

Millstone Township Middle School

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Dear Middle School Parents and Guardians,

Happy New Year. I hope this note finds you rested, re-energized, and excited for the start of 2017. At this time of year, it is an age-old tradition to make resolutions about things we would like to change in our lives. As parents, we should take advantage of this custom and encourage our children to reflect and set goals of their own. The following tips may prove useful as we all try to stick to our resolutions, whether they are school-related or not.

Expert Tips for Making Good New Year's Resolutions

- 1. Create a Plan:** Setting a goal without formulating a plan is merely wishful thinking. In order for your resolution to *have resolve*, (as the word "resolution" implies), it must translate into clear steps that can be put into action. A good plan will tell you: A) What to do next and B) What are all of the steps required to complete the goal.
- 2. Create Your Plan IMMEDIATELY:** If you're like most people, then you'll have a limited window of opportunity during the first few days of January to harness your motivation. After that, most people forget their resolutions completely. *It is imperative that you begin creating your plan immediately.*
- 3. Write Down Your Resolution and Plan:** Commit your resolution and plan to writing someplace such as a notebook, journal, or text on your phone. This will increase the likeliness that you stick to it.
- 4. Think "Year Round," Not Just New Year's:** Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished with a hundred tiny steps that happen throughout the year. New Year's resolutions should be nothing more than a starting point. You must develop a ritual or habit for revisiting your plan.
- 5. Remain Flexible:** Expect that your plan can and will change. Life has a funny way of throwing unexpected things at us, and flexibility is required to complete anything but the simplest goal. Sometimes the goal itself will even change. Recognize partial successes at every step along the way. Just as a resolution isn't accomplished the day it's stated, neither is it accomplished the day you reach your goal. Rather, it's accomplished in many small increments along the way. Acknowledge these successes as they come.

Wishing you and your family a happy, healthy, and joy-filled 2017. Best of luck with those resolutions!!!

C. Huss

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