

# THE LAKER ANCHOR

JANUARY 2024 – *Our word of the month is **PROGRESS.***  
National Mentoring Month January: Stalking Awareness Month  
January: Slavery and Human Trafficking Prevention Month



## “Excuses are merely tools

OF THE INCOMPETENT, BUILT UPON MONUMENTS OF NOTHINGNESS, AND THOSE THAT USE THEM SELDOM AMOUNT TO ANYTHING. “ – DR. DEREK PATTERSON



It costs \$0 to be kind. Choose **love.** Always. Be the person you need. For you, and for a better world altogether.

### Pro-gress

Forward or onward movement toward a destination. To advance or develop toward a better, more complete, or more modern state.

Progress is beautiful! No matter how small. Especially when you are working toward a specific goal. Goals are important. They give us something to look forward to. They help us learn more about ourselves. About our strengths and weaknesses. And how to keep moving forward even when we might feel stuck.

Progress does NOT mean perfection. It means effort. It means consistency. Dedication. Purpose. Every little bit of progress you make toward whatever goal(s) you've set for yourself should be celebrated. Even if you're celebrating alone! Enjoy each moment of your journey. Your hard work and dedication literally DEMAND results!



### 10 ways to stay consistent and make progress!

1. Break down your goals into smaller pieces.
2. Segment your efforts and tasks.
3. Only say “yes” when you mean it.
4. Get organized and be systematic.
5. Transform entitlement and negativity into gratitude.
6. Journal your progress.
7. ALWAYS remember why you started.
8. Celebrate every bit of progress.
9. Take ownership of your achievements and each moment.
10. Before bed, thank yourself. Be proud of yourself. And wake up grateful!

### What happens to our bodies when we make progress?

Progress on our goals leads to more positive emotions and more satisfaction with life.

It increases our well-being.

In turn, positive emotions contribute to our motivation to act. This is a win-win situation if we can "just get started."

- Psychologytoday.com

*Be love. Be true. Be kind. Be you. Let's go LAKERS!*

## Counselor's CORNER

Written by: Ms. McGuire, Ms. Rito, & Ms. White

In August, about a third of teens said they use social media “almost constantly”. At the same time, teens and tweens are facing a mental health crisis with indications that these two trends are intertwined: that social media can cause depression, increase anxiety and lower life satisfaction. It's important to remember that social media can never be a replacement for real-world human connection. It requires in-person contact with others to trigger the hormones that alleviate stress and make you feel

One study showed that reducing social media use to 30 minutes a day can result in a significant reduction in levels of anxiety, depression, loneliness, sleep problems, and FOMO. But you don't need to cut back on your social media use that drastically to improve your mental health. The same study concluded that just being more mindful of your social media use can have beneficial results on your mood and focus. The following tips can help reduce our



1. Use an app to track how much time you spend on social media each day.
2. Turn off your phone at certain times of the day.
3. Don't bring your phone or tablet to bed.
4. Disable social media notifications.
5. Limit check-ins on your social media accounts.
6. Try removing social media apps from your phone so you can only check them from your tablet or computer.

Want to learn more? Listen to the article below that combines input from teens on the topic and ways parents can help them live happier, healthier lives. <https://www.npr.org/sections/health->



### Counselor's CORNER

Your counselor depends on what the letter of your last name begins with.

#### COUNSELORS

A - G: McGuire  
H - Pi: Rito  
Pi - Z: White

*Your counselors are here for you!*



Be kind. Be true. Be love. Be YOU.

## MARK YOUR CALENDARS!!!!

FREE COMMUNITY EVENTS FOR THE WHOLE FAMILY:

Check out:

<https://familydestinationguide.com/free-things-to-do-in-cleveland-oh/>

for some awesome FREEEEE Cleveland events for your whole family!!!!



### THE COOL SCHOOL STUFF:

Friday January 12<sup>th</sup> – Last day of the 2<sup>nd</sup> marking period (halfway through the year)

Monday January 15<sup>th</sup> – MLK Day – NO SCHOOL

Friday January 26<sup>th</sup> OELPA Parent Session AM & PM

Monday January 29<sup>th</sup> OELPA Testing begins

