



# CALLING ALL 6TH GRADERS!!



Design Your Own "Think Before You Speak" or "Kindness" Poster!!



We Encourage You to "THINK Before You Speak!" ~ Show Respect!

During challenging times, be a Leader! Always tell the truth, offer to help at home, set a good example for younger siblings, come up with a good idea or make a good suggestion, give a compliment or a virtual hug...

We Encourage You to Demonstrate "Kindness!" ~ Be a Helper!

Do an extra chore, clean your room, do the laundry, help make a meal, do the dishes, walk the dog, feed the cat, take out the garbage, vacuum/sweep, water the plants, call a family member, a friend, or a neighbor...

\*\*Please share your work with us\*\* [jcuster@gasd.org](mailto:jcuster@gasd.org) & [apawlik@gasd.org](mailto:apawlik@gasd.org)



# ATTENTION 7TH GRADERS!!

Create your own daily schedule to keep yourself active and on track with your school work

9:00am- Wake up and have breakfast	4:00pm-Electronic time
10:00am-Organize school work for the day	5:00pm-Chores/prepare dinner with parent
11:00am-Academic time	6:00pm-Dinner (conversation with family)
12:00pm-Break/lunch	7:00pm-Free time
1:00pm-Physical exercise	8:00pm-Game with family
2:00pm-Daily challenge	9-10pm-Bedtime
3:00-Academic time	#AMSTERDAMSTRONG



The Greater **Amsterdam** School District

# AMSTERDAM

# ATTENTION 8TH GRADERS!!

If you have your signed high school course selection sheet, please send a picture to Mrs. Mendelsohn at [cmendelsohn@gasd.org](mailto:cmendelsohn@gasd.org).

If any students are still interested in applying for the Smart Scholars program at the high school, please send a photo application to Mrs. Mendelsohn.

Please follow the links below:

1. <https://drive.google.com/file/d/1xCxX5HzlnTYsonNxjLIZWkdFO8T480eZ/view?usp=sharing>

2. <https://docs.google.com/document/d/1QGrYIAREyGuVa5As64o4-QieEvCx-pB77imQRi3XiuA/edit?usp=sharing>

Mrs. Mendelsohn and Miss Clizbe are thinking of everyone! Take care of yourself and each other!