

## Counselor's Corner

“SCORE!”

As I write this article, disappointment hangs in the air. The Tampa Bay Lightning beat our fabulous Red Wings. I am confident that the players are not going to let this get them down. They will learn by their mistakes and strengthen their skills. They will try their best to capture the Stanley Cup as they have eleven other times!

School often seems like a game. We learn the rules, work hard, and set goals to master subjects and capture grades. Sometimes we score; sometimes we lose. We all have some talents, but most do not have skills in every subject. Some will skate through courses while the rest of the class has to work much harder. Others will find that supreme effort is the only way to get through. Whatever the situation, more effort increases our chances of success. If we keep our eye on the prize, obstacles like difficult subjects and super challenging teachers cannot totally impede our success. Our failures can become learning opportunities to motivate us to try to keep from being “checked”.

In contrast to tonight's Red Wing loss, our morning was high-spirited. Thanks to Mrs. Kraetke, students and teachers donned Red Wing shirts and created a sea of red to greet our guests, members of the Red Wing Spirit Team. They interacted with us with friendly banter and games. They gave out Red Wing folders to all students, and they challenged the students to play against their teachers to try to score goals. Although our goalie, Ms. Kinasz, did her best to stop the students from scoring, the students were more successful and won the game. Trivia contests were played and more prizes won, but the best prize was the donation of floor hockey equipment made to the school! Thank you, Red Wing Spirit Team!

The team also earned more points when they gave concrete examples of how their team was like our school body. Red Wing players are unique, coming from various geographical, ideological, and financial backgrounds. The team utilizes these differences to learn, and their passion for hockey unifies them. Like us, they grow stronger when they welcome all and act like a team instead of a group of individuals.

Coaches were compared to teachers, and practices to homework. The groups thrive because of them. Another consideration for successful players and students is health. There is nothing more important than starting the day with a nutritious breakfast. The Spirit Team members showed us a chart that reflected what is always on the plates of their team members. Healthy meals made of vegetables and fruits, as well as dairy and protein, make us all more fit and energized.

The overall theme of the day was education and dedication. Whether a member of a successful hockey team or a student in a school, dedication, motivation, and willingness to learn about ourselves and others are key components for success. Going one step further, it seems we are all students in the game of life. Education opens our minds, and dedication can help us accomplish more than we thought possible in so many areas of our lives. Go, Red Wings! Go, Stags! Go, team members of the universe!

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