

WILLOW HILL ELEMENTARY SCHOOL

Diversity & Creativity In Action

PARENT INFORMATION BULLETIN

SECOND EDITION

Principal

American Education Week

I want to thank everyone who was able to visit Willow Hill during American Education Week. It is my hope that you enjoyed your classroom visitation and that you received clear and relevant information regarding some of our programs and initiatives as a result of attending our workshops.

Response to Intervention

Response to Intervention refers to a process which emphasizes how well students respond to specific teaching strategies and subsequent redirection of instruction. Targeted services and multi-leveled interventions are implemented early and regularly to help students make progress. The RtI approach eliminates a “wait-to-fail” situation because students receive assistance promptly within the general education setting.

I am excited to announce that Willow Hill is nearing the end of the first phase of RtI training and preparation. We are scheduled to begin the implementation of this exciting initiative the week of February 2, 2009.

School Board Meeting

I want to extend a thank you to the parents who have been attending the school board meetings. Your presence is valued and needed. Many have noticed Willow Hill’s attendance.

Cognitive Abilities Test

Students in Grades 2 and 4 will be taking the Cognitive Abilities Test the week of December 8, 2008. During this testing window, it is imperative that students are well rested and arrive to school on time. I thank you in advance for your support at home.

Report Card Conferences

Conferences will be held on December 9, 10, and 11. Students will be dismissed at 12:20 PM on conference days. Please note that lunch will be served to students. Classroom

teachers will soon contact you to schedule a conference time which best suits your needs. Below are some suggestions as to how to prepare for your child's conference:

1. Think of the traits about your child that make him/her unique.
2. List in your mind your child's strengths.
3. Consider those areas where you think your child needs to improve.
4. Think about the feelings and attitudes your child has shared about school.
5. Be ready to share any problems or concerns you or your child have.
6. Approach the conference with an open mind. Be receptive to any suggestions the teacher might have.
7. Be prepared to listen carefully to what the teacher shares with you about your child.
8. Come to the conference with a positive feeling, knowing that this is another opportunity to learn about your child's growth and development from dedicated professionals who truly care about your child's welfare.

Platinum Card Night

All students received a Platinum Card on October 13. This card entitles a student to attend Platinum Card Night. It may also entitle students to extra privileges during the school day. Platinum Card Night will be organized and supervised by parent volunteers and teachers. There will be various fun activities planned for Platinum Card Night, including computer games, table games, relay races, music, food, and Open Gym activities. Students will lose their Platinum Card for the marking period if they receive a discipline referral of any kind, or if they are seen abusing any privilege associated with the card. When a teacher enters a discipline referral for a student into the school's database, the teacher will revoke that child's Platinum Card immediately. In addition, a "Loss of Platinum Card" letter will be sent home to the parent of the student in question. All Platinum Cards will be reissued to students after a Platinum Card Night has occurred. Thus, even if a student's Platinum Card were taken away, that student has an opportunity to attend a Platinum Card Night in the next marking period (unless he/she loses it again). Willow Hill's first Platinum Card Night is scheduled for Thursday, December 4. ***Please contact the main office if you would like to volunteer for this event!!***

Winter Concert

Please note that Willow Hill's Winter Concert is scheduled for Tuesday, December 16 @ 1:30 PM. The Abington School District calendar (print copy) denotes the incorrect day.

Arrival

You are reminded that there is no student supervision prior to 8:30 AM. Therefore, please do not send your child to school prior to 8:30 AM.

Emergency Cards

Please keep all your contact information current. The office needs correct phone numbers. Please call and notify the office of any changes.

Child Check

When your child is absent, please be sure to call Child Check and leave your child's name, date, teacher's name and reason for absence. A note should be sent to the teacher upon your child's return.

Visiting the School

For the protection of our children all parents and visitors must use the front main entrance to enter/exit the building and follow these procedures:

1. Report immediately to the office upon entering. Be sure that anyone who may have entered with you comes to the office as well.
2. Ask permission, sign in, and receive a Visitor's Badge to go into an area of the building.
3. Always wear the Visitor's Badge and be sure it is visible.
4. Go only to the areas where permission is granted.
5. Sign out and return the Visitor's Badge when leaving the building.

Winter Recess Celebrations

On Tuesday, December 23, Willow Hill Elementary will celebrate the beginning of Winter Recess. An exciting student versus staff basketball game will take place in the gymnasium. In addition, each class will have a small party to celebrate all the effort and hard work put into making the first four months of school successful and productive. Parents are invited to attend the basketball game. Additional information is forthcoming.

Dates to Remember

- 11/25 School Board Meeting @ 7:30 PM
- 11/27-28 Schools Closed - Thanksgiving
- 12/1-5 Willow Hill Holiday Shoppe
- 12/4 Platinum Card Night @ 6:30
- 12/8-12 Cognitive Abilities Test (Grades 2 and 4)
- 12/9-11 Report Card Conferences.
- 12/9 School Board Meeting @ 7:30 PM

- 12/16 Willow Hill Winter Concert @ 1:30 PM
- 12/23 Winter Recess Celebrations (Time TBA)
- 12/24-1/2 Schools Closed – Winter Recess
- 1/12 Willow Hill PTO Meeting @ 7:00 PM
- 1/13 School Board Meeting @ 7:30 PM
- 1/19 Schools Closed – MLK Day
- 1/26 School Board Meeting @ 7:30 PM

Kindergarten

Language Arts:

During the months of November and December, Kindergarteners will complete two reading units; Friends and Transportation. We will read selections from various genres. Comprehension skills we will teach include: character identification, comparing and contrasting characters, plot, classifying and categorizing. In the area of phonemic awareness, we will continue to practice isolating and blending sounds. Two websites that you may want to explore with your child that will enhance his/her reading experiences are: www.readwritethink.org/materials/picturematchh/ offers fun practice with beginning letter sounds and short and long vowel sounds. www.earobics.com/gamegoo/goeeyhome.html also provides lots of fun filled skill practice on a variety of levels. Please keep in mind that these sites are helpful to learners who want to improve and advance their skills.

Skills to practice at home:

- Answering questions about how characters are alike and different
- Answering questions about the setting in a story
- High frequency words: a, like, see & go. Word family: ike
- Phonics: the sound of short and long I and the sound of T.
- Printing: children need to continue practicing their names using an uppercase letter to start followed by lowercase letters.
- Sentence structure: Have fun making up *I like and I see* sentences.

Math:

We will continue to reinforce and extend our skills in number recognition and counting by continuing with our daily practice of counting by 1's, 2's, 5's, 10's, and counting down from 20-0. (We are counting up to our celebration of 100 days of school.) Calendar skills and graphing the weather are also a part of our daily practices. Math lessons will continue to focus on learning about measurement and extending our geometry skills. We have introduced and will continue to expand on addition and subtraction stories, number concepts such as greater, less than, and equal to, estimation skills, probability, and geometry skills to include symmetry. Number line and other types of games will help us to deepen our understanding of mathematical concepts.

<http://www.apples4theteacher.com/math.html> offers geometry and geometric shapes games, money games and an assortment of interactive number charts. You may want to explore *funbrain.com*. This site has language arts and math games from which children can choose. *Math baseball* is just one way to help your child learn addition and subtraction facts. **Parental guidance is always recommended when your child uses the web.**

We look forward to seeing everyone at conference time.

The Kindergarten Team

First Grade

The first graders will complete the reading theme “Outside My Door” and begin the theme “Let’s Connect!” Please remember to practice the sight words and spelling words each night. Don’t forget to continue filling in your child’s book log (reading calendar) each night as you read together. Keep reading, even over the winter break!

In math, we will begin Unit 4, Measurement and Basic Facts. Children will work with linear measures using rulers and tape measures, and continue to work with thermometers and clocks. They will begin the important work of memorizing basic addition facts. Children will also begin making number scrolls to provide practice with writing numbers and place value. In this unit, they will also be introduced to the Math Message routine which is used through the sixth grade.

We will also complete our weather unit in science. The students have enjoyed learning about the weather conditions. Look for your child’s “Meteorologist” certificate. In social studies, we will continue to discuss aspects of Civics and Government, as well as Geography and History.

Please remember to sign and return the tests that are sent home during the week. We look forward to meeting with you during the conferences. We wish you and your family a Happy Holiday and New Year!

Second Grade

Language Arts

We are enjoying our new theme: *Better Together*. We will learn about teamwork and staying safe. Our comprehension skills will focus on cause and effect and summarizing text. Our writing skills will focus on persuasive letters. Phonics skills for this theme involve digraphs (ch, sh, th sounds) and blends (scr, spr, str sounds).

Math

Addition and subtraction number stories are used as a vehicle for developing mental arithmetic skills. The areas of focus for this unit will be 1) solving number stories, 2) reading and showing temperatures, and 3) developing different strategies for adding 2 and 3-digit numbers. In the following unit, we will explore spatial relationships and work with polygons, 2 and 3 dimensional shapes, symmetry, and line segments.

Many students are in **need of pencils**. Please check that your child has all of their supplies, including erasers and crayons. Thank you for all of your continued support, and we look forward to conferencing with you on **December 9th, 10th, and 11th** for Report Cards.

Third Grade

Third Graders are really in the learning mode. They are working hard to become even better writers, readers and mathematicians. Here are a few educational highlights by subject:

Math

Unit 3 will bring new challenges as students learn to measure more accurately. They will also encounter geometric concepts as they determine area and perimeter. We will test in math during the week of November 17th. Be sure to sign and return the tests. Chapter 4 will focus on beginning multiplication skills. Set aside five minutes a day to practice multiplication facts.

Language Arts

Unit 2 of the Treasures Program is titled Investigations. During this unit, students will explore many aspects of literature including plays, nonfiction literature and fantasy stories. During the week of November 17th, students will learn about the 8 planets that revolve around the sun. That's right, I said "8" planets. Poor Pluto is no longer considered a planet. This could be a great opportunity to rediscover outer space with your third grader.

Students have been busy working on skills that will continue to improve their reading, writing and comprehension. These skills are practiced daily. This frequent exposure aids in the overall language development of students. The Macmillan/McGraw-Hill reading series has an interactive website that can be accessed from home. Log on to www.macmillanmh.com to find information and activities for each story.

Book Report

Third graders will be assigned a book report. They will be expected to present their book report to the class. This assignment is an important part of the language arts curriculum. It may be a good idea to begin selecting a book now. Dr. Seuss is not an appropriate choice for third graders!

Science

Mrs. Lee's and Mr. Leshner's classes are studying plants. What is the life cycle of a plant? Do plants grow faster in the light or in the dark? See if your little scientist can answer these questions and more.

Mrs. White-Burroughs's class is studying rocks and minerals. Ask your child to explain the difference between a rock and a mineral. See if they can use the analogy of a cake and its ingredients. This type of hands on exploration is important in the development of new concepts. Nurture your budding scientist with a weekend trip to the Franklin Institute, The Natural Science Museum or a day at Briar Bush.

Social Studies

We're exploring the different types of communities in the United States. Ask your third grader to explain the features of their community.

Keep signing the homework book and reading log each night. Make sure your child has sharpened pencils each day.

Each day is a gift. We don't always like the gift we are given but it's important to remember the thoughtfulness behind it.

Fourth Grade

Jean Medick, a Michigan teacher and author said, "As a teacher, I feel I have a moral obligation to help the children in my classroom grow toward becoming full human beings and to feel successful. Teaching cognitive skills is not enough..."

We agree with Ms. Medick and know our actions, attitudes and expectations greatly influence how our students act. We feel that learning is very important...and so are they. We try to be firm and consistent with your children, while developing a good rapport, along with a sense of humor (very important!).

Consistent and fair discipline develops a sense of caring and security in the classroom. The word *discipline* comes from the word *disciple*, which means to teach or instruct. Children who behave inappropriately usually share one characteristic: a poor self image. We try to discipline with encouragement and kind words. We want to improve the child's self-image and their own sense of responsibility for their actions and attitudes.

We appreciate and always need your help. You, the parents, are our strongest allies. Your actions, attitudes and expectations will greatly influence your child's actions. If you are consistent and firm with your child and have a rapport with them, they will respond positively to these things in their classrooms and with the teachers and students in school. Please don't forget your "sense of humor;" it's a very important *survival* technique. Studies have shown that laughter can add years to your life!

Enjoy...you have a wonderful “bunch” of children, who are progressing in all areas of the curriculum. Keep us informed and keep up the good work!

Ms. Skilton & Mr. Welsh

Fifth Grade

We are now well into the first marking period and our routines have been established.

Mrs. McDevitt’s class is studying Unit 3 in social studies, **Colonial America**, reading about places, people, events, and studying historical maps. Ms. Shorday’s class is finishing up Unit 2: **Exploration and Colonization** and will be “*settling*” into Unit 3 by mid-November. Please encourage your children to re-read these lessons and chapters to reinforce what they have learned in class. They may even log the pages read on their monthly *Reading Calendar*.

In science, Ms. Shorday’s class continues to study Microworlds. In October, they enjoyed looking for tiny, fast-moving bacteria under the microscope. Ms. McDevitt’s class continues to study Food Chemistry. They are testing foods for the presence of starches, glucose, proteins and fats. Ask your children about these fun, hands-on lessons.

Our new **Treasures** reading anthologies are full of information and color. Our new theme is Discoveries. Take a walk through these pages filled with fiction and non-fiction.

Mathematics is moving right along with both classes working on Unit 4: **Division**. Please be sure to test your children’s basic multiplication and division facts consistently. Knowing these facts is imperative at this level. Unit 5 focuses on Fractions, Decimals and Percents. Knowing their multiplication and division facts will be a necessity for them to master Unit 5.

The Million Dollar project will be upon us after the winter break. Now is the time for you and your children to start giving some serious thought to what he/she may wish to spend “one million dollars” on. Please read ALL the information as it comes home. It is very important that you and your child stay on top of the paperwork as it comes home. The project will be completed in sections. Please give your child the guidance and support they will need.

Please continue to check the homework and to sign the homework assignment book. We truly appreciate your support. Together we can make a difference.

Have a warm, relaxing, and fun Thanksgiving. For those traveling – be safe.

Keep reading!

Mrs. McDevitt and Ms. Shorday

Sixth Grade

Thanks to those of you who were able to visit our classrooms during American Education Week.

In mathematics, we are adding, subtracting, and multiplying fractions. We are also converting fractions to decimals and percents.

In language arts, we are reading many kinds of literature—realistic fiction, informational nonfiction, fairy tales and myths. Taking our weekly assessments will surely help us when we take the PSSA test in the spring.

In social studies, we are learning about different ancient cultures. We look forward to our trip to the University of Pennsylvania Museum in mid December so we can see ancient artifacts up close and personal.

Please continue to check and sign your child's assignment book each evening. Also, remember that part of your child's homework is to read at least twenty minutes each evening.

Best wishes for a Happy Thanksgiving. We look forward to seeing you in December for the report card conference.

Resource Room

Students in room 115 have been making steady progress in the areas of reading and writing. Students have successfully completed weekly assessments with proficient marks. We continue to work on comprehension skills and oral reading fluency. Below are tips by Hamilton Mountain News to assist with literacy at home:

Family Literacy Tips: From A to Z

By: Hamilton Mountain News (2005)

Here are some great tips to start everyone on the road to reading.

Ask your child questions about the story you're reading to ensure comprehension.

Book family time to read with your children every day.

Create a special reading place in your home, with your child's favorite books within reach.

Donate funds to a literacy cause.

Encourage children to read words on TV, street signs, mugs and T-shirts.

Find new stories to read with your children every week. Vary their length and subject matter.

Give your time to read aloud to a child.

Have a child read a book to you.

International Literacy Day is held on September 8 every year. Celebrate the day by picking up a book and reading to a child.

January 27 is Family Literacy Day in Canada and November 1 in the United States. Find out how to [create an event](#) in your corner of the world.

Keep teens reading. Give them books, newspaper articles and magazines about things that interest them – music, movies, TV and computers.

Let children count out the change when making a purchase. Reinforce the importance of math in everyday life!

Make every day a learning day. Ask your children to make a shopping list, read recipes together or help them make a calendar of their weekly activities.

Newborns benefit from reading too!

Organize a children's book club with friends in your neighborhood.

Pick one night a week to make a regular visit to the library.

Quiet, cozy reading spaces are good places for your child to read independently.

Remember that children learn by example – if you recognize the importance of reading, your children will too!

Start early! It's never too early to read to your children.

Treat a child to a story each day.

Use reading time to create a special bond with a child.

Volunteer your time. Family literacy groups in your community could use your help with tutoring adults, reading to children and helping out with administrative tasks.

Write a letter.

X-ercise your mind! Reading ability is like a muscle, if you don't exercise it often, you will not maintain the same level of reading ability as you get older. So – "use it or lose it!"

You are the key to improving a child's reading ability by placing a high priority on reading in your home.

Zap off the TV - pick up a book instead

Happy Reading!!!

Mrs. Grubb

Ms. Wurtzel

Hi Folks,

The holidays are upon us and there are loads of things to do. Here are a few ideas to help our students.

Create a homework routine.

Familiar routines help work go smoothly at school and at home. With your child, decide on a time and place to do homework, along with a few rules. A typical routine might be as follows: Come home, have a snack, clear a space at the table, start homework. Create a place for homework supplies. Also have a sharp pencil, and circle problems you want help with. Once homework is complete, put it in your book bag.

Share real-life math situations.

Think about the ways you use math in your everyday life – at work, at the store, at the bank, in the kitchen, and so forth. Invite your child to observe or participate in these activities with you. Encourage your child to think mathematically about common activities, such as folding laundry or taking out the garbage – *How many socks in 12 pairs? About how many pounds does a bag of trash weigh?*

Remember, folks, you're your child's best teacher!

Mrs. Wurtzel

Mrs. Jedlinski

We've been working so hard and there's so much information to share. It's hard to know where to begin so I think we'll begin at the start of our day.

Language Arts

The fourth, fifth and sixth graders have gotten into the swing of the new Triumphs Reading Intervention program. Each unit allows the students to learn, utilize and review their phonic skills, structural analysis, vocabulary words and strategies, comprehension and fluency. The stories that accompany each weekly lesson are informational and entertaining. You can often catch some of the students reading out of their student readers during SSR times.

Our creative writing has brought out the author in all of us. Our sentence structures are becoming more and more developed. We've started a word wall to help us become more familiar with words that we have trouble spelling. There is no more calling out "How do you spell that?" If it's not on the wall already, the students take responsibility, look the word up in the dictionary or use the spell checker, and then add it to the wall.

The Intelligencer's Tuesday "Mini-Page" supplement is a great way to develop our comprehension skills by listening for the 5W's in each article. We can also do word searches, crossword puzzles, and seek and finds. The newspaper can be a great resource.

Math

We can all look at a clock and tell the time. But, there's more to know than the numbers on the clock, so we've been working on relational time stories and knowing when something began, ended or when we should be someplace so that we're not late. It's a great life lesson.

Our money skills are developing and we can identify coins and dollars, state their worth and count combinations of coins and dollars. We are now taking those skills a step further and developing budgets, making shopping lists and adding things up so that we don't overspend.

Everyday Math is still a big part of our math instruction and introduces new concepts without leaving already learned skills behind.

Everything else

There's so much more to our class than just reading and arithmetic so here are some highlights!

- ✓ Character Traits – learning about traits such as responsibility, respect and cooperation.
- ✓ Service Learning – giving back to the community by collecting supplies for the SPCA.
- ✓ Trucker Buddy International – we've been assigned a trucker e-mail buddy who tells us where he's been and where he's going and we track his journeys on our map. Of course, we use all internet safety precautions and never give out any personal information.

Can you imagine what we'll be doing next?

Mathematics

Learning is not something that only happens during the school day. Many math skills that students are taught in class need to be practiced and reinforced at home. Teachers assign homework that corresponds closely to work your student has done that day in school. By reviewing homework with your student, you can help him/her build fluency in math that is necessary for academic growth and success.

Here are a few homework tips for parents and students:

- Pick an area at home for your student to use as a special homework place.

- Have the necessary supplies ready, such as pencils, paper, ruler, protractor, calculator, etc.
- Keep distractions to a minimum.
- Check in with your student to monitor progress.
- Be supportive of effort.

Encouraging good study and homework habits now will pay off in the future as your student advances to junior high and high school and then on to college.

Reading Specialist

Important News From The Reading Department

Materials from the Title I Lending Library are due on Friday. The next Title I evening meeting is February 23, 2009. The meeting will be held from 6:00-7:00pm.

Before Your Child Starts Reading

- *Do discuss the general theme of the story.
- *Do have your child relate the story to his or her experience.

While Your Child Is Reading

- *Do take turns reading with your child.
- *Do determine the setting for the story. If it's a real place, help locate it on a map or globe.
- *Do predict the outcome. (Ask, "What do you think will happen next?")

After Your Child Has Finished Reading

- *Do discuss the main ideas. (What was the author trying to get across?)
- *Do identify the facts. (Who? What? When? Where? Why? How?)
- *Do follow the logical sequence of events. (What happened first?)
- *Do make inferences. (Why did it happen?)
- *Do ask, "Did any part of the story confuse you?"
- *Don't ask all the questions. Let your child come up with his/ her own questions and answers about what he or she has read.

Writing Can Help Students Find Meaning In Reading

- *Ask your child to pretend he/she is a character in the story. Now, have him/her write a letter the character might send.
- *Have your child try to write a different ending for the story.

*After the story has ended, ask your child to write what he or she thinks might happen next.

Information obtained from the Parent Institute

Ms. Page, Ms. Szayna and Ms. Watts

Art

Kindergarten is continuing to work with shapes. They have just finished creating their own penguin using ovals. The first graders have recently completed weaving and are moving on to working with clay. Second grade just finished learning about planets and using oil pastels. Second grade will soon learn about symmetry and mask-making. The third graders are painting a Seascape. The fourth graders have been working with the technique of repoussé, which is used to work on the reverse of the metal to form a raised design on the front, and are now drawing magnified insects. Fifth grade has been learning about Andy Warhol and Pop Art and will soon start a Landscape Silhouette painting. The sixth graders have just started working on Greek Vases. I am looking forward to our upcoming lessons and to more beautiful artwork!

Physical Education

Happy Fall! So far we are off to a great start. Here's what's going on in the gym...

Kindergarten: Tossing and Hula Hoops

1st and 2nd Grade: Tossing, Catching, Throwing and Hula Hoops

3rd Grade: Floor Hockey Stick Skills, and Hula Hoops

4th and 5th Grade: Floor Hockey Stick Skills and Sideline Floor Hockey

6th Grade: Floor Hockey

Enjoy Thanksgiving and Winter Break. Don't forget to exercise!

Music

Throughout the remainder of the marking period, our kindergarten through third grade classes will continue to practice the basics of reading and singing music. The fourth through sixth graders will begin to use these basics to start to understand how music works and how it's organized. Don't forget that our Winter Concert will be December 16 at 1:30 pm. Remember that if your child is performing, he or she will need a white top and black bottoms. Parents are invited to come and support our performing groups. We're looking forward to singing and playing for everyone.

Mr. Shirk

Library

We Vote for Books and Authors!

During the week of November 17th through the 21st, which was the scheduled date for the library book fair, students had a chance to participate in an election to choose two authors as our 2008 favorites. Since we used this historical voting period to discuss and learn more about the presidential election process, students were well aware of the 18 year old voting age requirement. It was decided that in the meantime, students may cast their votes for books and authors. Some of our young voters have expressed the concern that a decision will not be easy because the six candidates are all exceptional authors; and for this reason, every vote counts.

Grades 4 through 6 chose from Patricia Polacco (Mrs.Katz and Tush, Chicken Sunday, The Keeping Quilt), Chris Van Allsburg (Jumanji, The Polar Express, Two Bad Ants), and Eve Bunting (Flower Garden, Butterfly House, The Blue and the Gray). Grades K through 3 chose from Keiko Kasza (The Dog Who Cried Wolf, The Mightiest, My Lucky Day), David Shannon (No! David, A Bad Case of Stripes, Duck on a Bike), and Doreen Cronin (Click Clack Moo, Diary of a Spider, Giggle, Giggle, Quack).

After the interest and excitement in the recent presidential race, our students should all have a better understanding of the voting process. Listen for the announcement of the primary and intermediate voting results. The winners will be announced at the conclusion of our book fair.

Happy Reading!

Psychologist

Children at Willow Hill are reminded daily that respectful behavior is valued. One way to show respect is by demonstrating gratitude for the kindnesses that others show us. In addition to making other people feel good inside, research suggests that expressing gratitude has a positive impact on our own psychological and physical well-being. A recent research study showed that children who were encouraged to give thanks each day had a more positive attitude toward school and their families (Froh, Sefick, & Emmons, 2008). In this study, classes of early adolescents were randomly assigned to receive extra time devoted to discussing gratitude, every-day hassles, or neither. Results indicated that students who spent time paying attention to what they were thankful for reported more optimism, life satisfaction, and a decreased negative mood. Other research has shown that adults who wrote down what they were grateful for each week reported fewer health problems and felt more optimistic about the upcoming week compared to those who wrote about hassles or neutral life events (Emmons & McCullough, 2003). It seems it benefits us all to take time to think about the things that make our lives more special!

Emmons, R.A. & McCullough, M. E. (2003). Counting blessings versus burdens: Experimental studies of gratitude and subjective well-being. *Journal of Personality and Social Psychology*, 84, 377-389.

Froh, J., Sefick, W.J., & Emmons, R.A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and well-being. *Journal of School Psychology*. 46, 213-233.