

GET READY GET SET GOALS!!

12th April 2023





On April 12, 2023, students of grades 9 and 10 attended an event hosted by the Health and Mind Club to educate students about the importance of goal setting and the key elements that would help them become the best goal setters.

The students conducted an open mic event on this topic as well as engaged in a goal setting activity in which each student was handed a slip to write and elaborate on their goals for the new year.



The goal of this exercise was to help the kids get off to a good start and to give them something to work for throughout the academic year.