**New Year, New Goals!**

Monthly Campaign Announcements:

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| Day 1 | January is a perfect time to revisit your healthy goals. Think about a healthy habit that you would like to develop this year. Announcements this month will help you create and develop this new habit. Did you know that even professional athletes need to set goals? This helps them become focused. I bet even Connor McDavid, the Oilers’ captain, sets a new goal each season.  |
| Day 2 | Did you know that the way you write your goals can make a big difference in your success to achieve them? This week we are going to talk about SMART goals. For now, I want you to think of one health and wellness goal that you want to create for yourself. Maybe it is to be more active every day at recess time, or maybe you are going to eat a vegetable and a fruit in your lunch every day! Whatever you choose, make sure to tell your teacher and your parents - maybe they can help you achieve your goal! |
| Day 3 | January’s announcements are all about goal setting. One goal you might have chosen is to be more active every day, let me help you reach that goal.It is DPA time, everyone stand up, push in your chair and make sure you have some room to move. Do one jumping jack (or insert another exercise) for each year of your age. (Do about 15 jumping jacks - if you can - and then make a joke of saying you don’t have time to get as high as your age.)   |
| Day 4 | Today we are learning about S in SMART Goals.  S – stands for specific.This means that you should make your goal very clear.If your goal is “to be healthier,” you could make it more specific by saying “I will become healthier by filling half my plate with vegetables or fruit each meal.” |
| Day 5 | Today let’s learn about what the M stands for in SMART goals. M – stands for MeasurableHow do you know that you have achieved your goal? The goal needs to be measurable. Perhaps you could measure how many vegetables you eat in a day, how many glasses of water you drank, or how many hours of sleep you get at night. By measuring your goal, you will know if you achieve it.  How are you going to measure your goal? Be sure to tell your teacher!  |

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| Day 6 | Today we are onto A in SMART goals. A – stands for achievable. While it’s good to set a big goal you also have to make sure it is achievable. Do you think that you will be able to achieve your goal? Is it a big goal but within your abilities? Make sure you set goals that are realistic so that you can feel good when you reach your goal! It feels really good to achieve your goals and you should be proud of all your hard work.  |
| Day 7 | Today we are going to take the lighter side of goal setting. Let’s make a school goal for SCHOOL NAME. Students and staff at SCHOOL NAME will laugh at least once a day until January 31, 2022. Here’s a joke to get you on the right track today. Q: What did the salad greens say to the hungry kid?A: We’ll make your mouth and your tummy happy if you lettuce (let us)!  |
| Day 8 | Today we talk about “R” In SMART goals, R - stands for relevant, in other words - will achieving your goal really make you healthier or more active. Check the goal you choose earlier this month - is it one that makes you healthier?  |
| Day 9 | In January, we have focused on setting SMART goals that will improve your health. We have reached the final letter in SMART. T– stands for time-based. You should have a time limit on your goals. When are you going to achieve your goal? The time limit could be a week, day, or month, it all depends on what is realistic for the goal.   |
| Day 10 | We have reached the end of our SMART Goals. Can you remember what S, M, A, R & T stand for? Think about the goal you made at the beginning of the month - is it SMART? Ask your teacher what their healthy goal is. Check it out and ask, is it SMART?   |
| Day 11 | Setting a SMART goal is a great idea for everyone - students, families, and teachers. I asked (Teacher name) what their goal was. Let’s see if it was a SMART goal. PICK A TEACHER or STAFF MEMBER AND HIGHLIGHT THEIR GOAL TODAY.  |
| Day 12 | Remember our school SMART goal to laugh everyday through the month of January? Here is another joke to help us reach that goal.  Q: What do you get when you cross a cow and a duck?A: Milk and quackers!  |
| Day 13 | Did you know that INSERT TEACHERS NAME had a really great goal to reach this year? INSERT A TEACHER’S GOAL  |
| Day 14 | Today we will ask another teacher at SCHOOL NAME their healthy goal for 20\_\_. INSERT A TEACHER’S GOAL  |

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| Day 15 | Do you remember what each letter in SMART goals stood for? Let’s review! S- SpecificM- MeasurableA- AchievableR- RelevantT- Time-based Did you remember all of the words? Have you been thinking more about your own healthy goal?  |
| Day 16 | Today we are very lucky because we get to find out what INSERT PRINCIPAL’S NAME goal is for 20\_\_. INSERT PRINCIPAL’S HEALTHY GOAL. When you see them in the school, ask how the goal is going.   |
| Day 17 | Remember our school goal to have everyone in the school laugh at least once a day? How do you think we have been doing lately? Let’s try to laugh right now with this new healthy joke! Q: What is a kayaker’s favourite kind of lettuce?A: Row-maine!  |
| Day 18 | Reviewing goals at the end of the time chosen, is just as important as setting a goal. Let’s check with SHF/SHC NAME and see how they did with their healthy goal for 20\_\_. So far this month, GIVE UPDATE ON GOAL.   |
| Day 19 | All through January we have been talking about creating SMART goals. Setting a goal and achieving it is hard. To help us motor through the hard times, we need to give ourselves a lot of affirmations. Affirmations are positive things that you tell yourself each day that help you reach your goals. Keep positive about reaching your goals, you are almost there!  |
| Day 20 | How is your healthy SMART goal going for this month? Many people will check in and read their goals daily to remind themselves about their goals. Are you on track to reach your personal health goal for 20\_\_? Believe in yourself and stay positive. You will reach your goal!  |
| Day 21 | Breaking goals down into smaller steps will help things seem more manageable and easier to reach. What are the small steps you took to help you reach your goal? Turn to a classmate and tell them a success you have had in achieving your goal. Celebrate those small steps.  |
| Day 22 | Many people choose to start the year with new goals to form healthier habits. January is not the only time to develop goals, you can set a new goal at any time. Take a moment to think of the goal you set at the beginning of January - were you successful? I hope you were. Now think about February - what goals will you set for this month? |