



November Newsletter

Ms. Kristal, Ms. Matias, Mrs. Warren

HAPPY NOVEMBER

This month we will be focusing on GRATITUDE.

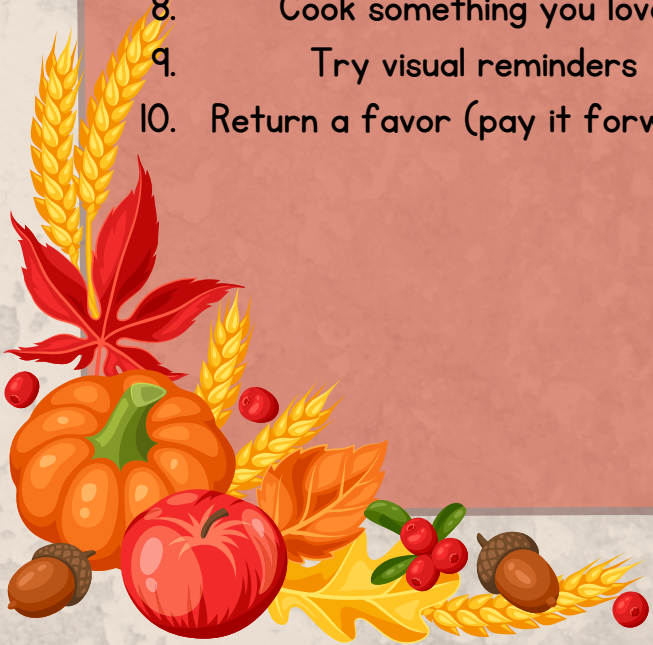
To show gratitude is the readiness to show appreciation for and to return kindness.

We can express gratitude by simply saying "thank you" to someone or by acknowledging a person's presence in our lives.



WAYS TO SHOW GRATITUDE

1. Write a letter
2. Be an active listener
3. Take a mindful walk
4. Give a thoughtful gift
5. Start a gratitude journal
6. Be specific
7. Offer your help
8. Cook something you love
9. Try visual reminders
10. Return a favor (pay it forward)



BENEFITS OF SHOWING GRATITUDE

1. Improve your mental and physical health
2. Can lessen the effects of anxiety and stress
3. Enhances empathy and reduces aggression
4. Improves self-esteem





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HOW TO HELP YOUR STUDENT EXPRESS GRATITUDE

Here are some ways you can support your student in practicing gratitude:

- When life feels challenging, invite your student to acknowledge the positive things going on - no matter how big or small
- Encourage your students to keep a gratitude journal and set daily intentions
- Model gratitude by sharing what you are grateful for in your own life.
- When your students feels appreciation towards someone in their life, encourage them to express gratitude to them. Express gratitude to your student and be specific about why you are grateful for them.

UPCOMING EVENTS

Nov 4 Paws for Change

Nov 10 Teacher PD day (no school for students)

Nov 13 2-3pm 8th grade Magnet High School Fair

Nov 20-24 Thanksgiving Break

Dec 2 GT Testing Part I

Dec 9 GT Testing Part 2

Magnet School Choice Fairs

Saturdays from 9am-12pm

10/28 @ Northside HS

11/4 @ Waltrip HS

11/11 @ Bellaire HS

12/2 @ Milby HS

****NEW****

HISD is requiring all GT application be done online

YOUR COUNSELORS

Ms. Kristal

Students with the last name A-L

kdick@houstonisd.org

Ms. Matias

Emergent bilingual students

Marvella.Matias@houstonisd.org

Mrs. Warren

Students with the last name M-Z

awarren4@houstonisd.org

