

CONSELOR'S CORNER

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NEW HABITS!

January is the perfect time for new beginnings. Whether it's improving your grades, making new friends, or building healthier habits, small steps taken now can make a big difference for the rest of the school year..

TIP OF THE WEEK!

Start small, stick with it. Big changes happen one small habit at a time — like reviewing notes for five minutes a day or putting your phone away during homework.

"THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW." — SOCRATES

WEEKLY CHALLENGE

Pick one positive habit to focus on this week and track it for seven days — whether it's drinking more water, getting enough sleep, or limiting screen time.

DID YOU KNOW?!

It takes an average of 21 days to start forming a new habit — consistency is the secret to success!