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## WEEKLY UPDATE: Nov. 18 - 22

1 message

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**Tina Holt** <tholt@graystoneday.org>

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](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!

### **LUNCH:**

**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!

GRAYSTONE DAY SCHOOL

WESTERN NC  
**BOOK DRIVE**

Make a positive impact with your old books by helping us fill the shelves of libraries and schools in Western NC!

NOVEMBER 12 THROUGH DECEMBER 6

GRAYSTONE DAY SQUARE AND COMMONS

**BOOK CRITERIA:**

WE ARE COLLECTING NEW AND GENTLY USED BOOKS FOR KINDERGARTEN THROUGH 6TH GRADE. DROP OFF BOXES ARE LOCATED IN THE MIDDLE SCHOOL SQUARE AND HIGH SCHOOL COMMONS.

 **TOYS FOR TOTS:**



**TOYS FOR TOTS**

**TOY DRIVE**

*Share the Christmas Spirit*  
*Donate a new unwrapped toy*

**Final Day for Donations: Dec 8th**  
Donation box located in the middle school square



 **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

**GRAYSTONE**

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