

# Dolores Secondary School

PARENT MONDAY MEMO--NOVEMBER 12, 2018

## **THANK YOU, AND HAPPY VETERANS DAY**

Our annual celebration to honor our nation's veterans will take place on Monday, Nov. 12. Veterans and their families are invited to join us for refreshments in the Band Hall from 7:45 to 8:30 a.m., with the program beginning at 9:00 a.m. in the Auxiliary Gym.

Thank you to all who have served.

## **MIDQUARTER GRADES**

We have reached the midpoint of the second quarter of school! Wow! Time is flying. Please be in communication with your student's teachers, and ensure that your student is completing assignments at home. Together, we can create a model of success for every student.

On Friday, your student will receive all documents that were

handed out at parent teacher conferences. If you were not in attendance, please check in with your student on Friday afternoon to ensure that you see this important information, which includes a first quarter progress report.

High school students will each receive an email that shows their updated graduation progress. Please go over this with your student, and reach out to Jen Stark or Jen Huffman immediately if you have questions.

## **THEME OF THE WEEK: WE ARE CONNECTED--MAXIMIZING RELATIONSHIPS**

### **The Opposite of Connection:**

You've probably heard the expression, "It's a dog eat dog world," implying that we are in direct competition with one another. Perhaps you can remember a parent, teacher, or friend telling you, "If you want something done right, you have to do it yourself." Over a short period of time, we all seem to have built a world where perceived strength comes from complete independence and autonomy. To be a self-made man is considered a great compliment. While the outcome (achieving our goal) might be beneficial, the path to success does not have to be one of solitude. In fact, our research proves that those who have achieved extraordinary success have emphatically stated that they couldn't have done it alone. We are truly connected, and it is those connections in our lives that help us follow our individual paths. Going it alone might seem to be more courageous, but so much time can be wasted if we isolate ourselves and fail to see how much further we can go if we just reach out. There's no denying that life can be tough. M. Scott Peck, the author of the mega-selling book, *The Road*

*Less Traveled*, begins by telling his readers that life is difficult. How much more difficult do we make it when we don't tap into the wealth of positive life experiences being offered to us from others if we only take the time to make connections?

### **Maximizing Relationships:**

Author Andy Andrews says, "All opportunities and new knowledge come through others." Imagine believing that everyone you come in contact with in your life is critical to helping you live your dreams. Knowing this, you would enter every encounter and relationship with a heightened sense of energy and preparedness. People would find greater joy in being around you. Your interactions would become richer and your relationships more meaningful. You would consistently seek and find synergies with others. You would constantly find new opportunities and gain knowledge that you previously might have missed. Your life would become richer in every way. In Andrews' book *The Seven Decisions*, he talks about creating your own personal board of directors, a group of people you surround yourself with who have expertise in areas in which you need help. Your best friend may be a really good father who is willing to mentor you on parenting. Your financial advisor is the person you go to for financial advice. You may have a personal trainer who helps you with a diet and exercise plan. Even if you don't hire people to fill these roles, you can find people with whom you are friends to serve as unofficial mentors. What Andrews calls "Your Personal Board of Directors," we call "Your Dream Team." Life can be complicated, with many moving parts that must be managed to live your Ultimate Life. No one was born with the wisdom to effectively manage career,

marriage, family, finances, and health. We all need help, and we are surrounded by people with information and knowledge that can make a difference in our lives. Our good friend and business partner Mitchell Schlimer has termed this OPE, or Other People's Experiences. We must leverage the experiences and knowledge of others as a foundation and launching point for the lives of our dreams."  
--excerpt from *The 7 Mindsets*

## **AND FINALLY...AN ARTICLE THAT I FOUND VERY INTERESTING...AND CONCERNING.**



### **Mental Health Diso... [childmind.org](http://childmind.org)**

Teenagers struggling with ADHD, anxiety, depression and other emotional problems often turn to alcohol or drugs to help them manage painful feelings. But because their brains are still developing, teenage "self-medication" is more dangerous than it is for adults.