



School Wellness

Newsletter

A Few of the Top 5 Characteristics of a Successful Leader

1. *The ability to listen*
2. *The ability and knowledge to change*
3. *The ability to form one-on-one relationships*
4. *The ability to know yourself*
5. *The ability to communicate*



Wisdom is the sharing of wise experiences and knowledge, but a lot of it is common sense. The difference is how we apply this common sense - we all have the ability to keep going even when we face challenges in our lives - basically it comes down to your attitude.

We can have a positive attitude towards life, or a negative attitude. We can focus on the good or we can focus on the bad. Keeping a positive mental attitude is one of the keys to success.

The choice is always up to you!

January's Recipe for the Month

Ingredients

- 2 8-ounce containers (2 cups) nonfat peach yogurt
- 1/2 pint fresh raspberries, (about 1 1/4 cups)
- 1 1/2 cups fresh, frozen or canned pineapple chunks

Preparation

- Divide and layer yogurt raspberries and pineapples

