

December News

Issue No. 2 | December 2021

*December Shout Out goes to SHS for Preparing a
Delicious Thanksgiving Lunch!*

**Important Dates to
Remember:**

**Thursday 12/9/21: Elementary &
SHS Christmas Dinner**
**Tuesday 12/14/21: SMS Christmas
Dinner**
Friday 12/17/21: Payday
**Monday 12/20/21 to Sunday 1/2/22: No
School, Christmas Break!**

Tips for a Healthy New Year:

Don't Skip Meals.
Practice Optimism, Appreciate what you
have rather than what you don't!
Avoid Stress Eating.
Eat Breakfast.
Be Active.
Make Time for Self-Care.
Start a New Healthy Habit.

***PCSNA will be selling the Hot Rolls, Cinnamon
Rolls & Baked Goods, deadline for orders are
Friday 12/10/21.***

Have a Merry Christmas and A Happy New Year!
We appreciate all your hard Work, Aline, Tennille, Renee & Susan



*Why is Santa so good
at Karate?*

He has a Black Belt!!

