

#### SELF-CONTROL

self-con·trol

/ˈˌself kənˈtrōl/

noun

the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations.

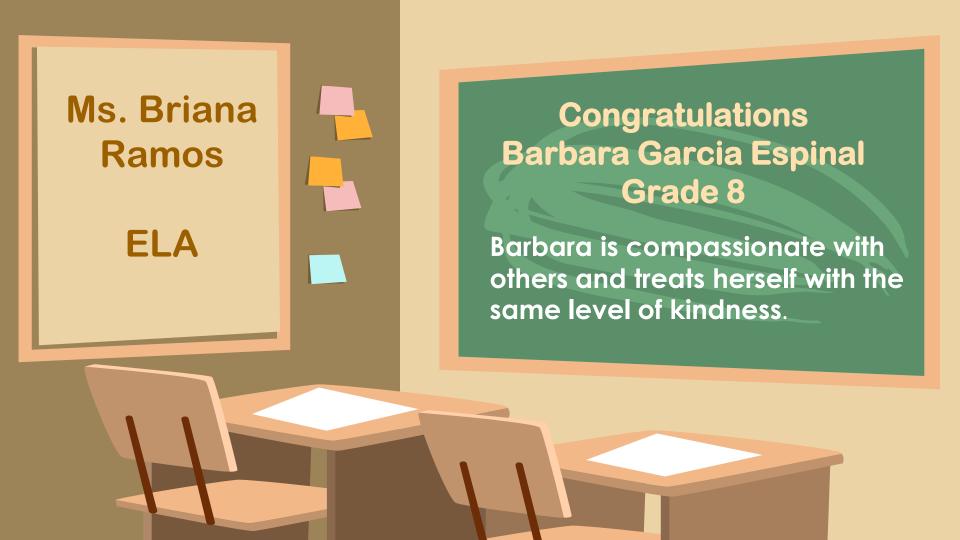
## Congratulations Daniela Burbano – Grade 8

Daniela is always quiet and calm. When she has questions about her work, she always asks in a polite and non-defensive manner. She is a joy to have in class.



Ms. Katherine Stone
Science

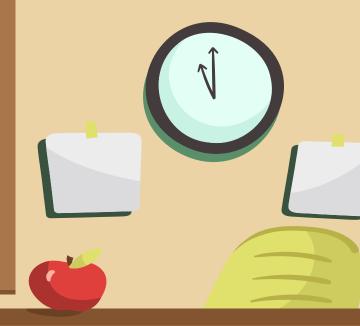






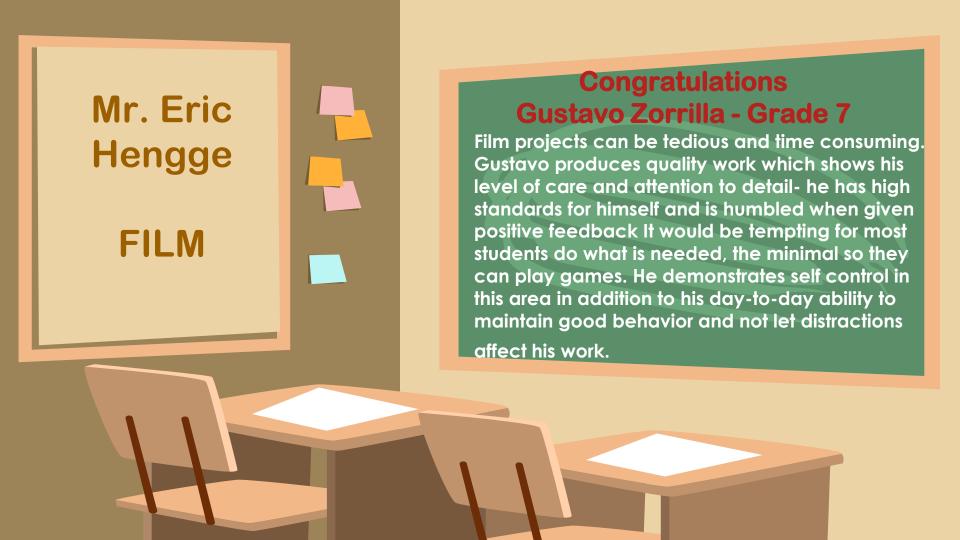
# Congratulations Giselle Delpozo – Grade 7

She manages her wants and patiently waits to express them.



Ms. Carly Feduniec

Yoga / Public Speaking



### Congratulations Lorenzo Abiatti – Grade 7

At the risk of embarrassment, Lorenzo spoke up about the possibility of having lice. He was honest and forthright and behaved in a mature manner.



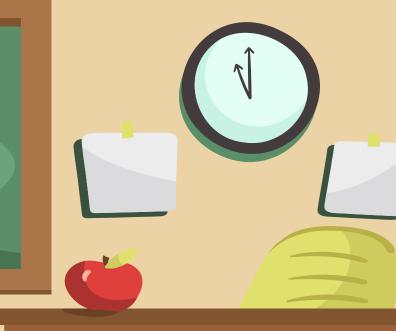
Ms. Kimberly Miner ELA

## Congratulations Alec Lebossiere – Grade 8

Alec is always calm and collected.

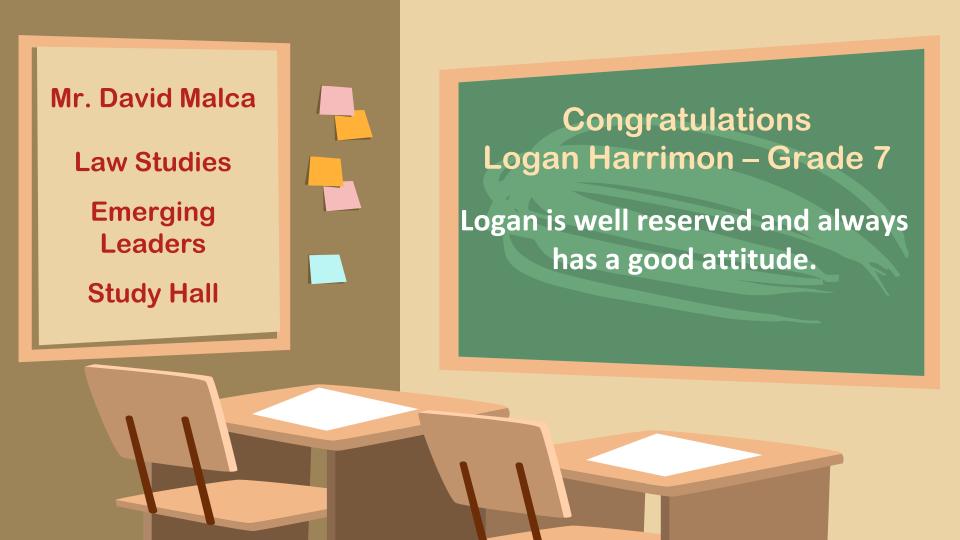
He even tries to keep other

students calm if they act out.

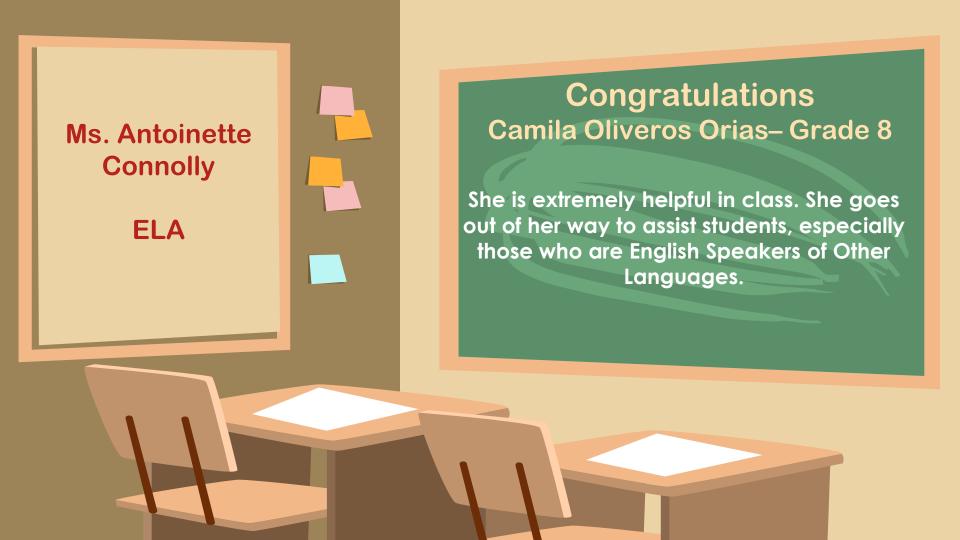


Ms. Jennifer Dailey
Speech & Debate









### Congratulations Nathan Dunhoft– Grade 7

Nathan is a quiet and respectful young man. However, he has a problem seeing the board at times due to an eye condition. Therefore, he prefers to log into TEAMS to see the lesson. Although the problem may be frustrating for him at times, Nathan never complains. He is always polite and continues to stay engaged in the class. I have a great deal of respect for Nathan's ability to maintain Self-Control under such difficult circumstances that occur on a daily basis.



### Congratulations Carla Mulet – Grade 6

Carla demonstrates self-control by never blurting out the answer to a question. She waits until I call on her before she answers questions.



Ms. Joy White-Morris

Math



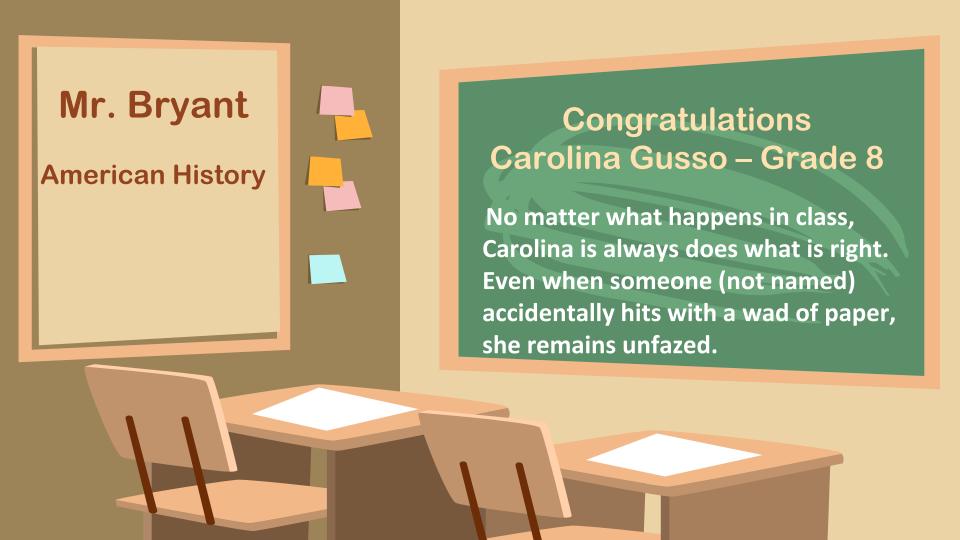


### Congratulations Paz de Luca – Grade 7

Paz demonstrates the ultimate in self-control on a daily basis. She is often in stressful situations with her high school level classes, yet she does not allow the stress to take over her personality. She is one of the most well-mannered students I have ever had, even amidst the craziness of the pandemic.



Mr. Daniel Slowik
TV Production /Drama/ Film



Congratulations
Veronica Mugica Feliciani – Grade 6

Veronica is always calmly doing her work and in control of her actions.



Ms. Margarete Hernandez

**ELA** 



### Congratulations Hunter Crawford – Grade 8

Not only is she an amazing student showing self control with teachers and students, but Hunter has shown self control on the football field also. A lot of girls "talk smack" to us during games, but Hunter lets her game speak for her. She never says a word but will keep herself in check and let her game speak. In class, many kids yell out the answers, but Hunter always shows self control to answer questions.

#### Mr. Adam Cristo Math

Congratulations

Alexandra Cordero-Lanza – Grade 6

She is a well-disciplined student.



Ms. Savita Maraj

Reading

