LOOK OUT NOVEMBER!

Another month has flown by and somehow we are entering November here at Anne Hutchinson School! November is a month where we have the opportunity to take time to reflect on what (and who) we are grateful for.

This month, all of our classroom teachers will be reading "Giving Thanks" by Chief Jake Swamp to foster discussions on what gratitude can look like in daily life.

This month we are going to be taking time to recognize students who express gratitude to others! In our Second Step Lessons students will be learning about feelings across the different grade levels. Learning how to identify our own feelings and to understand the feelings of others can help build empathy. We’re looking forward to seeing families at our upcoming conferences!

- Mrs. Gelpi

UPCOMING DATES:

November 2nd (Tuesday)
Staff PD / Election Day

November 12th, 16th & 18th
Parent Teacher Conferences

November 25th-26th
(Thurs/Friday) No School/
Thanksgiving Break

ETHICAL HABIT OF THE MONTH: GRATITUDE

Gratitude: /ˈɡrædə,t(ə)ʊd/ noun.
1. the quality of being thankful; readiness to show appreciation for and to return kindness.

BOOK RECOMMENDATION:

GRACIAS THANKS
by PAT MORA
Illustrations by JOHN PARRA
Why is practicing gratitude so important?

Research shows that people who show thanks:

- have better mental and physical health
- have stronger relationships with friends
- have higher self esteem

Dr. Robert Emmons, one of the leading researchers on gratitude, has a lot to say about "why gratitude is good".

Grow an Attitude of Gratitude At Home

- **TAKE FRIDAY TO** sit and talk about things to be thankful for that happened that week.
- **GRAB A JAR OR OLD CONTAINER** and start a **GRATITUDE JAR** at home.

Some More Books that Grow Gratitude

- "THANK YOU Omu!" by Oge Mora
- "THE THANK YOU LETTER" by Jane Cabrera
- "GRATITUDE SOUP" by Olivia Rosewood

Second Step Program

Want a peek at what students are learning this month? Click on your students' grade for a home follow up activity. Or, click the link [here](#) and enter the code for the appropriate grade:

- 2ND GRADE CODE: SSP2 FAMI LY72
- 3RD GRADE CODE: SSP3 FAMI LY73
- 4TH GRADE CODE: SSP4 FAMI LY74
- 5TH GRADE CODE: SSP5 FAMI LY75