

Dear WEE Families,

October was full of fun! The students enjoyed the visit to the pumpkin patch, nature walks, and playing on the playground as the leaves fell around them.



The Fall Fest was tons of fun! Thank you for coming out and spending time with us. It was great seeing the students with their families!

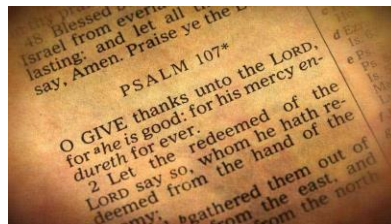
In November we will focus on being thankful for our many blessings and showing our gratitude. There are many ways you can demonstrate the joy of thanks and giving to your children. One way is supporting Parkwood Baptist Church in **Operation Christmas Child**.

It is easy to show your gratitude and to make a difference in someone's life while our children are watching. Share a smile, or a wave, or give a gift to those in need. Read the article on the third page for more information on Cultivating Gratitude at Home.

We are so grateful to all our WEE Center families. Your involvement in your child's education helps set the foundation for a lifetime of learning. It is a joy and a pleasure to have an opportunity to be a part of your lives.

During this Thanksgiving season, as you gather with your loved ones, remain mindful of the ways you can stay healthy and ensure the WEE Center remains open. The WEE Center is committed to carrying out God's work here at Parkwood Baptist Church. We do this by loving your children, and your families, while we all learn about God's love. Thank you for giving us this opportunity.

Happy Thanksgiving!!!
 Ann Lipton
 Director



Psalm 107:1 "Give thanks to the Lord; for He is good; His love endures forever."

Calendar - At A-Glance



Kingdom Kids Family Fall Festival

Saturday, October 28

Student Photos

Wednesday, November 1

Thursday, November 2

No School

Monday, November 6

Operation Christmas Child!

Boxes Due Friday, November 17

Thanksgiving Holiday

WEE Center Closed

Monday – Friday, November 20 - 24



Remember

The WEE Center follows the Fairfax County Public School System regarding weather related early closings and delayed openings.

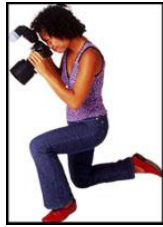


Just Ahead

Student Photos

Wednesday, November 1
Thursday, November 2

Individual pictures of each student will be taken. We will also take pictures of siblings together on either day. If you would like to include your other children who do not attend the WEE Center, please contact the office. We will be using *Photography by Trish Alegria Smith*. You will receive digital (watermarked) proofs via email Monday, November 7. Email trish@soyourlife.com if you have questions.



**No School
Teacher Workday and
Conferences
Monday, November 6**



Your child's teacher will share information about your child's time in school. This will include how they communicate, interact with others, participate and what they are learning to do. Teachers are available to speak with you individually on the phone or in person if requested.

Operation Christmas Child

Through November 17

Each class is collecting items to pack in shoe-size boxes. The students will also add pictures

and well wishes.

If you would like to participate, please send in a small item to add to your class box. We request small toys, toothbrushes, art supplies, and other goodies for our Christmas shoe boxes. The church will send the boxes to needy children around the world. See the attached [flyer](#) for more information.

Families are welcome to fill their own boxes as well.

Here are reading recommendations for the Thanksgiving season:

Let's Celebrate God's Blessings on Thanksgiving

By: Lise Caldwell

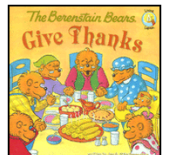


This 16-page booklet teaches children to honor God in the Thanksgiving holiday. The Pilgrims ate good food with friends and family, played games, and thanked God for all their blessings. And so do we!

The Berenstain Bears Give Thanks

By: Jan & Michael Berenstain

The cubs are putting on a Thanksgiving show for their relatives. The whole family is getting involved, and they're even making their own costumes and props for the event! *The Berenstain Bears Give Thanks* teaches how God provided for the pilgrims and reminds children of God's many blessings.



Mary's First Thanksgiving

By: Kathy-jo Wargin



Modern-day pilgrim girl Mary loves her new home in America. Now it's Thanksgiving time, and her family has little food, so her father tells a story of how the Pilgrims struggled when they first came to America. Native Americans showed the new settlers how to make the soil grow crops.

Cultivating Gratitude

Psalm 9:1 I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.

Benefits of Gratitude

Gratitude can have positive social, emotional, and health benefits. Cultivating gratitude for the people, events, and opportunities in our lives can help us maintain a positive perspective on our lives.

People who practice gratitude:

- Have increased self esteem
- Are more optimistic
- Are kinder
- Have more friendships that are deeper in nature
- Feel more relaxed
- Have happier memories
- Are less self-centered
- Show increased productivity at work
- Demonstrate better decision-making skills
- Experience better sleep
- Have increased energy
- Exercise more

Introducing Gratitude to Your Children

Because the benefits of gratitude are so powerful, it is important to introduce this concept to children at a young age.

Look to the things closest to us to cultivate gratitude.

- God
- Family
- Food
- Shelter
- Pets
- Friends

You may want to introduce and use different words such as:

- People make us happy
- People who are nice/kind
- People or things that make our hearts smile
- People we want to thank

Some concepts may be too abstract for young children to understand but associating gratefulness with the idea of our hearts smiling, may make more sense. Start by modeling for children how to express gratitude:

- When we read books together it makes my heart smile.
- Yum! I love orange slices; I am thankful that I can taste their sweetness.
- I want to thank Josiah, who set the table for lunch today.

Find times during the day when you can encourage children to show gratitude. It begins with a simple *thank you* and will progress into more complex recognition of others and events.

Try some of these activities at home:

- **Thank You Jar** – Children can place the name of a person they want to thank into the jar. A few times a week, reach into the jar and read a few of these entries.
- Compose **thank you letters** to... anyone – Pick a person each week that you want to thank, the mail carrier, neighbor, teacher, doctor etc. It does not matter who you write to, just create a habit of showing appreciation for others.
- **Thank God** – Ask your children to identify positive aspects of themselves and their abilities. Have them thank God because they are wonderfully made! Psalm 39
- **Charity activities** – Collect toys, mittens, and hats for children in need. Raise donations for a family in need. Discuss with your children about the good things they have in their lives and tap into the good feelings that helping others generate.
- Use **children's literature** to highlight opportunities for gratitude.