

The Advocate

HCPSS Elementary School Counseling Monthly Newsletter



IN OUR WORLD

November is historically associated with gratitude with Thanksgiving falling at the end of the month. Research shows many health and wellness benefits to practicing regular gratitude. Here are a few found benefits to consistent gratitude practice: (1) reduced levels of aggression, (2) improved physical health, (3) better psychological health, (4) higher levels of empathy, (5) better sleep, and (6) increased self-esteem. Check out these articles for some more information on this topic!

[How Gratitude Changes You and Your Brain](#)
[7 Scientifically Benefits of Gratitude](#)



IN OUR COUNTY

It is that time again... American Education Week! Did you know that the National Education Association (NEA) met in 1919 to brainstorm ideas for bringing support to public education after learning that 25% of the World War I draftees were illiterate? By 1921, the first American Education Week was observed and served to highlight the importance and accomplishments of public education. HCPSS will be joining NEA efforts by celebrating **American Education Week from November 18th-22nd**. Don't forget, parent/teacher conferences will be held the following week! Click here to learn more about [American Education Week](#).



IN OUR SCHOOL

Becky Reeb, School Counselor

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All students and staff are invited to participate in a kindness activity where we will create a **Gratitude Wall of Kindness**. Students and staff are on the look-out for acts of kindness that are happening around our school: in the classrooms, halls, lunch, recess, arrival, dismissal, etc. When an act of kindness is spotted, students and staff will show their appreciation by writing, illustrating, and coloring acts of kindness on special gratitude slips. Be sure to check out our Gratitude Wall of Kindness next time you're visiting Thunder Hill! Students were also reminded of the *Start with Hello* steps:

1. See someone alone
2. Reach out and help
3. Start with Hello

Thanks for all your support at home!



IN OUR HOMES

After reading about the many benefits of gratitude, are you interested in regular and intentional practices of gratitude? Try a family gratitude journal or a gratitude tree! You'll notice that the more regularly you practice, the easier it becomes! Read about more ideas for kids and families below or visit the wide world of Pinterest for a seemingly endless list of activities!

[9 Gratitude Activities for Children](#)
[30 Days of Gratitude](#)



Book List

- An Awesome Book of Thanks (PK-3)
- All the World (PK-3)
- Andy and the Lion (PK-2)
- Bear Says Thanks (PK-3)
- Did I Ever Tell You How Lucky You Are? (PK-5)
- Grateful (PK-2)
- Gratitude Soup (PK-3)
- It Could Always Be Worse (PK-3)
- Just So Thankful (PK-2)
- The Secret of Saying Thanks (PK-3)
- Splat Says Thank You (PK-2)
- Thanks a Million (1-5)
- The Giving Tree (PK-5)
- The Thankful Book (PK-1)
- Those Shoes (PK-5)



Fun Fact!

There are a variety of ways in which students may access their school counselor. A few common avenues include:

- Self Referral
- Counselor Request
- Parent Referral
- Administrative Referral
- Teacher/Staff Referral

- Friend/Peer Referral