Dear Families,

It’s hard to believe we are already into the month of November! This year, right now, more than ever, I believe it is important to focus on gratitude- the practice of being thankful and noticing what is valuable and meaningful to you and your family. The past eight months have been very difficult and challenging for everyone and it is easy to lose sight of the things that are most important to us.

I have created a routine in my life these past few months to take time to write down the things I am grateful for. It doesn’t have to be a long list, but if you challenge yourself to identify and name your gratitude, you may begin to notice improvement in your physical and emotional well-being.

Try sitting down and listing out:

* One place that feels safe and relaxes you
* One thing that’s going well in your life
* One thing you enjoy
* One thing you’re looking forward to
* One person that you love and that loves you

**Although this Thanksgiving might not look or feel like it normally does** you should take time to appreciate the bounty on your table. When eating, slow down and savor every bite. Not only will you feel more thankful, but you’ll also be less likely to overeat.

*Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity…it makes sense of our past, brings peace for today, and creates a vision for tomorrow.*

*~ Melody Beattie*

On behalf of all the staff at PS 124 we want to wish you and your loved ones a very happy and healthy Thanksgiving!

Melissa Helman

尊敬的容閎大家庭,

很难相信轉眼已是11月了！ 今年, 此刻, 我比以往任何时候都更相信感恩是很重要的 - 学会感恩, 注意那些对您和您的家人來說有价值和有意义的事情. 过去的八亇月对每亇人來說都是非常困難和具有挑战性的. 我们很容易忽視对我们來說最重要的事情.

在过去的几亇月裡, 我養成了一种习惯, 花時间寫下让我感恩的事情, 不一定要列出一亇很長的清单, 但如果你挑战自己说出你感恩的事情, 你可能会注意到你身體和情感上的改善.

嘗試坐下來並列出:

* 一亇让你感到安全和放松的地方
* 一件在你生活中進展顺利的事
* 一件你很喜欢的事
* 一件你期待的事
* 一位你爱也爱你的人

**雖然今年的感恩節也许看起來和感覚上都与往年的不同, 但你也应該感恩餐桌上美味的食物, 细嚼慢嚥品嚐每一口, 你不仅会感到更感恩, 还会減少吃的过多的可能性.**

*感恩使我们变的满足, 甚至更多, 它可以將拒絕变成接受, 把混乱变成有序, 把困惑变成清晰. 它使我们的过去变的有意義, 為今天帶來和平, 並為明天創造願景.*

*~ Melody Beattie*

在此謹代表PS 124 全体教職員工, 祝福您和您的家人有個愉快健康的感恩假期!

Melissa Helman

副校長