



## November

Welcome to November! 🍁 As we head toward the holiday season, let's take some time to focus on gratitude, kindness, and finishing the semester strong! This month, we're here to help you tackle any stress, get organized, and make the most of your time at school.

In this newsletter, you'll find tips on managing stress, setting goals, and ways to get involved and give back to our community. We're also sharing ideas for practicing gratitude and creating a positive mindset to carry you through the rest of the semester. Remember, we're here to support you every step of the way!

Let's make this November a great one!

## Gratitude

Practicing gratitude can improve mood, resilience, and even academic performance. Here are a few ideas to try at home:

- **Gratitude Journals:** Jot down three things you are grateful for each day.
- **Thank You Notes:** Write a simple note to a friend, teacher, or family member and make a big difference in their lives.
- **Acts of Kindness:** Give back to others to help foster a spirit of gratitude and community.



## Tips to Finish a Strong Semester

As the end of the semester approaches, you may feel more pressure to keep up with assignments and projects. Here are some tips to help:

**Create a Study Schedule:** Breaking down larger tasks into daily goals can help manage your time better.

**Set Small, Achievable Goals:** Set specific goals, such as finishing one assignment each evening, to avoid last-minute stress.

**Stay Organized:** Use your planners, calendars, or any organizational tool to keep track of due dates.

## Contact Your Counselors

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