

## NEWSLETTER UPDATES – OPTIMISM

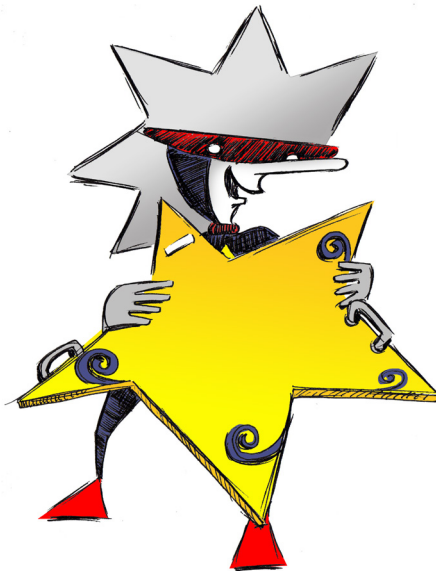
### **ANNOUNCING: QUAZAR'S SUPERPOWER PERSEVERANCE CHAMPIONS**

Congratulations to Quazar's Superpower Perseverance Champions; they worked hard and had a great attitude while doing it. They were committed and didn't get discouraged – and did a great job! Quazar's Perseverance Champions are:

*INSERT NAMES/ROOM?/GRADE HERE*

These persevering students will get to help plan the next All-Inclusive Recess! They've already demonstrated their ability to work hard, so this recess is sure to be amazing.

A big thank you to everyone who has been nominating – you're all doing a great job!



### **INTRODUCTION: QUAZAR'S SUPERPOWER - OPTIMISM**

Quazar can't wait to share this month's superpower with everyone – OPTIMISM. OPTIMISM means having a positive attitude and being confident about what will happen in the future because of all the hard work you put in today! In our monthly video, Quazar showed us a student who was studying very hard for a test. Instead of thinking that they will do poorly on the test, the student practiced OPTIMISM and believed that because they worked hard, they would do well on the test. They were confident in the future because of all the hard work they put in today. That's a great way to practice OPTIMISM.

OPTIMISM is a great attitude to have and it helps to make our classrooms and school a more positive place for everyone. OPTIMISM means having a positive attitude and expecting good outcomes, not just from your school work but from extracurricular and your personal life too! When we practice OPTIMISM, we can help others in our school and class be confident about the future too... that's what's so special about this superpower!

One great way to help our students remember the power of OPTIMISM is to practice it ourselves. Our teachers had a great time exploring all of the possibilities our students had for their future, as well as teaching them about how to practice positive self-talk and affirmations. Thank you to parents for practicing OPTIMISM at home – you are the best example of this superpower and we can't thank you enough!