

# EL/DL NEWSLETTER

DECEMBER 2022

## IT'S THE MOST WONDERFUL TIME OF THE YEAR !

The holidays are a time when many of us reflect on the blessings we have received and the joys of family and friends.

As we move into 2023, we wish each of you good health, happiness and love. These are the true gifts of the season. Take care of yourselves and each other during the break, enjoy this time of relaxation and come back refreshed, reenergized and ready to achieve great things.

Thank you for your hard work, dedication, and commitment to our students and families. We have a wonderful program and we will continue to strive for excellence better together!



## DO YOU HEAR WHAT I HEAR? IT'S SELF CARE TIME!

To self-care means to take charge of your mental and physical well-being through healthy outlets. The upcoming winter break is the perfect opportunity to practice self-care by :

1. Journaling your thoughts and feelings .
2. Going for a walk and enjoy fresh air.
3. Finding a loved one to talk about how you feel.
4. Check on the person you have been wanting to talk to.

5. Catch up on your hobbies.
6. Schedule a no cost [E-Therapy](#) appointment .
7. Rest.

## BRING JOY TO THE WORLD

Here are some ideas that could bring more joy this holiday season. Check out these sites.

[Volunteering](#) time and [donating](#) to your community are the greatest ways of spreading love!



## DECK THE HALLS AND CHECK OUT OUR DL CLASSROOMS

This is a wonderful time to share how appreciative we are for our Dual Language Team and all they bring to our classrooms. Learn more about Bilingual Education [here](#).🔊

dl1.mov



RUN RUDOLPH RUN BUT FIRST TAKE A LOOK AT THESE GREAT EXAMPLES OF 3LS WRITING EXTENSIONS.



Additional Writing Tasks- Elementary.pptx

[Download](#)

4.2 MB



Additional Writing Tasks- Middle.pdf

[Download](#)

2.1 MB



## LOOK WHAT WE FOUND UNDER THE MISTLETOE

Please share this valuable information with your students.



Scholarship Opportunities for GCS Students.pdf

[Download](#)

98.8 KB

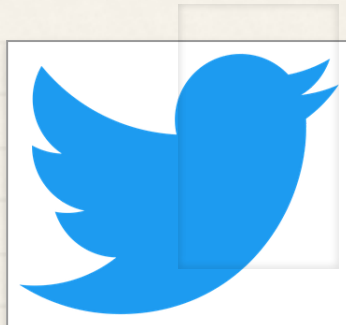
Jingle All the Way and See these DPI  
Opportunities

## DON'T BE A GRINCH AND SHARE YOUR CULTURAL ACTIVITIES

GCSTV airs a new WGMS Morning show every week. Share your cultural activities with Jenny Brooks at: [brooks2@gcsnc.com](mailto:brooks2@gcsnc.com) and let everyone know of the wonderful events you plan at your school. 📧 📺



## LET'S GO FOR A SLEIGH RIDE AND FIND US ON SOCIAL MEDIA 📱



@ELLGCS



@ELLGCS



@ELLGCS

### Happy Holidays !

As we approach the start of a new year, we want to express our gratitude for all you do. Thank you for the myriad of ways that you show up every day for your students and community. We appreciate you !❤️

2022.mov

