



# Tech Tiger Times

## Coming up at ATC:

- March 17th-18th: **Mid-Term Exams**
- March 19th: **NO SCHOOL—**  
Teacher Planning Day
- March 22nd-26th: **SPRING BREAK**

## Quote of Week:

*"How people treat you is their karma; how you react, is yours."*

*- Wayne Dyer*

Baby Yoda sending you good luck on your finals



## Mindfulness Moment with Mrs. Fort, School Social Worker

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The March character trait is **self-control**. Self-control is having discipline over one's behaviors and actions. In the classroom, self-control can be defined as prioritizing schoolwork above the "wants" in our day (ie – video games, Netflix, sleeping). When I meet with students who are struggling academically, one of the first items we discuss is their time management and schedule. In reviewing how time is spent after school, many students share more time is spent focused on their impulses or what they want to do, and little time is left to focus on what they need or are required to do. This often leaves students feeling more stressed and discouraged, especially when they look at Focus. As discussed in an earlier newsletter, the power of creating healthy habits often begin with self-control and discipline. One thing I tell my students is you do not need to give up the fun, stress reducing activities. You simply need to save them for the time of day when your prioritized tasks are completed. A simple way to start is by creating a functional schedule for how you plan to spend your day. Start with the activities you need to do, such as homework, study time, and family responsibilities. Then add in the activities you want to do, such as video games, Netflix, or friend time. When you focus on one activity at a time rather than trying to do multiple things at once, you may notice you are more productive and efficient, leaving more time to relax or spend on things you like.

Self-control displayed in interpersonal skills can be the way we behave in a classroom or TEAMS meeting, the ability to take direction and handle constructive criticism, or monitoring what we think vs. what we say. Sometimes practicing the power of a pause can be very beneficial. Not every thought we have needs to be shared or is appropriate to say out loud. In situations where you may find this difficult, during the pause think about these questions – Is it true? Is it helpful? Is it kind? If your answer is "no" to those questions, think twice before expressing it in the moment.

Do you at times struggle with self-control, creating habits, being present in the moment, or any other topics discussed in this section? I want to hear from you! Please feel free to send me a message via Canvas or email me at [Kimberly.A.Fort@browardschools.com](mailto:Kimberly.A.Fort@browardschools.com). Ask me a question or let me know what future topics you would like shared.



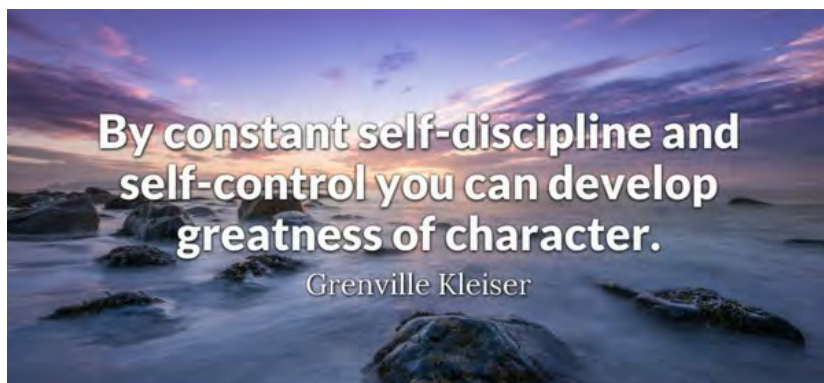
March's Character Trait is...

# Self-Control

Self-Control is having discipline over one's behavior and actions.

"Rule your mind, or it will rule you."

~Horace~



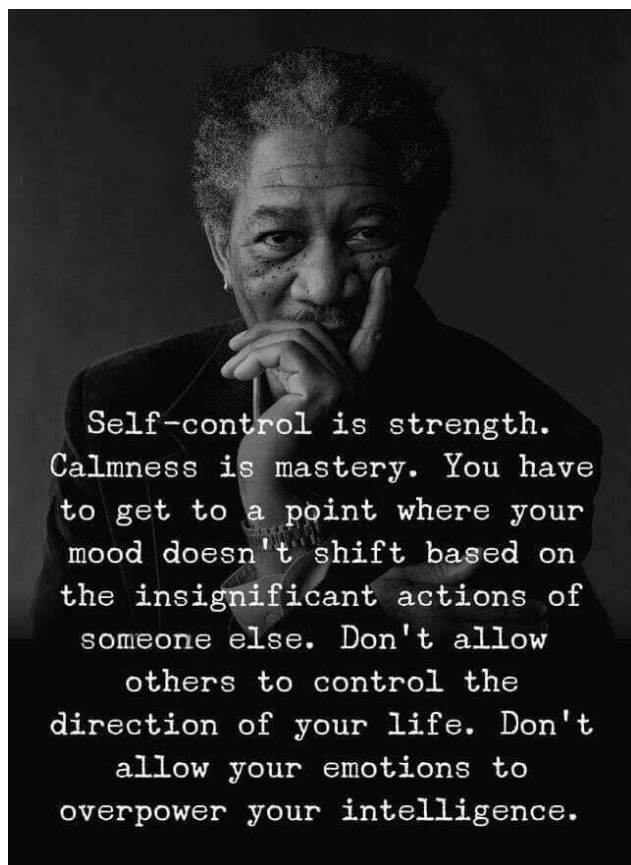
### How can you fulfill that through academics?

- Prioritize class work
- Take legible notes

### How can you fulfill it interpersonally?

- Learn how to take direction
- Ability to handle constructive criticism
- Differentiating between useful and less useful information

*Students make sure to check your **Naviance** notifications from your **Guidance Counselors Ms. Jackson and Ms. Guadalupe** for mindfulness activities, academic/interpersonal skills, and goals related to the monthly character trait.*





## Local & Current Events:

# SPRING BREAK THINGS TO DO



- **Flashlight Egg Hunt.** Teens, ages 11-15, can take part in a Flashlight Egg Hunt on Friday, March 26. The event takes place from 7:30-9 p.m. at the Athletic Fields at Pompano Community Park. There will be a DJ, egg hunt and prizes. This is a free event - registration is required. Participants can register March 1-25 on [Event Brite](#). Face coverings are required.

- **Lion Country Safari.** The drive-through safari portion of Lion Country Safari is open to guests. The preserve is divided into seven sections and visitors can get an up-close look at rhinos, zebras, giraffes, lions and more. The Safari World Adventure Park remains closed at this time. IF YOU GO: Masks are required if out of vehicle at any time. Tickets are at a reduced price of \$21 per person. Children 2 and younger are free. Lion Country Safari is located at 2300 Lion Country Safari Road, Loxahatchee. For more information, visit [lioncountrysafari.com](http://lioncountrysafari.com) or call 561



- **Miami's Museum of Illusions.** Visitors get a one-of-a-kind experience in this 3D art museum filled with optical illusions. There is also a Smash It! room where guests, ages 12 and older, are able to de-stress by breaking stuff. IF YOU GO: Museum of Illusions is open with limited capacity. Tickets are \$20 for children, ages 4-12, and \$30 for adults. Tickets for Smash It! are \$20 or can be purchased in a combo ticket with the museum for \$45. Museum of Illusions is located at 536 Lincoln Road, Miami. For more information, visit <https://miaillusions.com/>





**Do you need help with the**

# FAFSA?



Join this FREE event to learn step-by-step how to complete the FAFSA and get questions answered by financial aid experts.

**March 22 & March 29, 2021**

**6:00 – 8:00 PM ET**



[Register for this FREE online event](#)



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**954-201-8435**

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Monday - Central Campus - Bldg. 19/Room 102

Tuesday - South Campus - Bldg. 68/250C

Wednesday - North Campus - Bldg. 46/Room 129

Thursday - Weston Center - Room 204

Friday - Phone/Skype Available