

SGSC PARENT NEWSLETTER

NOVEMBER 1ST - 5TH, 2021

FROM THE PRINCIPAL

Good afternoon Everyone,

We are so excited to see our students this week! When students are present at SGSC, they are learning so many new and exciting things! Again, it is hard to teach the students if they do not come to school. We appreciate our parents for getting students to school every day - if possible.

On Tuesday, we will have a visit from the GSAPS (Georgia School Assessment on Performance Standards) Team from the Georgia Department of Education. We are excited to welcome these visitors as they are working with us to help continue to improve the performance of our leadership, staff, and students at SGSC!

Students are always encouraged to be in school each day. I have had to talk with several students lately who have missed many days of school and they are struggling when they return to school to make up all of their missing assignments because they missed the initial instruction. Please encourage your child to come to school each day, so he/she doesn't have to struggle with so many missing assignments.

We are so thankful to our staff for all that they are doing to serve those in person and those that are quarantining! If you would like to nominate a Staff member for a SHOUT OUT, please click the link below to complete the form! Thanks so much for recognizing our staff and all of their efforts!

Staff Shout Out Form: <https://forms.gle/ngToLSDxjNZ8HjwH6>

As always, if you have any questions or concerns, please feel free to send me an email at galmon@sowegastemcharter.org.

Sincerely,
Ginger Almon

COVID UPDATE FROM SGSC FOR 11/1/21

COVID INFORMATION FOR SGSC 11/1/21

Positive Cases:

Staff - 0

Students - 1

Quarantines:

Staff - 0

Students - 1

Other information:
Please do not send your child to school if they are experiencing symptoms related to COVID, if someone in the household is positive, or if there is a pending COVID test for the student or household member.



MORE COVID INFORMATION

If you have any further questions, please reach out to our school nurse, Kristen Roland - kroland@sowegastemcharter.org or 229.345.3033 or myself galmon@sowegastemcharter.org.

SCHOOL CALENDAR

SOUTHWEST GEORGIA STEM CHARTER | 2021-2022 CALENDAR

<p>JULY '21</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p>28-30 Pre-Planning</p>	S	M	T	W	Th	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<p>JANUARY '22</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> <p>3-4 Teacher In-Service 7 End of Quarter 2 10 Report Cards (Q2) 17 M.L. King Day</p>	S	M	T	W	Th	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
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SGSC CAFETERIA INFORMATION

Please remember all students will receive a free lunch and breakfast this year!

NOVEMBER 2021 Type Your School Name Here **BREAKFAST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 7:00 AM - 8:00 AM	Breakfast 7:00 AM - 8:00 AM	Breakfast 7:00 AM - 8:00 AM	Breakfast 7:00 AM - 8:00 AM	Breakfast 7:00 AM - 8:00 AM
Breakfast 8:00 AM - 9:00 AM	Breakfast 8:00 AM - 9:00 AM	Breakfast 8:00 AM - 9:00 AM	Breakfast 8:00 AM - 9:00 AM	Breakfast 8:00 AM - 9:00 AM
Breakfast 9:00 AM - 10:00 AM	Breakfast 9:00 AM - 10:00 AM	Breakfast 9:00 AM - 10:00 AM	Breakfast 9:00 AM - 10:00 AM	Breakfast 9:00 AM - 10:00 AM
Breakfast 10:00 AM - 11:00 AM	Breakfast 10:00 AM - 11:00 AM	Breakfast 10:00 AM - 11:00 AM	Breakfast 10:00 AM - 11:00 AM	Breakfast 10:00 AM - 11:00 AM



NOVEMBER 2021 Southwest Georgia STEM Charter School **LUNCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch 11:30 AM - 12:30 PM	Lunch 11:30 AM - 12:30 PM	Lunch 11:30 AM - 12:30 PM	Lunch 11:30 AM - 12:30 PM	Lunch 11:30 AM - 12:30 PM
Lunch 12:30 PM - 1:30 PM	Lunch 12:30 PM - 1:30 PM	Lunch 12:30 PM - 1:30 PM	Lunch 12:30 PM - 1:30 PM	Lunch 12:30 PM - 1:30 PM
Lunch 1:30 PM - 2:30 PM	Lunch 1:30 PM - 2:30 PM	Lunch 1:30 PM - 2:30 PM	Lunch 1:30 PM - 2:30 PM	Lunch 1:30 PM - 2:30 PM
Lunch 2:30 PM - 3:30 PM	Lunch 2:30 PM - 3:30 PM	Lunch 2:30 PM - 3:30 PM	Lunch 2:30 PM - 3:30 PM	Lunch 2:30 PM - 3:30 PM

BREAKFAST

LUNCH



FROM MS. MCBRIDE...

Today's children have grown up with a vast array of electronic devices at their fingertips. They can't imagine a world without smartphones, tablets, and the internet.

The advances in technology mean today's parents are the first generation who have to figure out how to limit screen time for children. While digital devices can provide endless hours of entertainment and they can offer educational content, unlimited screen time can be harmful.

Whether you keep the TV on all the time or the whole family sits around staring at their smartphones, too screen time could be harmful. Here's what some of the research says:
Obesity: Too much time engaging in sedentary activity, such as watching TV and playing video games, can be a risk factor for becoming overweight.

Sleep problems: Although many parents use TV to wind down before bed, screen time before bed can backfire. The light emitted from screens interferes with the sleep cycle in the brain and can lead to insomnia.

Behavior problems: Elementary school-age children who watch TV or use a computer more than two hours per day are more likely to have emotional, social, and attention problems.

Educational problems: Elementary school-age children who have televisions in their bedrooms do worse on academic testing.

Violence: Exposure to violent TV shows, movies, music, and video games can cause children to become desensitized to it. Eventually, they may use violence to solve problems and may imitate what they see on TV, according to the American Academy of Child and Adolescent Psychiatry.

It's important for you to set healthy limits on your electronics use for your own sake, as well as your child's sake.

Here are a few household rules you might want to establish to curb screen time:

No digital devices during family meals.

No screen time in the car.

No screens allowed in bedrooms.

No electronics use during family fun nights.

In addition, consider an occasional digital detox for the whole family. Create a screen-free night once a week or commit to unplugging one weekend a month. It could be good for everyone's physical and emotional health, as well as your family's relationships.

UPCOMING EVENTS AT SGSC

MARK YOUR CALENDARS

November 2nd - MS Basketball vs. Calhoun @ SGSC - 5:00 pm (\$5.00 admission)

November 3rd - School Picture Make-Up Day

November 4th - MS Basketball vs. Quitman @ SGSC - 4:30 pm (\$5.00 admission)

November 11th - Veterans' Day - No School

November 12th - Teacher Workday - No School for Students - 6th & 7th Field Trip

November 15th - Q2 Progress Reports sent home

November 22nd - 26th - Thanksgiving Holidays

The logo consists of the letters 'S', 'G', 'S', and 'C' in a bold, blocky font. Each letter is filled with a dark red and black plaid pattern and has a white outline.The word 'SPORTS' is written in the same plaid font as the logo above, with each letter filled with a dark red and black plaid pattern and outlined in white.The word 'SECTION' is written in the same plaid font as the logo above, with each letter filled with a dark red and black plaid pattern and outlined in white.

FROM COACH CROWDIS...

Hey Aggies!

We had a great kickoff week to our basketball season! We have some of the best fans this side of the Chattahoochee River! Let's continue to cheer every steal, every blocked shot, every score, every hustle and soon we will be cheering for basketball wins! Our Aggie cheerleaders have been rocking the gym with their cheers and excitement also. We look forward to seeing you and hearing you at our two home games this week!

There are many ways you can be there and support your student athlete to make it a fun and non-stressful experience for everyone! Here are some great tips:

1. Student Athletes Are Students First

If your child wants to do a sport, it's important to remember that he or she is a student first. Being a student athlete can be a fun extracurricular activity, but you need to keep in mind that schoolwork should come first.

2. Encourage Healthy Food Choices

We all know that our bodies perform a lot better when we eat the right kinds of foods. This is especially true for the student athlete. They are burning a lot of calories during practices and games, and you need to do your part in helping them fill up on healthy foods. Encourage them to drink plenty of water, especially when the weather is warmer.

3. Encourage Rest

Much like healthy eating, athletes need to get plenty of rest. This helps their bodies recover from a tough workout and helps them have enough energy to perform to the best of their ability. Setting a regular bedtime routine and making sure your child sticks to it will not only help them on the court but also in the classroom.

4. Let the Coaches Coach

The coach is in that position for a reason. He/she has the skills required to get the job done. Let the coach do his/her job. Instead of complaining or trying to coach from the stands, ask the coach how you can help. Most coaches gladly accept volunteer help even if it's something simple like getting water or snacks for the athletes. Remember not to overstep your bounds. If there is an unresolved problem with the coach, contact the athletic director to get on the correct course of action.

5. Focus on Character Building

Focusing on the character building aspects of athletics, rather than the skill or winning, is so important. Don't try to live vicariously through your child. The coaches will handle the skills and other aspects of the game. It's not that you don't care if they win or make the basket, but for most athletes, the game is over when high school is over. The majority of students do not play organized sports in college or beyond, so focusing on the character building aspects of the sport helps the kids learn important life lessons.

Some life lessons that can be learned from participating in sports are:

- Learning to try, even when it leads to failure or getting hurt
- Learning to win or lose gracefully
- Learning to have fun, win or lose
- Learning to work together as a team
- Learning that everyone can do something, we all have strengths and weaknesses
- Learning that practice makes perfect

6. Be Involved and Show Up

Helping your child play catch or go for a run over the weekend are a couple of ways to show your support, but don't cross the line of becoming another coach. Ask your child how practice went or if you can help them prepare for the upcoming game in any way.

Showing up to all the games, banquets, and other events can also mean a lot to the student athlete. It shows that you care when you take time from your busy life to see what is going on in theirs.

Encourage your child, and tell them they did a good job. Be there for them when they feel like they didn't do their best or when there is a disappointing loss. Make sure your child knows you are there for them and proud of them, no matter what.

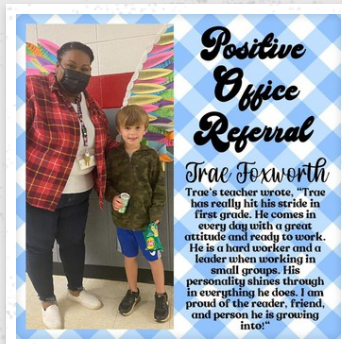
When a group of college athletes were asked what parents have said that made them feel great and encouraged them the most after a game, it was a simple response with no judgment, correction, or conditions - "I love to watch you play."

Aggie Adventures



Positive Office Referral
Ro'Niyah Johns

Ro'Niyah's teachers said, "Ro'Niyah is a very hard worker. She is always willing to help her teachers and peers in any way possible. She also has a wonderful sense of humor and keeps us laughing. Keep up the great work, Ro'Niyah!"



Positive Office Referral
Trae Foxworth

Trae's teacher wrote, "Trae has really hit his stride in first grade. He comes in every day with a great attitude and ready to work. He is a hard worker and a leader when working in small groups. His personality shines through in everything he does. I am proud of the reader, friend, and person he is growing into!"




Positive Office Referral
Trent Foxworth

Trent's teachers wrote, "Trent is rocking PreK this year! He comes in happy and ready to get the day started each and every day. Trent is someone we can count on to be following the directions, he waits patiently on his turn, and is someone who is always kind to his friends. Keep up the great work Trent!"



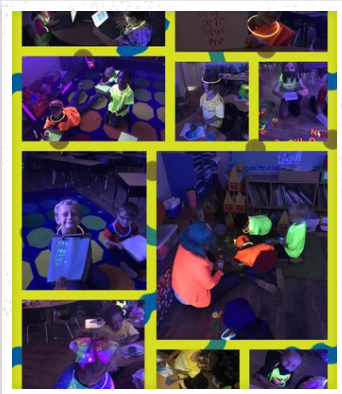
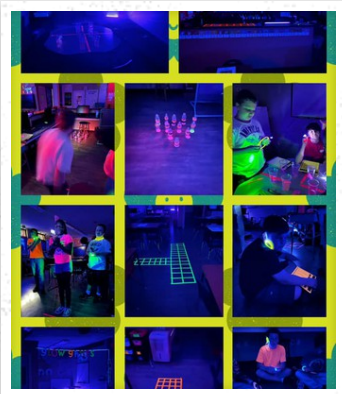
Positive Office Referral
Davina Scarborough

Davina's teacher wrote, "Davina has been a joy to have in class! She has been working so hard. She is excelling in her academics and is a great example for her peers! Davina, please keep up the good work. We are all so proud of you!"



Positive Office Referral
Kaydin Atkinson

Kaydin's teacher wrote, "Kaydin is such a sweet boy! He works hard and knows exactly what is expected of him. He has recently blown me away in math! He is practically finishing his entire problem set correctly before I can even finish reading the directions. I love to see him so confident in what he is doing. Keep it up, Kaydin!"







PARENTS ARE THE BEST

Thank you all for raising the type of children who would be so thoughtful to create and participate in this wonderful video presentation! I am honored!

Miss Ginger





FROM OUR INSTRUCTIONAL COACHES...

Hey Parents!

No matter what age your child is, homework is an important part of their education and success in the classroom. Homework gives parents a glimpse of what their child is expected to know, understand and be able to do. We also understand that after a busy day, sitting down to do homework can be a challenge for both parents and students. We appreciate all the support that our Aggie parents provide for our students! We want to share a few tips with you when it comes to helping your child complete his or her homework.

- Remain positive! If children sense that we have a negative attitude towards homework, they may mimic the negativity, making it more difficult to complete their work.
- Stay connected with your child's teacher. Knowing the teacher's expectations and how often homework is assigned will help you know how to best support your child.
- Set time aside each day for your child to do his or her homework. Even though older children should complete their homework independently, having a set time each day helps

your child manage their time wisely.

- Celebrate your child's successes when it comes to homework. If your child has worked hard to complete their homework each day, take time to do a dance, grab an extra snack and let them know how proud you are of them!

ONE TEAM.

ONE MISSION.

NO EXCUSES.




SOUTHWEST GEORGIA STEM CHARTER SCHOOL

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