



Tech Tiger Times

Coming up at ATC:

- **Jan 26th: PSAT** (10th and 11th graders only)

Quote of Week:

"Don't let what you cannot do interfere with what you can do."

-John Wooden

Tiger News Updates:

- PSAT Student Guide books are available in Portable 14 for those taking the PSAT
- The Yearbook Club is still collecting pictures for the yearbook; if your parent signed the media release form please send pictures or questions to Ms. Ramirez at Cecilia.Ramirez@browardschools.com

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Help us name our friend!

Help us name our friend!



Our Tiger needs a name and we could use your help. He/she will be making visits in all the classrooms and offices for the remainder of the school year, so if you are on campus and you happen to see him/her in your class make a name suggestion to your teacher and Ms. LaPorte will share the most requested name with us soon. You can look for our lovable friend in room 2427 and Mr. Tasca's room this week and next.

ON BEHALF OF ATC A REAL TIGER WAS ADOPTED THROUGH THE **WORLD WILDLIFE FUND.**

Mindfulness Moment with Mrs. Fort, School Social Worker

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Have you ever heard the saying, “New Year, New You?” Often, individuals celebrate the new year by declaring new resolutions, intentions, or goals they have. Then, a few weeks into January old habits become too powerful to resist and the new healthy habits stop. Forming new habits is difficult, but not impossible when we create steps to set ourselves up for success. Keep reading for tips on how to build healthy habits that will continue throughout the year!

Stack your habits. Researchers say the best way to form new habits is to build off an existing one. Look for existing habits in your day and think about how you can bridge the old with the new. For example, creating a daily schedule is an effective way to manage your time. You can add this small task of creating your schedule for the day in combination with your morning routine. Or if your goal is to better manage your stress, practice one-minute mediations or deep breathing exercises while brushing your teeth.

Start small. Sometimes we self-sabotage when we try to achieve a goal that is too large and requires too much motivation to sustain long-term. For example, the goal to exercise every day can sound daunting if you never exercise (*Remember – exercise is a great way to relieve and manage stress*). A simple way to start a new exercise routine could be to start taking a short daily walk before or after school/work. Gradually increase the time spent on the activity until it becomes part of your routine. Remember, combining it with an existing habit will only help to make it last!

Do it every day. British researchers found that the amount of time it took for a task to become automatic (a habit) ranged from 18-254 days; the average amount of time was 66 days. Think about that number and the amount of time you generally give a new goal – do you typically try out something new for at least 66 days or give up and move on if results are not instant? The lesson is consistency is key. Change typically does not happen overnight, but change can form faster if it is done every day.

Make it easy. It is easier to form habits when we clear away the obstacles that stand in our way (or put the habit in our way so it literally becomes an obstacle *think tripping over your gym bag). Let’s go back to the example of creating a daily schedule. It can be easy when you’re tired in the morning to forget/choose not to create a schedule. The night before, put your calendar/agenda at the spot you eat breakfast in the morning, so you are literally face to face with it every morning. Same thing with your schoolwork. If after school, you put your proverbial book bag in the corner than you will not spend the night studying and completing your homework. Make it difficult to ignore!

Reward yourself. Rewards should not be done just when you have accomplished your goal, they should be given out throughout the journey of accomplishing the goal. Some rewards are immediate – you study for a test and you receive the grade after the test is finished. Other rewards take longer, and this is when you must create them yourself. Thirty-minutes of uninterrupted home work time can be rewarded with a 10-minute de-stressing activity of your choice. Or combine a reward with your activity, such as being active with a friend or listening to your favorite music while organizing your study area.

Most importantly, remember goals can be created and achieved anytime throughout the year, not just on January 1st. There is also no new year’s resolution that will make you more worthy or valuable. You, as your actual self and not some made up version of yourself, already are.

Inaugural History

What is involved in the Presidential Inauguration?

In just a few days the United States will swear in its 46th President, and though this year may prove to be different due to the pandemic, it may still leave its mark along with many others.

Have you ever wondered what is involved in the Inauguration and why so many people watch it and attend? The Presidential Inauguration includes the swearing in ceremony where the President-Elect and Vice-President Elect take the oaths of office. This is followed by the inaugural address, which is the speech made by the incoming President. The ceremony usually incorporates a few prayers, musical works, and poetry readings.

Enjoy a few of the many interesting facts surrounding past inaugurations and possibly tune in to the next; you may witness the next Inaugural History moment.



1. Prior to the passage of the Twentieth Amendment in the early 1930s, Inauguration Day was always March 4th, the anniversary of the Constitution first taking affect in 1789. The Twentieth Amendment changed the date of Inauguration Day to January 20th, unless that falls on a Sunday, in which case the date is moved to January 21st.
2. Since 1789 there have been 68 inaugural ceremonies to mark the commencement of a new four-year term of a president of the United States and nine of those marked the start of a partial presidential term following the intra-term death or resignation of an incumbent president.
3. During James Madison's inaugural ball in 1809, which was also the first Inaugural Ball held, the weather got so hot that patrons reportedly broke out the windows at Long's Hotel so they could breathe. Tickets were only \$4 per person!
4. Inaugurations can also be a time for a new president to make a significant symbolic gesture. Abraham Lincoln invited African Americans to march in his second inauguration in 1865, a presidential first.
5. Poets reciting their work during the inaugural ceremonies have become more recent traditions. Robert Frost was the first, reciting "The Gift Out-right" at John F. Kennedy's 1961 inauguration.
6. First Ladies didn't always hold an important place at the White House. In 1809, Dolley Madison became the first First Lady to even attend her husband's inauguration. And it took another 150-plus years for the FLOTUS to play a part in the ceremony; in 1965, Claudia Alta "Lady Bird" Johnson held the Bible while the president took the oath of office.

There are many more Inaugural events that include poisoned birds and Jelly Belly Beans. Research them, you won't be disappointed!

Resources:

Some material featured from *MentalFloss.com*



Local & Current Events

- Let's Gogh Painting.** Join a group of young artists express themselves through acrylic painting sessions. The first session will be January 28 thru February 18th 2021. COVID-19 guidelines will and must be followed by all participants. For details and location [click here](#).
- Pen to Page Writing Workshop Series.** Experience direct instruction and engage in individual and group activities designed to challenge creative muscles in order to produce original poetry (and other forms of creative writing) for presentation and/or publishing. Art Prevails Project is a performing and literary arts organization committed to providing artistic and cultural experiences through performance and education using a multidisciplinary approach rooted in theatre and creative writing. Visit <http://broward.libnet.info/event/4782940> to register.
- Healthy Brain, Happy Brain Workshop.** Held every 3rd Wednesday of the month you can attend this class to experience different ways to stimulate your brain, learn, relax and have fun while doing it all! Gain an understanding of what to DO to keep your brain healthy and why keeping your brain healthy is important for overall well-being. Dress comfortably as movement is included. All ages welcome! Call 954-357-8180 for more information.

MIRAMAR LIBRARY
Let's talk brain!!!

THIS IS A COMPREHENSIVE WELLNESS CLASS WHICH INCLUDES TOPICS SUCH AS NUTRITION, MEDITATION AND SELF-CARE PRACTICES. DRESS COMFORTABLY AS MOVEMENT IS INCLUDED.

3RD WEDNESDAY OF EVERY MONTH IN 2020
5:30 PM - 6:30 PM
2050 CIVIC CENTER PL
MIRAMAR, FL 33025

OPEN TO ALL AGES

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Character Trait of January is...

Respect

Respect is showing consideration, understanding, and regard for people, places, and things.

"Treating everyone with respect, regardless of who they are or their station in life, is an act of leadership."

~ Phillip Van Hooser ~

Treat everyone with kindness and respect, even those who are rude to you – not because they are nice, but because you are.

How can you fulfill that through academics?

- Begin communicating with the teacher when an assignment is unclear

How can you fulfill it interpersonally?

- Be cooperative and courteous
- Use positive verbal and nonverbal communication with others

*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.*

I was raised to show respect.

I was taught to knock before I open a door. Say hello when I enter a room. Say please and thank you, and to have respect for my elders. I'd let another person have my seat if they need it. Say 'yes sir' and 'no sir' and help others when they need me to, not stand on the sidelines and watch. Hold the door for the person behind me, say 'excuse me' when it's needed, and to love people for who they are and not for what I can get from them and most importantly, I was raised to treat people exactly how I would like to be treated by others.

It's called Respect.

LifeLearnedFeelings