

# 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

**LUVERNE HIGH SCHOOL**  
**LOVE LIKE LEXIE PROJECT**

**PARENT ASSEMBLY**  
• January 19th  
• Thursday  
• 6:00 pm

**STUDENT ASSEMBLY**  
• January 20th  
• Friday  
• 7th-12th Grade

More Info  
www.love-like-lexie-project.com

**BRANTLEY SCHOOL**  
**Love Like Lexie Project**

**PARENT ASSEMBLY**  
• JANUARY 26TH  
• THURSDAY  
• 6:00 PM

**STUDENT ASSEMBLY**  
• JANUARY 27TH  
• FRIDAY  
• 7TH-12TH GRADE

**Highland Home High School Presents**  
**LOVE LIKE LEXIE PROJECT**

**Parent Assembly**  
• January 12th  
• Thursday  
• 6:00pm

**Student Assembly**  
• January 13th  
• Friday  
• 7th-12th Grade

More Info  
love-like-lexie-project.com

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

*-unknown*



# SELF WORTH

## YOU MATTER



### NO VALUE LOST:

*A Powerful Lesson in Self Worth*

A 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:** **IS DEFINED BY:**

- Job title
  - Possessions
  - Income
  - Age
  - Grades
  - Looks
  - Relationship status
  - Number of followers on social media
- 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

Luverne High School



# KNOW YOUR WORTH

January 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 Happy New Year	2 WELCOME 2023	3	4 LIST 5 REASONS YOU ARE PROUD OF YOURSELF	5 READ SOMETHING YOU ENJOY	6 STRETCH TO RELIEVE TENSION	7 SEND A CARD TO SOMEONE
8 ORGANIZE A CLOSET	9 GO TO BED EARLY	10 ASK FOR HELP WITH SOMETHING	11 EAT HEALTHY FOR LUNCH	12 SEND SOMEONE A ENCOURAGING QUOTE	13 COME UP WITH A GOAL YOU WANT TO ACCOMPLISH	14 MAKE A PLAN HOW YOU WILL ACCOMPLISH YOUR NEW GOAL
15 DO SOMETHING NEW WITH A LOVE ONE	16 MAKE SOMEONE SMILE TODAY	17 ORGANIZE YOUR DAY	18 DO A FUN EXERCISE	19 STAY HYDRATED	20 GAME NIGHT WITH FRIENDS/FAMILY	21 MAKE A DINNER SCHEDULE FOR THE FOLLOWING WEEK
22 DO SOMETHING THAT MAKES YOU HAPPY	23 TAKE 10 MINUTES TO BREATHE DEEPLY	24 DO SOMETHING NICE FOR SOMEONE	25 EAT BREAKFAST	26 MARK SOMETHING OFF YOUR TO DO LIST	27 START YOUR DAY WITH "ME TIME"	28 GO FOR A WALK & ENJOY OUTSIDE
29 LISTEN TO YOUR FAVORITE MUSIC	30 USE POSITIVE SELF-TALK	31 CONNECT WITH UPLIFTING COLLEAGUES	 <p><b>Self-care IS EMPOWERMENT</b></p>			

## "DECEMBER" EMPLOYEE SELF CARE CHALLENGE WINNERS!



**BHS**  
Amanda Jones  
Teacher

**LHS**  
Michelle Ballard  
Teacher

**HHS**  
Monica Chandler  
Teacher

## 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