



## *Back To School Guide*

# FHS MAIN OFFICE NEWSLETTER

August 29, 2017

## Tips for a Great Start To The School Year

As the new Assistant Principal at FHS, I am eager to help establish a **safe, happy, and healthy** experience for every member of our community. I couldn't be more excited about learning and practicing what it means to be a **Blue Devil** and I hope that you share in this **pride** as well.

Every new school year is an opportunity to build on the **positive momentum** that you may have already established for yourself or to create a **fresh start** if you so desire. With this in mind, I have put together a list of **10 tips for a strong start** to the year.

1. **ALWAYS BE TRUE TO YOURSELF.** Be real, be genuine, be you. You are enough.
2. **HOLD YOURSELF ACCOUNTABLE.** Recognize the choice you have in creating your experience. Take responsibility for your role in your education. Do your best and don't settle for anything less.
3. **BE KIND (TO OTHERS AND TO YOURSELF).** A smile or a simple gesture of holding the door can go a long way. Give yourself permission to give (and accept) compliments.
4. **THINK BEFORE YOU SPEAK/ACT.** Before speaking or acting out, ask yourself if what you are about to say or do is **T**True, **H**elpful, **I**nclusive, **N**ecessary, and **K**ind?
5. **BELIEVE IN THE POSSIBILITIES.** You are capable of so much. With a **growth mindset**, you can do anything that you put your mind to. Learn through failure and upset and use that to drive you closer to what you want and deserve. **Set goals** and work towards them. Don't give up.
6. **ASK FOR HELP WHEN YOU NEED IT.** It can be hard to ask for help, but help seeking is an important and necessary skill in personal growth. There are so many people who want to help...just let us know what you need.
7. **BE PRESENT.** Be in the moment, connect with others, be aware of your surroundings. We get caught up in our phones, our other obligations, or what's next and can often forget to live in the moment. **Be here now.**
8. **TRY A NEW CHALLENGE.** Have you ever wanted to play an instrument, act in the school musical, play a new sport, or take French? If so, get out there and give it a go!
9. **GIVE BACK.** Volunteer, perform a random act of kindness, grab a group of friends and complete a few hours of community service. You'll feel great after and you will have made a difference. Helping others is an excellent way to help ourselves as well.
10. **APPRECIATE THE LITTLE THINGS.** Replace your expectations with appreciation. This shift in mindset will improve your outlook and mood.

Here's to a great year,

*Mrs. Millette*