



## Voices of Gratitude Courtesy of NEHS Fall, 2019

9401 Starcrest Drive  
San Antonio, Texas 78217  
Ph: (210) 483-9100  
Fx: (210) 483-9299  
[www.smhall.org](http://www.smhall.org)

“My math class this year is really challenging, and while I’m not always the quickest to understand new concepts, Lexi and Sarah are always quick to help me. The two of them always take time to talk through something with me if I’m confused, and they study with me to prepare for tests and quizzes. If I’m ever absent, one of them will always send me notes without me even asking. They don’t hesitate to explain the lessons I missed to make sure that I understand them, and are relentlessly positive and encouraging. Junior year can sometimes seem difficult and overwhelming, but with really good friends like Sarah and Lexi, who consistently demonstrate concern for my success and well-being, I always feel motivated.



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A few weeks ago, I was feeling very stressed out about college applications and how to efficiently manage my time between school-work, volleyball, my job, and my impending college decisions. One of my best friends, Zoe Ramon, noticed that I was feeling overwhelmed, and, rather than ignoring my distress and choosing not to address the issue, she expressed concern for me and offered me lots of moral support as we shared details of our anxiousness regarding the future with college only a few months away. Not only this, but to further show her support for me she invited me to go with her to Bill Miller's to get sweet tea to help distract me from my stress and so that I would remember to enjoy my last year in high school. I am very thankful for her compassion and concern for me.



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Itza saw one of our SAGE workers spill the contents of her cart in the hallway, and she immediately, without any hesitation, rushed to help her pick it up. That behavior, which seems so small, is exactly what we all hope our community will be. Itza did the right thing. She didn't have to, but she chose to.

Some of the speech and debate team went to a local tournament this weekend at Hays. Another teammate and I made it to the final round in one event, and the round was running especially late. The room we were scheduled for was not available, and the judges were extremely late. However, Annie Schroeder, a freshman, stayed in order to watch us in the final round even though she was not competing in it. She could have gone to a different round that would have



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finished much earlier and she would not have had to wait so long. However, being the supportive and kind teammate that Annie is, she stayed much longer to watch us. Annie is an amazing teammate, and I am so grateful to her for her sportsmanship and support.

Mr. Molina not only makes both Statistics and Finance interesting and fun to learn, he also is always willing to help us with the questions we have. Along with this, he is the best bowling coach who is nice even when we're not doing too well, and teaches us the best bowling moves. He also brings our classes candy, donuts, and cookies, which is a nice surprise when we're having a long day at school.



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As junior year has been rather busy thus far, a person who has done an amazing job at reducing the stress on her students is Mrs. Vidal. Even though AP chemistry is often named as one of the hardest classes SMH offers, Mrs. Vidal works hard to ensure our well-being by asking us how our work is going and if we genuinely think we can finish our work from her class without staying up too late. And she is willing to adapt the schedule when we have way too much to do. From giving great lectures and helping us with problems, to having a bag of candy for us to snack on before a test, and to brewing us coffee on days when we are incredibly stressed out, Mrs. Vidal has been a rock for us as we face the turbulent waters of junior year.

Thank you Mr. (Nick) Polito for all that you have done to help get the Ultimate Frisbee



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interest group going. I really appreciate that you are willing to give up time on weekends for our practices. You have put a tremendous amount of effort into helping us lay the groundwork for the club, helping with everything from scheduling and organization to getting waivers, and for that I am very thankful. I also enjoy the energy and excitement that you bring to the group, and I can't wait to learn some cool new moves. Thank you Mr. (Nick) Polito!

This week, I am particularly thankful for Tyrome at the front gate. My mood is instantly lifted every morning when I see him smile and wave at me ... While waving may not seem like much to be thankful for, Tyrome stands in the circle for hours each morning – sometimes in the cold or sweltering sun – and says hello to every single car entering campus. It would be



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far less strenuous for him to sit in the comfort of the guardhouse, but he chooses to better the days of others by offering a simple wave. Sometimes, Tyrome's waves offer the little boost I didn't even know I needed to get through the day, and for that boost I will always be grateful.

In a time of need when my car was not at school, Hunter Allen, a kind person, took me home even though he had to get to a dinner. My brother and I are usually in a bind about the car because we share it, so Hunter is our back up. He has brought us home for two weeks straight without complaining a bit, and I just want to say thank you to Hunter.