

HAPPY NEW YEAR 2020 VISION 20/20

Did you make New Years Resolutions?

How did you ring in the New Year? What opportunities do you foresee in this new decade? What is your vision?

Celebrate Life!

With 2019 going out and 2020 coming in, we have a chance for a brand new start on a new year. How exciting! The New Year gives us an opportunity to reflect on family and friends. Some may feel stress during the holiday season because of missing loved ones at their celebrations. Our hearts and prayers go out to those who are mourning the loss of loved ones. You're in our prayers!

Would you like a print copy of the newsletter? Email us. thopper@smpls.k12.ok.us or delam@smpls.k12.ok.us

Senior of the Month

Name: Kathryn Mitchell

Parents/Guardian: Kevin & Tonya Mitchell

Siblings: Ashlyn Mitchell

Favorite Meal: Rare Steak and a Baked Potato

Favorite Class: English

Hobbies: Hanging out with friends and family

Who Do You Admire: My parents

Future Plans: To attend UCO and major in business marketing

Senior of the Month

Name: TJ Loyd

Parents/Guardian:

James and Sallie Loyd

Siblings:

KJ Morgan

Favorite Meal:

A nice medium rare steak with some fries

Favorite Class:

Multimedia at vo tech

Hobbies:

Video games, Making people angry, and general shenanigans.

Who Do You Admire:

No one I live my life my way.

Future Plans:

College, video game making, and some more general Shenanigans.



Sharin' Mutual Friends

Meet Donna Elam

Where did you grow up?

Moore, OK

What Do You Teach?

7th and 8th Math, 7th Science, BMITE courses to high schoolers

What college did you attend?

Oklahoma State University and The University of Science & Arts of Oklahoma

What made you decide to become a teacher?

I wanted to be a part of the Sharon-Mutual school system. I wanted to be involved in the school my 4 kids attend. I enjoy working with young people.

Do you like the small school environment and why or why not?

I love the small school environment! I graduated from a 6A school with thousands of students. There was not a sense of community in such a large school. I enjoy knowing the students, families, and faculty of Sharon-Mutual.

What's your favorite food, drink, and color?

Favorite food - any kind of chicken

Drink - cherry limeade

Color - green

What do you like to do for fun when you have time?

I enjoy cruising with my family. I also enjoy attending sporting events.

Is there anything that you'd like everyone to know that we haven't asked?

I enjoy being active in my church and in mission work. My family and another family from our church run a snow cone stand in the summers. We donate the proceeds of the stand to an orphanage in India.

Editor's Note: We are glad to have Mrs. Elam with us this year. She teaches at both locations!



The SM Junior High Honor Society will be hosting their next blood drive in memory of Cody Hager, a Sharon-Mutual graduate, and in honor of his family. The drive will be held on February 18, 2020. The coach will be in Sharon from 8 am to 10 am and in Mutual from 12 pm to 3 pm. Blood donations are always low during this time of the year so all donations are appreciated. Please call the school to sign up for an appointment or sign up online at obi.org. Thank you in advance for helping us to honor the Hager Family!

Martin Luther King Jr. Day is a federal holiday celebrating the birthday of Martin Luther King Jr. It is on the third Monday of January each year. King's birthday is January 15. He was a Baptist minister and civil-rights preacher who had an impact on race relations in the United States, beginning in the mid-1950s. King was the leader of the Southern Christian Leadership Conference (SCLC). Through his support and inspirational speeches, he played a role in ending the legal segregation of African-American citizens in the United States, as well as the Civil Rights Act of 1964 and the Voting Rights Act of 1965.



Presidents Day

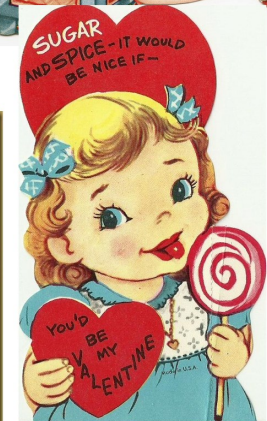
Washington's Birthday, also known as Presidents' Day, is a federal holiday held on the third Monday of February. The day honors presidents of the United States, including George Washington, the USA's first president. The origin of Presidents' Day lies in the 1880s, when the birthday of Washington—commander of the Continental Army during the American Revolution and the first president of the United States—was first celebrated as a federal holiday. In 1968 Congress passed the Uniform Monday Holiday Bill, which moved a number of federal holidays to Mondays. The change was designed to schedule certain holidays so that workers had a number of long weekends throughout the year, but it has been opposed by those who believe that those holidays should be celebrated on the dates they originally were. During debate on the bill, it was proposed that Washington's Birthday be renamed Presidents' Day to honour the birthdays of both Washington (February 22) and Lincoln (February 12); although Lincoln's birthday was celebrated in many states, it was never an official federal holiday. After much discussion, Congress rejected the name change. After the bill went into effect in 1971, however, Presidents' Day became the commonly accepted name, due in part to retailers' use of that name to promote sales and the holiday's proximity to Lincoln's birthday. Presidents' Day is usually marked by public ceremonies in Washington, D.C., and throughout the country.

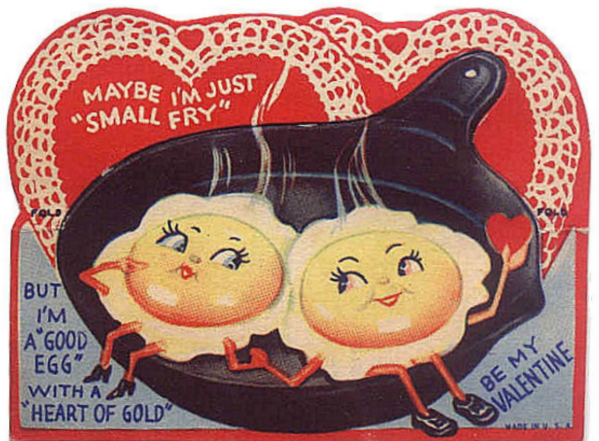


On February 14, people show their affection to one another by sending cards, flowers, and chocolates with messages of love. It is a beautiful tradition but how did this originate?

The day gets its name from a famous saint, but there are many stories about who he was. The main belief is that he was a priest from Rome in the third century AD. Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine thought this wasn't fair, so he broke the rules and secretly eloped. When Claudius found out, Valentine was thrown in jail and was sentenced to death. Then, he fell in love with the jailer's daughter and he was taken to be killed on 14 February, he sent her a love letter signed "from your Valentine".

Mrs. Vickie Schmidt's FCCLA organization is once again selling Valentine's Carnations. They are \$2 per flower and are available in RED for "I LOVE YOU" and BLUE for "FRIENDS". Please turn in your PAID orders by Wednesday, February 12th. Thank you for supporting our FCCLA.





5 Signs Of High Emotional Intelligence

[Mark Murphy](#) Contributor

I solve the “people pain points” that keep leaders awake at night.

Emotional intelligence predicts people’s ability to regulate themselves, manage other people, and achieve success. Research shows a link between emotional intelligence and career success. Not everyone is born with it, but unlike IQ, emotional intelligence can be acquired and improved with practice. So, how can we tell if someone’s got it or not? Here are five signs of people with high emotional intelligence. These are qualities that are easy to assess in everyday situations.

Sign No. 1: They handle criticism without denial, blame, excuses or anxiety.

One of the hallmarks of high emotional intelligence is self-awareness. Self-awareness is a deep understanding of what makes us tick; what angers us, makes us happy, bores and interests us. It also means that we can appraise ourselves, faults and all, with great honesty and clarity. So when people with high emotional intelligence make a mistake and get criticized for it, it doesn’t send them into an emotional tailspin. It’s simply a fact to be noted, analyzed and corrected.

Not everyone with high emotional intelligence reacts to criticism in the same exact way. Some people deal with it more empathically, and instantly wonder “Why did this person just criticize me?” And they seek to understand “what does this criticism mean for our working relationship moving forward?” Others handle criticism more like a process engineer looking to root-cause a product defect, systematically dissecting every step leading up to the thing they just got criticized for. Their first thought is “I need to figure out exactly what went wrong.” If you want to discover your personal style of handling criticism, you can take this free quiz, [“How Do You React To Constructive Criticism?”](#)

Regardless of the exact nature of their reaction, people with high emotional intelligence do not deny it, blame others, make excuses or melt into a pool of anxiety.

If you’ve ever heard people say, “That rule doesn’t apply to me” or “My performance was just fine” (when it clearly wasn’t), you’ve witnessed denial.

These are folks who are so defensive and walled-off, or their egos are so fragile, that they’re simply not ready for feedback. They are, in effect, saying, “There’s no problem; my performance was absolutely fine. If you don’t like the results, that’s a problem with your judgment, not my performance.”

Others exhibit blame. Blame is the unspoken acknowledgment that constructive feedback is warranted (i.e., the outcomes were subpar) coupled with an unwillingness to admit any personal fault. You'll hear things like "OK, results weren't perfect, but if you want to know where the problem is, go talk to Accounting about why they didn't get the right data to my team before the deadline."

Excuses are another reaction common to folks with lower emotional intelligence.

An excuse is an admission of subpar results plus an admission of fault that is coupled with a host of extenuating factors that no normal human could possibly have overcome. Unlike blame, it won't be another person or department that gets thrown under the bus but rather your servers, procedures, phone systems, and the like.

Then there's anxiety. Here, the actual subpar performance and culpability have been fully acknowledged, but the person lacks the readiness to move forward and improve future performance. People in anxiety say things like, "There's no way we'll finish in time" or "We've tried to fix this before, and it just didn't work."

Sign No. 2: They're open-minded.

A high level of self-awareness lets emotionally-intelligent people listen to a situation without reacting to judgment. They don't automatically dismiss ideas just because they are different from their own. This makes them a popular go-to person when there's trouble, issues, challenges or just a need for a sympathetic ear. You won't find them chit-chatting all day, or tolerating negative personalities, but they do have a knack for helping people quickly set things right.

Sign No. 3: They're good listeners.

Great listening requires a developed listening structure that separates the facts from interpretations, reactions and ends. People with emotional intelligence can identify the emotions that shut down their ability to listen. They've worked at developing the ability to divorce themselves from those emotions so they can remain open and able hear what is really being said.

Sign No. 4: They don't sugarcoat the truth.

Emotional intelligence requires recognizing emotions in others, but this other awareness doesn't mean shying away from speaking the truth or using tricks to try and soften the blow of tough feedback. People with emotional intelligence know how important it is that tough messages get heard. You won't hear blatant candor that could possibly shut down the conversation, but you will hear a clear message that might sound something like this: "Frank, I've got a tough message to deliver. There's no getting around it, but I want you to understand that I'm doing this out of a concern for your wellbeing. Because if you don't fix this stuff, your career here is in jeopardy."

Sign No. 5: They apologize when they're wrong.

People with high emotional intelligence don't invest valuable time trying to prove they are right when they realize they're wrong. Instead of looking for excuses, they offer a simple, honest apology that lets them quickly get back on track. It sounds something like this: "I'm sorry" I messed up and chose some bad words that sounded like I was attacking you. This is not what I intended. Can I try again?"

There are many indicators that someone has high emotional intelligence. But these five signs are quick tests that you can witness every day at work. And they'll quickly help you assess whether the person in question does, or does not, have high levels of emotional intelligence.

Mark Murphy is a NY Times bestseller, author of [Hiring For Attitude](#), and founder of [Leadership IQ](#).

*We hope that you enjoyed the
reprint of the article on
Emotional IQ.*

*The Editor and Staff wishes
everyone a Happy Valentine's
Day!*

