



Sarah Skemp, School Counselor

Attitude of Gratitude!

As we proceed into November, our thoughts turn to Thanksgiving. As it is the day we celebrate harvest and blessings (thanks), it is a good reminder that we can always be appreciative of people and things in our lives: have an attitude of gratitude!

I challenge all families to have an attitude of gratitude! For the month of November, at least once a week (if not each day) share with one another a couple of things or people that you have gratitude for. Say the what or who as well as the **WHY**. The why is an important part of helping your child develop relationships and reasoning skills. It may not always seem the case; however, we have so much to be grateful for each day. I am grateful for my Jack Daley family (students, families, and staff) because they are such caring people and make my workplace so enjoyable.

I hope you are also thankful for the amazing teachers and staff at JDPS. All of us are here to support our students. Please remember we offer supports such as the NEST (Calm Room) and/or access to a School Counselor! Please reach out to me at skemp.sarah@thatcherud.org or 928-348-7245 with any concerns or questions.