



## WHO'S TAKING CARE OF YOU?

Did you know that 80% of the average person's thoughts are negative? Not only are they negative, but they are repetitive. Meaning they echo in our minds throughout the day. Those negative thoughts create stress, anxiety and put us in a survival mode to always be ready to attack or defend ourselves. Though there are times when we must defend ourselves, it shouldn't be every day and in every situation. This type of thinking literally breaks down the body causing physical illness as well as mental illness. So as parents, teachers, supporters – Who's taking care of you? When you take control and become conscious of your negative thoughts you will have the ability to switch them off and replace them with positive thoughts throughout your day. Doing for others and smiling more actually create positive chemicals in your brain that generate joy and give you more energy than any outside chemicals. When you are able to take care of your thoughts, then the words you say will bring life to the people around you – especially to your children. Your external words are their internal words. Your external energy is their internal energy. When you take care of you, miraculously, you take care of them!

– Ms. Tiffany Watkins

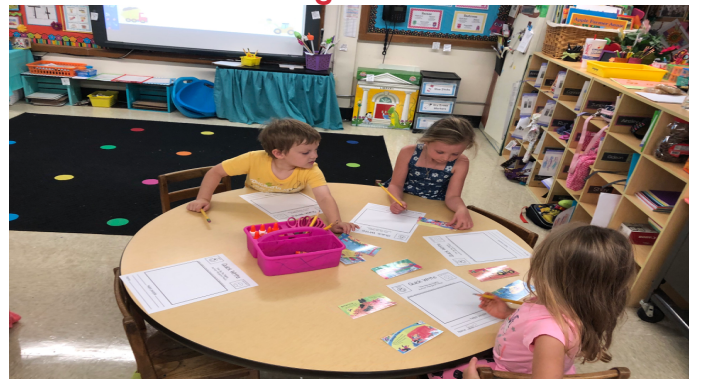
## We Met Our Goal, Thanks to You!



## REMINDERS

- 1. Asthma Screening.** Free Asthma Screening will take place on Wed., Oct. 2<sup>nd</sup>. Don't forget to turn in your forms.
- 2. Coupon Book Celebration.** Our coupon book celebration will be on Fri. Oct. 4<sup>th</sup>!
- 3. Fall Break.** Oct. 7<sup>th</sup> – Oct. 11<sup>th</sup> will be Knox County School's Fall Break. Enjoy!
- 4. Columbus Day.** Monday, Oct. 14<sup>th</sup> is Columbus Day.
- 5. Report Card Day.** Thurs. Oct. 17<sup>th</sup> is our report card day. You will receive your child's first 9 weeks report.
- 6. Parent Fun Night.** Parent Fun Night will be on Thurs., Oct. 24<sup>th</sup> from 4:30-6:00 p.m. Come out and create with us!
- 7. Field Trips.** Oct. 31<sup>st</sup> is field trip day for all classes.
- 8. Halloween.** Oct. 31<sup>st</sup> is Halloween.

## Lots of Learning with Our Friends!!



For your  
Calendar

Oct. 2<sup>nd</sup>  
Asthma Screening

Oct. 7<sup>th</sup> -11<sup>th</sup>  
Fall Break

Oct. 24<sup>th</sup>  
Parent Fun Night

Oct. 31<sup>st</sup>  
K-5<sup>th</sup> Field Trips

Oct. 31<sup>st</sup>  
Halloween

## Got Perfect Attendance?

The following students have Perfect Attendance for the month of **SEPTEMBER**. Perfect Attendance is earned when a student is present every day. We will acknowledge students each month in our newsletter.

**Kindergarten – Ruth Lau/Melanie Jett:** Zion, Nathan, Dillon, Sienna, Lisa, Paisleigh, Judah, Juniper, Maedynn, Kael, Ainsley

**First – Kelsey Belew:** Lily B., Miriam, Christian, Lily C., Isaiah, Lydia, Candice, Addyson

**Second – Rebecca Ratledge:** Mason, Josiah, Riaura, Christopher H., McKinsi

**Third – Stephanie Lewis:** Caidence, Brynlee, Simon, Rio, Jireh, Lance, Kai, Abigail

**Fourth – Jennikae Reid:** Kyle, Gabriel, Colton, Josephina, Alex

**Fifth – Rebecca Sellers:** Johnny, Raily, Tanner, Haley, Matthew, Jenna, Gretchen, Liam, Christopher M., Payton, Darren

## GAP CREEK COUPON BOOK COMPETITION! THE MAGIC CARPET RACE!



### Classroom Teachers

#### Kindergarten

Ruth Lau/Melanie Jett

#### First Grade

Kelsey Belew

#### Second Grade

Rebecca Ratledge

#### Third Grade

Stephanie Lewis

#### Fourth Grade

Jennikae Reid

#### Fifth Grade

Rebecca Sellers

### A FEW LIFE HACKS!

**life hacks** #2224

The Best time to study:

- 4am - 6am  
Brain Function: 100%
- 6am - 7:30pm  
Brain Function: 50%
- Night Time  
Brain Function: 20%

@1000LifeHacks  
1000LifeHacks.com

**life hacks** #1686

If you drink enough fluids in the morning, you will feel happier, sharper, and more energetic throughout the day.

### QUOTE OF THE MONTH:

“Great minds discuss ideas.  
Average minds discuss events.  
Small minds discuss people.”

-Eleanor Roosevelt



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