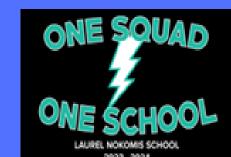


Laurel Nokomis School December ONE SQUAR





Important school events

12/4 - 12/8 PTO Holiday Gift Shop 12/7 - KONA ICE Day Elementary 12/8 - KONA ICE Day Middle School 12/15 - PTO Ugly Sweater Day and Middle School Dance



Word of the month- Gratitude

Gratitude is being thankful and sharing it with others. The holidays are a great time to express our gratitude.

GRATEFUL

Parent Corner: Gratitude
Practice gratitude by:

- Telling someone you are thankful for them
- Write a thank you card
- Draw a picture or make a craft expressing gratitude



12/20, 1/17, 1/31/24 - SPHS Open House for interested families 6-7:30pm

> 1/16/24 - 8th Grade IB Information Night at VPAC 6-8pm



This month,
our LNS Middle School
students will learn the importance
of developing and maintaining
a positive attitude.

They will learn about the effects of gratitude and how to practice gratitude.

-Helen Keller said,
"Happiness is a state of mind,
and depends very little on outward
circumstances."

What's good at our school?

Author, Carol McCloud, visited Mrs. Rowley's and Mrs. Porvaznik's 2nd grade classrooms to read her book, *Buddy the Bucket Filler*. Mrs. McCloud's books explain how we all have an invisible bucket which we can fill, both others' buckets and our own bucket, by saying kind words and by doing kind deeds.

At the end of each day, ask yourself these questions:

Did I fill someone else's bucket today by being helpful, thoughtful, or kind?
Did anyone fill my bucket today?
If yes, did I thank this person?

Resliliency Tool:
Journaling
Write down what you are grateful for each day.

