Golden Ring Panthers Mental Health Newsletter.

Acts of Kindness

For the month of December, we want to continue to encourage students to display acts of kindness within the school and community. What you do matters, you have the power to set the tone for positivity within GRMS. Let’s work together towards making kindness the norm.

How can you contribute?

- Compliment someone.
- Assist with keeping the school building and community clean.
- Provide a helping hand to a friend, peer, teacher, or staff.
- Use manners and be respectful to yourself and others.
- Have empathy for those around you.
- Check-in with those around you within the school and at home.

Golden Ring Green Thing

The Golden Ring Green Thing Club is the perfect opportunity for students to contribute to keeping our school and community clean. The GRGT club brings awareness to the therapeutic benefits of gardening, recycling, and school pride. In addition, this club allows our students to become advocates in their neighborhoods for sustainability.

Students, staff, and families wanting to support and serve the club would be greatly appreciated. GRGT meets on Wednesdays at 3:15.

what a year it was!

It's the perfect time to look back at our most memorable moments.
We look forward to even bigger and better things in the New Year!

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you. – Princess Diana

December’s Mental Health Tip

Did you know winter depression is real for so many? Seasonal affective disorder* is a form of depression also known as SAD, seasonal depression, or winter depression. Here are 3 tips to assist with your mental health this month.

1. Keep your mind and body active! Join a club, exercise, or focus on your craft more this winter.
2. Keep a gratitude journal. Make a point to write down what you’re grateful for each day.
3. Make an effort to keep socializing in a safe way (COVID). Talking to a therapist is one great way to safely communicate difficult emotions.