Living a thankful life is one more way we can be more like Jesus.