

## *From Your Ridgecrest Counselors*

Prior letters have been addressed to parents; however, this month we encourage parents to share these with their students.

“History is all about missed opportunities. Change history. Don’t let your history be one of missed opportunities.

Learn from the past.” -*Matt Nelson* (Writer/Producer, 2014)

### FAILURE

We are supposed to make mistakes – it is how we learn. Students come to school afforded with many opportunities for learning and growth, yet somewhere along the way mistakes are and will be made. This is a time when students may experience challenges or feelings of failure. Feelings of failure or results of prior experiences are not reasons to allow one to feel defeated and give up. Instead, use this as motivation to try again and to try it differently.

### CHANGE

Habits can be hard to break and new patterns can be challenging to develop. When presented with an opportunity to right a wrong or step out of one’s comfort zone, this is the chance to change history. When presented with a chance to learn from the past, the opportunity allows us to search inside ourselves or look at the bigger picture and discover how to improve upon our experiences.

### ENCOURAGEMENT

Middle school students are going through changes academically, physically, and emotionally. When students fall, it is okay to let them pick themselves up. As parents, we can offer words of encouragement and help students reflect on the opportunity that was presented before them. We encourage you continuously provide opportunities for your students to get their toes wet and learn and grow from their history and new experiences.

*Heidi Shulman & Jesse Allen*

[Click here to follow @HeidiShulman](#)