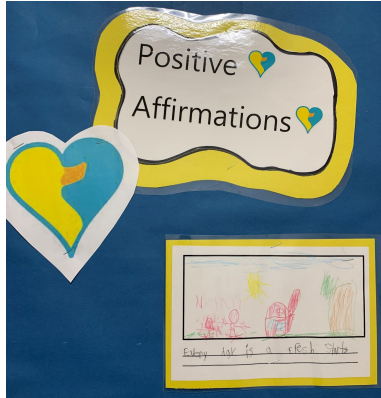




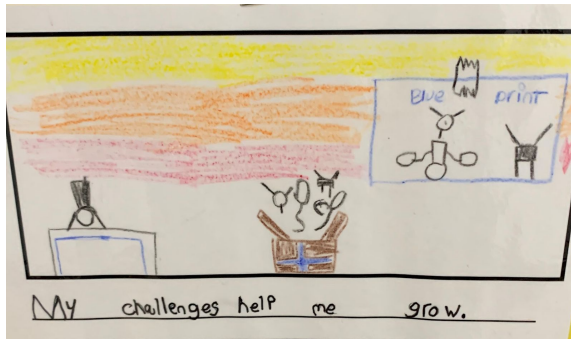
A new day is a new opportunity to make something happen!

Volume 2, Issue 14 12/13/2020



“I’m not afraid of storms, for I’m learning how to sail my ship.” - Louisa May Alcott

[5 Ways to Support Kids with ADHD During Remote Learning by Katy Reckdahl](#)



Positive affirmations can bring us hope and optimism to meet a new day!

Positive affirmations are a part of the Choose Love Program and can best be described as simple positive statements that we use to challenge or counter negative thoughts. They lift us up. The above affirmations were outside of a grade 3 classroom at HES. The top one reads, “Every day is a fresh start.” The next one reads, “My challenges help me grow.” These were surrounded by many others. This is just a small piece of the Choose Love program. I like to think of the tag line in each edition of BrightFutures, a new day is a new opportunity to make something happen, as a weekly affirmation. What’s your positive affirmation? Pass it on.

Professional Development Corner This week is less about professional development and more about celebrating a great podcast, This American Life, on their 25th anniversary. They have been sharing some of their favorite episodes to celebrate. [Americans in Paris](#) is a fun episode and since we can’t travel right now it was a safe way to drift over the Atlantic for an hour. If you are a fan of This American Life, please enjoy it again. If you are not familiar with Ira and his show, give it a try.



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