

SCARLET BANNER

NORTH BRANFORD INTERMEDIATE SCHOOL

A New Year, a New You!

What's your New Year's resolution? The word *resolution* means a firm decision to do or not to do something. It is the act of solving a problem. A New Year's resolution is made in the hopes of making your life better. It is something you hope to do, get better at, or learn that will make help you to grow and improve yourself.

Many people make a New Year's resolution because they want to do something that they did not do before or get/make something, they never had before. It does not matter what the resolution is; you should always go back and achieve your goals. Just ask yourself how you can be a better person.



The Most Popular Types of New Year's Resolutions

1. Try to find a sport or activity that you like and play it every week.
2. Be nicer to your friends and people that aren't your friends.
3. Eat healthier. Have more fruits and vegetables every day and less soda and chips.
4. Exercise more. Walk, ride a bike, or join a sports team.
5. Help out in your community. Volunteering makes you feel great about yourself.

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JON C. - My New Year's resolution is to improve in math so I can do better in class.

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SPENCER W. - I want to improve on my organization skills because I lose a lot of papers during the year.

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IZZY G. - My New Year's resolution is to improve my grades because I want to get straight A's.