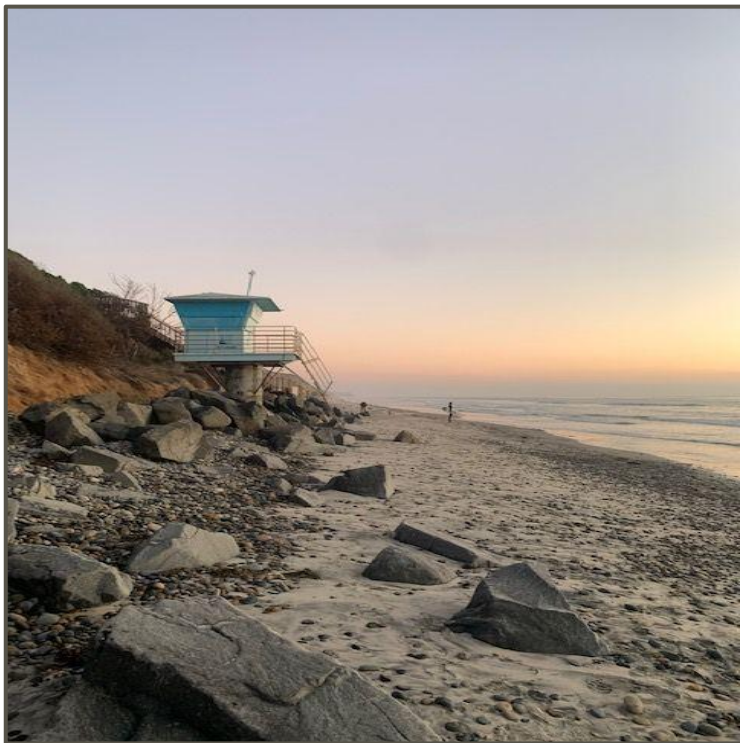




*2021.22 Sage Creek Advisory*  
*Wednesday, December 8th, 2021*



# *Advisory Objectives December 8th, 2021*



- ASB updates, Library & Yearbook reminders
- 12th grade students go directly to ARENA
- Link Crew Video Strategies for 2nd trimester & accessing Grades in AERIES
- Bucket-filling
- See the “Good” in Others activity

*(3rd of the UC Berkeley Greater Good Science Center Gratitude series)*

# *ASB Updates*

## Toys for Tots

**Now through December 9th!**

### **CLASS CUP CHALLENGE!!**

- There will be a box located in the front office with a sign in sheet.
- Write your name and your Graduating Class (2022, 2023, 2024, 2025)
- Various raffles for free Baked Bear will be given to donors as well so make sure you write your names legibly!



# Senior Update

## GRADUATION REGALIA & PACKAGES!!

Jostens will be our vendor this year and will give a presentation next week during Advisory.

- After 3rd period, you will go **directly** to the stadium and sit in the appropriate row, starting from the bottom (Row 1) up.
- You will take your things with you and be released from the stadium to lunch.
- This is an informational presentation. You will have the opportunity to see the various items being offered and ask questions directly of the vendor.



# Yearbook Updates



## For Seniors Only:

- The yearbook is now taking submissions for senior quotes. Go to [bit.ly/schsseniorquote](https://bit.ly/schsseniorquote) to submit your quote. All submissions are due December 3rd at midnight. After that, there will be a 5.00 charge. Quotes cannot be submitted after December 17th
- Studio 94 will be on campus **December 16th from 1- 4 p.m.** to take your senior photo. If you already took a photo with Studio 94, then you do not need to show up to this event. You cannot submit a photo from any other photographer. It can only be by a Studio 94 photographer. If you have not taken your senior photo with Studio 94, then this is the ONLY time you can get your senior photo for the yearbook.

## All Grades:

- Please fill out this [pop culture survey](#) for the yearbook
- Yearbooks are on sale now. Do not miss out on the top moments from the 2021-2022 school year. Purchase your book through [yearbookforever.com](https://yearbookforever.com)
- Payment plans are available.

# 2nd trimester *Link Crew Strategies for Success!*

- **Listen and watch** to Link Crew leaders' recommendations for success for 2nd trimester (**9th grade**)
- **Review 1st trimester grades** (and updated transcript) in your AERIES portal under "Grades" - grades.
- **Confirm tutoring resources** (e.g. NHS Peer Tutors, Departmental and PALs)
- <https://sagecreek-cusd-ca.schoolloop.com/Tutoringcalendar>



# *Seeing the “Good” in Others*

*(3rd of series from UC Berkeley’s Greater Good Science Center)*

- Today’s focus is on **Seeing the “Good” in Others**
- Learn how gratitude is the *“glue that holds relationships together”*
- Practicing gratitude is a choice
- Being a “bucket filler”
- See the Good in Others (Bucket fill) Activity



Gratitude Activity  
Lesson 3

## See The Good Challenge

Let's learn what gratitude is and why it can make us feel better.

## Gratitude Is A Choice

**You choose how you think.**

It's your choice to focus on good things or bad things in life.



**You also choose how you act.**

It's also your choice whether you want to do things that lift others up or bring them down.



## “Bucket Filling”

Things that lift others up  
(or “fill their buckets”) include:

- Being friendly
- Expressing gratitude
- Complimenting them on their strengths/talents
- Encouraging them to pursue goals
- Showing compassion



## “Bucket Filling”

Practice expressing kindness towards your classmates.

You can:

- Tell them thank you for doing something kind for you
- Compliment them on one of their strengths or talents
- Commend them for a behavior that exemplifies one of their character strengths

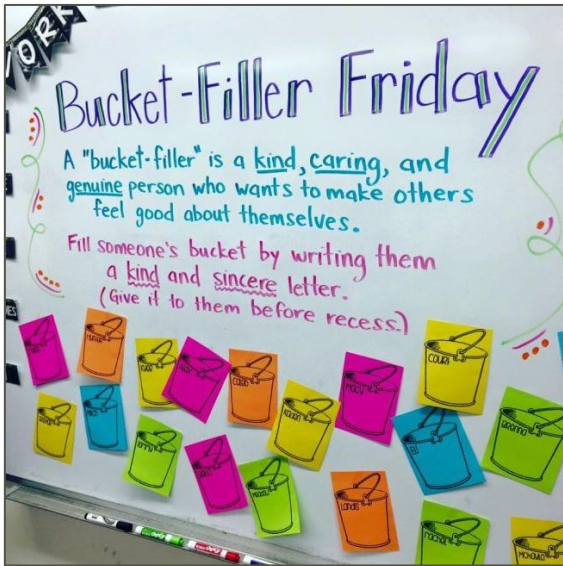


When the dipper is used negatively...

we dip from  
others' buckets  
and it decreases  
their positive  
emotions and  
diminishes ours.



# See the “Good” in Others Activity (a.k.a bucket-filling)



1. Students will **look for the good in others by acknowledging each other's strengths and contributions** to class.
2. Students will **practice “filling buckets”** by recognizing the good in each other.
3. Each student should **write a minimum of 4 sticky notes** (in Advisory beginning with the students next to them); students should give out sticky notes to the individual
4. Students might also **identify one person in their lives whose “bucket” they would like to fill** sometime in the next 24 hours (after Advisory).