

NOVEMBER 2019

MINERS MONTHLY

A Message from our Principal

Houghton Families,

In today's world of highly anxious people, an article caught my eye recently. It stated that one cannot be anxious and grateful at the same time. Try it! As we see an increase in depression and anxiety in children, I am wondering if we might help them by expressing our gratitude on a regular basis. Last year a friend gave me an empty jar to keep on my kitchen counter. With the jar was a simple notepad and a pen. In her card, she told me to write one point of gratitude every day and then read them after a year. It was a sweet exercise that led to greater joy as the jar became filled with little and big points to remember. "I'm grateful for the freshly fallen snow." "I'm grateful for a warm house on a cold day." "I'm grateful for my friends and all the laughter we shared tonight." "I'm grateful for Aunt Lois and her health as she ages." After visiting another school, I wrote, "I'm grateful to work with the Houghton staff. They are the just the best caliber people." When I take stock of my own heart, I think the article I read just might be right. I am grateful to have a joyful spirit most days and know that gratitude and joy are choices to make. In this season of Thanksgiving, consider helping your child increase in joy by noticing things for which he or she is grateful. Maybe your family starts a poster, a family journal, or a jar like mine. Maybe you make this a nightly topic at bedtime or around the dinner table. Whatever shape it takes, you are helping your child develop a healthy mindset of gratitude.

I already know tonight's note in my jar. "I'm grateful for the high level of parent engagement and participation at Houghton's parent/teacher conferences. We have the best school community!"

Grateful for you,

Valerie Grimes

Houghton Elementary

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Upcoming Dates:

November 21st: Conferences

November 26: 1/2 Day & Conferences

November 27th- 29th: Thanksgiving Break

December 9-13th: Holiday Shop

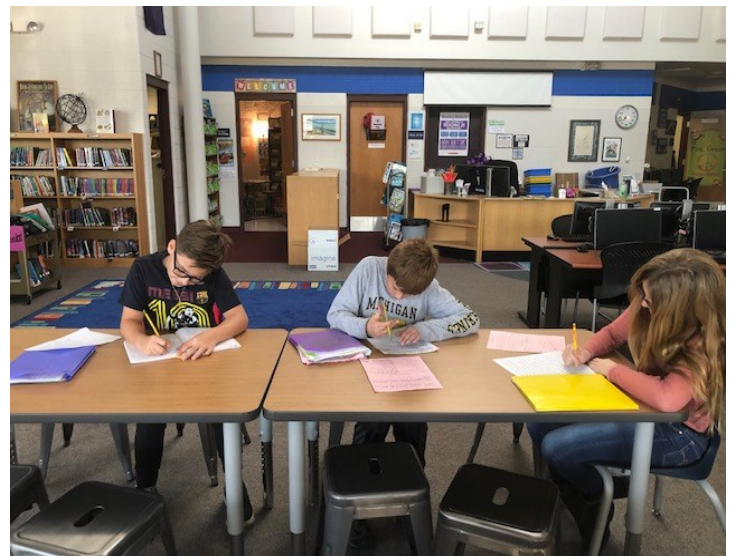
December 19th: Holiday Parties

December 20th: 1/2 Day

December 21st-January 3rd: Holiday Break

Classroom Spotlight:

Mrs. Richards



Students are expected to write 3 typed pages on our M-Step test by spring of fifth grade. Here are some fifth graders working on their latest persuasive essay prompts, "Do you think rules are good or bad?" They have to make a claim and give evidence from research, a text source and their own lives.