

NEWSLETTER

NOVEMBER 2024

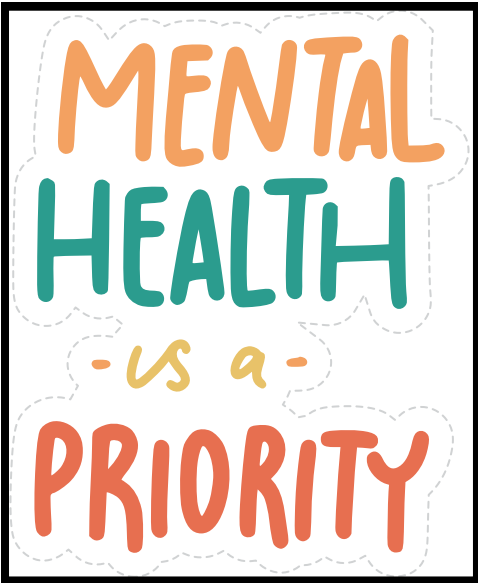
“YOUR GROWTH STARTS HERE”



NOVEMBER OVERVIEW

HI GEAR UP FAMILY!
This month, we're talking about mental health and how to take care of ourselves. We'll look at ways to practice self-love, stay calm, and deal with tough moments. Mental health has ups and downs, but with simple habits like mindfulness and patience, we can handle challenges better. Let's focus on building these habits together to feel our best!

The GEAR UP Team



SPECIAL ANNOUNCEMENT



We are pleased to welcome Deidra Dillard as our newest Regional Coordinator, serving both Mills Middle School and Jacksonville Middle School. Her extensive experience and dedication to education will be invaluable assets to our schools and communities.

#GEARUP #TEAMGROWTH



Stay in touch :

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GEAR UP Arkansas



UCA.EDU/GEARUP





SHOUTOUT!

NOVEMBER 2024

Thank you to ALL schools for your continuous hard work and support to make our program possible!

GUAR STAFF SPOTLIGHT

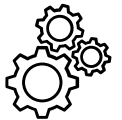


Serving as a counselor in the GEAR UP Site Coordinator, Ms. Sanders is a true champion for every scholar on campus. With unwavering dedication, she ensures that GEAR UP initiatives reach and benefit the JMS community. We are grateful for her commitment and the positive impact she brings to the Jacksonville community and GEAR UP Arkansas. Thank you, Ms. Sanders, for being an invaluable asset to us all!

Ms. Tamonica Sanders, Jacksonville Middle School

GUAR STUDENT SPOTLIGHT

Be sure to share students that you would like to highlight with your Regional Coordinator!



DUNBAR FAMILY NIGHT



We had an amazing time at Dunbar Middle School's Family Night yesterday, creating vision boards together! Did you know that having a vision, dreams, and goals can make a huge difference in achieving success? A clear vision helps us focus, and where we direct our focus each day brings positive outcomes into our lives. We want our scholars and families to dream big and reach for their goals!

JACKSONVILLE COLLEGE AND CAREER DAY

Jacksonville Middle School held its first College and Career Day, providing students with the opportunity to explore various colleges and universities in Arkansas, as well as a range of career paths. Attendees listened to presentations from notable figures, including the mayor of Jacksonville, the Chief of Staff of Little Rock, an Autopsy Technician, and many more who shared insights about their professions and the educational journeys that led them to their current positions.

