

November Counselor's Corner

Mindfulness Tip: “ The real gift of gratitude is that the more grateful you are, the more present you become.” – Robert Holden
It's normal to get caught up in the daily stresses of life. We're all managing busy schedules and constant notifications, and it seems like there's simply not enough hours in the day. This is why it's so important to practice mindful living. Mindfulness invites us back to the present moment where we have access to one of the most powerful tools available to us: the practice of gratitude.

November 6, 7, 8: School Closed

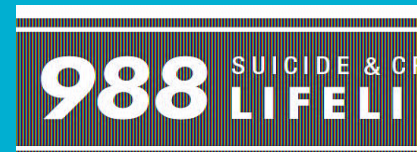
November 11: MCCC Winter/Spring Registration Begins

November 13: World Kindness Day-Join me in the atrium during lunch for a special activity

November 28-29: School Closed

Upcoming SAT Dates: December 7, March 8, May 3, June 7

Please check Naviance for upcoming college representative visits



Dana Tanzini, School Counselor