

Family Engagement

November 2019

Family Engagement is Necessary for Student Success!



Being Thankful



November is often thought of as the beginning of the busy holiday season. Stores have been promoting holidays since August! We sometimes get numb to the reason for all the planning and hype this time of year bring. We can feel overwhelmed and this creates stress and unpleasant feelings. Let's step back and take a moment to change our perspective.

Remember to take time out with your family and think about what you are thankful for each day. Keep it as simple as a discussion in the car or design a jar/container and have each family member write something they are thankful for each day and add their slip to the jar.

As you make and schedule plans with friends and family members remember to schedule quiet time for your family and yourself. Making memories takes time and energy and if you don't recharge you won't be making good memories, you'll be remembering the stress and negative feelings.

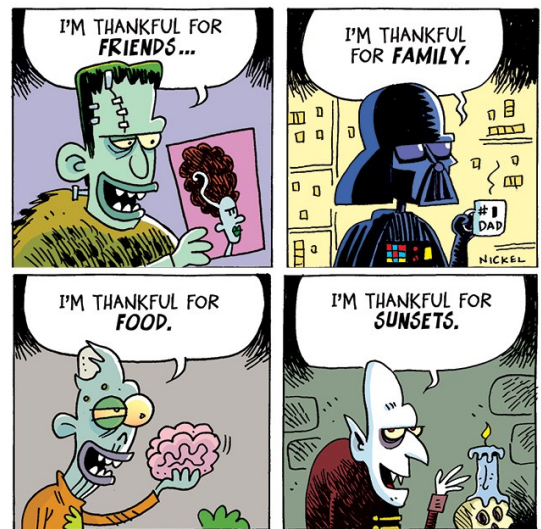
Homework

How to help with homework? Keep an eye on it

Children get more out of homework when parents monitor their efforts. Each day, take some time to review your child's homework. Is it neat? Complete? Ask your child to explain anything you don't understand. This will reinforce the material in his mind and help you know if he understands it. Together, double-check your child's assignment book to make sure he has done all work assigned as this will make him more successful.

<http://niswc.com/15jGC286760>

Thankful for Fun



Comic by Scott Nickel

Leighton: What sound does a limping turkey make?
Zach: I give up!
Leighton: "Wobble, wobble!"

Pedro: What did the turkey say to the turkey hunter on Thanksgiving Day?
Ordep: What?
Pedro: "Quack! Quack!"

Luke: What did the turkey say to the computer?
Will: What?
Luke: "Google, google, google."



Renee Wiley

CCPS Title I Resource &
 Family Engagement Liaison

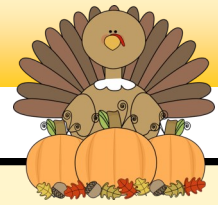
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Being Thankful

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 of 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>