

November's Restorative Review

thankful

Monthly Virtue

For the month of November, we have been focusing on the virtue THANKFULNESS, which is being grateful for what you have. It is appreciating the little things that happen around and within you everyday and being aware of the gifts in your life. Teachers have been teaching, discussing, and modeling this trait at school. We have even had some 4th graders make posters, which are around the school, showing what they are thankful for. We are continuing to award students for their demonstration of thankfulness through our Weekly Virtues Winners Awards which are featured on our School Story on Class Dojo and will be recognized at the 1st Marking Period Awards Celebration, which will occur on November 29th; grades 3-5 @ 8:45; grades K-2 @ 9:40

Thankfulness affirmation: *I am thankful for the many gifts within me and around me today. I appreciate my life. I look for the lessons. I expect the best.*

December's Monthly Virtue: **Compassion**

Thankfulness discussion starters to use with your child:

- What relationship or people are you thankful for and what is it about them that you appreciate?
- Who would you like to thank? How would you like to thank them?
- What things in your life are you most thankful for?
- When is it hardest for you to be thankful?
- What are you most thankful for about yourself?

Reading Review

November is American Indian Heritage Month. Celebrate this month with your child by reading about American Indian culture and important American Indians! During the month of November, we are also focusing on informational text. Encourage your child pick to out books that teach them facts about a new or favorite topic.



Throughout the holidays, talk with your child about their family, traditions, or funny stories about when you were younger. Encourage them to ask questions in order to learn more about their family.

Books About Gratitude:

Llama Llama Give Thanks by Anna Dewdney
The Berenstain Bears Give Thanks by Jan and Mike Berenstain
Biscuit is Thankful by Alyssa Satin Capucilla
The Giving Tree by Shel Silverstein
The Blessing Jar by Colleen Coble
Those Shoes by Maribeth Boelts

Counselor's Corner

The classroom guidance topic this month is conflict resolution.

Mrs. Bounds will be having lunch groups for friendship and social skills. The virtue discussed this month is Thankfulness.

CTES would like to thank the Ravens Roost 50 for providing Thanksgiving baskets to families in our community.

NURSE'S NOTES:

The "chilly" mornings are here to stay!!!

PLEASE dress your child with a coat or jacket each morning!!! If you prefer, you can also send in hats and gloves. **PLEASE** take your child for their flu shot, as well as all family members. All

doctors' offices, pharmacies and grocery stores have flu vaccines available. **DO NOT DELAY!!!!**

Please be certain to update Nurse Box with any health changes or challenges your child may have recently developed. She can also assist with behavior and/or attention concerns you may have regarding your child. Nurse Box's direct line is 410 477 6785 and her contact email is

mbox@bcps.org



SUGGESTIONS ON TEACHING THANKFULNESS AND GRATITUDE TO CHILDREN:

- Ask your child to share something that made them happy every day
- Create a thankfulness jar at home. Add to it every time you notice something you are grateful for
- Read books about gratitude (see book list on reverse side)
- Take your child to volunteer or donate
- Lead by example!

WE ARE IN NEED OF SWEAT PANTS AND LEGGINGS FROM NON SMOKING HOMES FOR "BACK UP" CLOTHING FOR OUR STUDENTS. IF YOU HAVE ANY PAIRS YOUR CHILD HAS OUTGROWN PLEASE SEND THEM INTO SCHOOL! WE GREATLY APPRECIATE ALL SIZES!

