FROM THE DESK OF MR. SEJECK

As we approach the Thanksgiving holiday, please remember to it is important to stay academically engaged during these times. Attendance is essential for success. If any assistance is needed please reach out to the SALC staff or I for help.

As a community we continue to work toward the betterment of our students’ academic and emotional health. The implementation of the Peace Institute curriculum has provided opportunities for student personal growth in self-management for academic and home life. I want to thank the stakeholders for their continuous support of school, staff, and students.

REMINDERS

- Tutoring is available to all students every 1\textsuperscript{st} and 3\textsuperscript{rd} Thursday of the month!
- November 2\textsuperscript{nd} Begins a new testing window – Please contact the school counselor, Ms. Sonia Guerao, if you have any questions

IMPORTANT DATES

- November 3\textsuperscript{rd} – Block Report Cards Issued
- November 5\textsuperscript{th} – Tutoring @ SALC
- November 6\textsuperscript{th} – Phoenix Canteen
- November 11\textsuperscript{th} – Veteran’s Day/Holiday for All
- November 13\textsuperscript{th} – Phoenix Friday
- November 19\textsuperscript{th} – Tutoring @ MLK Library
- November 20\textsuperscript{th} – Phoenix Canteen
- November 25\textsuperscript{th} – Holiday for All
- November 26\textsuperscript{th} – Thanksgiving/Holiday for All
- November 27\textsuperscript{th} – Holiday for All

SCHOOL CONTACT INFO

South Alternative Learning Center
2175 N Wickham Road
Melbourne, FL 32935
Phone: (321) 242 – 4770
School Website:
https://www.brevardschools.org/SouthAlternative
**THE COUNSELING CORNER**

**Growth Mindset**
For the month of November, our focus is on building a growth mindset for our students to promote academic success and overall Social-Emotional wellness!

**What is a growth mindset?**
Growth Mindset is the belief that a person’s abilities and intelligence can be developed through practice, hard work, dedication, and motivation.

**Why is having a growth mindset important?**
Children who have a growth mindset are more likely to:

- Learn from their mistakes
- Be motivated for success
- Put forth more effort
- Take challenges head on
- Take risks
- Seek Feedback
- Learn more
- Learn faster

**Q+A with Mrs. Curry**

**Q:** If I need to talk to someone at school, who can I talk to?

**A:** There are a lot of resources for you at the South ALC! If you need someone to talk to while you are at school the School Social Workers are a great support system for you. You can reach out to any of the following Social Work Staff:

- Ms. Delaina
- Mrs. Curry
- Ms. Gina
- Mrs. Zulinke

**Coping Strategy of the Month**

**Exercise:** Participating in regular exercise increases your overall health and sense of well-being. Exercise also pumps up your endorphins and helps cope with stress. Try some of these things to get yourself moving:

- Walking
- Jogging
- Gardening
- Dancing
- Yoga
- Swimming
- Fishing
- Riding your Bike
- Walking Your Pet
- Roller Blading
- Surfing
- Skateboarding
- Playing You Favorite Sport

**E-LEARNING TIPS FROM MS. RIVERA**

**Create a Dedicated Study Space**
When looking for a place to study, look for a few of these essential qualities:

1. Lighting – make sure you have good lighting. This helps reduce eye strain and fatigue and sets the stage for a productive work environment!
2. Comfortable Seating – When you are uncomfortable, pain and stiffness will distract you from work and make you less likely to return to studying. Make sure your work space is comfortable!
3. Free of Distractions – make sure your work space is free of distractions by letting family and friends know you need to work uninterrupted, turn off your cell phone, and remove any clutter from your computer desktop.
4. Access to Study Supplies – make sure all of you study supplies are ready to go! Make sure you have your study snacks, water, computer charger, and anything else you need within an easy reach.

**ACADEMIC SUPPORT**

If your student needs extra academic support during the regular school day, they can reach out to:

- Ms. Desantis
- Ms. Rivera
TEACHER SPOTLIGHT

Ms. Douglas
Peer Counseling Teacher
South Alternative Learning Center’s 2020 Teacher of the Year!

Ms. Douglas has been teaching at the South ALC for almost 19 years and is currently the Peer Counseling teacher. Ms. Douglas covers many topics and skills in the Peer Counseling class, but she believes that students learn by example so she strives to model respect and listening skills always. Ms. Douglas’ students then in turn demonstrate respect and listen to others. Ms. Douglas also works to convey a sense of community with the students and works towards helping them understand we are a community. Ms. Douglas really enjoys incorporating hands-on activities to help students build healthy social and coping skills, as well as learning to try new things.

With her students in mind, Ms. Douglas continues her education by taking leadership courses by John Maxwell. Ms. Douglas teaches students leadership skills because she sees her students as students of promise and the leaders of tomorrow. Ms. Douglas wants the parents to know that she is accessible to assist in their student’s success but also as a resource for them.

Student Shout Outs!

Congratulations to our October Students of the Week!

Jazmyn Acosta
Justin Feliciano
Timothy Kendrick
Aaron Lazardo

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Partners In Education Spotlight

Thank you to the Junior League of South Brevard and The Salon Professional Academy for donating supplies for our new School Market! These items will be available to students in the Phoenix Market, a new program aimed at increasing access to healthy foods for all students and their families!