

JFK Weekly Newsletter

Friday, January 24, 2025 Sara Raabe, JFK Principal

Goal Setting: A Path to Growth for JFK Students and Families

Hopes and Dreams

At JFK, we place a strong emphasis on goal setting as a means to help our students grow academically, socially, and emotionally. Each fall, all students work closely with their educators to identify their Hopes and Dreams for the school year. This activity fosters a personal connection to their learning, helping students take ownership of their educational journey and envision a successful year ahead.

Revisiting Hopes and Dreams

As we begin a new calendar year, many classes take time to review their original Hopes and Dreams. Students reflect on their progress, celebrate accomplishments, and, in some cases, make adjustments to better align with their current aspirations. In our Ethics classes, for example, students explore a range of goals by identifying what they want to achieve, how they plan to take care of themselves, and new skills they want to develop. This reflection process encourages adaptability and growth, key skills that students will use throughout their lives.

Building Goal-Setting Skills Through SEL

Goal setting is a cornerstone of the Everyday Speech program used in our social-emotional learning (SEL) classes. This research-based program provides students with tools to set realistic goals and work steadily toward achieving them. By engaging in these activities, students learn:

- How to create clear and measurable goals.
- The importance of breaking larger goals into manageable steps.
- Strategies to stay motivated and overcome challenges along the way.

These lessons do more than teach goal-setting techniques; they instill critical life skills. Achieving their goals gives students a sense of accomplishment, increasing their confidence and reinforcing the value of perseverance. Additionally, students develop improved planning and decision-making skills as they learn to navigate obstacles and take ownership of their actions.

Why Goal Setting Matters

Research shows that students who set and achieve their own goals are more motivated and engaged in their learning. At JFK, we see these benefits firsthand. Setting goals gives students a clear target to aim for, empowering them to take proactive steps toward success. The process helps students develop essential skills such as:

- Perseverance: Facing and overcoming obstacles builds resilience.

- Self-Discipline: Planning and following through on steps promotes independence.
- Accountability: Taking responsibility for their progress leads to better decision-making.

How Families Can Support Goal Setting at Home

Families play a crucial role in reinforcing the goal-setting skills students develop at school. Here are some practical ways to support your student in setting and achieving meaningful goals:

1. **Help Them Articulate Their Goal:** Encourage your student to identify a goal that feels challenging but achievable. Guide them to use the 5Ws framework:
 1. What: What do they want to accomplish?
 2. How: How will they work toward it?
 3. When: When will they dedicate time to it?
 4. Where: Where will they work on their goal?
 5. Who: Who can support them or provide guidance?
2. **Break It Down:** Assist your student in breaking their goal into smaller, manageable steps. This makes the process less overwhelming and more achievable.
3. **Promote Ownership:** While it's important to offer support, ensure that your student takes responsibility for their goal and the progress they make. This fosters independence and accountability.
4. **Celebrate Progress:** Acknowledge your student's efforts and milestones along the way. Celebrating progress reinforces their motivation and shows that their hard work is valued.

A Shared Commitment to Growth

At JFK, we believe that goal setting is not just an academic exercise but a life skill that empowers students to thrive. By combining the efforts of our dedicated educators, evidence-based programs like Everyday Speech, and the support of families at home, we can help our students build the habits and skills needed to succeed in school and beyond. Together, let's continue to nurture a culture of growth, perseverance, and achievement for every student.

JFK Calendar

January 21 - 31, 2025

Local Assessment Window

February 20, 2025

11am Early Release

February 21, 2025

11am Early Release

February 24-28, 2025

No School - Winter Break



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