



Parras Middle School

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October 30, 2020

Dear Parents and Guardians,

For the month of November, the Parras Counseling Team is going to be emphasizing the importance of developing an attitude, perspective and expression of **Gratitude** in all that we see, feel and have.

In order to help you cultivate a meaningful conversation with your child regarding this important attitude and character trait, we would like to share some of the principles of gratitude that will be shared with your child this month.

Gratitude is the quality of being thankful, a readiness to show appreciation for people, things and acts and an ability to return kindness. It is important to be able to pause, notice and appreciate the things we often take for granted - having a place to live, food to eat, clean water, friends and family that care about us and a wonderful school and community to be a part of. If we take time to pause and reflect each day, we can appreciate all the good that we have both big and small.

How does having a grateful heart benefit us? Being grateful helps us feel positive emotions, enjoy and cherish positive experiences/memories, improves overall health and deal with adversity while also building strong relationships.

Is being grateful a choice? Having a heart and mind of gratitude is a healthy choice that is both good for you and others, but it does take practice and requires intentionality to look through life with this lens. If we choose to have a heart of gratitude we are taking the opportunity to relate to others, practice empathy and demonstrate kindness to yourself and others.

Is there a difference between being thankful and grateful? Showing appreciation of kindness and being thankful is a feeling/emotion. Being grateful is an action. Having gratitude is more than just feeling thankful. Be intentional in your appreciation and show your gratitude.

Enjoy this month with your child and your family. As some ways to help bring this important concept home, start a gratitude jar/bowl or share something of thanks with family during meal time, or have your child start a gratitude journal to document something each day. We hope that this feeling will grow and grow within your family.

Quotes:

"Gratitude and attitude are not challenges; they are choices." Robert Braathe

"Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in an act." Henri Frederic Amiel

"Piglet noticed that even though he has a very small heart, it could hold a rather large amount of Gratitude." A.A. Milne in Winnie-the-Pooh

Warmly,

The Parras School Counseling Department

Lisa MacMillan, Ashley MacDonald, Cassy Ryley (Long Term Substitute for Rachel Andrews)