SOCIAL EMOTIONAL LEARNING

WITH THE SCHOOL SOCIAL WORKER



NEW YEAR

BY: BAILEY KILPATRICK

New year, new me is what you hear often during this time of the year. Make sure to set goals that are achievable, in other words don't set your self up for failure. Do what you can and know that is enough. If your feeling the January Blues, pick your head up and realize you matter. Lean on your circle and ask for help! There are some big things going on in our schools and I am excited to see the impact it will leave on our students, families and community! Let's have a great year!

REMINDER:

PARENT NIGHT ASSEMBLY

STUDENT ASSEMBLY

LLL WORKBOOKS

PROGRAM THAT OFFERS COMMUNITY & CONECTION



LOVE LIKE LEXIE PROJECT





LEARN

LOVE

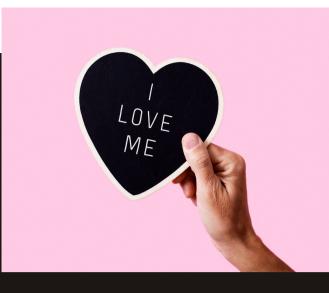
"If the plan doesn't work, change the plan not the goal"



-unknown

SELF WORTH

MATTE



NO VALUE LOST:

A Powerful Lesson in Self Worth

well-known speaker started off his seminar by holding up a \$20 bill. He asked his students, "Who would like this \$20 bill?"

Hands started going up. He said, "I am going to give it to one of you - but first, let me do this."

He proceeded to crumple the 20 dollar note up. He then asked. "Now, who still wants it?" Still, the hands were up in the air

"What if I do, what if I do this?" He dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Who wants it now?"

Still, the hands went into the air. "My dear students, I've just shown you a very important lesson. No matter what I did to this money, you still wanted it because it never lost its worth. It's still worth \$20.

There are many times in our lives when we feel like life has crumpled us up and ground us into the dirt. We may make some bad decisions or have to deal with some poor circumstances and sometimes life can make us feel worthless. But no matter what has happened or what will happen, you will never lose your worth, you never lose your value - don't ever forget that."

Author Unknown

SELF WORTH: is the internal sense of being good enough and worthy of love and belonging from others.



NOT DEFINED BY:

- Job title
- Possessions Income
- AgeGrades
- Looks Relationship status
- Number of followers on social media
- IS DEFINED BY:
 - Internal values
 - Acts of kindness Contributions to society
 - Challenges you've
 - overcome
 - What you think about yourself

self worth

The only one who gets to decide your worth is you. It doesn't come from your bank account or the number of friends you have. It doesn't come from what someone else says you are worth. It's called self worth for a reason—it comes from you. It comes from being yourself and being proud of who you are. It comes from being someone that you can count on and someone you love. The numbers will change with time, but what won't change is who you are deep inside— beautiful, limitless, wonderful, creative, strong, capable— and that is where your worth comes from.

- Nikki Banas

RESOURCES

PEER HELPERS SPOTLIGHT



"No one is perfect...
That's why pencils
have erasers."
-Unknown
Highland Home School

"Why fit in when you were born to stand out?" -Dr. Seuss



Brantley High School



"If you don't believe in yourself, no one will do it for you" -Kobe Bryant Highland Home School

"There is nothing impossible to they who will try."

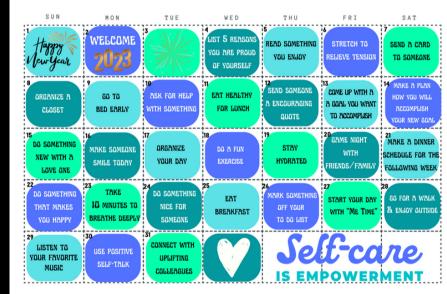
-Alexander The Great

Lyverne High School



KNOWY OUR MONTH

January 2023



AWARENESS DATES

- Get Organized Month
- National Mentoring Month
- National Human Trafficking Month
- National Thank You Month
- Get A Balanced Life Month
- Teen Driving Awareness Month
- 11: National Human Trafficking Awareness Day
- 15: Martin Luther King, Jr. Day
- 20-26: National Drug and Alcohol Facts Week

"DECEMBER" EMPLOYEE SELF CARE CHALLENGE WINNERS!



Michelle Ballard Teacher



Monica Chandler Teacher