

"S.O.A.R. like an Eagle"



Click this button to complete the survey:

PRE-Survey

1:10

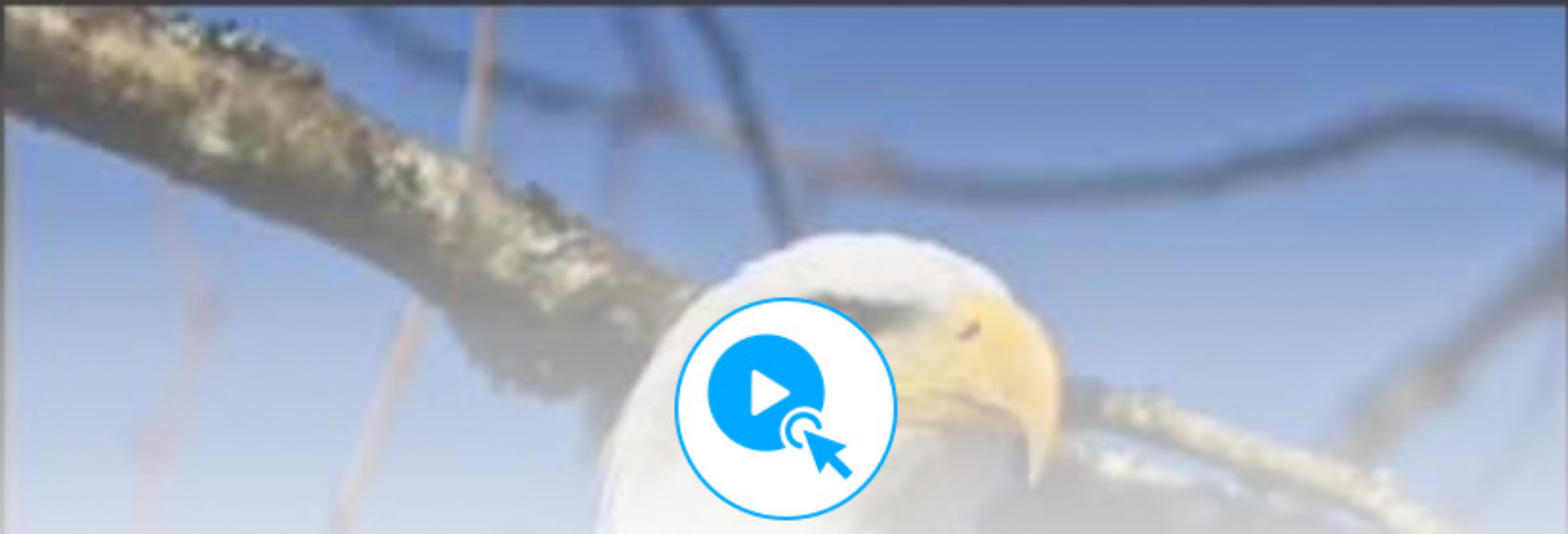
It's survey time



00:00 / 04:13

Have you noticed the S.O.A.R. posters and banners around the school?





EAGLES HAVE EXCELLENT VISION AND
CONCENTRATION. SET GOALS, FOCUS
AND STRIVE TO ACHIEVE THEM.

To soar like an eagle

REFOCUS CENTER

Meet our Refocus Coordinator:

Mrs. Rhodes



Eagle Ambassadors

Ambassadors are selected by their peers as fellow students who model the “S.O.A.R. like an Eagle” motto and positive values. They are a resource to their peers who need support and friendship (with a focus on incoming Freshmen). They plan monthly S.O.A.R. activities for the student body.



Empower (S.O.A.R.) Group

Brings a range of students together to discuss obstacles and solutions to incorporating the positive qualities in our S.O.A.R. program. These are the qualities all students need for success in school and beyond

School-Based Mental Health Counselors



Brett Shumway



Matthew Edrington

Mindfulness Moment Tip of the Day



Daily reminders in the morning announce how to S.O.A.R. like an Eagle by being Self-motivated, showing Ownership, having a positive Attitude and being Resilient. What tip do you have that we can use in the morning announcements this year to help students

S.O.A.R.? Collaborate Board

Mindfulness Moment Tip of the Day

Match a component of the MHS S.O.A.R. program with its purpose.

^ Instructions

S.O.A.R. in school and beyond.		school and in life.	
Activities that keep students involved and helps them to S.O.A.R. socially and emotionally but also academically!	Students helping students	Daily ideas and tips to help students	Mindfulness moment tip of the day!

Matching Pairs

Poll



A final component to our S.O.A.R. Program is: PARENTS! As you look for support in helping you to S.O.A.R. like an Eagle this year, don't rule your parents out. It can be hard to talk to parents. It takes practice to learn to communicate effectively with anyone, so be willing to keep trying with your parents. Which statement/s best describe you:

- I feel like I can have tough conversations with my parents, even though it might be hard.
- I can talk to my parents about things as long as it's not anything too serious or uncomfortable.
- My parents are the first people I go to if I need support or help with something in my life.
- I have never talked to my parents about my problems, concerns or worries
- I am willing to try to talk to my parents more about difficult issues in my life.
- I would like help to learn more about how to talk to my parents.



Talking to parents **Collaborate Board**

This can be hard! How would you open a tough conversation with your parents?
Example: "Mom I really need to talk to you, and I am really hoping you won't get

Talking to parents

Poll



Remember, life can be tough! Don't go it alone! Find an adult you can trust who can be the wind beneath your wings. Friends are great. We all need those. But we all need mentors, older and wiser, that can give us guidance and support. Find an ADULT you can trust. Find a few! Talk to them if you are struggling with school, or in your personal life. Who are the adults in your life, besides your parents (they are a given) that you could go to if you needed help?

- Grandparent, Aunt or Uncle
- Older sibling or cousin
- Neighbor or friend from church or community
- Teacher, Coach, Counselor or other adult at school
- Counselor or Therapist
- Other

Fill in the Blanks

Resilience

ownership

self-motivated

Eagle!

attitude

SOAR

We all start out excited when things are new. But over time, we can lose focus & drive. Don't fall in the trap of depending on others to push you to do what you need or want to do to be happy & successful! After a while, you won't like those people, & they will get pretty tired of you. Being _____ will give you wings to fly higher than anyone else could MAKE you fly.

Mature people take responsibility/accountability for the choices they make knowing that they will end up owning the consequences as well, good or bad. Blaming others for your choices keeps you down. Taking _____ over them gives you wings.

Transcend the toughness that shows up in your life by being

positive. Look for the good, even in the midst of the bad. Be solution focused not problem focused. Having a positive _____ gives you wings.

Make use of the tough stuff of life by striving to grow from it. What can you learn? How can you take care of yourself so you can weather the storm? _____ will give you wings.

As Millard Eagles, work hard this year to remember what it means to _____ like an _____

A large, stylized graphic for "Time to Climb". The word "Time" is in large, orange, 3D-style letters with a flag on top of the 'i'. The word "TO" is in smaller, white, 3D-style letters. The word "Climb" is in large, yellow, 3D-style letters. A blue circular icon with a white mountain peak and a blue flag is centered over the "TO". The background is a light blue sky with white clouds and a white mountain range.

Time to Climb

Time To Climb

“People who SOAR are those who refuse to sit back, sigh and wish things would change (Self-Motivated). They neither complain of their lot (Positive Attitude) nor passively dream of some distant ship coming in (Take Ownership). Rather, they visualize in their minds that they are not quitters; they will not allow life’s circumstances to push them down and hold them under (Resilient).” – Charles Swindoll



WHEN WE
UNDERSTAND THIS,



WE WILL BE ABLE
TO RISE ABOVE THE
WINDS OF THE

Video

Soar Like An Eagle

Click this button to complete the survey:

Post-Survey

2:33



00:00 / 04:13