

WEDNESDAY, December 11, 2019

**TODAY'S ACTIVITIES (as time allows)**

- What is your New Year's Resolution?
  - Have you made a New Year's Resolution yet?
    - Have students discuss their resolution in pair-shares; you can ask students who volunteer to share their own resolutions with the group
    - Present the different types of resolutions:
      - Health resolutions: eat less junk food, exercise more, get better sleep
      - Academic resolutions: set up a homework routine, keep school materials organized
      - Relationship resolutions: be a better listener, stop gossiping, spend more time with family
      - Personal Growth resolutions: learn a new hobby or skill, spend less time on devices
    - Explain how to turn a resolution into a goal
      - Make sure the goal is SMART
        - Specific (what exactly do you wish to achieve?)
        - Measureable (how can you track your progress?)
        - Attainable (Is it realistic)
        - Relevant
        - Timely (what is your timeframe?)
      - Set milestones to track your progress
        - Small stepping stones will help us stay motivated!
      - Allow time for reflection
        - Did you stray away from your goal? What caused this to happen? How did it feel? How does it feel to find success in your goal?
    - Although we always default to the New Year as a great time to set resolutions, the beginning of a new term is also an excellent one too!

**ANNOUNCEMENTS:**

- **REMINDERS:**
  - All students are required to wear their ID cards at all times
    - Make sure that your ID is visible at all times displayed above the waist
    - Students not wearing their ID's will receive detention
  - Next week is finals week! We will be following the updated finals bell schedule on Thursday and Friday as follows:
    - Period 1: 7:50 to 9:00

- Period 2: 9:07 to 10:17
- Period 3: 10:33 to 11:43
- Period 4: 11:50 to 1:00

■ We will remind you again next week!

- **UPCOMING EVENTS:**

- Save the Date: Winter Formal is Saturday **January 25, 2020** at the Sunset Temple in North Park
  - Bids are **now** on sale:
    - \$40/person or \$75/couple in December
    - \$45/person or \$85/couple in January
- There will be a boy's tennis meeting on Wednesday, December 18th in Room 190 during lunch

- **COMMUNITY SERVICE OPPORTUNITIES:**

- The Class of 2021 Grade Level Team is holding an umbrella drive!
  - Willing to help out? Bring in a **NEW** umbrella to Ms. Brown (the Class of 2021 Administrative Assistant) and earn **3 hours** of community service per umbrella!
  - Ms. Brown's desk is located past Ms. Carbajal's desk on the right. Ms. Carbajal can point you in the right direction if you have a hard time finding Ms. Brown!