



# January 2021

IT'S A NEW YEAR! WHAT ARE YOUR GOALS FOR THE NEW YEAR?

PLEASE CONTACT US WITH ANY QUESTIONS, COMMENTS, OR CONCERNS

## Students K-5:

Think about what you like to do for fun or when you are feeling sad! Do those activities often! Below are some different activities for you to try!

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:e0679f92-0e4b-48d9-b2ed-d2f398d3f9ce>

<https://youtu.be/XGd0gq5Fgjc>

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## Students 6-12:

Goal setting can help you be successful and make your dreams a reality! You can do anything you put your mind too! Use the resources below!

<https://www.youtube.com/watch?v=NG3HxrW1qZk>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:2eb8da7f-3a1e-4b7d-bdcd-6c5ee8315f49>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:fea123f6-24c8-4dfa-8cd8-722c481507fb>

## Parents and Families:

Goal setting is a helpful skill for adults too! It can help you achieve your goals. Use the resources below to help you and your child!

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:4df1b81f-63ca-4af6-b6db-0a4b0c65dcc1>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:95f30d84-1f87-4a5d-9217-ec82c004ea0a>

<https://youtu.be/U4IU-y9-J8Q>

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## Staff:

Goal setting and self-care are key components of taking care of your mental health. Check out the resources below to help!

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:4df1b81f-63ca-4af6-b6db-0a4b0c65dcc1>

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:8cd9dba9-615c-433b-bc93-83e6dd746f6e>

<https://youtu.be/U4IU-y9-J8Q>

## K-2: Jessica Stanton

[jstanton1@deposit.stier.org](mailto:jstanton1@deposit.stier.org)

607-467-4495

## 3-5: Julia Wheeler

[jwheeler@deposit.stier.org](mailto:jwheeler@deposit.stier.org)

607-467-4120

607-221-3977 (Cell- Call/Text)

## 6-8: Melinda Webster

[mwebster@deposit.stier.org](mailto:mwebster@deposit.stier.org)

607-467-8513

## 9-12: Tina DuMond

[TDuMond@deposit.stier.org](mailto:TDuMond@deposit.stier.org)

607-467-8516