LET’S TALK

A discussion about habits that create happiness.
THESE WORDS → CREATE THESE FEELINGS
We want you to be...

HAPPY

confident

secure

healthy

positive
WHAT IS YOUR FOCUS?
SOCIAL MEDIA

- Make smart choices
- Legal consequences
- Take care of yourself and others
- Digital footprints are forever
  - Colleges, employers, you in 5 years
“There’s a lot of trash going around… why don’t we talk so we can straighten things out. I know we’re not like best friends, but I don’t want any hard feelings between us. No one has time for drama.”

And this is all during class… how are you concentrating?
PUT DOWN THE PHONE.

8 Ways Your Cell Phone is Ruining Your Life:

1. Lack of Sleep – no wonder you’re crabby.
2. Feelings of constant inadequacy.
3. Lack of social skills, like conflict resolution (see previous slide).
4. Growing up too fast.
5. Break down of morality – instead of breaking up fights, you record them.
6. Academic Deterioration
7. Drama
8. Addiction
<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>DAYS</th>
<th>TIME</th>
<th>LOCATION</th>
<th>TEACHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutorial Center—all subjects</td>
<td>Mon, Tues, Thurs, and Fri</td>
<td>2:30-3:45pm</td>
<td>Library</td>
<td>Mrs. Pope and Ms. Yaleski</td>
</tr>
<tr>
<td>Open Computer Lab</td>
<td>Monday and Tuesday</td>
<td>3:30-4:30pm</td>
<td>4-117</td>
<td>Ms. Ridgeway</td>
</tr>
<tr>
<td>Math</td>
<td>Thursday</td>
<td>2:30-3:30pm</td>
<td>4-118</td>
<td>Mrs. Douthit</td>
</tr>
<tr>
<td>Math</td>
<td>Saturday</td>
<td>9:00-11:00am</td>
<td>4-228</td>
<td>Mrs. M. Rodriguez</td>
</tr>
<tr>
<td>Biology Boost</td>
<td>Monday and Tuesday</td>
<td>2:45-4:30pm</td>
<td>Library</td>
<td>Ms. Hornbeck</td>
</tr>
<tr>
<td>Biology EOC Tutoring (closed group)</td>
<td>Tuesday and Thursday</td>
<td>2:45-3:45pm</td>
<td>4-222</td>
<td>Ms. Miller</td>
</tr>
<tr>
<td>Biology and STEM</td>
<td>Mon, Tues, and Thursday</td>
<td>2:30-3:30pm</td>
<td>4-109</td>
<td>Mrs. J. Smith</td>
</tr>
<tr>
<td>Reading Lab</td>
<td>Mon, Tues, and Thursday</td>
<td>2:30-3:30pm</td>
<td>2-205</td>
<td>Ms. Habeeb</td>
</tr>
<tr>
<td>English Peer Tutoring (closed group)</td>
<td>1st and 3rd Thursday</td>
<td>2:30-3:30pm</td>
<td>4-117B</td>
<td>Mrs. S. Smith</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td>2:30-3:30pm</td>
<td>4-117B</td>
<td>Mrs. Migut</td>
</tr>
<tr>
<td>SAT PREP</td>
<td>Saturday</td>
<td>10:00-11:00am</td>
<td>4-214</td>
<td>Mr. Erhard</td>
</tr>
<tr>
<td>Life Skills</td>
<td>Tuesday</td>
<td>2:30-3:30pm</td>
<td>1-204</td>
<td>Mrs. Palay</td>
</tr>
<tr>
<td></td>
<td>Conflict Resolution, Time Management, Stress Management</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tech Lab</td>
<td>Mon, Tues, and Thursday</td>
<td>2:30-3:30pm</td>
<td>2-102</td>
<td>Mr. E. Smith</td>
</tr>
<tr>
<td></td>
<td>through Feb 1/16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weight Room</td>
<td>Mon, Tues, and Thursday</td>
<td>2:30-3:30</td>
<td>5-501</td>
<td>Coach Hughes</td>
</tr>
<tr>
<td>Open Gym</td>
<td>Tuesday and Thursday</td>
<td>2:30-3:30</td>
<td>GYM</td>
<td>Mr. Williams</td>
</tr>
<tr>
<td></td>
<td>Starting Feb 1/16</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Culinary Lab</td>
<td>Saturday</td>
<td>9:00-11:00am</td>
<td>4-104</td>
<td>Chef Rivard-Bowman</td>
</tr>
<tr>
<td></td>
<td>1/9, 1/24, 2/16, 3/5, 3/12, 4/2, 4/16, 4/20, 5/7, 5/14, 5/28</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
STRESS MANAGEMENT

- Causes of stress
- Effects of stress
- Managing stress
  - Take charge and find a solution
  - Talk about it
  - Find and make time for a hobby
  - Manage your time
  - Seek help
  - Exercise
  - Take care of your body

"I HOPE YOU LIVE A LIFE YOU'RE PROUD OF.
IF YOU FIND THAT YOU ARE NOT, I HOPE YOU HAVE THE STRENGTH TO START ALL OVER AGAIN."

—F. SCOTT FITZGERALD
What punctuality reveals about you:

You have self-control.
You are considerate.
You can organize things, including yourself.
You can exercise self-discipline.
You can plan ahead.
You are reliable.
You are trustworthy.

ATTENDANCE IS A HABIT.
EMERGENCY PROCEDURES AND INFO

Facebook - Key West High Athletics and Student Activities

NTI Phone System – add your phone number to receive emergency call-outs

NEW -
During fire drills and evacuation procedures, stay with your teacher. Attendance will be taken and relocation will happen as a class.
SCHEDULING FOR NEXT YEAR

SHOWCASE
WEDNESDAY, MARCH 9TH
5:30P.M. — 7:00P.M.

ORIENTATION -- MARCH 7

SCHEDULING

9TH GRADE - MAR. 29- APR. 1
10TH GRADE — APR. 4-8
11TH GRADE — APR. 11-16
BE BRAVE
BE KIND
BE TRUE
BE YOU