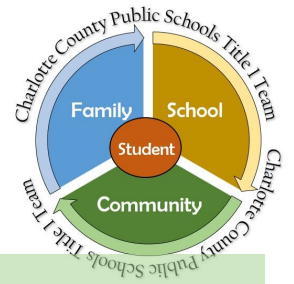


FAMILY ENGAGEMENT

NEWSLETTER FOR CCPS MIDDLE SCHOOLS AND HIGH SCHOOLS

NOVEMBER 2019



Being Thankful

There are lots of reasons why it's important to be thankful and show gratitude for the people and things we have in our lives, but did you know that being thankful is also good for your health? Here are a few reasons why it's great to be grateful not only at Thanksgiving but all year long!

Showing thanks to others makes them feel good

You make other people feel good when you show them you appreciate the things they do for you. This can turn good friends into *best* friends. A simple "thank you" goes a long way and helps you to have better friendships, and you will get along even better with your family. When you make others feel good, it makes you feel good and then everyone feels good!

Being thankful gives you confidence

When you're grateful for the things in your life, even if it's something as simple as a beautiful sunset, it gives you more self-esteem. This means that you will be more confident and less worried about comparing yourself to others. Being grateful is contagious and others will want to be grateful just like you!

Thankfulness makes you a more positive person

People who are thankful are more positive instead of negative. When they see a glass with water in it, they say the glass is half full. Negative people will see that same glass of water and say it's half empty. We want to be thankful for the water that is there, not worry about the water that isn't.

Writing a gratitude journal can help you sleep better

If you keep a journal beside your bed and at the end of every day you write a list of all of the things you're thankful for that day, you will sleep much better. This helps you to remember all of the good things from your day, like the delicious pizza you had for dinner, or that friend who helped you with your school work. You'll fall fast asleep with a big smile!

It just makes you happy

Being thankful helps you to think more about other people's feelings — this is called *empathy* (being able to see things from another person's view). Being thankful also helps you get through life's tough times, because you can easily call to mind all of the good things in your life. Being grateful just makes you happy and being happy can help keep your mind and body healthy!

<https://www.cbc.ca/kidscbc2/the-feed/5-ways-being-thankful-is-really-good-for-you>

Family Engagement isn't just nice, it is NECESSARY for student success!



As the holidays grow near many of us are looking forward to time spent with family gathered around the table or just laughing together and making memories. The sights, the smells, the excitement of little ones, and catching up or telling old stories. Even the old FL sun occasionally gives us a few days off where we get to experience a little chill in the air. One thing that many don't think about during the holidays however is medication safety. There are 3 steps that you can take to help keep yourself and your family safe during the holidays.

Safe Use – Often times when the holidays come, our schedules and routines may change a bit. These small changes may make it hard to remember if you have taken your medications yet or not for the day, or if you have given your children or adults in your care their medications or not for the day. One thing you can do is to buy a pill box and set it up for the week or even the month ahead of time to take the medication guessing game stress off of your plate so you can focus on the things you love.

Safe Disposal – Do you have expired medications filling your medicine cabinets? Do you have a prescription medication you stopped taking at some point in the past? The best thing you can do to avoid accidentally taking an expired medication, taking the wrong medication, or someone else accidentally taking your old medications is to dispose of them. It is not safe however to simply throw them in the trash or flush them down the toilet. That could lead to pollution, plants and animals being harmed, or medications falling into the wrong hands and potentially harming someone. Charlotte County Sheriffs Office has several medication disposal locations where you can drop off unused and expired medications and know that they will be safely disposed of. A list of locations is posted below.

Safe Storage – With family members coming over for the holidays we often have a very busy and very full house and kids can be very curious, especially since many medications can resemble colorful candies. Or perhaps your traveling and bringing your medications with you. Putting your medications out of children's reach, or even better – locking them up, is a great way to ensure your family and friends stay safe. There are many different types of medication lock boxes you can buy, both big and small for more permanent storage situations or for a more on-the-go travel situation.

Happy holidays from Drug Free Charlotte County, and for more information and resources on safe use, safe disposal, and safe storage, please visit us online at drugfreecharlottecounty.org.

See below for medication disposal locations:

Charlotte County Sheriff's Office

District 1
11051 Wilmington Blvd
Englewood

Charlotte County Sheriff's Office

Administrative Building
7474 Utilities Road
Punta Gorda

Punta Gorda Public Safety Complex

1410 Tamiami Trail
Punta Gorda

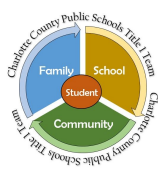
Jen Bernardi

Prevention Program Coordinator

Drug Free Charlotte County

Renee Wiley

CCPS Title I Resource &
Family Engagement Liaison



Follow CCPS Title I: @ccpsTI

Online at: <https://www.yourcharlotteschools.net/site/Default.aspx?PageID=23218>

