

# Kowalski Advisory Newsletter

## SEPTEMBER 2025



### A NOTE FROM MS. KOWALSKI

Welcome to the 2025–2026 School Year!

I am so excited to be here and to get started on an great year together.

We have many exciting events planned to kick off the year, and I will make sure to keep you updated through school announcements and communications.

As always, if you have any questions or concerns, email me!

Here's to a fantastic year ahead!

### CONTACT INFORMATION

Email:

[akowalski@csaschool.org](mailto:akowalski@csaschool.org)

### IMPORTANT DATES

- Friday, September 12<sup>th</sup> - Sentinal Wear Day
- Monday, September 15<sup>th</sup> -School Pictures
- Sunday, September 21<sup>st</sup>-Color Run (Settler's Park, Registration @12:30pm)
- Wednesday, September 24<sup>th</sup>- Academic/Humanities Banquet (CSPA @ 7:00 pm)
- Friday, September 26<sup>th</sup> -Sentinal Wear Day

# Important Information

## FOCUS OF THE MONTH: INTERNAL MOTIVATION

At CSA, we use Internal Motivation Psychology to help students grow into independent thinkers and responsible individuals. This approach encourages students to make positive choices, do their best, and discover the values that will guide them both in school and in life. We focus on creating supportive classrooms, building strong relationships, and modeling the character traits we expect students to show. We also teach routines and protocols so that students know what's expected and can succeed in a safe and respectful environment.

In advisory, this month, we are working on goal setting, which will allow students to understand their values and goals. We will also focus on reflection in the coming months on goals and where progress can lead to next.



## PICTURE DAY REMINDER

REMINDER: All students are expected to wear full regalia on picture day. Full regalia includes:

- a tie
- white button-down shirt
- blazer
- grey or black pants/skirt

Picture day forms will be available in your advisory classroom.

Hard work and diligence are essential to success, but they require an internal motivation. That internal motivation is Vision.

Myles Munroe