



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



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?

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."

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

