

February NEWSLETTER◀



Issue 6 | Date: February 2022

PRINCIPAL'S MESSAGE

Tiger Family,

An article from *Forbes* magazine by Travis Bradberry on Aug 23, 2016 title, "3 Powerful Ways To Stay Positive" formulates this plan to get through tough times:

1. Separate Fact From Fiction

The first step in learning to focus on the positive requires knowing how to stop negative self-talk in its tracks. The more you ruminate on negative thoughts, the more power you give them. Most of our negative thoughts are just that - thoughts, not facts.

When you find yourself believing the negative and pessimistic things your inner voice says, it's time to stop and write them down. Literally, stop what you're doing and write down what you're thinking. Once you've taken a moment to slow down the negative momentum of your thoughts, you will be more rational and clear-headed in evaluating their veracity. Evaluate these statements to see if they're factual. You can bet the statements aren't true any time you see words like *never*, *always*, *worst*, *ever*, etc.

When it feels like something *always* or *never* happens, this is just your brain's natural threat tendency inflating the perceived frequency or severity of an event. Identifying and labeling your thoughts as *thoughts* by separating them from the facts will help you escape the cycle of negativity and move toward a positive new outlook.

2. Identify A Positive

Once you snap yourself out of self-defeating, negative thoughts, it's time to help your brain learn what you want it to focus on - the positive.

This will come naturally after some practice, but first, you have to give your wandering brain a little help by consciously selecting something positive to think about. Any positive thought will do to refocus your brain's attention.

When things are going well, and your mood is good, this is relatively easy. When things are going poorly, and your mind is flooded with negative thoughts, this can be a challenge. In these moments, think about your day and identify one positive thing that happened, not matter how small. If you can't think of something from the current day, reflect on the previous day or even the previous week. Or perhaps there is an exciting event you are looking forward to that you can focus your attention on.

3. Cultivate An Attitude Of Gratitude

Taking time to contemplate what you're grateful for isn't merely the "right" thing to do; it reduces the stress hormone cortisol by 23%. Research conducted at the University of California, Davis, found that people who worked daily to cultivate an attitude of gratitude experienced improved mood, energy, and substantially less anxiety due to lower cortisol levels.

You cultivate an attitude of gratitude by taking time out every day to focus on the positive. any time you experience negative or pessimistic thoughts, use this as a cue to shift gears and think about something positive. In time, a positive attitude will become a way of life.

Stay happy, stay positive!

Bill Summers
Principle, Cañon City High School
(719) 276-5871



Let's talk



The Counseling Department is currently conducting meetings with students soon to start the 2022-2023 school year pre-registration process. These will be individual meetings with students to build their schedule for next year.

CAREER AND TECH ED.

TEACHER CADET I

CCHS is excited to once again offer the Teacher Cadet class for our students! TC is a 200-level college education class with rigorous standards, including classroom observations, pedagogical works, and a practicum session with a cooperating teacher. Born out of a pilot program in South Carolina in 1985, Teacher Cadet is now a highly effective High School recruitment program aimed at attracting our best and brightest students to the teaching profession.

Teacher Cadet is also a great opportunity for interested students to develop interpersonal and leadership skills. They dig into the many areas of education, to include: self-esteem, diversity, special needs, psychology, lesson planning, and so much more. They observe students at all levels of education, from preschool through high school, as well as school and district leadership.

We're especially looking forward to the last several weeks of the semester, when students will bring all they have learned to a local classroom to observe, assist, and teach a lesson with a cooperating teacher.

CAREER AND TECH ED.

Video Production and Broadcasting

Mrs. Reed teacher Video Production and Broadcasting. In Video Production students learn the basics of shot composition, filming and editing. We have a lot of fun in this class getting comfortable with the cameras and Adobe Premiere Pro editing software.

Broadcasting class gives students the opportunity to produce a daily newscast. We have fast mornings getting all of the elements ready for the announcements. Students learn how to news write, add in entertainment value, and run the Tricaster while recording. In addition, Broadcasting



TRANSITIONS II

Look out, Starbucks! The Transitions II Class is in the coffee business! We are so happy to share that we have been working with a program from The Gus Belt Family Foundation. They have provided our class with everything they need to run a successful coffee business! The coffee cart gives students a chance to build important employment skills to prepare students for life outside of high school. Jobs students learn include greeting customers, taking orders, counting money, making change and delivery clerk positions. They have been working hard at perfecting these skills! Every Tuesday and Thursday, students receive online orders and in person orders from staff members at the high school. Students are having so much fun growing as they're making coffee!





8th Grade

Club Crawl Night

Link Crew

HOSA

Softball
Soccer

Project

Lead the

Way

Tiger
Gymnastics

**...and
so much
more!**

Mountain
Bike
Club

Computer
Applications

Monday February 28 @ 6:00 pm

Cañon City High School