



Daily Bulletin

Friday

March 16, 2018

MENU: \$3.50 Lunch Entrée Choices: BBQ Chicken Flatbread Pizza; Macaroni & Cheese with Garlic Toast; Spicy Asian Chicken Salad and a Roll; Hot Chicken Sandwich; Turkey & Cheese Sandwich; Pepperoni Pizza; Bean & Cheese Burrito; Bistro Box. Side Dishes: Tossed Green Salad; Cauliflower florets; Baked Sweet Potato Fries; Fresh Apple Slices; Dried Fruit. Choice of Milk.

Schedule: 1 3 5

What is AVID's mission statement? The mission Statement is to close the achievement gap by preparing all students for college readiness and success in a global society.

Interested in this Amazing elective? AVID Recruitment is happening right now! If you are interested in the AVID elective for next year, pick up an application from the counseling office. Return completed applications to the counseling office or room 907 by **March 16th**.

Last week's SWITCH session on teamwork was SO much fun, thanks to our incredible college guides! They can't wait to see their teams again today in the MPR! ...and EVERYone at Twin Peaks seems happier too, with a ton more smiles going around! Keep it up! Well, here's the guides' message for Adventure #3 on Empathy...

Empathy is showing compassion to someone who has a problem! Did you know that strong people who are kind, not only have compassion for others, but show compassion for themselves? They don't say things to themselves like, "I'm not good enough," or "I'm so stupid"?

Leave that negative self-talk behind and only allow words in your head like, "If I've done my best, then I'm good enough", and "Maybe I'm not bad at math, but I just haven't practiced much." Research even shows that a when we talk positively to ourselves, our grades start to improve and we begin to have more friends!

So today, we're SWITCHing from being JUDGMENTAL of ourselves and others to being UNDERSTANDING and compassionate. Repeat after me, "***I'm SWITCHing from being JUDGMENTAL to UNDERSTANDING***". Let's test it out....Turn to someone right now and compliment yourself and then compliment them! Begin Your Adventure!

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