



*Sarah Skemp, School Counselor*

Happy 2023! January brings us back to school. After a long break, it may be more challenging for students to get back into the swing of our school's routine. Students may need to push themselves (with parent support) to overcome these challenges. Our students may struggle; however, I know all will persevere (our character trait for January). When it comes to academics, some students may want to give up early in the game. Yet, all can "keep swimming" even during the toughest of times.

While we continue to push ourselves to overcome challenges and obstacles, let us also push ourselves to be a little kinder, more respectful and grateful...all traits we have worked on throughout the year. These traits will make each one of us a better human being.