

THE HEALTHY PATRIOT



GWA Monthly Parent Night

We're thankful to **Brynn Bell, LCSW, BCBA** for sharing information with us about creating consistency, control, and calm in our homes during October's Parent Night. Click [here](#) to view the video.

Each month a winner will be chosen from those parents who attend our parent nights live. ***Our winner for the month of October is Martina Gaspari. She won a \$25 gift card to Smith's.*** Congratulations and thank you for attending!

Our Parent Seminars will continue again in January. If you have suggestions on topics you would like covered please feel free to let us know by sending an email to Anjanae Merida at amerida@gwacademy.org

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THIS MONTH WE'RE LEARNING THAT HAVING *PERSEVERANCE* MEANS...

- *having the ability to work through situations even when there are obstacles or challenges in the way*



In December we are focusing on *Gratitude*

GRATITUDE means choosing to notice and appreciate things in our life, things in other people, and things in the world.

Click on the links below for activities you can do at home, to review the value of **GRATITUDE**, with your family:

[K-2 Letter for Home](#)

[3-5 Letter for Home](#)

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It's not that I'm so smart, it's that I stay with problems longer.

- Albert Einstein

GIFT CARD DRIVE

Every year the Counseling Department does a gift card drive for GWA families in need and for our counseling department needs. We are grateful for any gift card donations but we're especially looking for gift cards for clothing, food, and gas. If you would like to donate, simply drop the gift cards off at the front office and let them know it's for the Counseling Dept.
THANK YOU SO MUCH!!



LEADER IN ME - NOVEMBER 2021

Put First Things First



HABIT 3: "PUT FIRST THINGS FIRST" IS A HABIT THAT HELPS US LEARN TO PRIORITIZE WHAT MATTERS MOST IN OUR LIVES.

WATCH THIS VIDEO TO VISUALIZE HOW TO PUT FIRST THINGS FIRST BY SEPARATING OUR "BIG ROCKS" FROM OUR "SMALL ROCKS".

HERE'S AN ACTIVITY YOU CAN DO WITH THE WHOLE FAMILY TO PUT HABIT 3 INTO PRACTICE.