



All Things E.Q.

The Discovery of You

MORNING ANNOUNCEMENTS

Quarter 3 Week 1: *I bring effort to everything I do.*

Monday:

The motto for the week: I bring effort to everything I do.

Nothing happens in our life without effort. You want to be the best player on the team; you need to put in the effort. You want a 100% on the test, put in the effort to make it happen. You want to get to the next level on a video game; you need to put in the effort. Effort doesn't have to be boring; effort can be fun. When people make an honest effort, they enjoy what they are doing more! Enjoy today by bringing energy and effort to your day!

Tuesday:

The motto for the week: I bring effort to everything I do.

The effort you bring to your life is up to you. No one else can decide how much or how little effort you will put into your own life. Only you can make that decision for yourself. Think about the kind of day you would like to have today and then bring the energy and effort needed to make that happen. Happy Tuesday everyone!

Wednesday:

The motto for the week: I bring effort to everything I do.

When you bring your full effort to your schoolwork, you learn more, get done more quickly and earn better grades. You also enjoy school more because doing your best is far more interesting than being bored and giving up. Make it a great Wednesday by bringing the effort and energy needed to make it a great day.

Thursday:

The motto for the week: I bring effort to everything I do.

Even if you are just relaxing or spending time with friends, you will get out of the experience what you put into it. When you put effort into your friendships you have a better time, are a better listener and become a better friend. Bring effort to everything you do because you deserve a great day!

Friday:

The motto for the week: I bring effort to everything I do.

Really, your entire life depends on the effort and energy you bring to it. If you want a positive and productive life, then make an effort to make that happen by bringing positive and productive energy to your life right now. Happy Friday!



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MORNING ANNOUNCEMENTS

Q3 W2 Motto: *I work through confusion.*

Monday:

The motto for the week is: I work through confusion.

Author Michael Gelb once said, “Confusion is the welcome mat at the door of creativity.” When you think about it, that makes sense. When we are confused, we need our creative thinking to resolve our confusion. Don’t let confusion be a reason you give up because confusion is just a natural part of learning. Enjoy your day everyone, happy Monday!

Tuesday:

The motto for the week is: I work through confusion.

When you are confused, pay attention to your self-talk. Are you telling yourself you’re not smart just because you’re confused? Confusion doesn’t mean you’re not smart; it’s the opposite. Confusion means you’re learning. Being smart does not mean you are never confused. Being smart means you work through confusion to learn! Have a happy Tuesday, everyone!

Wednesday:

The motto for the week: I work through confusion.

When things get confusing today, don’t quit. Keep trying. Persevere through confusion because confusion doesn’t mean you won’t figure it out – quitting does. People who know how to work through confusion continually improve because they are always learning more than they knew before. Happy Wednesday, everyone!

Thursday:

The motto for the week: I work through confusion.

Confusion won’t go away when you are no longer in school. Confusion is a part of life. Everyone must deal with feeling confused from time to time. Confusion doesn’t mean something is too hard for you; confusion means you are learning something new. Hopefully, you will be confused today!

Friday:

The motto for the week: I work through confusion.

In your life, you will want to learn new jobs and have different careers. Learning new things can be confusing, but confusion is no reason to stop learning. Be willing to be confused because confusion is just a natural part of learning and doing new things. So, try new things, be confused now and again, and live an exciting life! Happy Friday, everyone!



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Morning Announcements

Quarter 3 Week 3 Motto: *I plan my day to make enough time for work, sleep, and free time each day.*

Monday:

The motto for the week: I plan my day to make enough time for work, sleep, and free time each day.

Is work an interruption in our day that takes away our free time? Or is work an important part of each day that helps us and the people around us? Our schoolwork teaches us how to persevere and learn new things. Our work at home, like helping with the dishes, is how we help our family. Work isn't an interruption in our day; work is how we contribute to ourselves and the people around us. Enjoy your work today!

Tuesday:

The motto for the week: I plan my day to make enough time for work, sleep, and free time each day.

If we are up late reading, watching our favorite show, or getting to the next level in a video game, it can feel almost impossible to stop to sleep because we are having so much fun. Once in a while, it's okay to have a late-night, but remember it isn't good for you. Studies show that a lack of sleep can negatively impact our immunity, memory, mood, balance, and concentration. So, be good to yourself and get a good night's rest.

Wednesday:

The motto for the week: I plan my day to make enough time for work, sleep, and free time each day.

Only enjoying recess and lunch will not give you a great day. Learning to enjoy your entire day, both work time and free time, is the way to fulfillment. If you show up in school as excited to learn as you are to go to lunch recess, you would be amazed at where that could take you in life. Enjoy all of your day, rather than part of it!

Thursday:

The motto for the week: I plan my day to make enough time for work, sleep, and free time each day.

Working allows you to contribute to other people in a meaningful way. When you help with the dishes at home, you make a meaningful contribution to your family. When you do a good job in school, you make a meaningful contribution to yourself and your future. When our lives are meaningful, we are happier. Enjoy your entire day today, both your time off and your time working!

Friday:

The motto for the week: I plan my day to make enough time for work, sleep, and free time each day.

A well-balanced life has time for work, fun, and rest. Life has both Mondays and Fridays. Life has both day and night. Life has both work and play, so why waste another moment complaining about work? Work brings life meaning, it makes Fridays special, and it helps you contribute to your own life and to the people around you. Enjoy your classwork today, and enjoy your time off tonight! Happy Friday, everyone!



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Morning Announcements Quarter 3 Week 4

Motto: *I find purpose in everything I do.*

Monday:

The motto for the week is: I find purpose in everything I do.

Work can feel like a “have to,” and free time can feel like a “want to,” but if we pay attention, we realize that our “have tos” usually have a pretty good reason. We “have to” feed our pets because we want them to stay alive. We “have to” do our homework because we want a job we enjoy one day. When we think about it, work has an important purpose because work is how we help ourselves and others. Work with purpose today!

Tuesday:

The motto for the week: I find purpose in everything I do.

If you have work to do, and you find yourself feeling unhappy about it, ask yourself, “Why does this work have to be done?” You can probably find a good reason. Chores help your family; homework makes you smarter; practice helps your performance. Find the purpose in what you do today!

Wednesday:

The motto for the week: I find purpose in everything I do.

Athletes have to practice to excel at their sport. Medical students have to study before they can become doctors. Firefighters have to work long hours because they want to put out fires. Teachers have to plan lessons because they want to help their students learn. Whatever you want will always have a “have to.” Stop worrying about what you “have to” do and start focusing on WHY you WANT to do it!

Thursday:

The motto for the week: I find purpose in everything I do.

Why do you go to school? Do you go to school because you have to, or do you go to school because you want to? When you think of school as something you have to do, you turn it into an experience that is less enjoyable. When you go to school because you know it is helping you learn and grow and have the best future possible, you will likely enjoy it more and do better. Find the purpose in the things you do because you deserve to enjoy your day.

Friday:

The motto for the week: I find purpose in everything I do.

All of our life has a purpose. The purpose of work is to help ourselves and others. The purpose of sleep is to rest and refuel for the next day. The purpose of free time is to have fun! Enjoy your free time this weekend and enjoy your learning time today! Happy Friday, everyone!



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MORNING ANNOUNCEMENTS

Q3 W5 Motto: *I am always improving.*

Monday:

The motto for the week is: I am always improving.

Getting better and improving is something all of us can do, and it feels great to see our improvement. Being willing to listen to how we can get better helps us get better faster. When you are willing to improve, the world gets the best version of you. When you do your best each day, you get to enjoy your improvement tomorrow. Have a great Monday!

Tuesday:

The motto for the week: I am always improving.

When you look at the work you do in class, ask yourself, “What am I doing well?” When you have the answer, then you know what you should KEEP doing. Next, ask yourself, “What can I do better next time?” When you have that answer, you know what you can START doing to improve. Improving doesn’t mean you aren’t good. Improving means, you are getting better!

Wednesday:

The motto for the week: I am always improving.

Being willing to listen to how you can do something better will help you become better faster. If you didn’t do well on an assignment or test, ask your teacher what you can do differently next time. When we do the same things, we stay the same. If you want different results, do things differently. Keep improving, not because you are not good, but because you are willing to get even better.

Thursday:

The motto for the week: I am always improving.

We all make mistakes. However, our mistakes do not define us. In fact, they can help us improve. Rather than focus on the mistake, focus on the recovery. What will you do now? Learning is about progress, not perfection! Have a great Thursday!

Friday:

Happy Friday, Everyone! The motto for the week: I am always improving.

This week we have been working on improving. Improving means, you are willing to be the best version of yourself. When you bring your best self to school, you learn more and have a better day. What can you do today to be your best self? Have a great Friday!



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MORNING ANNOUNCEMENTS

Q3 W6 Motto: *I drop my shoulders. I take a few breaths. I can handle this.*

Monday:

The motto for the week: I drop my shoulders. I take a few breaths. I can handle this.

We all get upset sometimes. When you feel frustration building up, try to pause for a moment and take a few deep breaths. Pausing will help you respond thoughtfully, rather than reacting in anger. Let your shoulders drop and take a deep breath because when you pause for a second and take a deep breath, it allows you to remember that you are stronger than you think you are, and you can handle this! Have a great Monday!

Tuesday:

The motto for the week: I drop my shoulders. I take a few breaths. I can handle this.

Life is not perfect. Plans change. Things get lost or break. Friends move away or hurt our feelings. These things happen to all of us, and when we pause, we realize we can handle what is happening. So, the next time things go wrong, and they will, remember this happens to everyone, not just you. You are going to be okay, just drop your shoulders, take a few deep breaths, and remember you can handle this. Have a great Tuesday!

Wednesday:

The motto for the week: I drop my shoulders. I take a few breaths. I can handle this.

When you get angry, you usually feel it on the inside, before it shows on the outside. Pay attention to your feelings. Your feelings act as an early warning system for you. If you pay attention, you will know when it is time to relax your shoulders, pause and take a few deep breaths. Pausing for a moment helps you feel better and helps you to respond calmly to the people around you. Just take a deep breath and remember you've got this! Have a great Wednesday, everyone!

Thursday:

The motto for the week: I drop my shoulders. I take a few breaths. I can handle this.

If you thought an assignment was due tomorrow and you found out it was due today, getting upset won't help. Instead, relax your shoulders and take a few deep breaths. Once you feel calm again, you can make plans and solve your problem. It is amazing how much better people feel just because they took a few deep breaths. Give it a try right now. Drop those shoulders down, away from your ears and take a few deep breaths and remember, you are stronger than you think you are, and you can handle anything! Have a great day!

Friday:

The motto for the week: I drop my shoulders. I take a few breaths. I can handle this.

Sometimes we get so excited for the weekend, we plan exactly what we want to do! Then something changes and our plans don't work out. Anger won't bring our plans back; anger only makes things worse. Instead, take a few deep breaths and regroup. If you stay calm, you can come up with new plans. Whatever happens, you can handle it. Happy Friday!



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Morning Announcements Quarter 3 Week 7

Motto: Our School Monitors and Aides teach us because they care about us!

Monday:

The motto for the week: Our School Monitors and Aides teach us because they care about us!

Do you know the difference between group safety and individual safety? When we are in groups, we need to behave differently. For example, what one person can do safely, like jump off a swing, isn't safe when there are many people near the swings. Our School Aides work hard to keep us safe. It isn't fun to tell students they can't jump off the swings or run in the hall, but our School Aides do it because they care about keeping all of us safe so we can have a great day. It's nice when everyone cares about one another. Happy Monday, everyone!

Tuesday:

The motto for the week: Our School Monitors and Aides teach us because they care about us!

When people tell us we can't do something we want to do, it can be upsetting. However, when we stop to think about why they may be asking us not to do something, we usually discover there is a good reason. Our parents and people at school want to help us and keep us safe, and that is why they sometimes need to tell us no. It's not because they don't care about us; it is because they do! Have a safe and happy Tuesday!

Wednesday:

The motto for the week: Our School Monitors and Aides teach us because they care about us!

Our School Aides have a tough job; they have hundreds and hundreds of students to keep safe every day. When you are in a group, you may need to behave differently than when you are alone. School Monitors and Aides may remind you not to talk in the hall or to walk instead of run because they care about you and want to keep everyone safe. Be caring in return by thanking a Teacher or School Aide today because working to keep hundreds and hundreds of students safe is a very big job!

Thursday:

The motto for the week: Our School Monitors and Aides teach us because they care about us!

Teachers, Monitors, and Aides work hard to create a safe learning environment for students. Sometimes they have to ask students not to do something in order to keep them safe and ensure the lessons are running smoothly. Being told no isn't always fun, but it's always nice to be a part of a caring community. Happy Thursday!

Friday:

The motto for the week: Our School Monitors and Aides teach us because they care about us!

When you greet and thank your Teachers, Monitors, and Aides, you are contributing to the school culture in a positive way. Gratitude is always nice to share, and it feels good when people share their appreciation with us! Happy Friday!



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MORNING ANNOUNCEMENTS

Q3 W8 Motto: *I do my best because doing less is a waste of my time and potential.*

Monday:

The motto for the week: I do my best because doing less is a waste of my time and potential.

You have more time when you do your best because you do not have to re-do your work. You also enjoy your work more when you do your best. Everyone has work to do, so why not enjoy it? Whether we are doing schoolwork or housework or working at a job, everyone works. When we do our best work, we feel better about ourselves. Do your best today because you will enjoy your day more, and you deserve a great day!

Tuesday:

The motto for the week: I do my best because doing less is a waste of my time and potential.

Sometimes we think we have more time to do what we want if we rush through our work. Unfortunately, this doesn't always help. We may have to re-do our work because it wasn't correct or re-do the learning because we did not make it stick in our brains the first time. When you rush through your work, you do not feel good about the time you spent; in fact, it feels like it was a waste of time. You can choose to make school matter for you, rather than waste your time. Do your best today and have a better, more meaningful Tuesday!

Wednesday:

The motto for the week: I do my best because doing less is a waste of my time and potential.

Did you know that when you do your best work in school, school gets easier for you? When we do our best and give our full attention to our learning, it becomes easier to learn, and school becomes more fun! When you do your best, you enjoy your work more and learn more. Make your day meaningful by doing your best in school.

Thursday:

The motto for the week: I do my best because doing less is a waste of my time and potential.

Doing your best in school gives you more time because you learn more the first time and do not have to study as hard later. Besides, doing your best work brings out the best in you. Be good to yourself by making the most of your time!

Friday:

The motto for the week: I do my best because doing less is a waste of my time and potential.

Did you know that when you rush through your work, it creates a sense of urgency, frustration, and stress? However, when you try your best, you feel calm, successful, and proud. Give yourself a great Friday by doing your best work in school because you deserve a great day. Happy Friday!



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Q3 W9 (Developing a Growth Mindset) Motto: *I exercise my brain each day.*

Monday:

The motto for the week: I exercise my brain each day.

We exercise our bodies, but it is also important to exercise our brains. Picture your brain as a muscle, and learning is what makes your brain stronger. Thomas Fuller wrote, "All things are difficult before they are easy." Do your best in class today, so your brain gets a good workout, and then what is difficult today will be easier tomorrow! Make your Monday matter!

Tuesday:

The motto for the week: I exercise my brain each day.

When we picture our brain as a muscle, we can picture it getting stronger each day in school. If you're confused in school today, don't give up. Just think about how your brain is getting stronger and smarter than it was before. Author Stephanie Harvey wrote, "Smart is not something you are...Smart is something you get!"

Wednesday:

The motto for the week: I exercise my brain each day.

Getting stronger takes work. You won't become strong if you don't exercise. Getting smarter takes work too! You become smarter by learning new things, which isn't always easy. David Dockterman wrote, "If we only did easy things, we wouldn't be learning anything. We'd just be practicing things we already knew." Give your brain some healthy exercise and learn something new today! Enjoy your Wednesday!

Thursday:

The motto for the week: I exercise my brain each day.

Picture your brain like a muscle. It gets stronger with use, so embrace challenges and don't give up because your brain gets stronger each time you use it! Albert Einstein said, "It's not that I'm so smart; I just stay with problems longer." Give your brain a workout today, and have a happy Thursday!

Friday:

The motto for the week: I exercise my brain each day.

Give your brain a great workout today by doing your best in class. Author and Professor Carol Dweck wrote, "Effort is one of those things that give meaning to life. Effort means you care about something, that something is important to you, and you are willing to work for it." Make your day meaningful by making an effort in class today. Happy Friday, everyone!