

November Newsletter

2022



UPCOMING EVENTS

- 11/2 - Dia De Los Muertos Family Night (4-6:30 PM)
- 11/3 - NO SCHOOL - District Professional Learning Day
- 11/10 - Veteran's Day Celebration
- 11/11 - NO SCHOOL - Veteran's Day
- 11/16 - Family Engagement Meeting (3:00)
- 11/17 - Fall Picture RETAKES
- 11/23 - Turkey Trot
- 11/24-11/25 - NO SCHOOL - Thanksgiving Break
- 11/29 - Student on the Month Awards (5-5:30 PM)

DECEMBER

- 12/10 - Hiking Club
- 12/14 - Family GATE Game Night (5-7 PM)
- 12/23 - NO SCHOOL - Grading Day
- 12/24- NO SCHOOL - Winter Break

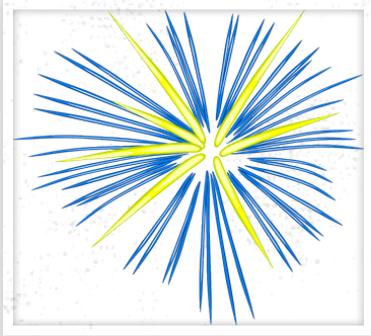


FROM THE PRINCIPAL

Dear Tully Families,

What an awesome way to end October...with a Halloween parade and the Student Council Halloween Dance. I am so proud of all our tigers and their school spirit. Thanks to all the parents who supplied the parade with candy! Congratulations to Mrs. DeVaughn's class for bringing in the most candy! Another shoutout to our staff who stayed to chaperone the dance. We have one more exciting evening event planned for Wednesday night to end our Fall activities with the 2nd Annual Dia De Los Muertos Family Night Book Fair this Wednesday.

Sincerely,



CONGRATULATIONS!

Cheers to Ms. Bernadette Havier, mother of Amina Mendoza in Mrs. Darnell's class, for winning the \$50 Wing Stop gift card!

We really appreciate everyone who completed the Family Engagement Survey. We had over 63 surveys turned in. THANK YOU! We will be going through the results and will address any concerns at our next Family Engagement Team meeting.

<https://youtu.be/psZq951qkW0>



 **MONTHLY LUNCH MENU**

SCHOOL MENU

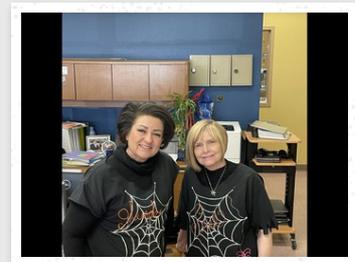
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BREAKFAST					
LUNCH					
SNACK TIME					

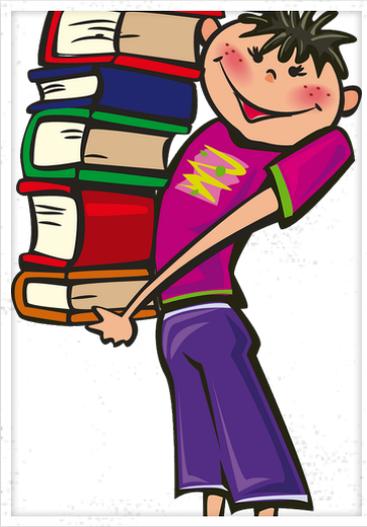
UPDATES FROM THE FRONT OFFICE

GAME ON!

It's that time of year again to REGISTER! We are beginning to register students for the 2023-2024 school year. Tully has consistently been the first school in the district to have all their students registered! Let's keep up the tradition. **The first class to have 100% of their students registered for the 2023-22 school year will get an ice cream party!** Please click on the link below for more information about registration!

[More Information!](#)





HOMWORK HELP IS HERE!

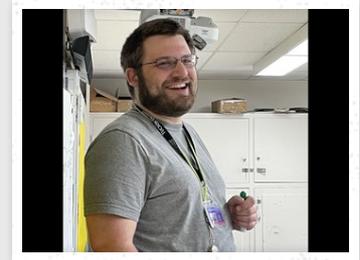
Our 21st Century program just added a morning class to help students with school work! This is a great opportunity for our students! **It runs Tuesday-Friday from 7-8 AM.**

If you are interested in having your child attend, please email Mr. Taylor. [Click here to email Mr. Taylor](#)

UPDATES FROM MR. JARVIS

Hello Tully Families,

It's been an awesome month of October, with a lot of different and awesome things happening. Our Halloween parade on Friday was awesome! I saw a lot of different costumes and so much excitement and fun happening.



As we enter the winter months, please watch out for symptoms of Seasonal Affective Disorder (SAD). SAD typically appears during late fall and winter months and goes away once spring or summer comes around.

Signs and symptoms of SAD may include:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy and feeling sluggish
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating and weight gain
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

If you are experiencing these symptoms, it is possible that they go away by Spring – but, if you are worried about them, please seek out professional help! If you are having a hard time finding resources, please feel free to reach out to me.

Jason Jarvis

RTI/Behavior Intervention

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CONTACT INFORMATION

For information about Tully GATE Magnet and its programs, please do not hesitate to contact Michelle McCollum, Tully GATE Magnet Coordinator (520) 225-3400



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