



Peet Cub News

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"With a new day comes new strength and new thoughts."

Eleanor

Roosevelt

New Year, New You: Tricks to Help You Achieve Your Goals

1. Set short-term goals for long-term results

Break your goal into small, manageable chunks. Running a marathon is a big goal. Break it into chunks. Get started by aiming for so many steps to accomplish within a given day. Also, by breaking the goal down, you can measure your progress along the way.

2. Make your goal about the journey, not the outcome.

For example, beginning healthy eating habits is more important than a number on a scale or learning how to study for a test in the end is more valuable than one specific grade on a test as you are learning how to study.

3. Schedule time for your goal.

Life can get busy! Schedule time for your goal during your day. For example, if your goal is to learn how to play a new instrument,

schedule practice time into your day.

4. Use the buddy system.

Achieving goals can be better with a friend. Challenge a friend who has a mutual interest with you. By doing this you have a positive support system.

5. Write your goals down.

Writing down your goals and putting them in a place that you see them each day keeps the goals present and on your mind.

6. Keep records of your progress.

Keeping records of your progress helps you stay motivated and can also make you aware if something in your goal plan needs to be adjusted. There are many apps that can help in the area of progress monitoring. Is there an app that could help you achieve your goal? Do some research here in order to discover technology that could help you.

7. Celebrate little victories.

Celebrate the little steps. The little steps will add up to the big change you are wanting to make (goal achieved). However a word of caution, make sure your celebrations do not work against your overall goal.

8. Reassess your plan.

If something is not working (helping you achieve your goal), then change is needed. If you have to reassess and make changes, that is fine. Reassessment and changing your plan should not be viewed as a failure. Making changes to your plan is normal. We are individuals and thus one thing is not going to work the same for everyone.

9. Do not give up.

Too often, people give up on achieving new things because of a setback. Slip ups happen. Do not hold on to a setback. Remember your small victories and keep making forward progress.



Keep going. You can do it!

Peet Tracks



Nurse's Notes

Seventh grade students had hearing and vision screenings done, at school, during the month of December. Referrals will be mailed home for students who failed the screening. Please let me know if you are in need of financial assistance for hearing or vision exams as there are programs available for those who qualify. Also, if your student has glasses encourage them to wear them at school if they aren't already doing so. The ability to both see and hear their teachers will have a positive effect on classroom performance.

Stay Healthy!

Laura Celestino, RN

Elizabeth Buller, Clinic Aide

Eighth Grade English Language Arts

As the New Year begins, 8th grade students will be reading and analyzing a variety of poems. We will also continue to work with non-fiction texts, such as reading advertisements, newspaper articles and a variety of other texts.

Students need to continue to read

independently at home for at least 20 minutes from a book of their choice. Please ask your child to tell you about what he/she is reading.

Vocabulary: In addition to the "Word of the Week", students will be working on Units 7, 8 and 9 from their Vocabulary Workbook.

Language Arts Tutorials:
Before School

Monday, Tuesday, Thursday and Friday- Coach Baron

Thursday- Adams

After School

Monday and Wednesday- Adams

Thursday - Buck

Spelling Bee

Peet Junior High will be holding it's Spelling Bee on Thursday, January 5th. Students took a preliminary quiz to qualify for this year's bee. We will have 31 students participating.



Peet Yearbook

Yearbooks on sale. Price is \$45 starting Jan. 3. Order at the front office of Peet Junior High or visit www.yearbookforever.com

Girls' Basketball

Seventh grade took second place and 8th grade took 3rd place in the Montgomery Junior High School Tournament.



Dancing Dolls Annual

Dance Clinic

Join us for our annual dance clinic!

When: January 17th at 5:00 pm.

Where: Peet Junior High School

The half-time performance will be on January 19th during the basketball game. (See the flyer within this newsletter for more information..)

Join us for the Dancing Dolls Annual Dance Clinic!



*January 17th at 5 Pm
at Peet JH*

*Basketball half-time performance:
January 19th*

To get your t-shirt the day of the clinic

Sign up at Peet.conroeisd.net on our webstore by Jan. 10th

or

Collect a registration form

from the front office and return it by Jan. 10th

If you sign up you get:

Learn a fun dance routine, T-shirt, 2 performances alongside the Dolls,

Snacks, Special Gift, Fun memories that will last forever.

If you have any questions, please free to contact us at Dancingdollsdirector@gmail.com!

Important Dates



January -

- 5th – Peet Spelling Bee (LGI all day)
- 6th – Choir Girls PJ Party
- 12th – Basketball - Girls Home / Boys at Knox
- 13th – Pep Rally (7th Grade and 8th Grade Pep Rallies)
- 13th – Band Solo and Ensemble Activity Night (4:00 – 9:00)
- 14th – Region Choir Workshop at McCullough
- 16th – Holiday (MLK Jr)
- 17th – Theater Fun Night
- 18th – UIL Academic Invitational Meet (Theatre)
- 19th – Basketball –Girls at McCullough / Boys Home (last game)
- 21st – Region Choir Auditions at Peet – ALL DAY entire building
- 28th – Band Solo and Ensemble

February

- 2nd – 8th Grade Course Selection (LGI all day)
- 3rd – Science Fair
- 3rd / 4th – Region Choir Weekend
- 8th – 8th Grade Course Selection (LGI all day)
- 10th – JH Science Quiz Bowl
- 11th – Regional History Fair at Lone Star

