

From the Desk of the School Social Worker...

### **New Beginnings**

The excitement of the holiday is over. It's time to hit the ground running for the second half of the school year! There is so much yet to be learned and achieved!

January is the month of new beginnings and New Year resolutions. It's the time to set goals, strategize how these goals can be achieved, and implement those plans into reality. Oh, and of course, stick with them!

January is also a month for reflection on the goals accomplished and progress made during the previous year. It's a time to evaluate what worked and what didn't work. Hopefully, when you look back, you will be able to see how much you've moved forward despite the many unforeseen challenges that you faced!

Some practical steps to assist you and your student(s) in starting off a New Year right include:

- Getting on a school-mode routine, including morning, after school, and evening schedule
- Ensuring regular school attendance
- Participating in parent/teacher conferences
- Ensuring homework completion

Take a moment to reflect on the things you and your family could improve on and work together to plan how those changes or enhancements can be made!