



District E-News

March 15, 2021



Newark CCSD 66

503 Chicago Road 815.695.5143

www.ngsd66.org

Newark Families and Staff:

Thank you to those who took the 5 Essentials survey! NGS is still at 37% response rate and MJH is still at 20% response rate. This is the first year both schools met the 20% threshold! Thank you! The survey will remain open until April 2nd. If you haven't completed, please take 10 minutes to complete. <https://survey.5-essentials.org/Illinois/>

2019 - 2020 Yearbook update! Good news, Lifetouch has confirmed they are finally printing our yearbooks from last year. We should see them in April and will send home as soon as they arrive! 2020 - 2021 Yearbooks are being produced through Josten's. They will be back in August.

Hot lunch will continue to be free to all students in the school community. If any remote learners need hot lunch, please call Mrs. Hauge at NGS.

Please continue to send all students with a coat and boots. Snow Pants would still be necessary for the K - 4 students to go off the blacktop due to the wetness and mud on the playground area. Gloves and hats can stay in lockers if it warms up this week.. Thank you!

Kindergarten round up agenda and times are also included below for April 30th. Please feel free to share information with others. Kindergarten will go back to full day next year.

We will be forming committees after Spring Break for the Parent-Student Handbook and District Wellness. If you are a parent interested in helping on these committees, please let me know. We value and need your input.

Updated guidance for schools was released last week from ISBE. We still need to distance and wear masks. You can read the guidance here: <http://bit.ly/March8SchoolGuidance>

Winter makes another appearance this week! Stay warm and stay healthy!
Partners in Education,

Mrs. Turman



Dates to Remember:

- Mar. 14 - Daylight Savings Time - Spring Ahead 1 hour!
 - Mar. 15 - BOE meeting 6:30 @ NGS; Buildings and Grounds @ 6:00 pm
 - Mar. 16 - Time to Dine @ Smoky's; Yorkville - all day
 - Mar. 17 - Remote Teacher planning day - no student online classes; Happy St. Patrick's Day!
 - Mar. 19 - End of Q3
 - Mar. 26 - SIP Day 1:15/1:30 dismissal; Q3 report cards home
 - Mar. 29 - April 5 - Spring Break
 - Apr. 6 - Classes resume; PTO meeting via Zoom 6:00 pm
 - Apr. 6 - May 14 - Science and Access testing at MJH
 - Apr. 6 - PTO meeting via Zoom 6:00 pm
 - Apr. 19 - BOE meeting 6:30 pm @ NGS
 - Apr. 30 - Kindergarten roundup! Flyer Below
 - SIP day 11:15/11:30 dismissal
 - May 4 - PTO meeting 6:00 pm
 - May 17 - Board of Education Meeting 6:30 pm
 - May 17 - 5th Step up day/Sports Physicals @ MJH
 - May 18 - 5B's Drive thru 4:30 - 6:30 pm
 - May 21 - 8th Grade Graduation 7:00 pm @ MJH
 - May 28 - Last Day 1:15/1:30 Dismissal
- Download the Mobile APP! Search Newark CCSD 66, IL on Android or Apple.
- Follow us on Facebook and Twitter and Instagram!
- Website: www.ngsd66.org
- Youtube channel: Newark School District

**Millbrook Junior High School
Activities Update
Week of March 15 - March 19**

- Mon, Mar. 15 **Even Day - 8th Algebra to NCHS; 8th math to MJH**
7th/8th GBB 3:00 - 4:30 pm; 7th/8th BBB 4:30 - 6:00 pm
Student Council - Gum Grams for sale \$1.00 during lunch/recess
Buildings & Grounds Meeting 6:00 pm; Board of Education Meeting 6:30 pm@NGS
- Tues, Mar. 16 **Odd Day - all 8th graders report to NCHS**
Homework Club 3:00 - 3:45 pm
7th/8th GBB home 4:30 pm vs. Lisbon - 8th grade night!
(one 8th grade parent may attend the game - 4:15 pm for temp check; mask required)
PTO Time to Dine @ Smokey's; Yorkville
Student Council - Gum Grams for sale \$1.00 during lunch/recess
- Wed, Mar. 17 **No Classes today - Teacher Remote Planning Day**
Happy St. Patrick's Day!
BBB practice 3:00 - 4:30 pm
- Thurs, Mar. 18 **Even Day - 8th Algebra to NCHS; 8th math to MJH**
Homework Club 3:00 - 3:45 pm
BBB @ Serena 4:45 pm
5th/6th Boys Camp 3:00 - 4:30; 5th/6th Girls Camp 6:00 - 7:30 pm
- Fri, Mar. 19 **Odd Day - all 8th graders report to NCHS**
Eligibility is run on Fridays at 10:00 am. Student Athletes must be academically eligible!
5th/6th Basketball Camps Begin!
5th/6th Boys Camp 3:00 - 4:30; 5th/6th Girls Camp 6:00 - 7:30 pm

8th Grade Notes:

- **PSAT test will be on Wednesday, March 24th at NCHS from 8:00 - 12:00 pm. Transportation will be provided if needed.** Please fill out Google Form if you haven't already done so:
<https://forms.gle/GajtW1CDkATAJfT29>
- Springfield Trip is officially cancelled. We don't think the buildings will be open. We will be refunding your money that was paid last year. Please look for those checks coming home in the next week or so.
- Graduation is May 21st. Individual and Group photos will be taken on Graduation Day beginning at 5:45 pm.
- A Diploma letter will be coming home with your 8th graders. Please make sure you return with how you want your students' names on their diploma.

Protocols for Home Games - BBB and GBB

NO Spectators will be allowed into the gyms at this time. Locker rooms are not available. Come dressed for games. Bring water/snack - no concessions at this time.

We will live stream all games on our district's YouTube, Newark School District.

1. Please come dressed for the games, locker rooms will not be available for use.
2. Bring your own water, water fountains will not be available. We will have bottle water available if needed.
3. We will have hand sanitizer available for use.
4. Masks are to be worn at all times. We do have extra we will keep in our first aid kits.
5. Our bleachers will be marked for social distancing. Players, coaches, and the bus driver will sit on the west side of the gym. Participating players, coaches, and score keepers will be socially distanced on the east side of the gym.
6. We will email a roster of players, coaches, bus drivers attending the game so we can take attendance. We ask that you do the same when you come to us.
7. Prior to your arrival coaches should complete COVID screenings.
8. Buses park/ drop off/ enter West Side parking lot. Take the sidewalk along the west side of the building to the gym doors.

COVID TESTING ONSITE!

Our school district has received the appropriate approvals to begin offering rapid COVID-19 antigen tests to students and staff in our district. This test will be administered by the school nurse to staff or students who have a signed permission form and a signed doctor's order, and who is exhibiting symptoms consistent with COVID-19 infection. The test requires a nasal swab sample collected from both nostrils. To collect the sample, the swab is inserted approximately one inch into each nostril and rubbed gently over the inside of the nasal passages. The results will be available within 15 minutes after testing. (all forms are available on the website)

Only people who exhibit symptoms consistent with COVID-19 within the last 7 days are eligible to take this test. The test is not cleared for use in asymptomatic individuals. Every student or staff who qualifies for this test will be asked permission prior to testing. For students, parents will be contacted for permission prior to testing even with a signed permission form on file for the student. Student, parent, and the student's health care provider will be contacted the same day in writing and via the family's choice of phone, text, or email with the results of the test.

Taking this test is never required. One of the benefits of offering COVID-19 testing in the schools is that non-COVID illnesses can be rapidly identified allowing students, student's siblings, and staff to remain present in school without unnecessary isolation while waiting for health care provider visits, testing, and results.

If the individual's illness, even though not related to COVID-19, necessitates them staying out of school until well enough to return, at least relatives are not required to be absent also.

Week ending	Positive Reported District Cases	% of Population	% change	# in Healthy Quarantine	% of Population	257 Staff/Students
August 21	0	0	0.00%	0		
August 28	0	0	0.00%	0		
Sept. 4	0	0	0.00%	0		
Sept. 11	0	0	0.00%	0		
Sept. 18	0	0	0.00%	0		
Sept. 25	0	0	0.00%	0		
Oct. 2	0	0	0.00%	0		
Oct. 9	0	0	0.00%	0		
Oct. 16	1	<1%	100.00%	MJH remote		staff
Oct. 23	1	<1%	0.00%	MJH Remote		Staff
Oct. 30	3	<2%	66.67%	13	6%	1 Staff; 2 students
Nov. 6	0	0	0.00%	25	10%	0
Nov. 13	2	<1%	100.00%	31	12%	2 - staff
Nov. 20	1	<1%	50.00%	NGS Remote (27)	10.50%	1 - student
Nov. 27	1	<1%	0.00%	NGS Remote (27)	10.50%	1 - staff
Dec. 4	1	<1%	0.00%	10	4%	1 - staff
Dec. 11	0	0	0.00%	8	3%	0
Dec. 18	1	<1%	100.00%	10	3.80%	1 - staff
Dec. 25	2	<1%	0.00%	12	4%	2 - staff
Jan. 1				Winter Break		
Jan. 8				Winter Break		
Jan. 15	0	0	0.00%	9	3.50%	0
Jan. 22	0	0	0.00%	13	5%	0
Jan. 29	0	0	0.00%	3	1%	0
Feb. 5	0	0	0.00%	5	1%	0
Feb. 13	0	0	0.00%	1	<1%	0
Feb. 19	0	0	0.00%	1	<1%	0
Feb. 26	0	0	0.00%	1	<1%	0
March 5	0	0	0.00%	5	1%	0
March 12	0	0	0.00%	3	<1%	0

Information Regarding Available RAPID RESULT ANTIGEN TESTING FOR COVID-19

You may be familiar with hearing the names of these 3 types of tests.

RT-PCR (real-time reverse-transcriptase Polymerase chain reaction) test detects virus genetic material.

Antigen test detects specific proteins on the surface of the virus.

Antibody test looks for antibodies made by the immune system in response to virus infection.

Most of us have taken a molecular test. The molecular test requires processing of the sample in a laboratory.

Beginning in February, a 15-minute rapid result antigen test will be available to staff and students at NGSD 66.

Participation is strictly voluntary. The District will only test staff and students reporting or exhibiting one or more COVID-19 related symptoms.

Type of Test	Antigen Test	Molecular Test
How is the sample taken?	Nasal or throat swab	Nasal or throat swab; saliva or sputum test
What does it test?	Diagnose current COVID-19 infection by detecting viral proteins	Diagnose current COVID-19 infection by detecting viral genetic material
How are the results used?	Help public health officials identify and recommend isolation for people with active infection. Help verify symptoms are not a result of COVID-19 infection and lessen non-attendance days.	Help public health official identify and recommend isolation for people with active infection.
Who administers the test?	Staff trained according the CDC and LHD requirements in a site operating under a CLIA Certificate of Waiver	Nasal and throat swabs can be self-collected in the company of or by the health professional. Tests must be conducted by trained staff in a CLIA Certified Laboratory or point-of-care testing site operating under waiver.
How long does it take to get results?	15 minutes	1 – 3 days
Other information	May be more likely to miss a current infection compared to molecular tests. Testing of asymptomatic individuals increases the likelihood of a false results.	Considered the most accurate for COVID-19 detection and typically performed in a specialized laboratory.

Why are we offering this option?

If the individual tests negative, the symptom(s) can be attributed to an alternate cause – removing the need to quarantine for 10 days, and immediate family for 14 days, until a negative test or alternate diagnosis is made by a healthcare provider.

There are strict compliance requirements.

1. Any individual who wants to have this testing option available must have a standing physician's order on file. (see attached)
2. Students need written consent from a parent or legal guardian on file. (see attached)
3. Every person must assent to the test before it is performed.
4. Parent notification will be confirmed prior to performing each test.
5. Both positive and negative results will be sent to the IDPH reporting system within 24 hours of test administration, to the local health department, to the physician who provided the standing order, and of course to the individual who was tested (or parent as appropriate).
6. Testing will be done privately, and the District will adhere to all HIPAA, FERPA, and ADA applicable laws and regulations.



Box tops - Sign up and scan them in for our school:

<https://www.boxtops4education.com/>

Please keep scanning in!



Don't forget to use <https://smile.amazon.com/> and choose Newark - Millbrook PTO for your donation.



TeacherEase
Software for Standards-based Learning

Teacher Ease Parent Portal

Quarter Three - January 11 - March 19th

Parents need to sign up for Teacher Ease asap. Notifications have been sent to sign up.

In teacher ease:

- check your child's grades, attendance, behavior logs, fees, etc.
- Complete the COVID screening EACH school day for each child.
- When checking grades, be sure you scroll down on the cell phone app
- Quarter 3 Midterms on Friday, February 12th
- If your student is missing an assignment, it will be marked with an "M" or an "I" for incomplete. This does reflect on their grade until it is turned in.
- Have a yahoo email? Please make sure you check your spam/junk folder

March: Women's History Month

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week."

Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as "Women's History Month." These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

Learn more at: <https://womenshistorymonth.gov/about/>

Newark Community Consolidated School
District #66

Ms. Demetra Turman, Superintendent/Principal
Mrs. Pam Rowe, Principal

March 10, 2021

Dear Newark CCSD 66 Parents, Families and Staff:

Thank you to all who filled out the 4th quarter parent survey. After going through the responses, here is our data:

115 responses (10 however were duplicate responses from the same family)

15 families from MJH did not respond.

11 families from NGS did not respond.

68.7% voted yes to return in person 5 days a week for quarter 4.

13.9% said no, not to return to 5 days a week.

17.4% had no opinion either way.

9 students will remain remote at Newark Grade School for quarter 4.

9 students will remain remote at Millbrook Jr. High for quarter 4.

After several discussions with the high school, we will remain on our normal schedule as we have for the first three quarters to finish out the year. This means that we will continue to be in person on Mondays, Tuesdays, Thursdays and Fridays. Wednesdays will continue to be remote from 9:00 am – 2:00 pm (8:00 am for 8th graders attending high school classes). We will continue to offer lunch to go on Wednesdays for everyone who wants it and on the other days our remote learners can pick up lunch if they chose.

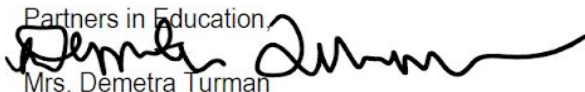
As shared in ENEWS, we share many services with NCHS including buses and teachers for many of our programs. We feel it is best to stay on the same schedule with the high school. We want our families with students at both districts to stay on the same schedule.

When we return for 4th quarter on March 22nd, we will no longer be doing temperature checks at the door. HOWEVER, we ask that parents continue the self – certification through the Teacher Ease system as you have been. We will also symptom check any visitors. We are still required to wear masks, space 3 – 6ft apart, and wash/sanitize our hands. We will continue with our cleaning protocols that are in place.

Our goal is to start the 2021 – 2022 school year in person full five days a week, normal hours. As vaccinations increase, we are hopeful we can start next year with a more “normal” feeling.

Again, thank you for all of your support and understanding this year through this pandemic. Our incredible staff have done an amazing job and it has been a total community and team effort keeping our kids in person this school year. Thank you to everyone for all of your work! Here's to a strong finish for 4th quarter!

Partners in Education



Mrs. Demetra Turman

Newark Grade School

503 Chicago Road

Newark, Illinois 60450

Phone: 815-695-5143

Fax: 815-695-5776

Millbrook Junior High School

8411 Fox River Drive, PO Box 214

Millbrook, Illinois 60536

Phone: 630-553-5435

Fax: 630-553-1027

Newark CCSD 66 | 2020-2021 CALENDAR

4 Independence Day

JULY '20						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
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JANUARY '21						
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31						

8 Teacher Institute – No School
11 Classes Resume
15 School Improvement Day – MJH 1:15 Dismissal: NGS 1:30 Dismissal
18 M.L. King Day No School

4 Late Registration 1:00-3:30
11 Late Registration/Popsicles with the Principal 4:00-6:30
17 Teacher Institute – No School
18 Teacher Institute – No School
19 First Day of Student Attendance Full Day

AUGUST '20						
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FEBRUARY '21						
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28						

12 School Improvement Day – MJH 11:15 Dismissal: NGS 11:30 Dismissal
15 Presidents' Day No School
24 Remote Planning Day - no students

7 Labor Day No School

SEPTEMBER '20						
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MARCH '21						
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28	29	30	31			

17 Remote Planning Day – no students
19 End of Q3
26 School Improvement Day – MJH 1:15 Dismissal: NGS 1:30 Dismissal
29 Spring Break until April 6th

9 School Improvement Day – MJH 11:15 Dismissal: NGS 11:30 Dismissal
12 Columbus Day No School
21 Parent Teacher Conferences 4-7
22 Parent Teacher Conferences 2-7 Early Dismissal – MJH 1:15 Dismissal: NGS 1:30 Dismissal
23 No School
31 Halloween

OCTOBER '20						
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2 Good Friday
4 Easter Sunday
6 Classes Resume
30 School Improvement Day – MJH 11:15 Dismissal: NGS 11:30 Dismissal
Q4 Midterms

3 Election Day – State Holiday No School
25 School Improvement Day – MJH 11:15 Dismissal: NGS 1:30 Dismissal
26 Thanksgiving Day No School
27 No School

NOVEMBER '20						
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MAY '21						
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30	31					

9 Mother's Day
12 School Improvement Day – MJH 1:15 Dismissal: NGS 1:30 Dismissal
17 Band Concert
28 Last Day of Student Attendance – MJH 1:15 Dismissal: NGS 1:30 Dismissal
31 Memorial's Day

14 Band Concert
21 MJH 1:15 Dismissal: NGS 1:30 Dismissal
22 Last Day of School Attendance MJH 1:15 Dismissal: NGS 1:30 Dismissal
23 Winter Break until January 8th
25 Christmas

DECEMBER '20						
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JUNE '21						
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27	28	29	30			

1-4 Emergency Day/E-learning
7 Emergency Day /E-learning
20 Father's Day

Calendar Template © calendarlabs.com

Newark CCSD 66 | 2021-2022 CALENDAR

4 Independence Day

JULY '21						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
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JANUARY '22						
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30	31					

3 Teacher Institute
4 Students return
14 SIP 1:15/1:30
17 M.L. King Day – No School

3 – late registration 1:00 – 6:00 pm
16 Teacher Institute
17 Teacher Institute
18 First Day of Student attendance

AUGUST '21						
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FEBRUARY '22						
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27	28					

18 SIP 11:15 /11:30
21 Presidents' Day – No School

6 Labor Day No School
9 SIP day 11:15/11:30

SEPTEMBER '21						
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MARCH '22						
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27	28	29	30	31		

18 SIP 1:15/1:30
21 – 25 Spring Break
28 School resumes

8 Teacher Institute
11 Columbus Day – No School
27 PT conferences 4 – 7
28 1:15/1:30 Dismissal
PT conferences 2 – 7
29 No School
31 Halloween

OCTOBER '21						
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APRIL '22						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

15 Good Friday – No School
17 Easter Sunday
18 No School – East Monday
29 SIP 11:15/ 11:30

23 SIP day 1:15/1:30
24 No School
25 Thanksgiving Day
26 No School

NOVEMBER '21						
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MAY '22						
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29	30	31				

08 Mother's Day
11 SIP 1:15/1:30
27 Last Day of Student Attendance 1:30 dismiss
30 Memorial's Day

17 SIP Day 1:15/1:30
20 First Day of Winter Break
25 Christmas Day

DECEMBER '22						
S	M	T	W	Th	F	S
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JUNE '22						
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19 Father's Day

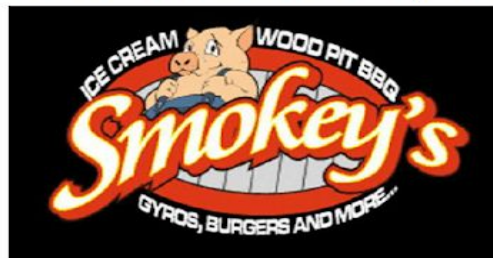
Time to Dine - Let's Go To Dinner Fundraiser

Newark School District #66 and
Newark Millbrook PTO would like to give a

BIG THANK YOU

to **Smokey's Wood Pit BBQ** and **YOU!**

1002 S Main Street, Yorkville, IL



They will be hosting a fundraiser for us and a percentage of all sales for the below date will be donated as a benefit back to our school.

BRING THIS FLYER or SHOW THIS FLYER ON YOUR PHONE

**TUESDAY, MARCH 16TH
ALL DAY**

The current funds being raised will be going to:

NGS – playground repairs

MJH – playground repairs

Thank you for your support!





Welcome to Kindergarten Roundup
Kindergarten 2021-2022
April 30, 2021

1:15 - 1:30 Arrival in cafe

Parents / Adults

1:30	Walk down to room
1:45	Mrs. Turman/Questions - Cafe
2:00	Registration Info - Mrs. Hauge
2:15	Mrs. Schmidt
2:30	Dismissal

Kindergarten

Walk down to room
Kindergarten Lesson
Kindergarten Snack
Kindergarten Bus Ride
Kindergarten returns from ride



How to Break Bad Habits and Change Behaviors

Old habits can be hard to break, and new habits hard to make, but with these six basic steps you can develop new, healthy behaviors that stick.

Can You Retrain Your Brain?

Mike wrote a list, and checked it twice. This time he was going to kill it:

- Make a healthy snack
- Go to the gym
- Don't waste time on cell phone
- Read a classic novel
- Housetrain Rex

Twenty-four hours later, Mike munched celery sticks while reading The Great Gatsby, his legs sore, but in a good way, after the hour on the treadmill while Rex waited patiently by the back door to go out ...

Do you believe this? I didn't think so!

Here's what Mike was really doing. Mike was on the couch, one hand in a bag of chips, the other on his cell phone. The unopened gym bag and copy of Of Mice and Men lay on the floor, which Rex had soiled once again.

That's more plausible, right? We all know habits don't change overnight — not for simple doggies and not for big-brained human beings. But there's good news: research shows that just like Rex can learn that he should go potty outside instead of on Mike's gym bag, you can rewire your brain to change your own habits.¹ But we humans need a subtler approach than a few treats and “good boys” to change our ways. Here's how Mike (and you) can better understand how habits form and how to replace bad ones with good.

6 Steps to Changing Habits

1. **Identify Cues.**
Something has to trigger a habit, and a cue can be anything. Maybe stress makes you crave chocolate, or the sound of your alarm triggers you to hit the snooze button. Identifying cues helps you understand what puts your habits into motion.
2. **Disrupt.**
Once you know the cues, you can throw bad habits off track. If the alarm cues you to bash the snooze button every morning, put the alarm clock on the other side of the room. Trekking across the cold floor will likely disrupt the snooze habit.
3. **Replace.**
Research shows that replacing a bad behavior with a good one is more effective than stopping the bad behavior alone.² The new behavior “interferes” with the old habit and prevents your brain from going into autopilot. Deciding to eat fruit every time your mind thinks “cookie” substitutes a positive behavior for the negative habit.
4. **Keep It Simple.**
It's usually hard to change a habit because the behavior has become easy and automatic. The opposite is true, too: new behaviors can be hard because your brain's basal ganglia, (the

“autopilot” part), hasn’t taken over this behavior yet.³ Simplifying new behaviors helps you integrate them into your autopilot routines.

5. **Think Long-Term.**

Habits often form because they satisfy short-term impulses, the way chewing on your nails might immediately calm your nerves. But short-term desires often have long-term consequences, like nasty, splintered, chewed up fingers. Focusing long term while trying to change some habits will help you remember why you’re investing the effort.

6. **Persist.**

Research has shown that what you’ve done before is a strong indicator of what you’ll do next. This means established habits are hard to break. But the good news is, if you keep at it, your new behaviors will turn into habits, too.⁴ Persistence works — at first it might be painful to get up at 5am for that jog, but soon it will be second nature.

Let’s check back in with Mike. He gave it another go with all these tips in mind. This time, he tossed the chips and replaced them with veggies; when his brain craved salty, fried potatoes, it found carrots instead. He promised himself that when he had the urge to kill some time on his cell phone, he’d disrupt the urge by picking up To Kill a Mockingbird instead (and if you look at his list, he’s killed two birds with one stone).

Finally, Mike kept his gym bag in the car so he couldn’t forget it again — the first step toward forming a new 15-minutes-on-the-treadmill-during-lunch habit. (And don’t worry about Rex — it turns out his potty problems weren’t a bad habit at all, but a protest to get attention from a neglectful owner who played on his phone too much. This problem resolved itself.)

So, habits can be changed, and with a bit of time and some effort, healthy behaviors can become second nature. **Now get on it, so you can be Healthy For Good!**

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/how-to-break-bad-habits-and-change-behaviors>

Sources:

¹ Putting habit into practice, and practice into habit: a process evaluation and exploration of the acceptability of a habit-based dietary behaviour change intervention, International Journal of Behavioral Nutrition and Physical Activity, 2014 <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-014-0135-7>

² Breaking Habits with Implementation Intentions: A Test of Underlying Processes, Personality and Social Psychology Bulletin, 2011 <http://journals.sagepub.com/doi/abs/10.1177/0146167211399102>

³ The role of the basal ganglia in habit formation, Nature Reviews Neuroscience, 2006 <http://www.im-clever.eu/documents/courses/computational-embodied-neuroscience-1/CEN/files/YinKnowlton2006RoleOfBasalGangliaInHabitFormation.pdf>

⁴ Theoretical explanations for maintenance of behaviour change: a systematic review of behaviour theories, Health Psychology Review, 2016 <http://www.tandfonline.com/doi/full/10.1080/17437199.2016.1151372>