

Nov.
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HEALTHY PATRIOT

GWA COUNSELING NEWSLETTER

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Strengthen Relationships at Home

So much in our digital world is beyond our control but, as research shows, our locus of power as parents, educators, and advocates for children remains unchanged. Nothing can match the power of our attention and our capacity to connect in affirming, loving, nourishing ways. Screens and tech cannot match it but they can replace it -- if we let it happen.

- Excerpt from the book "The BIG DISCONNECT" by Catherine Steiner-Adair

How do I protect my child online?

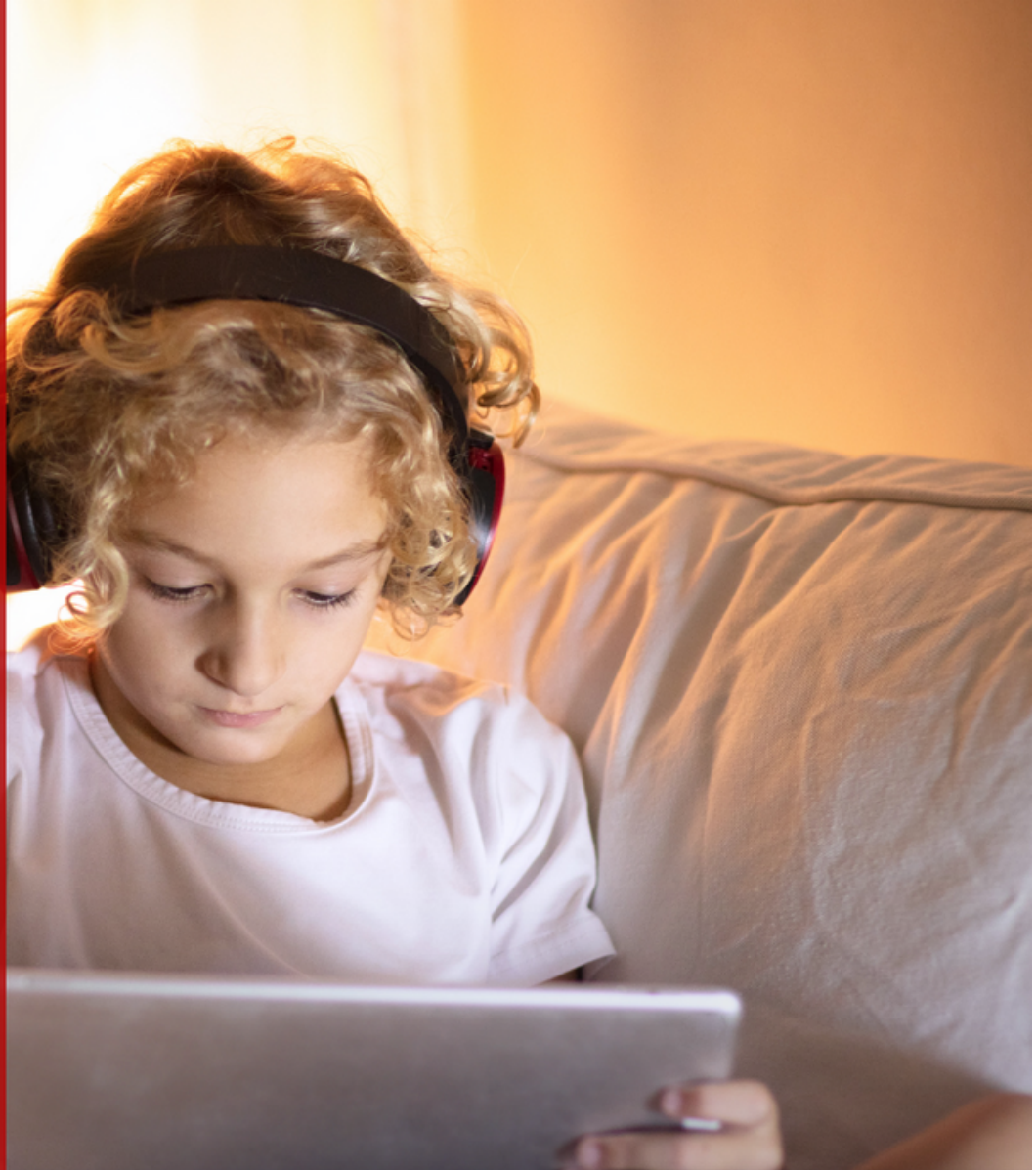
Growing up has always had its challenges. But for kids today, social media and tech can amplify the typical stresses of adolescence. Common Sense's free lessons and resources are a positive and accessible way to help.

Check out their website at www.commonsense.org



Join us on
*Thursday, Nov.
2nd @ 7:00pm*
in the GWA
library*

**“The BIG DISCONNECT:
Protecting Childhood and
Family Relationships in
the Digital Age” ****



GWA PARENT SEMINAR

*There will be childcare, refreshments, and a “free dress day” coupon for your student if you attend.

**First 10 attendees will receive a free copy of “The BIG DISCONNECT” book.

Click [here](#) to see a video recording of
October’s Parent Night.

Thank you to all who attended!

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

We are looking forward to focusing on **Gratitude** this month! One way to think about **Gratitude** is “choosing to appreciate the people and things in our lives.” Practicing **Gratitude** can increase our well-being and even our happiness!
Click [here](#) for some fun ways to teach **Gratitude** at home.



Leader in Me - Habit #3: ***Put First Things First***

People who put first things first focus on the important, not just the urgent, act on priorities, plan weekly and act daily.

What are your “Big Rocks” this month?