

Striving for Excellence

Harlan Elementary School has implemented “7 Habits of Highly Effective People” into our curriculum. The 2012-13 school year is our second year as a “7 Habits” school. All staff has been trained and teachers are teaching the Habits daily in the classrooms. Our goal is to become a Lighthouse School. The “7 Habits” are listed below and are incorporated into our school environment to enhance the lives of our students.

1. Be Proactive – Plan ahead and set goals
2. Begin with the end in mind – think about the final results and what it’s going to take to get to desired results
3. Put first things first – important activities first; prioritize
4. Think win-win – play fair and everybody wins; I will help others
5. Seek first to understand, then to be understood – Listen carefully first
6. Synergize – work together to accomplish more
7. Sharpen the Saw – do fun things to enlighten your spirit

Research shows that nutrition and physical activity are directly related to cognitive development and improved academic performance. **Harlan Elementary School** provides students with basic, school system mandated physical education programs. However, there are opportunities to further provide students with structured exercise programs that will support improved health and wellness. The upgraded Harlan exercise program will contribute to improved student cognitive development and learning and provide a foundation for life-long awareness of the importance and role of physical activity in good health. This school year Harlan has received a \$25,000 Fruits and Vegetable Grant and a \$10,000 Grant for Exercise and Nutrition from Blue Cross Blue Shield. We are focusing on learning to be healthy so that we are prepared to promote academic success and learn life-long healthy skills that will promote a better life for all of our students and staff members.