

# Being Spartan Strong

*Tips for Being Your Best Possible Self*

*September 2016*



# Being Your Best Possible Self and Having the Best Possible Year - *A Fresh Start*

- Navigating Choppy Waters
  - With Friends
  - With Other People (Who Might not Treat You Kindly)
  - On Your Own - Setting and Keeping Your Own Standards
    - Standing Up and Having the Courage
      - To Believe in Yourself
      - Look out for Others and the School (Citizenship)
      - Know When Maybe You Should Try Things Differently
        - Taking Advice from Trusted Friends, Parents and Teacher
  - Managing Your School Work

# *Using Social Media*

POSITIVE THINKING SOCIAL MEDIA



# Using Social Media

- Be Nice
  - Think Twice before hitting ENTER
  - Once messages are out there it is too late. Do not text in anger.
- Your Device - Your Responsibility
  - Guard them carefully - screen lock
  - Do not share your passwords
  - Both in school and out of school
  - Be careful with pictures



# Using Social Media

- If there is a problem
  - Talk to your parents
  - Do NOT delete
  - Take screen shots if you are able
  - **Do NOT respond - Resist the temptation to keep it going**



Before you speak:  
**THINK**  
**T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?

# *Avoiding and Stopping the Drama*



# *Avoiding and Stopping the Drama*

- Breaking the Cycle
  - By Not Involving Others and Getting them to Take Sides
  - Refusing to Hold a Grudge and Trying to Get Even
  - Passing Along Gossip and Asking Questions About Gossip
  - By Not Listening to the Stories People Tell You
    - (...Instead of Automatically Believing It and Giving it Worth)
    - (...instead of Treating it Seriously)
      - (... or talking to the person on your own away from others)
    - (...Instead of Creating More Drama)

# *Having Fun Outside*





# Having Fun Outside

- Be a good neighbour
  - Don't climb the trees
  - Leave the rocks on the ground
- If there is conflict during a game
  - Try to solve using win/win thinking
  - De-escalate: "Is my reaction helpful?"
  - Walk away, take a break and
  - Do something else
  - Ask a supervisor to help
  - Come to us (administration) if it is really big and ongoing.



# *Having Fun Outside*

- Find your voice and courage
  - If you are strong, stand up for what is right and say so
  - Be assertive and strong - not physical
  - Find an adult
  - Use good language
- Leave the game on the field



# *Academics - Managing the Work*



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- Set goals and timelines for yourself
  - Don't leave things for the last moment
- Break things down into smaller sections
  - Don't keep thinking about the whole thing all at once
- Put first things first - set priorities
  - Don't let things overwhelm you, use your time wisely
  - Get organized, and keep organized



# Academics - Managing the Work

- You deserve to do your best - don't settle for less.
  - Know that doing your best doesn't mean perfect
- Be here!
- If you need help, ask for it! (self-advocate)
- Let your parents check you work
- Ask your teacher for feedback
- Get involved in the fun stuff!
  - Leadership activities - give back and contribute
  - Teams and Clubs
  - Make yourself stronger and better. Learn new skills



# *Being Spartan Strong*



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- Created by Students, Staff and Parents
  - To aspire to a higher level
  - Academics and Spartan Strong Effort are Equally Important
- Spartan Strong