

Superintendent Update: January 11, 2019

Quote for the week: “The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.”—Melody Beattie

It is that time of year we usually think about **setting goals or making resolutions**. I was perusing for something to fit this theme and found the following which seems to fit my thinking. I hope you take time to look at how the four areas below may be relevant to your thinking in terms of looking for balance in your life during 2019.

Write down a single goal for the year in four areas of life:

- Health (I am joining the Biggest Loser effort)
- Wealth (I am slightly increasing my savings monthly)
- Social Self (I am working with the Crawford County Quorum Court)
- Personal Enrichment (I am reading the New Testament)

Wealth is obvious: Whether you want to make more money this year or build a nest egg of a certain dollar figure, it’s easy to quantify your wealth goal. But keep it simple and specific. Pick only one that matters the most.

Health is also simple to understand: Whether you want to lose 10 pounds of fat, gain 10 pounds of muscle, or take up meditation to reduce your stress, health goals are obvious. Again, focus on one big health goal that dictates how you’ll do in all the other areas.

Pick a goal for your social self: This refers to your relationships in life. It could be focused on finding a love interest, making friends when you move to a new city, or re-building a family connection that has gone sour.

Choose a goal for your personal enrichment: This refers to you getting smarter or giving back to your community through charity work.

Reviewing Your Goals

Reviewing your progress in all four major goals is a key to achieving success and maintaining the momentum of goal setting- goal working- and goal achievement.

In the weight loss world, research shows that people who weigh themselves every day keep the weight off longer than those who don’t. Likewise, Mark Ford’s extensive study of millionaires has found the same thing for wealth building.

“If your goal is to become wealthy,” Mark wrote in his book, *Automatic Wealth*, “it’s a good idea to track your net worth on a regular basis. Specifically, I suggest that you do a personal balance sheet every month. Create a

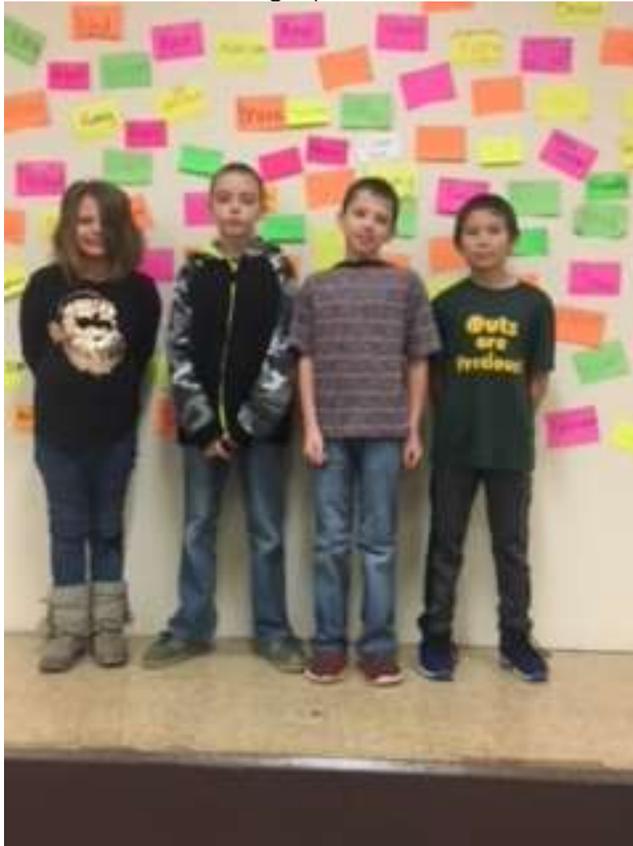
spreadsheet that lists all your assets and all your debts. Include valuable possessions, stocks, bonds, mutual funds, gold, real estate (aside from your home), and so forth. You'll be amazed at how much this simple commitment can affect the way you think and even the way you act."

Studies find the same thing to be true of goal setting: If you **write down your goals** and check them regularly, you'll have a much better chance of achieving them.

For instance, a recent study from Day Timer concluded that American workers with the highest incomes and most successes in the workplace are those who have written goals." On the flipside, of the more than 70 percent of workers who don't write down a career or financial goals, only nine percent accomplish what they set out to do each day.

Recent news and News for the week:

Marvin Primary School in Mulberry held their Spelling Bee on Friday, December 14th and the results are in. Claiming first place, Michael Wilmoth, second, Bella Brisher, third Braxton Williams, and fourth place Montana Helm. We are so proud of the effort that all our students showed in participating in the Spelling Bee. And special congratulations to these four on being the last ones standing. (Credits to Mrs. Brown for sending this to me)



It was a good week of basketball for the Hornets and Jackets. The Hornets defeated Oark on Monday evening in both games. On Tuesday evening, our Senior Boys defeated Oark and our Senior girls displayed great improvement and narrowly lost. On Thursday Lady Hornets lost a close game to St Paul and boys won. I am always proud of our kids when they compete hard.

Old Main on the Pleasant View Campus:

The building is becoming more impressive with each day. This building will become a magnificent new focal point for those entering the Pleasant View Campus. It is so exciting to see some of our projects coming together. We will be bidding the Marvin Cafeteria work again soon as well as the auditorium. Let's pray the bids come in as good as the ones have for the work on Old Main and other roofing projects at Pleasant View. We will soon be roofing the gym at Pleasant View as well as some other buildings such as the library, agri building and music building.









This is School Board Appreciation Month in Arkansas. Our school board members are just ordinary citizens – your friends and neighbors – with extraordinary dedication to our community and our children. They provide a vital service in our community. Public education is the backbone of American society, and local school boards are deeply rooted in U.S. tradition. Our board of education establishes a vision for the education program, maintains the structure to achieve that vision and provides accountability to the community. Each member is a strong advocate for continuous improvement in student learning. They study, discuss and research so that they can make informed decisions on countless complex issues.

The job of a school board member is tough, the hours long and the thanks few and far between. Too often we forget about the personal sacrifices school board members make. They spend hours in meetings and on committees, advocating for our schools. If you see any of our board members out and about, please thank them. Our members are:

Jeff Marvin President
Andrew Lewis-Vice President
Richard Cagle Secretary
Terry Durham-Member
Shayla Roe-Member

The following photos are the students representing each school at last evening's school board meeting. Each student was very articulate as they thanked the school board for supporting our schools.

Figure 1 This is Dakota Williams from Marvin Primary.



Figure 2 Blake Roe from Pleasant Views.





Figure 3: Emily Fowler thanked our board and Makala Robinson took the board's group photo for the yearbook.