

# CURLEY K-8 SCHOOL

## Guidance Newsletter

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Happy January!

Welcome back from Winter Break and welcome to 2020!

We hope that Curley students enjoyed their time off from school and that families were able to enjoy some time together. Though the new marking period did begin before the break, we want to recognize the New Year as a chance for all students, faculty and families to start with a clean slate and to create new goals for the remainder of the school year. Here are some strategies that we in the guidance office are using to make for a strong start to 2020, we encourage families to try them out as well!

- **Make short term goals** - many of us tend to look at the time between December break and the end of the school year as one long stretch but such a large period can feel overwhelming, especially to students. Focus on making progress on smaller goals now that can add up to larger ones by June
- **Let go of earlier challenges** - whether it is an assignment that could have gone better or a conflict that hasn't been fully resolved, try to accept what happened in the past so that it doesn't distract from goals for the future
- **Celebrate past successes** - just because we are letting go of old frustrations, doesn't mean we have to forget about what has already gone well! Continue to highlight strengths of last year so that you can build on them going forward

### Important Dates

- Social Skills group for 3rd grade students begins this month
- January 17th, Boston Arts Academy Application deadline
- January 24th, Fenway High School Application deadline
- January 30th, Internet and Social Media Safety Workshop for Parents
- January 31st, High School Choice Form deadline
- January 31st, Boston Community Leadership Academy Application deadline

### Team Spotlight: Meet the Coordinator of Special Education

**Jessica Burque**



What random talent do you have: **My memory**  
What's your favorite snack: **Extra Toasty Cheez-its**

What's your best memory at the Curley: **When students with communication difficulties learn how to say my name**