

# Good morning Sarasota Middle School

## Today is Wednesday, March 27, 2019



A few words of wisdom to start your day-

Gossip, gossip, gossip. People are making lots of money with gossip-gossip on social media, on websites, and on TV. So, what's wrong with that? Everybody loves to hear a little gossip, right?

Well, let's think about that for a minute. What about the people who are being gossiped about? What if what is being said isn't true? What if the gossip is hurting them or their reputation?

Gossip travels fast and can do a lot of harm quickly. The Korean people say it this way:

***Words have no wings, but they can fly a thousand miles.***

Americans say the same thing in another way. We say:

***News travels fast.***

The question is: What kind of news are you spreading? Is it positive news? Does it support the person you are talking about? Or is it negative? Is it a put-down? Is it hurtful? Today, if you hear someone gossiping, ask yourself how you would feel if you were the one being talked about? Make the choice to not be a gossip.

***"Crisis text line signage is posted throughout our campus. The crisis text line can be accessed by anyone in need of help for any reason. By texting HERE4U to 741741, you can connect with a crisis counselor 24 hours a day/ 7 days per week. Your text remains confidential and provides you with someone to listen. If you or a friend needs help at any time, please text HERE4U to 741741."***

A couple important reminders to start your day:

***Breakfast service begins at 9:00am. Any student arrives after 9:25am will only be able to purchase a grab and go breakfast. If you are interested in getting breakfast, then you must report to breakfast upon your arrival. Do not wait until the 9:15am announcement.***

It is school policy is to have all cell phones and personal devices turned off during the school day and concealed from view. You should not text or make phones calls during the day. Students, please ensure your devices are turned off at this time.

Students, please make sure you are following dress code. The SMS dress code is located in your handbook and online. As we move into the school year, students not following dress code will be sent to the office for assistance.

***All busses have arrived on time and all students should be in their 1<sup>st</sup> period class at this time.***

***Students, remember our Panther Pact: be Polite, Prepared, Productive and Safe!  
Have a wonderful Wednesday!***