



# The Stall Street Journal

of Oak Park and River Forest High School

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## Back-To-School Goals

The start of a new school year is a perfect time to set goals. **Start by thinking big:** *What kind of person do you want to be this year? What do you want your year to be like?*

**Next, break it down to small goals, or small steps,** you can

work on every day. For a few minutes each morning ask yourself:

*What is a skill or trait I want to develop today?* Your goal each day should be something simple, like "Try to share more of my ideas in class" or "Listen to others more."

**SMALL STEPS**  
*are* **OKAY**

**Pro tip: Write down your small goal** on a sticky note and put it on your planner or locker or someplace you'll see it throughout the day.

**KEEP MOVING FORWARD**

**Reflect at the end of each week:** How did I progress toward my goals? What were some of my wins for the week?

**A little progress each day can add up to big results!**

## Have a #RealConvo

September is **National Suicide Prevention Month**. You can make a difference by having an open and honest conversation with someone you care about. Here are some quick pointers:

**Start with an expression of care, followed by an observation.**

"I care about you and I've noticed you haven't been yourself lately. You seem more frustrated and I'm wondering how you're doing."

**Let them know it's okay - and normal - to struggle in response to life's challenges.**

"I've been through things in my life, too, and what I've often found is that talking about it helps. I'm here to listen and support you."

**If they're having a really hard time...** make sure to include

getting help from a mental health professional can truly make a big difference in their situation. ([talkawaythedark/afsp.org](https://talkawaythedark.org))



## Start the School Year with a Laugh!



**Why does algebra make you a better dancer?**

*Because you can use the algo-rhythm.*

**Why did 1/5 need to take a break?**

*Because it was two-tenths.*



**What did one tectonic plate say when it bumped into another?**

*Sorry, my fault!*

**Why can you never trust an atom?**

*They make up everything.*



**What do protons and school social workers have in common?**

*They know how to stay positive.*

**What does a thesaurus eat for breakfast?**

*A synonym roll.*

**What would you find in Charles Dickens' pantry?**

*The best of thyme, the worst of thyme.*

**Why is history like a fruit cake?**

*It's full of dates.*

**Why did Renoir become an Impressionist?**

*He did it for the Monet.*



**What vegetables do librarians like?**

*Quiet peas.*

