

November 16, 2018

Dear Parents,

Thank you to the GPFA for organizing our Food Drive and all of our parents for helping to fill the boxes with everything a family will need for Thanksgiving dinner. The boxes will be delivered this weekend to the Helping Hands Mission in Huntington Station. This activity was an important one for our students, as it prompted discussions about *gratitude and generosity*. Through such discussions, children become more sensitive to the needs of others and begin to develop *empathy*. It helps them to recognize that their parents and other people do many things for them—provide a comfortable home, prepare dinner, buy toys, help them learn---for which they can be grateful. They can begin to learn that not everyone may be as fortunate as they are and that sharing and helping others “feels good inside.”

At our Spirit Day assembly yesterday, Mrs. Katz’s class presented a newscast complete with “man-on-the-street” interviews about *gratitude*. The children read poems and shared a list---the ABCs of gratitude! A skit was performed about training one’s brain to have a **growth mindset**--believing that you can do something if you try, even if you can’t do it *yet*. We sang "This Land is Your Land" and a song about Thanksgiving and practiced a mindful moment---sending good thoughts to those we love.

If you would like to continue the discussion about gratitude with your child, there are many children's books that can prompt conversation about all there is in life to be thankful for, including nature, people, and everyday things. Here is a link with some suggestions:

<https://www.readbrightly.com/books-that-show-kids-what-it-means-to-be-thankful/>

We hope you are enjoying the Family Focus Homework. We look forward to reading about your families’ conversations and activities related to kindness, generosity, and gratitude.

Thank you for attending your child’s parent-teacher conference. Our partnership and ongoing communication is critical to your child’s success.

We have full days of school on Monday and Tuesday, November 19th and 20th. We return to school on Monday, November 26th. Since it is a short week, we will not be distributing notes next week.

Have a great weekend and a wonderful Thanksgiving!

Lynn Herschlein