

# Guidelines

## Colonial Heights Middle School Guidance Newsletter

February 2018



### Write On!



Our eighth graders will take the Writing portions of the SOL tests on Wednesday, March 21<sup>st</sup> and Thursday, March 22<sup>nd</sup>. The Wednesday portion of the test will consist of writing a paper on a specific prompt and Thursday's portion will include both multiple-choice and technology-enhanced items. Our English teachers will be providing lots of writing practice in the coming weeks to help our eighth graders prepare for these tests! *Students in 6<sup>th</sup> and 7<sup>th</sup> grade will take a practice writing test in their English classes on March 21<sup>st</sup> along with 8<sup>th</sup> graders.*



### CHMS CAREER DAY

CHMS will hold its annual *career day* Wednesday, March 28<sup>th</sup>. Students will have the chance to attend two career presentations.

***If you would be interested in making a 30-minute presentation about your career to a classroom-size group of students, please contact Mrs. Lauchner by February 9<sup>th</sup> for more information.*** We

need a minimum of 25 speakers and would love to hear from you! You can e-mail Mrs. Lauchner at:

[Lisa\\_Lauchner@colonialhts.net](mailto:Lisa_Lauchner@colonialhts.net)



### Habits of Happy People

*Adapted from*

*"11 Habits of Supremely Happy People"*

*by Dr. Travis Bradberry*



Keeping in mind that **happiness that lasts is earned through your habits**, here are the next three habits on Dr. Bradberry's list:

**Habit #7 - Happy people have deep conversations.** They avoid gossip, small talk, and judging others. Instead, they focus on meaningful interactions because doing so feels good, builds emotional connections, and is an interesting way to learn.

**Habit #8 - Happy people help others.** Helping other people gives you a surge of the natural neurotransmitters which create good feelings. A Harvard study showed that people who help others are more likely to be focused at work and more likely to be happy during times of high stress.

**Habit #9 - Happy people make an effort to be happy!** No one wakes up happy every day, but people who are consistently happy work at it harder! They monitor their emotions and actively try to be happy and positive. Happy people make decisions with their happiness in mind.

### NJHS NEWS

**NJHS students will participate in the CHHS Volunteer-a-thon on Saturday, February 10<sup>th</sup> from 11 a.m. – 3 p.m.**

**February's NJHS meeting will be Wednesday, February 21<sup>st</sup> from 2:45 – 3:15 in lab 115.**

