

# The Center Point Pulse

## Annual Winter Community Day Celebration

On Friday, December 20, Center Point Day Program held our annual winter community day celebration! We welcomed many members of our community including members of the Faulkner Subaru Harrisburg team to enjoy crafts, delicious food prepared by Chef Dave, and a visit from special guests-Santa Claus and his elves! The most special part of this event each year is granting students holiday wishes with the help of generous donations from Faulkner Subaru Harrisburg. Each student received a gift from their wish list hand delivered by Santa Claus himself! The Capital Area Intermediate Unit also provided students with gifts and sent students in need home with an abundant holiday meal to help sustain them over the winter break. We feel so fortunate to provide these items for our students and families and that is all thanks to generous donors all over the community and the hard work of Center Point staff dedicated to making this time of year special for our students. Center Point Day Program wishes all families and community members a healthy, happy and safe holiday break. We are looking forward to seeing everyone in the new year! *Continued on Page 2*



Left to right: Doug Jones (Faulkner Harrisburg), Jason Brode (Diakon Youth Services) and Ron Spohn (Faulkner Harrisburg).

## Directors Corner:

Happy New Year! We hope that everyone had a wonderful holiday season. As we begin the new year, we want to remind students to prioritize their personal goals. Our Social Emotional Theme this month is Goal Directed Behavior, with a focus on Wellness Goals for Mental Wellness Month. Additionally, the end of the second Marking Period just around the corner. Let's finish the school year strong and make 2025 our best year yet!

### **IMPORTANT JANUARY DATES:**

- 1 - Closed
- 13 - Reward Trip
- 15 - End of MP 2
- 16-17 - Inservice
- 20 - Closed





# SEL Theme: Goal Directed Behavior      Focus: Wellness Goals

## Awareness Month: Mental Wellness Awareness



## What Does SMART Mean?

SMART is an acronym that you can use to guide your goal setting.

Its criteria are commonly attributed to Peter Drucker's Management by Objectives concept. The first known use of the term occurs in the November 1981 issue of Management Review by George T. Doran.

To make sure your goals are clear and reachable, each one should be:

- **Specific** (simple, sensible, significant).
- **Measurable** (meaningful, motivating).
- **Achievable** (agreed, attainable).
- **Relevant** (reasonable, realistic and resourced, results-based).
- **Time bound** (time-based, time limited, time/cost limited, timely, time-sensitive).

### 1. Specific

Your goal should be clear and specific, otherwise you won't be able to focus your efforts or feel truly motivated to achieve it.

- **What** do I want to accomplish?
- **Why** is this goal important?
- **Who** is involved?
- **Where** is it located?
- **Which** resources or limits are involved?

### 2. Measurable

It's important to have measurable goals, so that you can track your progress and stay motivated.

- How much? How many?
- How will I know when it is accomplished?

### 3. Achievable

Your goal also needs to be realistic and attainable to be successful.

- How can I accomplish this goal?
- How realistic is the goal, based on other constraints, such as financial factors?

### 4. Relevant

This step is about ensuring that your goal matters to you, and that it also aligns with other relevant goals.

- Does this seem worthwhile?
- Is this the right time?
- Does this match our other efforts/needs?
- Am I the right person to reach this goal?

### 5. Time-bound

Every goal needs a target date, so that you have a deadline to focus on and something to work toward.

- When?
- What can I do six months from now?
- What can I do six weeks from now?
- What can I do today?