



# Nuggets of Wellness

## Happy New School Year!

Welcome Falcon Family! As the new school year begins, many people feel motivated to start fresh, work on building healthier habits, and set new intentions. Keep the momentum going!! Create SMART goals to help achieve success! SMART goals are:

**Specific:** Keep a focused vision of What, Why, Where you want to accomplish this goal.

**Measurable:** Track your progress. Keep a journal or use an app!

**Achievable:** Dream Big! AND remember to keep your goals realistic and attainable.

**Relevant:** Does this goal matter to you and does it align with other life goals?

**Time bound:** Set short term and long term deadlines to maintain focus and momentum.

Here's an example, for someone whose goal is to improve their attendance:

**S:** Coming to school 5 days per week.

**M:** Mark a big smiley face each day of the calendar that you were in attendance!

**A:** Identify challenges to attending school and create a plan! Get things ready the night before, set your alarm, go to bed early enough to get at least 8 hours of sleep, have a healthy breakfast, and catch the morning bus or your ride on time.

**R:** Why does this matter to you? How will you feel when you accomplish your goals? Really visualize the success!

**T:** Give yourself rewards for daily attendance, weekly

### Resources

<https://www.mindtools.com/pages/article/smart->

### **Conversations Challenge:**

Discuss what SMART goals your students have for themselves and find out how you can support them in these.



*“A new school year means  
new beginnings,  
new adventures,  
new friendships, and  
new challenges.*

*The slate is clean and  
anything can happen.”*

- Denise Witmer

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