



Stop, Collaborate & Listen

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[@srmustangs4life](#)
on Instagram



Tips, Tricks, & Stuff I Stole

Keeping my leadership students engaged:

- 📺 Atomic Habits
- 📺 Expert Presentations
- 📺 Jamboard
- 📺 Ted Talks and other videos
- 📺 Create a virtual game
- 📺 National day of activities
- 📺 Lunchtime fun (games, chatting, etc)

Atomic Habits

Lessons for Student Leaders

#1- The 1% Rule

#2 Progress

#3 Review & Habits of Animals

#4 Habits & Identity

#5 Feedback Loop

#6 1st law- Make it Obvious

#7 Habit Stacking

#8 Environment

#9 Self-Control, Building & Breaking Habits

#10 2nd law- Make it Irresistible

#10 2nd law- Make it Irresistible

#11 Building a support system

#12 Breaking and Fixing Bad Habits

#13 Make it Easy

#14 The Law of Least Effort

#15 Procrastination

#16 Make it Work

#17 Make it Satisfying

#18 How to stick with it

#19 Have a partner in crime

Jamboard



Set background

Clear frame

This means that as long as we are trying our best and doing the things that actually matter, we are doing well and being successful. The important things define us.

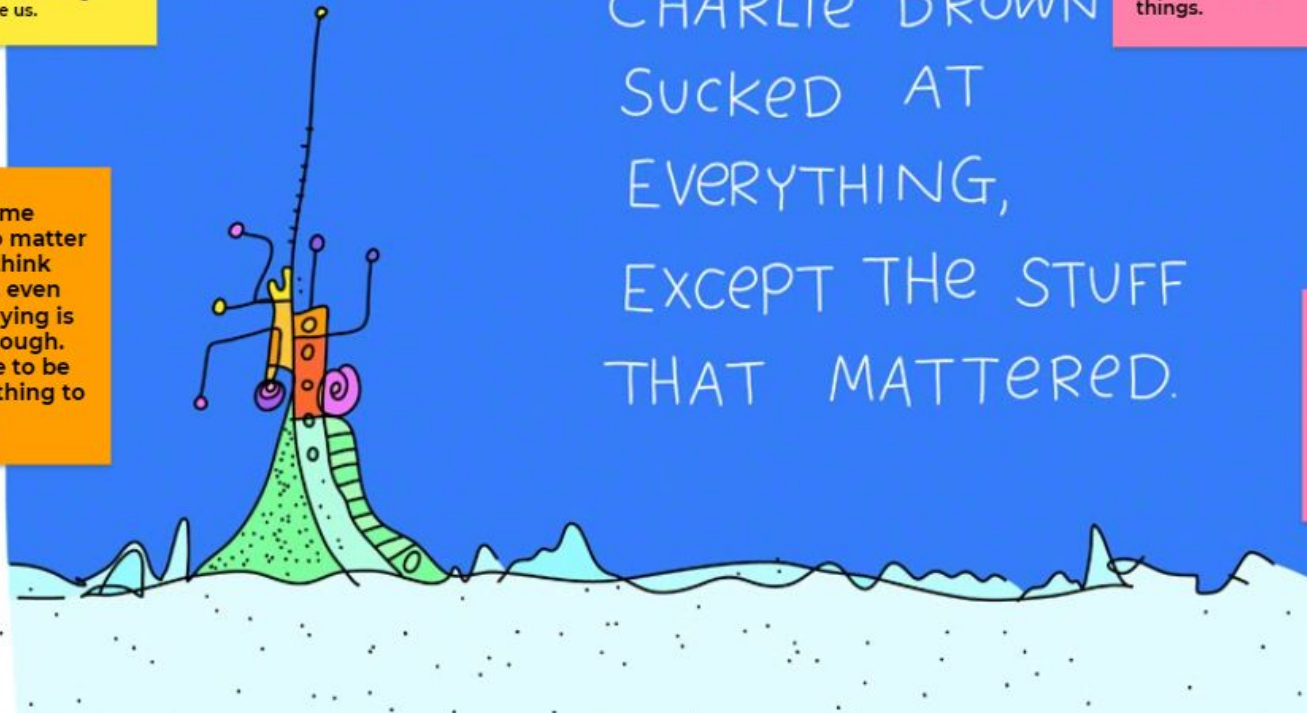
Hailey... So I learned that you don't have to be the best at everything! We are all different in our own ways, so we can all help each other balance our qualities out! In a council it's super important that we all do our part!

If you're doing well in the things that matter then I think you're doing pretty good in life. Don't beat yourself up about the little things.

This image to me means that no matter how bad you think you are doing, even the effort of trying is sometimes enough. You don't have to be good at everything to be successful

CHARLIE BROWN
SUCKED AT
EVERYTHING,
EXCEPT THE STUFF
THAT MATTERED.

Even though sometimes people mess up, it'll all work out as long as you don't give up and you keep persevering.





Resources

<http://bit.ly/GIBOCADA>



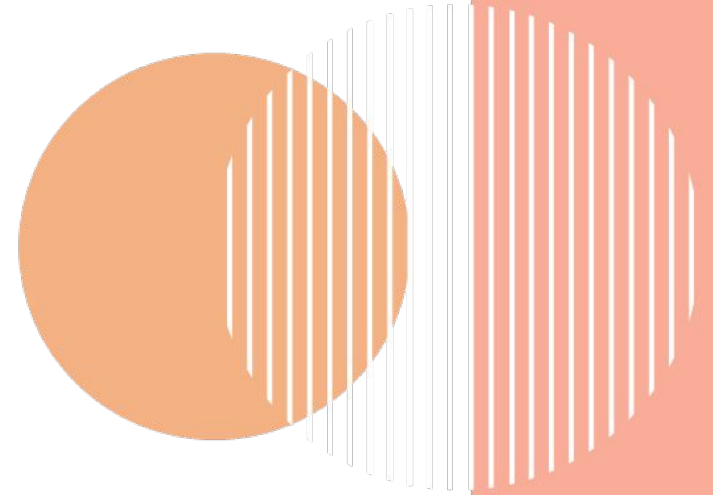
Ted Talks

Ted Talk Tuesday

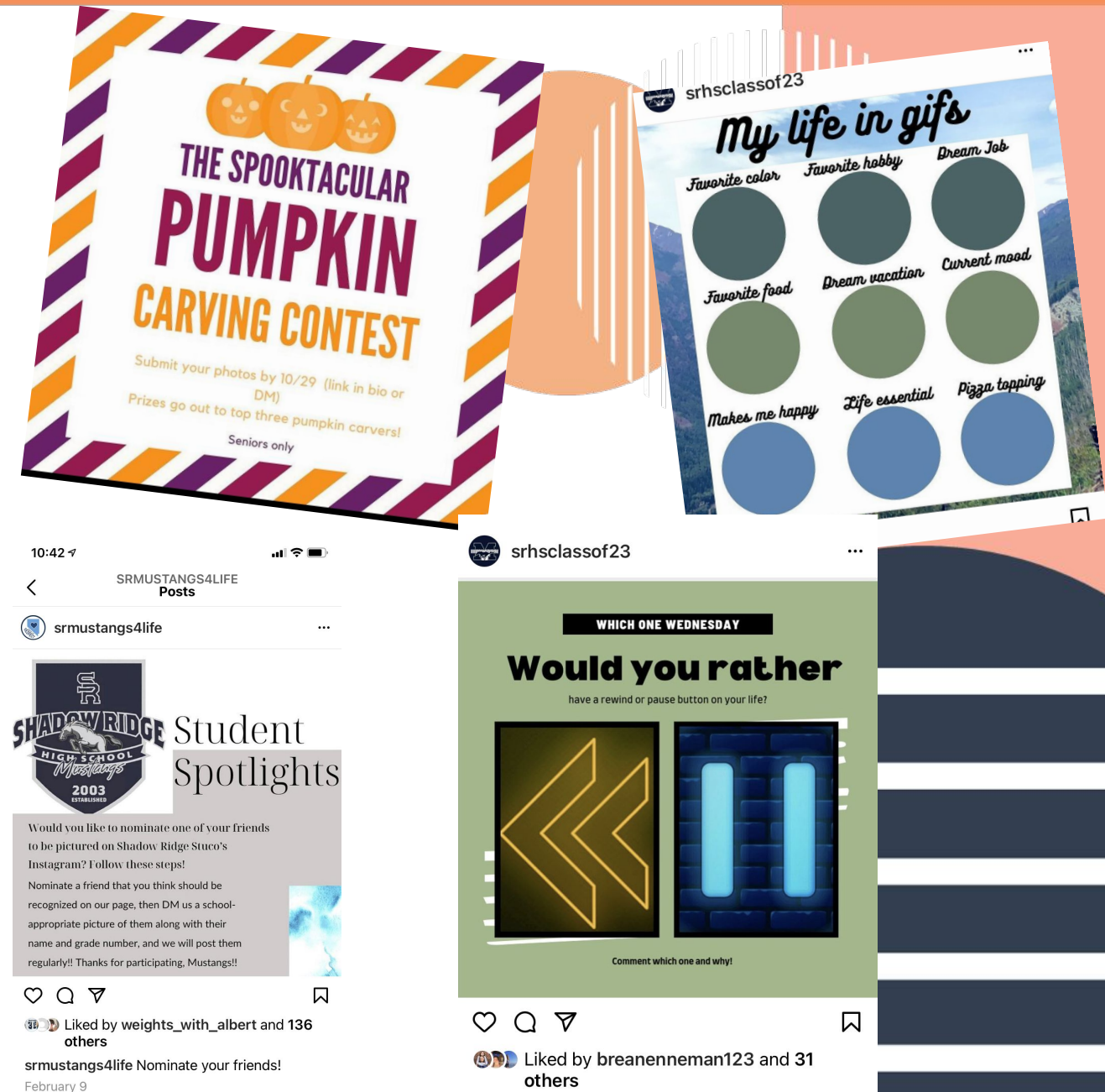
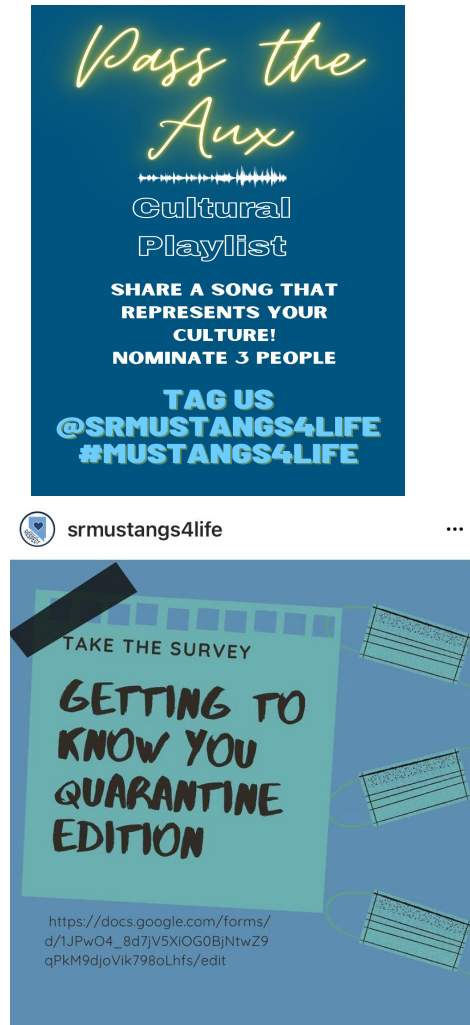
Ted Talk
Assignment

Engaging students and staff

- Social Media Activities
- Mustang to Mustang
- Alumni Spotlights
- Mental Health Awareness
- Staff Draft
- Staff Game Nights



Social Media



Alumni Spotlights:

- ★ Added as a Homecoming Event, we planning on keeping it!
- ★ [Alumni Form](#)

SAMANTHA MILANOVICH



One of Samantha's best memories from Shadow was playing sports. She enjoyed every moment as she went to state for softball in 2016, played tennis, and played flag football.

She is currently in nursing school at Baylor University in Texas. She is looking to pursue a career as a Nurse Practitioner one day at a time!!!

Some advice Samantha has for you is: "GET INVOLVED!" Getting involved whether it's with sports or clubs just do it you won't regret it. Go to all the assemblies, pep rallies, homecoming, prom, all the football games because you're going to look back at all those times and be so grateful you lived in the moment. Take lots of pictures/videos of your time in high school...it goes by so fast and you're going to want to look back at all the fun times.



ALEXA GAME

ONE OF ALEXA'S BEST MEMORIES FROM SHADOW WAS BEING A PART OF STUCO DURING HER SENIOR YEAR AS WELL AS MANY DIFFERENT SPORTS. SHE LOVED THE SCHOOL SPIRIT AND THE PARTICIPATION OF EVERYONE.

SHE IS CURRENTLY WORKING WITH THE ALE (ALCOHOL LAW ENFORCEMENT)

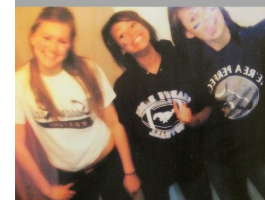
ALEXA WANTS ALL OF US TO REMEMBER TO "ENJOY EVERY MINUTE, EVERY SECOND. TIME FLIES AND YOU WON'T REALIZE HOW MUCH YOU MISS BEING IN THAT ENVIRONMENT UNTIL IT'S GONES. TRY EVERYTHING AT LEAST ONCE!"

ONE OF KELSIE'S FAVORITE THINGS ABOUT SHADOW WAS THE FRIENDSHIPS SHE MADE THROUGH CHEERLEADING AND STUCO.



SHE LOVED THE SPIRIT OF SHADOW RIDGE!! "MUSTANG MANIACS"

Kelsie Buhl



TODAY SHE IS A MOTHER OF TWO BOYS AND IS WORKING IN MARKETING.

A PIECE OF ADVICE THAT KELSIE WOULD LEAVE IS "ENJOY EVERY MOMENT AND JOIN A CLUB OR ACTIVITY! BEST WAY TO MAKE FRIENDS 🌟"

Mustang to Mustang

Friday lunch activities and game through google meet.

- ★ Teachers, counselors, admin, and students attend
- ★ Started as just a counselor activity and.....
- ★ My students created games as an assignment and have been helping run the lunchtime activities
- ★ So games we have played (links to some games in the bitly):
 - This or That
 - Themed Scavenger Hunts
 - Nailed it or Failed it
 - Emoji Pictionary
 - Scattergories
 - Camera On/Off
 - Two truths and a lie
 - Simon Says

Mental Health Awareness



Me First Monday

Self-Care is Important

Self Care Challenge! Do something for yourself:
Take a walk
Take a screen break
Go to bed early
Share how you are practicing self-care
Tag us @srmustangs4life

Wear Lime Green

Toolbox Tuesday

What do you do to practice self-care?

A Self Care Toolbox is a set of predetermined tools you can draw on whenever you feel you're not coping. Each person's toolbox will look different, but some examples are: writing in a journal, using a mindfulness or relaxation app, spending time in nature, exercising or calling a friend

Wear Tie-DYE! Share your tips and tie-dye pics! Tag us on instagram @srmustangs4life



Wellness Wednesday

WEAR BLUE!

→

LIVE WORKOUT AND RELAXATION SESSION @10AM

JOIN US:
[HTTPS://MEET.GOOGLE.COM/UVR-OGV-NSW](https://meet.google.com/UVR-OGV-NSW)

WEAR YELLOW!

Positive Thoughts

SHARE YOUR POSITIVE THOUGHTS & PASS IT ON!

WHAT IS YOUR POSITIVE MANTRA?

TAG SOMEONE ELSE TO SHARE!

TAG US
@SRMUSTANGS4LIFE



Fun Friday

SHARE POSITIVE WAYS TO HAVE FUN!
TAG US @SRMUSTANGS4LIFE

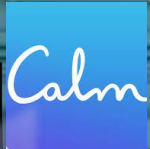
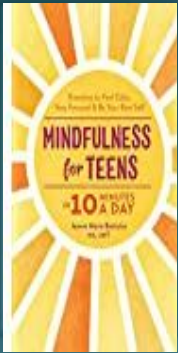
Mustang to Mustang Games @lunch

Join us:
10am
<https://meet.google.com/rci-huva-ouo>

Wear SR Gear



"YOU ARE ALLOWED TO BE BOTH A MASTERPIECE & A WORK IN PROGRESS SIMULTANEOUSLY"
-SOPHIA BUSH



staff<3 14w



meet Mr. Smith!

favorite song: Till I Collapse by Eminem

He has been teaching for 8 years



Mr. Smith teaches Biology and Forensic Science

His hobbies are working out, playing video games, helping others, mechanic work, and riding dirt bikes.

...

More

STAFF DRAFT

Connecting students and staff!

- ★ Students picked 1-2 staff members
- ★ Send emails, invite to participate in events
- ★ Created a social media post
- ★ Gratitude emails
- ★ Holiday letters

staff<3 9w



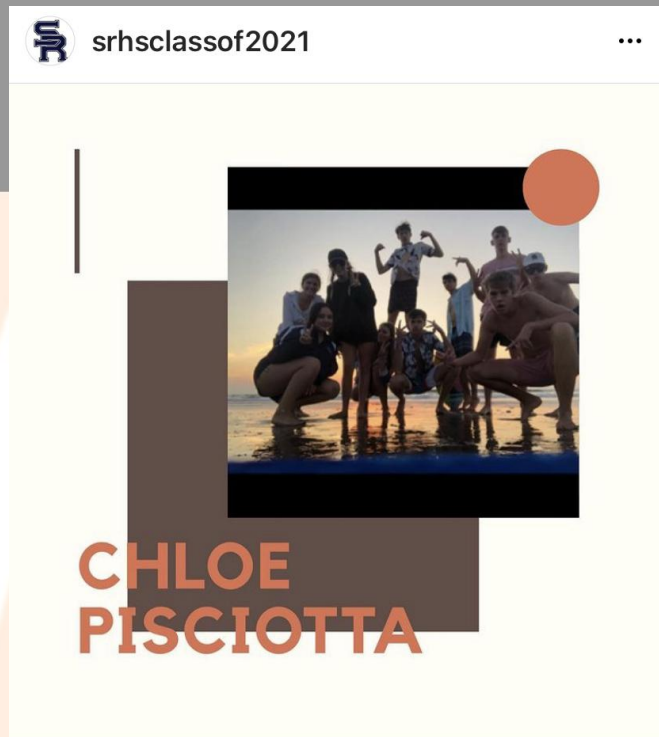
Ms. Watson

- loves Beyoncé, Mariah Carey, and MaryJ
- been at shadow for 13 years
- favorite part about being at shadow is the interactions with students
- favorite hobby is traveling

...

More

Senior Spotlights



Liked by srhsbsu_ and 57 others

srhsclassof2021 Chloe is thankful for having the best friends in the world 😊 what are you thankful for? Let us know by filling out the google form in our bio!



Liked by chloepisciotta and 37 others

srhsclassof2021 Kelsey is thankful for the beautiful sunsets 😊



Liked by chloepisciotta and 42 others

srhsclassof2021 Zoey is thankful for canyoneering trips 😊 what are you most thankful for? Let us know by filling out the form in our bio!