



# LIONS PRIDE



## DATES

6 Board of Education Meeting  
6:30

8 9th Grade Preview Night  
6:00 - 7:30

14 Leader of the Month  
11:45 - 12:15

20 NO SCHOOL  
Dr. Martin Luther King Jr. Day

21 Board of Education Meeting  
6:30

23 Boys City Tournament

29 Girls City Tournament



## Say No to Negativity

The Wall Street Journal recently published an article entitled For the New Year, Say No to Negativity. The writers discuss the emerging field of positive psychology and its impact on our everyday lives. The research is clear: negative thoughts and behaviors are stronger than positive ones. "Our minds and lives are skewed by a fundamental imbalance that is just now becoming clear to scientists: the negativity effect. Also known as the negativity bias, it's the universal tendency for bad events and emotions to affect us more strongly than positive ones." But the good news is we can break destructive patterns, make smarter decisions, see the world more realistically and also exploit the benefits of this bias. Bad is stronger than good, but good can prevail if we know what we're up against."

The authors suggest we go on a "negativity diet" for the new year and follow these basic tenets:

Do No Harm - avoid negative interactions and hurtful encounters

Remember the Rule of Four - it takes (at least) four positive interactions to make up for one negative act

Put the Bad Moments to Good Use - "The upside of (negativity) is its power to teach and motivate"

Capitalize on the good moments - and then relive them.

To read the whole article, visit <https://www.wsj.com/articles/for-the-new-year-say-no-to-negativity-11577464413>



### Fast Facts - 11/26 - 12/20

Referral free students	86%
# of referrals	74
% of students with referrals	14%
% of students with multiple referrals	7%

## Fresh Fruits and Vegetables Program

1/7-8 – Beet Sticks & Pomegranate