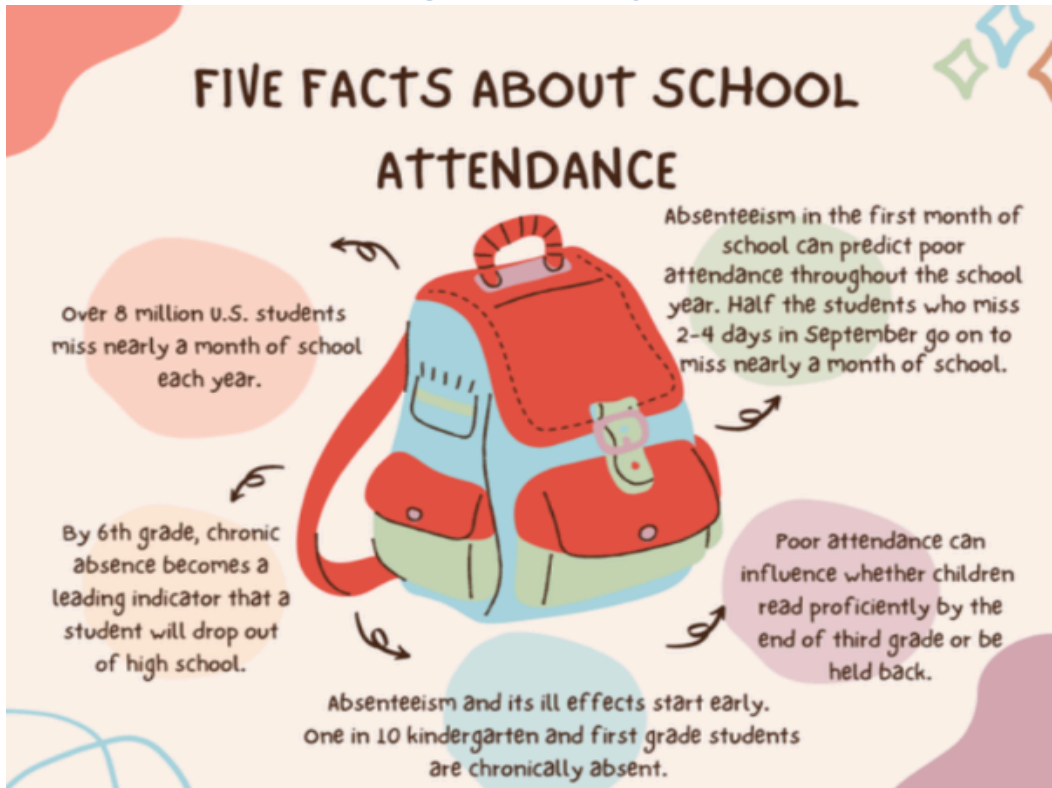


Attendance Assistance Program

NOVEMBER 2024



A WORD ABOUT THANKSGIVING-BEING GRATEFUL

As parents, educators and community members we look at November as the month of giving thanks. Did you know that research has shown that being grateful and giving thanks actually improves our every day well-being? Teaching students to be grateful helps them develop a more positive outlook. It fosters an appreciation for the present moment. It encourages a focus on what they have rather than what they lack. This shift in perspective can reduce stress and anxiety levels among students, leading to improved emotional well-being. Not only will this benefit our classroom communities, but practicing gratitude at home can increase our family relationships as well.

What is the best thing that happened to you today?

Who is your favorite person and why?

What is your favorite thing about school?

What is something that makes you happy?

Who makes you feel loved and how?

Name a friend and describe what makes them special to you.