



PBIS NEWS

November 2022

November Theme 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 our happiness.

Gratitude is 1 of 3 traits we will focus on throughout the year that helps students **Be Well**. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress management.

Golden Award Winners

Each month we celebrate classrooms that have been SOARing in the different areas of the building. This month's winners are:

Golden Dustpan

1-4 Mrs. Wanless



Golden Whistle

K-4 Mrs. Obermeyer



Golden Lunch Tray

4-1 Mr. Klein



Golden '0'

3-2 Mrs. Lawrence



Bringing It Home

What can you do at home to support the theme of Gratitude?

Remember that Gratitude is **choosing** to appreciate the people and things in our lives. Find a place in your home to display a glass jar. Cut up small slips of paper and place them next to the jar. Use the jar to collect special people, places, events, and memories that your family is thankful for. Find a time each week to add slips of Gratitude to the jar and assist students in writing or drawing gratitude as needed. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud together as a reminder of your Grateful moments.

Check the [PBIS page](#) on the Hilltop website for more ideas!

4th Grade Character Awards

These 4th graders have been recognized for showing RESPONSIBILITY during the month of October

