


# MORAVIA MIDDLE SCHOOL

## Counseling Newsletter

### TOP 5 WAYS TO INSPIRE OTHERS TO BE THEIR BEST

1. **Be a good example.** People watch what you do more than they listen to what you say.
2. **Care about others.** People don't care about how much you know until they know how much you care. Ask questions. Take a genuine interest in people.
3. **Encouragement.** When you support people and encourage them through these times, you'll be inspiring them to see the best in themselves and in the situation.
4. **Be inspired yourself.** Look for people, ideas, environments and knowledge that you find inspiring and motivating.
5. **Share from your own experience.** You have more to share than you realize. Mine the rich experiences of your life and share your wisdom from your unique point of view.

*By Michael Angier, Success Networks International*



**THE ONLY PERSON YOU  
SHOULD TRY TO BE  
BETTER THAN IS THE  
PERSON YOU WERE  
YESTERDAY**



## DOES MY MIDDLE SCHOOLER STILL NEED STRUCTURE AND ROUTINE?

**The simple answer is Yes!** As your child grows and becomes more independent, it is still important to help your child establish routines and to monitor bedtime and wake up times.

### ***What are the benefits?***

- *Cognitive Development:* Cognitive skills are the core skills the brain uses to think, read, learn, remember, reason, and focus. A consistent sleep and wake time and enough hours of sleep each night are very important for healthy brain development.
- *Independence:* Children feel safer and more in control when they know what to expect. They gain confidence from being successful with daily routines and structure which in turn fosters independence.
- *Coping Skills:* The consistency of routines and structure is reassuring during times of stress or difficult situations. Children are better able to cope with adversity when they can follow their normal day to day routine.
- *Success:* Routines help children develop healthy habits and learn time management and respo

### **COMING UP :**

**3/4 - 3/7:** 8th Grade Transition Meetings

**3/7:** District Wide Chorus Concert

**3/8:** REV Performance of Student Works

**3/11 - 3/13:** 8th Grade Transition Meetings

**3/12:** District Wide Band Concert

**3/15:** Staff Development Day - NO CLASSES

**3/18:** 8th Grade Transition Meetings

### **CONTACT US:**

MRS. AUSTIN, COUNSELOR  
taustin@moraviaschool.org  
315-497-2670 ext. 2012

MRS. COPLEY, SECRETARY  
ccopley@moraviaschool.org  
315-497-2670 ext. 2012