

# UPPER SCHOOL

OCTOBER 2023



## TOP NEWS

- **STUDENT-LED CONFERENCES** are an opportunity for your student to share their academic progress. A parent should accompany their student to the school for their selected 30-minute timeslot.
- **THE PSAT** will be taken by all students on October 11th. Students need to bring a fully charged device, their calculator, and a charging cable to school for the test.
- **PTA SNACK SIGN-UP** review or sign up here <https://tinyurl.com/sasnacks>

## STUDENT WELLNESS

The Wellness Immersion class recently completed a module on yoga at SoFul as well as a deep-dive into "finding you passion and purpose."

Students have addressed the strategies of reflection, time management, volunteerism, and self-awareness in their Compass class as well as their core classes.



## ART IMMERSION

The Art Immersion class visited the NC Museum of Art in Raleigh in September.

They will visit the Weatherspoon Museum in Greensboro on October 13 to see an exhibit all about paper art. Upcoming modules include costume design and pottery.

# OCT 2023

| SUN | MON                                        | TUE                                    | WED                                                                                                 | THU                                                    | FRI                                                                         | SAT |
|-----|--------------------------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------------|-----|
| 01  | 02                                         | 03<br>Roanoke<br>College Rep<br>Visits | 04                                                                                                  | 05<br>Teacher<br>Workday<br>Student-Led<br>Conferences | 06<br>Teacher<br>Workday                                                    | 07  |
| 08  | 09<br>Fall Holiday –<br>No School          | 10                                     | 11<br>PSAT – All<br>students will<br>take                                                           | 12                                                     | 13<br>Art Field Trip<br>to<br>Weatherspoon<br>in Greensboro                 | 14  |
| 15  | 16<br>Fall Spirit<br>Week Begins<br>PJ Day | 17<br>Anything But A<br>Backpack Day   | 18<br>Upper School<br>Parents PSA<br>Connect 8 am<br>@ Koco Java<br><br>Dress Like A<br>Teacher Day | 19<br>Throwback<br>Day                                 | 20<br>Sparkle Day<br><br>Fall Social<br>Event in the<br>evening             | 21  |
| 22  | 23                                         | 24                                     | 25<br>PSAT Make<br>Up (only if<br>needed)                                                           | 26<br>Queens<br>University Rep<br>Visit                | 27<br>1:00 Jr. Civitan<br>Chartering<br>Ceremony<br>Parents are<br>invited! | 28  |
| 29  | 30                                         | 31                                     |                                                                                                     |                                                        |                                                                             |     |



## CLUBS & ORGANIZATIONS

All Upper School students participate in at least 4 different clubs or organizations. Current offerings include:

Student Government  
Jr. Civitan  
Social Committee  
Sports Club

Envirothon  
Debate  
Creative Writing  
Chess