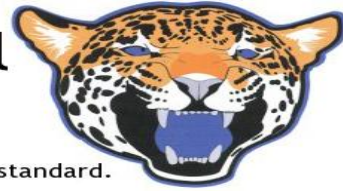


# Sandtown Middle School



Failure is not an option, and mediocrity is not the standard.



## *A 2010 Georgia Department of Education Distinguished Title I School*

Kine' Geathers, Principal

Kendrick Liles, Assistant Principal

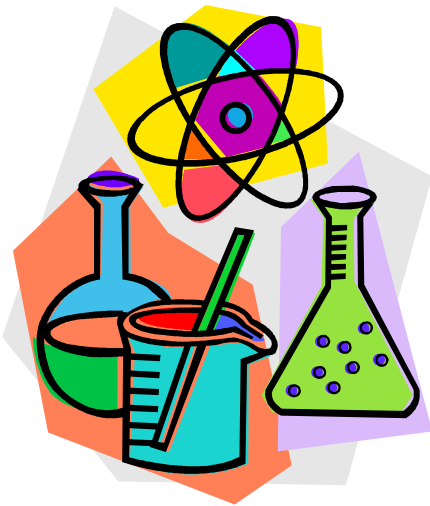
Doretha Melton, Assistant Principal

Connie Reliford, Assistant Principal



**The Sandtown Middle School website has a new look!**

Check out the new site: <http://school.fultonschools.org/ms/sandtown>



**From the Science Department:**

**Reminder:** The NEW due date for science fair projects is **Friday, January 6, 2012.**

We are in need of science fair judges for Tuesday, January 10, 2012; beginning at 8:30 A.M. If you are willing to volunteer as a judge please contact Mrs. Tracy Baker, 7<sup>th</sup> Grade Life Science Teacher, by January 5, 2012.



## COUNSELING CORNER-

SMS Counselors: Ms. Manning & Mr. Holley

### Christmas Happiness and Psychological Health Through Giving

By [Bernadette Dimitrov](#)

Christmas is a time for giving and giving is the act of generosity. It nourishes love in our relationships and builds the human spirit. Research shows that people who give without expectation and who do not feel diminished by the act of giving are the most psychologically healthy in our society today. Here are seven benefits of giving:

1. Builds Relationships - giving reinforces appreciations and acknowledgement of each other and thus is an important ingredient for building relationships.
2. Deepens Relationships - by sharing past and future thoughts we give of our selves in an intimate way. It can be a wonderful ritual such as at Christmas to come together and openly give and share feelings, experiences and wishes for the coming year. This deepens relationships as we share and express more of who we are.
3. Expresses Feelings - giving is a way to express and show feelings especially if you are not comfortable expressing feelings through words. Giving is an opportunity to express a whole range of feelings such as gratitude, appreciations and thanks.
4. Creates Memories - through giving we have many ways to create and leave lasting memories. Our willingness to care, show interest, give time, loyalty, honesty and by going out of our way to do something extra for someone else such as preparing a special meal, writing a special verse on why we love and cherish someone or making a special gift as a symbol of our love, are some of the ways we can give and create lasting memories.
5. Creates Predictability - we all love predictability; especially children as it gives them a sense of security. Through the predictable act of giving especially at birthdays and Christmas celebrations, the expectation of appreciations, acknowledgement, love and being made to feel extra special is created by the ritual of giving.
6. De-stressor - giving is all about looking outside of ourselves with no expectation of anything in return. It is putting others first for concentrated moments in time. The ritual of giving takes the focus off ourselves and our stresses in life are handled with a more

balanced focus.

7. Creates Miracles - connecting into the community by giving has huge benefits. It reinforces love in all our lives. It creates leverage which creates miracles when together we give for the greater good.

Giving is an expression of our love. We give in many ways with our supportive words, our listening, attention and giving of our time and of course through material giving too. Giving materially, emotionally and physically is the glue that holds people together and is a way to renew our love for one another, create lasting cherished memories, deepen relationships and create psychological health and happiness for ourselves.



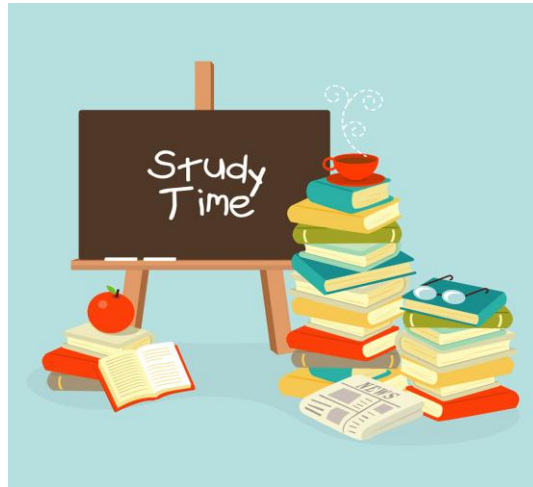
### **From the Cafeteria Staff:**

The cafeteria staff would like to remind all students to bring their money for breakfast and lunch each day. An alternate meal will be served at lunch time if the student does not have the correct amount of money in their account at the time of purchase. We do not offer an alternative meal for breakfast. I regret to say that we are not allowed to permit students to charge meals on their accounts. Therefore, it is the student's responsibility to check their account balance each day.

Thank you for your support.

Ms. Adams  
Cafeteria Manager

## Graduation Coach Help Sessions



### *During School*

#### **\*Lunch-N-Learn**

Monday, Wednesday, and Friday

10:18 AM-11:50 AM

### *After School*

#### **\*Basic Reading Skills Help Session!!**

(reading fluency, decoding, and comprehension)

*Tuesday*

3:45 PM to 5:00 PM

#### **\*Basic Math Skills Help Session!!**

(multiplication tables, subtraction, division, fractions, and integers)

*Thursday*

3:45 PM to 5:00 PM

These programs will be on going throughout the year. For more information, contact **Ms. Gay** at 404-346-6500 EXT. 131.

# December 2011

				1	2	3
4 	5 	6	7	8	9	10
11	12	13 	14	15	16	17
18	19	20	21	22 <i>11am— 12noon SMS Parent Family Holiday Luncheon</i>  <i>Last Day of School 2011</i>	23 <b><i>Happy Holidays</i></b>	24
25 	26	27	28	29	30	31
<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p><b>HAPPY, HAPPY, HOLIDAYS</b> NO SCHOOL</p> </div>						