

#### **WEEKLY UPDATE: Nov. 18 - 22**

1 message

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Fri, Nov 15, 2024 at 3:23 PM

To: Parents MS <parents\_ms@graystoneday.org>, Students MS <students\_ms@my.graystoneday.org>, Staff MS <staff\_ms@graystoneday.org>

#### **THANKFUL KNIGHTS:**

This week at Gray Stone, we are taking time to be Thankful as a way of preparing for the upcoming Thanksgiving holiday.

Researchers have studied what happens when teens take time to really think about things for which they are thankful. And do you know what they found? Thankful teens had

- · less negative emotions and depression
- more positive emotions, life satisfaction, and happiness
- more hope
- · a stronger sense of meaning in life
- · more motivation to help others and use their strengths to contribute to society
- For the complete article: https://greatergood.berkeley.edu/article/item/how\_to\_foster\_gratitude\_in\_schools

Doesn't that sound great?

So students will be invited to take time each day this week to recognize what makes them thankful. Please ask your student at home about practicing gratitude!



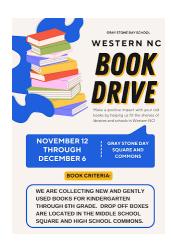
November 18-22
Monday Pasta (Meat or Alfredo Sauce), Garlic Bread, Salad Bar Tuesday Hamburger Bar, Mac & Cheese, Salad Bar Wednesday Beef or Chicken Tacos, Salad Bar Thursday Chicken Fried Rice, Fruit, Salad Bar Friday Pizza (Cheese or Pepperoni)

## **ATHLETICS**:

11/21: MS Swim meet - 5:30 - South Rowan YMCA

### **BOOK DRIVE:**

We will be collecting new and gently used books to fill the shelves of libraries & schools that have been damaged from Hurricane Helene!



### **! TOYS FOR TOTS:**



# **★** Looking Ahead:

11/26: Early Release - 11:40 Dismissal 11/27 - 11/29: Thanksgiving Break 12/19: Early Release - 11:40 Dismissal 12/20: Early Release -11:40 Dismissal

12/23 - 1/03 - Winter Break

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# Tina Holt Middle School Office Manager GRAY STONE

DAY SCHOOL

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