

ATTENTION PARENTS/GUARDIANS!!

AIM HIGH IS LAUNCHING ITS OWN PARENT NEWSLETTER.

The 1st Edition, an abbreviated printed intro issue, is inside. We will start sending electronic issues via email starting in February. They will also be posted on our website on the Parent page. Newsletters will include articles of interest to you and your family, program photos, timely tips, updates and much more. Please send an email to Jim Jordan jjordan@aimhighstl.org requesting to be added to newsletter list. We hope you are "happy" with this first issue.

Jim Jordan and Joey Murphy, Program Staff

Aim High
500 South Mason Rd
St. Louis, MO 63141

Dear Aim High Parents,

As we strive to provide our students with the best program possible, we realize that you are an integral part of Aim High's success. We are inviting you to participate in brief online survey. **Please go to complete the survey:** <http://www.surveygizmo.com/s3/2475587/f3e27cdec23e>

In addition, **we invite you to attend a parent focus group at Priory on Saturday, January 16, 9 – 10:30 am.** This will provide us with in-depth information to best meet your and our Aim High Achiever's needs. Parents are invited to attend the morning session with their son/daughter. You are welcome to ride the bus to and from the site and stay 9-noon or you can drive and leave when you choose. After the focus group session, a special family activity will be offered where parents can join groups of students to complete a challenge. This will be a great way to share and learn from each other, while having fun applying critical thinking skills to solve a challenge.

We do request that you RSVP to Jim Jordan jjordan@aimhighstl.org or 314-432-9500, ext.1004 so we know how many to expect. PLEASE TELL US YOU ARE COMING TO PRIORY.

AIM HIGH SATURDAY!

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HAPPY NEW YEAR!!!!

Saturday, **JANUARY 16, 2016** students will be meeting at Saint Louis Priory for a special parent presentation.

We hope you can make it!



Students will be at:  
**The Priory Junior School**  
**500 South Mason Road**  
**St. Louis, MO 63141**

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Please call Carrie at 314-434-3690 x200
with any questions!

(Note: Please do not bring friends that are not enrolled in AIM HIGH)

Hope to see you there!

Pick Up Times:

Bus 1

7:55 AM Walbridge
8:05 AM Clay
8:10 AM Ames
8:30 AM Hamilton

Bus 2

8:00 AM Ford Elementary
8:12 AM Cote Brilliante
8:17 AM W. Montessori
8:23 AM Cole
8:26 AM Grand/Delmar
8:30 AM Delmar/Leffingwell

Bus 3

7:45 AM Fanning
7:55 AM Shenandoah
8:05 AM Sherman
8:08 AM Mullanphy
8:20 AM MRH Middle

Bus 4

8:10 AM Normandy
8:20 AM Kratz
8:30 AM Hoech

Drop off Times:

Bus 1

12:25 PM Hamilton
12:45 PM Ames
12:55 PM Clay
1:10 PM Walbridge

Bus 2

12:20 PM Delmar/Leffingwell
12:23 PM Grand/Delmar
12:27 PM Cole
12:33 PM W. Montessori
12:38 PM Cote Brilliante
12:46 PM Ford Elementary

Bus 3

12:25 PM MRH Middle
12:40 PM Mullanphy
12:50 PM Sherman
1:00 PM Shenandoah
1:20 PM Fanning

Bus 4

12:30 PM Hoech
12:40 PM Kratz
12:50 PM Normandy

Happiness – Starting the New Year on a Positive Beat

Happiness is stressed all the time in our society. We see it in the media, movies, magazines. Positive psychology studies happiness, and what we know is that it is more important to become happier, not be happy all the time! Life is full of ups and downs and mood swings. It's normal for your family to experience these. Be glad you do, otherwise you are either a sociopath or dead.

Oftentimes the winter blues follow the December holidays. So how do we become happier? It is not really that hard to incorporate simple things into your family's routine. One **Aim High** New Year's Resolution is to cultivate and support happier, positive relationships in our students, your children. Join us and add some of the following ideas and practices into your family's daily or weekly lives.

- Relationships are important – Express Your Heart! Those who have one or more close relationships are happier! It doesn't matter how many, what does matter is how we play and work together and share our personal feelings. A hug and expressing love goes a long way. Start and end your busy day with those you care about.
- Be positive! Just being more mindful or optimistic packs a punch. Think about Tiny Tim in *The Christmas Carol*. Lead the way by being optimistic, and it will rub off on your children.
- Show and practice gratitude. Have a family meeting once a week and talk about those people, places, skills, talents, moments, and things in our lives for which we are grateful. Be thankful as a family.
- Those who practice religious beliefs or spirituality, or who have a humane or charitable cause to which they devote time, are a step closer to being happier and maintaining happiness. Your faith community can be your support network. Get your children involved in positive relationships and activities wherever you gather and find greater meaning in your lives.
- Discover your strengths and virtues. Happier people are those that tap into their unique strengths and use them for a purpose beyond self-gratification. Engage your entire family in activities that bring a sense of satisfaction and accomplishment. We Did It! with high fives will put a smile on everyone's face.
- The old adage, "It's better to give than receive" extends beyond Christmas. Incorporate random acts of kindness into your life with your children and discuss ways they can help others, then act!
- We all know that exercise and eating a healthy(ier) diet is good for you, but did you know it is tied to increased happiness? Start by incorporating healthier snacks and games that get everyone off the couch.

The above list is obtainable and easy to incorporate if we keep it front and center of how we live as a family. It is easy to get caught up in the routine and grind, but stop and ask, "Can I do something simple to make me and my entire family happier?" Bobby McFerrin immortalized it in his song, *Don't Worry, Be Happy*. Maybe a little whistling would be good for all of us! So join **Aim High** as we strive to have all our students, TA's, faculty and staff become happier and share their happiness with others.

OUT & ABOUT ... Upcoming Saturday Field Trips

February 20: Students will make their way to CLAYCO (Construction/Engineering/Real Estate Firm)

March 12: Students will visit SIGMA-ALDRICH (Life Science/High Technology Company)

April 16: PRIORY STUDENTS will enjoy an *incredible*, edible, surprise!

9TH GRADERS—*Don't forget about GYPO (Get Your Prep On)!*
January 23, February 13, & March 12



RETURNING THIS SUMMER? We certainly hope so!

Is your student returning to Aim High this summer? We hope so, but we also want to be sure! Let us know ASAP either way by emailing us at info@aimhighstl.org. We hope we can plan to see your student for another fantastic summer with Aim High ☺, but please let us know if your student will not be returning as well ☹.

Aim High Summer 2016 Schedule

Friday, June 17:	Aim High Summer Program Starts!
Friday, June 24:	Arts Assembly at Burroughs
June 27 – July 1:	College and Career Week
Thursday, July 21:	Field Day
Friday, July 22:	Graduation & Talent Show

SEASONAL Sentiments

Happy New Year to the entire Aim High Family! We hope you had a wonderful holiday season. Here at Aim High, we have made a collective New Year's Resolution to make 2016 a year that your student will never forget. Just how do we plan to do that? Well, we've drawn some of our inspiration from a man whose name we will all surely recall many times this month. At Aim High, we never stop dreaming. We have a dream that education, both of the academic and character varieties, is the key to spring boarding the youth of today into fulfilling, successful futures.

In 1947, Dr. Martin Luther King, Jr. wrote an article for the Morehouse College student paper titled "The Purpose of Education." Dr. King concludes that "The function of education is to teach one to think intensively and to think critically." We couldn't agree more, but Dr. King went on to say the following: ***"Intelligence plus character—that is the goal of true education."***



We are proud to claim that intelligence and character are two of the fundamental goals of Aim High, and we look forward to helping your student achieve these goals in 2016.

LIVE THE DREAM on Dr. Martin Luther King Day—Monday, January 18!

