

Scientists are finding that an attitude of gratitude is a powerful contributor to a happy life. Some believe that it may be the single most effective way to increase happiness.

What is Gratitude?

Gratitude is expressing thanks for gifts we have received. According to [Merriam Webster's Online Dictionary](#), the word gratitude comes from the Latin words:

gratia :meaning favor, charm, and thanks, and

gratus: meaning pleasing and grateful.



Grief Support Group

Beginning in November

Talk to your counselor

For more information



Cultivating an Attitude of Gratitude

When life gets hectic and you begin to feel overwhelmed, take a moment to focus on the people and things you are grateful for in life. When you are grateful, other things will fall by the wayside. For example, you probably won't be able to feel jealous and grateful at the same time.

Gratitude Journal: Each evening you can list the things for which you are grateful. Start with just five things. You will soon see that your list is much longer than you expected.

Gratitude Beads: Collect a short string of unique beads, and give significance to each one. As you run your fingers through them, with each bead, think of one thing you are grateful for.

Attention 8th Graders

8th grade SEOPs are coming up. **Your parents will receive an invitation in the mail.** PLEASE let them know how important this meeting is. We will be going over **High School Graduation Requirements, Alternative Courses, College & Career**



Help **MESA** collect items for the **ROAD HOME** (homeless shelter):

House Hold Items & Other Needs

Pants, Shirts, Socks, Underwear/Onesies, Winter Coats, Jackets, Sweaters/Sweatshirts, Hats & Gloves, Pajamas/Sleepers, Robes & Slippers, Shoes & Boots

Diapers & Training Pants, Rattles, Teething Rings, Building Blocks, Play Centers, Educational Toys, Hard Cover & Plush Books, Children's DVDs, Games & Puzzles Dolls & Figurines, Stuffed Animals

**All toys should be unused & of a non-violent nature*
DVD, CD or Media Players
Head Phones or Accessories
iTunes or Media Gift Cards
DVDs and Video Games Movie Passes
Book Sets

**We will start collecting items
Nov 29**



**Are You
Pulling your
hair OUT?**

*Come learn
how to relieve
anxiety &
stress*

2012-2013

Testing for
Jordan School

District ALPS
program

Dec 1st & 2nd

