

The **WESTON** Hemisphere Oct 2019

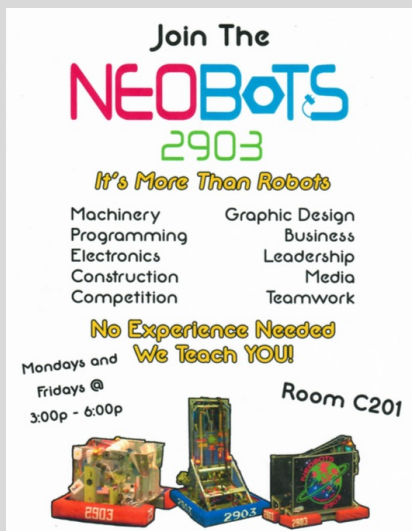
October 15, 2019 | Issue 1

Upcoming Events:

October 16, 2019 Early Release
Students released at 11:20am

November 1, 2019 End of CAP 2

November 6, 2019 Parent
Conferences 12-3pm & 4-6pm



How Weston is Different

By Julie Shaughnessy

Alternative school? School of Choice?
Traditional School? Everyone comes to
Weston for different reasons.

[Read More](#)



The View From Behind the Principals Desk

A note from Andrea

Hello Panther Families,

As we move from CAP 1 and into CAP 2, we will be focusing on keeping our students on-time for graduation and preparing them for life after Weston. To best do so, we are engaging our staff and students in the study of the Habits of Mind. Habits of Mind are the skills that students need to possess in order to navigate adulthood more effectively.

Each month, we lead a WHSx talk where a faculty or staff member presents on a Habit of Mind, by sharing a personal story of resilience. In September, I spoke about the Habit of Mind called Metacognition. By getting into a habit of metacognition we teach ourselves to be aware of our thinking. Too often we allow self created thoughts and stories to define what we are capable of accomplishing. By being



9 Questions to Improve Metacognition

by @Inner_Drive
www.innerdrive.co.uk

Before

- ▶ Is this similar to a previous task?
- ▶ What do I want to achieve?
- ▶ What should I do first?

During

- ▶ Am I on the right track?
- ▶ What can I do differently?
- ▶ Who can I ask for help?

After

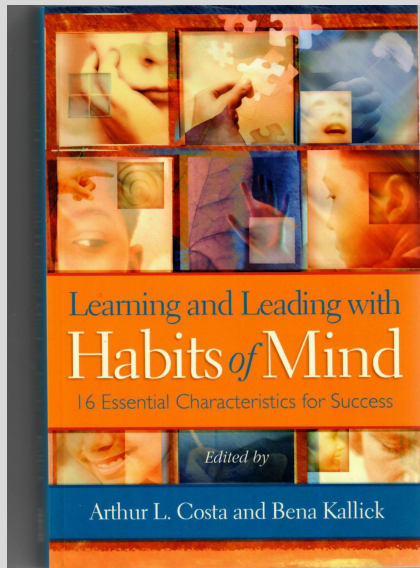
- ▶ What worked well?
- ▶ What could I have done better?
- ▶ Can I apply this to other situations?

aware of our thoughts, we can work to break destructive narratives that prevent us from success.

From this point forward we will feature a Habit of Mind where our staff and students will focus on practicing this skill in their daily lives. This month, the Habit of Mind is Persisting. We want every one of our students to set goals, work hard to achieve them and to persist - even when it gets challenging. We hope you will model and reinforce this Habit of Mind with your student as well.

Best,
Andrea

Words from our Weston Staff



Habits of Mind By John Pedack

Wow! Fall has already come to meet us. The weather took a drastic turn this week alerting us to the harsh reality that school, football, and pumpkin spice latte season is here. Those hot summer days are all but behind us now. Many people say that the New Year is a good time to start anew, but who really wants to turn over a new leaf in January? That phrase seems to fit a little bit better with autumn, and it is this time of year that new beginnings are more organic.

It is the start of a new school year, which means last year is over and it is time to form some new/better habits. This year our school is going to focus on developing new habits using the book, *Learning and Leading with Habits of Mind*. You've probably heard it said, "Humans are creatures of habit" and if we, as individuals, create positive patterns in our lives, often times our quality of life improves. This book encourages readers to reflect on life choices and decisions in order to see where we can improve individually.



1. Persisting

Stick to it!
Persevering in task through to completion; remaining focused. Looking for ways to reach your goal when stuck.
Not giving up.

1. PERSIST



Stick to it!

Persevere in a task through to completion.
Remain focussed. Look for ways to reach your
goal when stuck. Do not give up.

The book consistently states that by creating a schedule and sticking to it your day goes smoother. My goal for improvement is trying to eat a wholesome breakfast everyday. It is so easy to grab PopTarts or Eggos or even McDonalds for that matter (those options are also delicious) however, their nutritious value is questionable. For me to accomplish this, I have to wake up a few minutes earlier, as well as plan a little bit better during the week. Gotta have those eggs in the fridge, if you know what I mean.

This school year has many opportunities for self-improvement, and I encourage your student and you to look at your life and make a new constructive habit! Good luck!

WESTON HIGH SCHOOL

