

# STAND IN YOUR GREATNESS

On Thursday, December 2, Freshman and Sophomore students met Mr. Ed Gerety, who came to speak to them about the importance of taking care of themselves, taking care of one another, and standing up for their greatness.

Students learned about the power of respect, responsibility, and the impact that their choices and decisions can have. They participated in an exercise that demonstrated the influence that our words can have on our mindset. Students reflected on how powerful it can be to show appreciation and gratitude to others in our lives.

They were reminded of the importance of having the courage to believe in themselves, and the power we have to reach out and make a difference.

**"I SEE YOU. YOU MATTER.  
I'VE GOT YOUR BACK."**

**- ED GERETY**

For more information and to check out his latest podcast episodes visit Mr. Gerety's website:

<https://www.edgerety.com/education/podcast>