

2022-2023

JBHS Link Crew

January 2023 Newsletter

Link Crew

This month Link Crew has warmly welcomed both it's leaders and the freshmen of John Burroughs to second semester. Our leaders are looking forward to the events we have planned for this semester. We are currently getting ready for Matchomatics and Palentine's Day.



LINK CREW PRESENTS

Match-o-matics

ATTN: **ALL JBHS STUDENTS: FILL OUT AN ONLINE COMPATIBILITY FORM BY SCANNING THE QR CODE, AND FIND YOUR NEW BFFs!**



**JAN-FEB
30-10**

FIND OUT WHO YOU'RE MOST COMPATIBLE WITH AND SOME OTHER FUN FACTS ABOUT YOURSELF!

PURCHASE YOUR RESULTS IN THE QUAD, ON FEBRUARY 14 AND 15, FOR ONLY \$1!

Social Committee

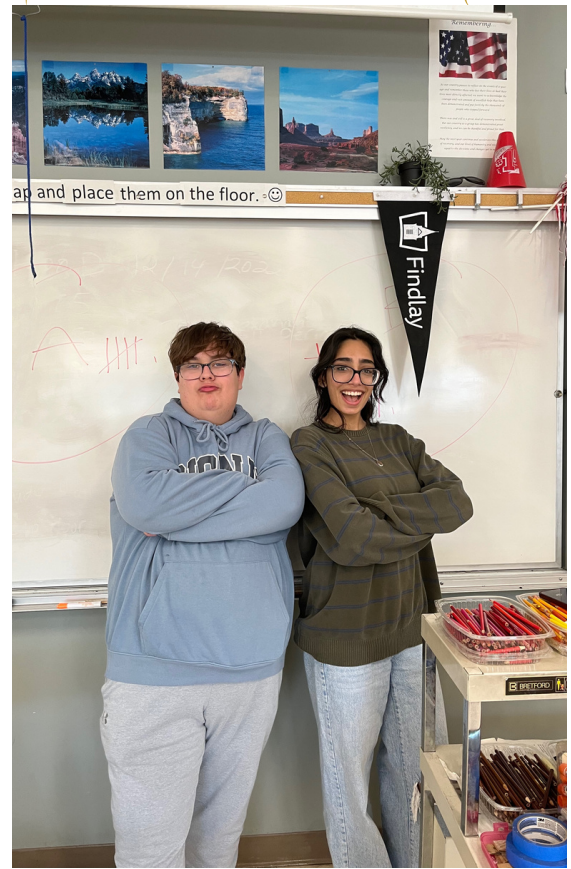
Our social committee is getting ready for two events in February, Matchomatics and Palentine's day. They have also done a great job keeping up with making birthday cards and passing them out. To the left is our flyer for our first event of the semester: Matchomatics!



Publicity Committee

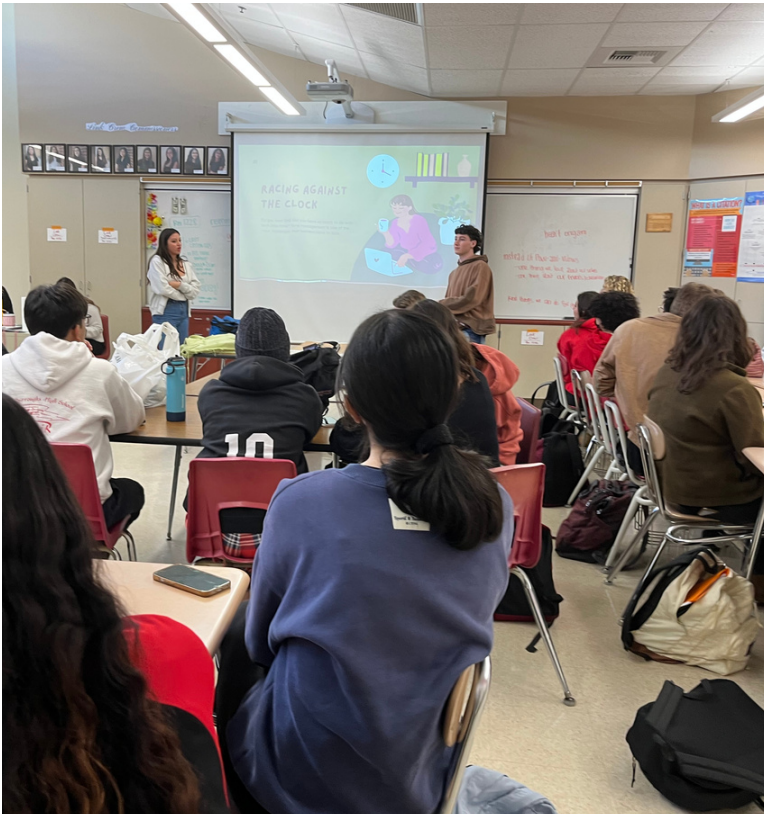
Our publicity committee has done a wonderful job at keeping up with the daily social media posts. They are also coming up with new video ideas.

Follow us @jbhs.lickcrew on Instagram, TikTok, and Twitter for fun videos, recaps of our events, and check out our website (<https://sites.google.com/view/jbhslickcrew/home>) for more updates.



Academic Committee

Academic Committee created OG day actives to give the freshmen of John Burroughs a warm welcome back to school and welcome to 2023. They also wanted to teach a lesson to help with routines, to help the freshmen create healthy habits.



Events

Birthday Cards

Every month Link Crew likes to celebrate our freshmen's birthdays. So we have been writing cards wishing our freshmen a happy birthday with a piece of candy attached.



Lesson Day

We taught a lesson to the freshmen this month talking about how to set a routine. We hope this helps them start off 2nd semester strong! Here is a link to the lesson

(https://drive.google.com/file/d/1v33jfArAxbmGJ358kkU4WhI_9HI17V5n/view?usp=drivesdk).

ACTIVITIES YOU CAN ADD TO YOUR ROUTINE

Journaling

Jot down what you're grateful for and what you look forward to doing for the day.

Meditation

Take a few minutes to do exercises that help with mindfulness.

Exercise

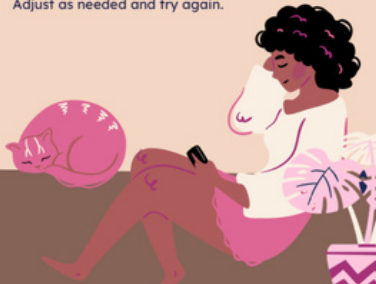
Strive to get at least 30 minutes of physical exercise.



MAKE ROOM FOR FLEXIBILITY.

Routine doesn't mean rigid.

Don't be too hard on yourself if you miss doing your routine. Adjust as needed and try again.



It brings a sense of calm

Avoid the frenzy and anxiety of last-minute activities.

It creates structure

You can better organize your day when you have a plan.

It keeps your body healthy

Routines help you sleep better and manage stress.

BENEFITS OF SETTING A ROUTINE





Monthly Achievements

Link Crew

- Getting ready for second semester
- Preparing for February events

Social Committee

- Preparing for Matchomatics
- Preparing for Parentine's Day
- January birthday cards done and delivered
- Working on February birthday cards

Publicity Committee

- Keeping up with daily posts
- Coming up with new content
- Keeping up with teachers and leaders of the week

Academic Committee

- Finished the first OG day lesson of the year
- Completed preparing next lesson
- Created both new OG day activities and lesson plans

