

PACE Homeschool November '21 Newsletter

November Dates to Remember

- 5th Soundscapes Interactive Virtual Field Trip to Anchorage Museum @ 11am ***Use this link: [Virtual Field Trip](#)
Contact Anna @ abreuninger@craigschools.com with questions
- 6th *CLC Nature Walk at Balls Lake Picnic Area @ 11am
- 8th-11th KLC & CLC Closed for Inservice
- 9th-10th ALC & MLC Closed for Inservice
- 11th **Elementary Picture Book Club @ 2pm
- 15th **Pre-K-2nd Grade Story Time via Zoom @ 10am
- 18th **Intermediate Book Club @ 2pm
- 19th **Middle School Book Club @ 2pm
- 25th-26th All Learning Centers Closed for Thanksgiving
- Dec 2nd *Submitting Work Samples Workshop and How to use Genius Scan @ 3pm

*Email with information coming
**Evite email with invitation coming



November Teacher Tip by: Christina Woodward, contact teacher

Did you know that practicing gratitude regularly has physical, psychological and social benefits? It's true! Think stronger immune systems, lower blood pressure, and more joy!

Cultivating an Attitude of Gratitude



Keep a gratitude journal

- Set aside time at the end of the day to write down 5 things you are grateful for.
 - Model this activity by creating your own journal along with your child.
 - Depending on the age, they could draw a picture or just write one word to describe what they are thankful for.
 - Aim to be specific and think of little things.
 - Ex: Time outside in the fresh air, extra time to read, or a favorite food for dinner

Start a family gratitude jar

- This can be done with spare change and then donated to a special cause or charity when full.
- You could also write down things you are grateful for specific to your family.
 - Think about small acts of kindness you witness or experience, and then write it down.
 - Take time to share what you've all written after the jar is full.

Write a thank you card

- Help your child send a thank you card, drawing, or simple note of thanks to someone just for being in their life.

Volunteer

- Find a way to give back as a family.
 - This could be finding items to donate (a meal, canned food, gently used toys) or a place to help in person

Model and share your own gratitude

- Verbalize what you are grateful for in the moment and your child will begin to do the same.
 - Small gestures of helping others will do the same—think returning an extra shopping cart!

Interested in more? Check out: this [Edmentum blog](#) on the connection between cultivating gratitude and your child's well being and achievement.

Akeneseso'o

Ryan

Frank

Adyson

Dane

Emma

Vivian

Christian

Madison

Mae

Pearl

Jordan

Kenneth

Aaron

Caden

**Happy
Birthday!!**

Dorian

Cassie

Killian

Charlotte

Sophia

Madyson

Anika

Alayna

Courtney

Isabella

Sianne

