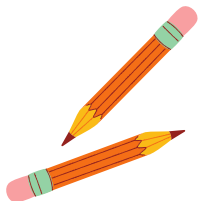




The Stall Street Journal

of Oak Park and River Forest High School

Issue 1 | Volume 8 | Sept. 2023



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.

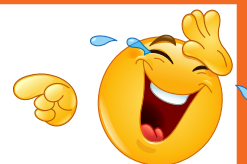
"I've been through things in my life, too, and what I've often found is that talking about it helps. I'm here to listen and support you."

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.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.

