



# Ram Gram

## November 29, 2018

### ADVENT

Prayer Service  
Monday, December 3 at 7:40 a.m.  
in the Church  
Focus: Advent & St. Nicholas

### SERVICE PROJECT

*Socks, Hats, & Gloves Collection*  
*December 3-14*  
*Benefits parish shut-ins and*  
*area homeless shelters*

### LEADER IN ME PARENT SURVEY

If you have not done so already, please take a few minutes to complete the Leader in Me Parent Survey by Monday, December 3. Your input is very important to us.

[Parent Survey](#)

*Congratulations to the GSCS Spell Bowl Team!*  
*They placed 3<sup>rd</sup> in their division.*  
*Way to go Spellers!*

### CHRISTMAS PROGRAM

Mark your calendar for  
Thursday, December 6  
The Christmas program will be held at  
1:15 and 6:30 p.m. in the Parish Hall.

### WINTER UNIFORM

Winter uniform takes effect on Monday, December 3. Please review the uniform policy in the Student Handbook pp. 25-30. Don't forget about our uniform closet. Stop by and see what we have.

### UNIFORM DONATION

With winter uniform quickly approaching, this is the perfect time to donate outgrown uniforms. We will gladly accept freshly washed clothing for our uniform closet.

### GOOD SHEPHERD LITTLE RAMS PREVIEW NIGHT

**Wednesday, January 9**  
**6:00 p.m.**  
**School Cafeteria**

Children must be 3 years old by  
August 1, 2019 for preschool

Children must be 4 years old by  
August 1, 2019 for Pre-K

Please contact the school office at 812-476-4477  
for more information.

*Congratulations to the GSCS Speech Team!*  
*They placed 2<sup>nd</sup> in their division.*  
*Way to go Rams!*

### Plan Ahead- 2019-2020 School Year

A physical and updated immunizations are required for entering kindergarten and the 6<sup>th</sup> grade. Plan your appointment after January 1, 2019. Physicals are considered valid after this date. These requirements must be met before the start of the 2019-2020 school year. Thank you!

### JUST THINKING

Over the past couple of decades, an increasing amount of research has found a close connection between nutrition and mental health. Studies are finding that to a significant degree, what we eat is directly related to how we think, feel, and act in the short and long-term. Recently, I spoke with one of the world's foremost experts on this topic, Dr. Bonnie Kaplan, Emeritus Professor from the University of Calgary, who also has an appointment at the Alberta Children's Hospital Research Institute. In our interview, she described the cutting edge research in a number of areas that relate to diet and mental health, and information about how this can inform treatment and preventative health. A summarized version of this interview is available in the article entitled "The Inextricable Link Between Nutrition and Psychological Functioning."

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*Lighting the World with Hope*