

BELIEVE IN YOU

Daily Announcements

WEEK 1

This is week 1 of the *Believe In You* empowerment journals and our school community will be focused on trust.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way you want it to.

Trust is something that we have to work to build. We have to be trustworthy for our family and friends.

This week we will all focus on building trust within our school community. That means using positive and encouraging language, completing our work, and giving our best effort. Let's focus on trust.

We Believe in You!

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WEEK 2

This is week 2 of the *Believe In You* empowerment journals and we will be focused on enthusiasm!

Enthusiasm is a good feeling you get when you are excited about a goal and are motivated to work toward that goal.

Enthusiasm can be contagious in a good and powerful way! When people see your positive enthusiasm, they start feeling enthusiastic too.

Enthusiasm comes from exploring your interests and then sharing what you've learned with the world. Enthusiasm is an important ingredient of greatness.

This week, focus on sharing your enthusiasm!

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WEEK 3

This is week 3 of the *Believe In You* empowerment journals and we will be focused on encouragement!

Feeling encouraged is a positive emotion that comes when you feel like things are going your way and you want to keep working toward a goal.

Encouragement can boost your motivation and enthusiasm.

Friends, family, and teachers can give encouragement to help power your effort. In the same way, you can encourage your classmates with positive words and an enthusiastic attitude.

This week our entire school will be focused on encouraging each other. Let your classmates know that you believe in them.

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WEEK 4

This is week 4 of the *Believe In You* empowerment journals and we will be talking about fear. Fear is uncomfortable but it's meant to keep us safe from danger. Fear can be useful because it motivates us to ask for help.

Fear is also a key ingredient in courage. We see courage when people do what's right even though they are afraid.

This week we're going to look for friends and family members who are trying to be courageous. We're going to give them support and encouragement and help them do what's right. And, if we feel fear, we're going to ask the people we trust for help.

Be courageous. *We Believe in You!*

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WEEK 5

This is week 5 of the *Believe In You* empowerment journals and all week we will be focused on motivation. Motivation is a positive feeling that gives us focus and energy while we're working toward a specific goal. It helps push us past challenges toward our potential.

One great way to find motivation is to think about what you're doing and how it can help other people. As you learn in your classes, you're working toward a future where you have unique skills to help people.

It's not always easy to stay motivated, especially when things aren't easy. This week let's help motivate each other.

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WEEK 6

This is week 6 of the *Believe In You* empowerment journals and we are going to think about how a feeling of trust also helps us feel happy and relaxed.

When we can trust our classmates to help build a positive learning community, it is easier to feel happy and relaxed while we learn together.

When our teachers can trust us to do our best work and focus on what we're learning, then they can feel happy and relaxed as they teach our classes.

Trust is an important part of our school community. Positive learning communities are built on trust.

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WEEK 7

This is week 7 of the *Believe In You* empowerment journals and it's time to look at enthusiasm and how it connects to our purpose.

Your purpose is to find your unique greatness and share it with the world. School is an important place to figure out what you're really interested in, and then explore those interests with enthusiasm.

Learning with purpose is a great way to show the world your enthusiasm.

Don't forget to encourage your classmates as they live and learn with purpose.

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WEEK 8

This is week 8 of the *Believe In You* empowerment journal. This week as a school community, we are going to focus on encouraging our classmates as they work toward their unique greatness.

When you see someone working toward a personal interest — tell them how inspiring they are.

When you hear a classmate encouraging a friend — jump in and multiply the encouragement with more positive energy.

The world needs all of the encouragement and kindness that we can give. If not you, then who?

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WEEK 9

It's week 9 of the *Believe In You* empowerment journal. This week we're going to find ways to live with courage.

The smallest act of courage can inspire others and help create a better and safer learning community for everyone.

It might take courage to ask for help. It might take courage to admit that you made a mistake. It might take courage to show the world a hidden talent.

Living courageously doesn't mean you don't feel fear. It means you do feel fear, but you do what's right anyway.

Live with courage.

We Believe in You!

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WEEK 10

It's week 10 of the *Believe In You* empowerment journal. It's time to look at how we did on our 5-week **GREAT Goals** and think about our goals for the next 5 weeks.

Working toward a goal takes motivation. Who has helped you stay motivated toward your goal? Who have you helped stay motivated toward their goal?

Look around at your classmates and our amazing learning community. Let our community motivate you. Contribute to the greatness by using your kindness and enthusiasm to motivate others.

Gandhi said, "The future depends on what you do today."

The students in our school will shape the future.

We Believe in You!