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HEALTHY PATRIOT

GWA COUNSELING NEWSLETTER

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Holiday Gift Card Drive

Some students at our school are concerned about having enough food and basic needs over the Winter break. There seems to be more need this year than in previous years. In the spirit of giving, let's pull together to help! Giving options are at this [link](#). Anything you are able to contribute is very much appreciated. Thank you for your generosity and support!

Community Clothing & Toy Exchange

On **Friday, December 8th** after school, please bring any gently used clothing and toys. On **Saturday, December 9th** all are welcome to come and find any clothing and toys you need for your family for free here at GWA from 10am-5pm. See this [link](#) for more details.



CHARACTER STRONG - VALUE OF THE MONTH: **EMPATHY**

We are looking forward to focusing on **Empathy** this month! One way to think about **Empathy** is “understanding and connecting with other people’s feelings.” **Empathy** is a practice that can help us grow strong relationships.

Click [here](#) for some fun ways to teach **Empathy** at home.



Leader in Me - Habit #4: **Think Win-Win**

Think Win-Win isn't about being nice, nor is it a quick-fix technique. It is a character-based code for human interaction and collaboration. **Win-win** sees life as a cooperative arena, not a competitive one. **Win-win** is a frame of mind and heart that constantly seeks mutual benefit in all human interactions. **Win-win** means agreements or solutions are mutually beneficial and satisfying.

We both get to eat the pie, and it tastes pretty darn good!

HIGHLIGHTS OF GWA FAMILIES PRACTICING HABITS AND VALUES



Our family talks a lot about having gratitude for our planet. We often go on walks/hikes and try to explore the world. During these hikes we talk about how amazing our planet is and to be grateful for all that is around us.

We have very busy lives but we always take time to eat together at night and talk about our day. During this conversation we talk about what we are grateful for, frustrations of the day and how to redirect ourselves when getting frustrated. Every morning before drop off we remind each other to focus on today's tasks and try our best to get things done because we know getting things done adds peace and the feeling of accomplishment.



Each morning, we each fill out a "leaf" with what we are grateful for. My son is 5 and he loves writing on the leaves with the special marker. This morning he wrote he is grateful for his family and his school 😊.

We worked on being proactive by doing some of our nighttime routine without being asked this last month. This month we're currently working on first things first by making sure homework is done before getting out clothes for the next day and pajamas for the night (following the daily routine).



Richins kids grateful for the little things in life and freedoms to explore and appreciate nature.

At our house, we have been focusing on putting first things first. We asked our kids what their dreams are and asked them to make goals towards achieving them every day. When they work on their goals instead of asking to play all the time, they are putting their "big rocks" in first.

Our family practices gratitude by talking about what we are grateful for. We explain why we are happy to have the memories and moments that we have. We also write each other small notes or give drawings that express what we are feeling. My daughter is very expressive on paper and not so much with words so this one helps her in a big way!

We practice gratitude by taking a few minutes at night while eating dinner to each share something that happened during the day that made us happy, laugh, or thankful. Taking time to notice both the small and big things and sharing helps us to recognize gratitude more readily.

Raffle winners for this month are...

Ashley Jones, Michelle Kearn, Jeni Applegate, Rachel Richins, and Malinda Sanders

Thank you for reading our newsletters!