

# BROWN SCHOOL

BI-WEEKLY ELETTER ~ JANUARY 5, 2013



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## New Year, New Goals!

by Nina Benway

Even though the holidays have ended, it is still a magical time of year; the spirit of IGNITE is in the air! The sense of renewal found at the New Year also embodies the mission of IGNITE, and is conveyed through mindful reflection, goal setting, and life-long learning.

Brown School students strive daily to meet the objectives of the Brown School Curriculum. With the development of IGNITE, students and teachers are also mindfully reaching for personalized talent-development goals within academic, social, artistic, and wellness domains. While the goals might be individualized, no student is working independently; it is our job, as parents, educators, and friends, to support our students as they strive for these goals. Take a moment to reflect. What goals are our students hoping to achieve? What goals do we have for ourselves? What goals can be achieved as a family? Most importantly, what steps need to be taken to realize these endeavors?

### Picking the Goal

Obtainable goals are specific, measurable, incremental, and motivating. Instead of "I want to be on time to events more often", try "I will leave the house five minutes earlier than usual." If needed, break the goal into more manageable steps by creating a written timeline with incremental targets and deadlines. Each goal should additionally have an "in order to" statement. By adding such a statement, the above goal now becomes "This month, I will leave the house five minutes earlier than usual; next month, I will leave the house 10 minutes earlier than usual. I will do this in order to increase ease and relaxation when traveling."

### Living the Goal

Simply Brilliant, Inc offers the mantra, "say it, feel it, believe it." Talking about goals, using affirmations, will keep goals in the conscious mind and allow for mindful reflection. Associate with people striving for the same goal, discuss goals with mentors, and become an expert in the goal while teaching others. Feeling the emotion behind goals will motivate and energize a goal from hope into action. Finally, believe in the goal. Become committed to the mindset associated with the goal and focus on the positive. Positive, mindful thought encourages success because it does not allow for cognitive resources to consider the possibility of failure.

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## Avoiding Pitfalls

Negative thought is often the largest hindrance to achieving a goal, and overcoming negativity might be the ultimate goal for many people. Aubele & Wenck (2011), in their discussion of cognitive behavioral therapy entitled *Train your Brain to Get Happy*, offer four general techniques to combat automatic negative thinking: recognize unproductive, automatic negative thoughts; counter automatic negative thoughts with positive thinking; reframe the automatic negative thought in a positive manner; and employ distraction until negative thoughts subside. Other pitfalls, to be navigated mindfully, include distraction, procrastinations, and over complication. Keep things simple!

The IGNITE Program intends to model the process and importance of life-long learning. This is especially true at this time of year, when a tangible hope is felt in the coming of the New Year. Goals are obtainable for everyone – student, family, and educator – when mindfully framed within the power of positive thinking! Best wishes from the Brown School for a happy, healthy, and mindful 2013!



The Jason Morris Judo Center came to Brown School over Winter Break to share more of their Olympic technique with us.

## Music Cafe News

Happy New Year! We are going to begin this new year with a "Little Folks" concert for our own Brown School 3rd and 4th grade, on Friday, January 25th, at 7:00 p.m. Contact me at [msalvatore@brownschool.org](mailto:msalvatore@brownschool.org) for a time slot. The sign up fee is \$3.00, there is a limit of 2 seats per performer at \$3.00 each.

## Upcoming Dates

### Tuesday, January 8

- PALS Meeting

### Friday, January 11

- Ski Club
- Movie Night PK and K

### Friday, January 18

- Ski Club

### Monday, January 21

- Martin Luther King Jr. Day - No School

### Thursday, January 24

- Alumni Event

### Friday, January 25

- Second Marking Period Ends
- Ski Club

### Monday, January 28

- Professional Day - No School

## New Year's Resolutions by Third Grade

- I want to learn more soccer skills.
- I want to be better at multiplication facts.
- My goal is to stay on the Pacer Test board at school.
- For every four fiction books I read, I will read one non-fiction book.
- I want to be able to do a handstand.
- I want to be a faster swimmer and make it up to do a 30 second 50 yard freestyle.
- My resolution is to be better at running two miles.
- I want to be better at reading.
- My goal is to be kinder to my sister.
- My resolution is to push myself more in gymnastics
- I want to be able to do a better slam dunk on the basketball hoop.



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