

# November 2021



## Newsletter

### ATHLETICS

- [Spartan Sports Page](#)
  - Winter Sports Start November 8
  - Congratulations to all of the Fall Athletes on successful seasons!!
  - Congratulations to the Field Hockey and Volleyball teams for making their State Tournaments!!
- [November Sports Calendar](#)
  - Check Spartan Sports Page for updates due to changes in sporting events

HAPPINESS CANNOT BE TRAVELED TO, OWNED, EARNED, WORN OR CONSUMED. HAPPINESS IS THE SPIRITUAL EXPERIENCE OF LIVING EVERY MINUTE WITH LOVE, GRACE AND GRATITUDE.

DENIS WAITLEY

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### CLUB INFORMATION

#### FFA

- **CONGRATULATIONS TO 2019 LAKE FOREST GRADUATE JACKSON SYLVESTER FOR BEING SELECTED AS THE 2021 NATIONAL FFA SECRETARY!!**
- **NOVEMBER 2: MEMBER MEETING**
- **CITRUS SALES END NOVEMBER 19 FOR PAPER ORDERS AND NOVEMBER 22 FOR ONLINE ORDERS.....SEE A MEMBER IF YOU WOULD LIKE TO ORDER.**
- **NOVEMBER 28: FFA ALUMNI CLAY SHOOT**

#### SPANISH CLUB

- **THE SPANISH CLUB HAS RAISED \$460 SELLING BRACELETS AND PURSES.**
- **GROUP MEMBERS ARE SELECTING HOLIDAY SONGS TO SING TO PERFORM IN DECEMBER.**
- **GROUP MEMBERS ARE ALSO PLANNING FOR A HOLIDAY PARTY IN DECEMBER**

**Guidance Information**

- **College Application Week is from November 2 to November 5**
- **Register for the ASVAB on December 6, 2021**

**LAKE FOREST AQUATICS CENTER**

- [AQUATICS CALENDAR](#)

**REMINDERS OF IMPORTANT DATES**

- **NOVEMBER 1: STAFF INSERVICE**
- **NOVEMBER 8: WINTER SPORTS BEGIN**
- **NOVEMBER 8: MP 1 REPORT CARDS ARE AVAILABLE**
- **NOVEMBER 9: JOSTEN'S CAP AND GOWN ORDER DAY**
- **NOVEMBER 11: VETERAN'S DAY (NO SCHOOL)**
- **NOVEMBER 22: PARENT CONFERENCES FROM 12 - 7 PM**
- **NOVEMBER 23: STAFF INSERVICE**
- **NOVEMBER 24 - 26: THANKSGIVING BREAK**

**WELLNESS CENTER INFORMATION**

Wellness Corner!

"The holidays are coming up and we all know what that means! First, second, third and so on and so forth helpings later and we find ourselves being rolled out of the dining room. However, eating such large portions are not always the best for our health physically and even mentally. This holiday season, here are some tips to avoid the post meal blues:

- Put your eating utensil down in between bites! This prevents a "shovel" effect when eating and slows everything down
- Turn off your phones and the TV when eating! Eating with distractions also distracts our brains whether we are full or not, which can lead to overeating on accident
- Fill up half your plate with fruits and vegetables! These foods are rich in fiber, which helps with making you feel fuller, longer and much more satisfied with your meal
- Take your time! Enjoy what is most important with the holidays, friends and/or family coming together to create memories"

