

# November



## PRINCIPAL VEGA'S MESSAGE

During the month of November we have spent a lot of time talking about **"GRATITUDE"** through our lessons with The Positivity Project. Gratitude is "the quality of feeling and expressing thankfulness and appreciation." People who have the character strength of gratitude "have a readiness to show appreciation for kindness and also to return kindness." Thank you to everyone who sent Gratitude Grams over the last couple of weeks. We have enjoyed sharing them on Lincoln Lowdown and hearing about the how the people at Lincoln School have been loved and appreciated! I would love to encourage our Lincoln families to continue showing gratitude for others even outside of school. During this Thanksgiving season send quick texts to people who cross your mind during the day or send a thank you card in the mail to someone who has gone above and beyond for you! Those acts of kindness go a long way, even for ourselves. There will be no school November 25th – 29th for Thanksgiving break. I hope you all have a safe and wonderful Thanksgiving!

-Mrs. Vega








## PARENT TEACHER CONFERENCE WEEK

**Parent Teacher conference week is scheduled for November 18– November 22, 2024. Every day during this week, 1st – 6th graders will get released at 12:45. Please be aware that teachers have worked hard on getting conference dates/times for each family. If you can not attend the scheduled date/time please reach out to the teacher as soon as possible. Thank you for your support.**




## FOOD DISTRIBUTION

**DUSD will be having our regular food distribution on Wednesday, November 20, 2024 from 3:30–5:30. It is held at Sierra Vista High School, 8470 Ave. 406.. This food distribution is drive through only.**



## OCTOBER CHALLENGE

**Last month we held an October challenge here at Lincoln. Principal Vega rewarded over 400 students with Koana Ice Treats on Monday, November 4th. These students were here at school 95% during the month and did not receive any minors or majors!**





# *staff* **SPOTLIGHT**

## **MRS. LOPEZ**



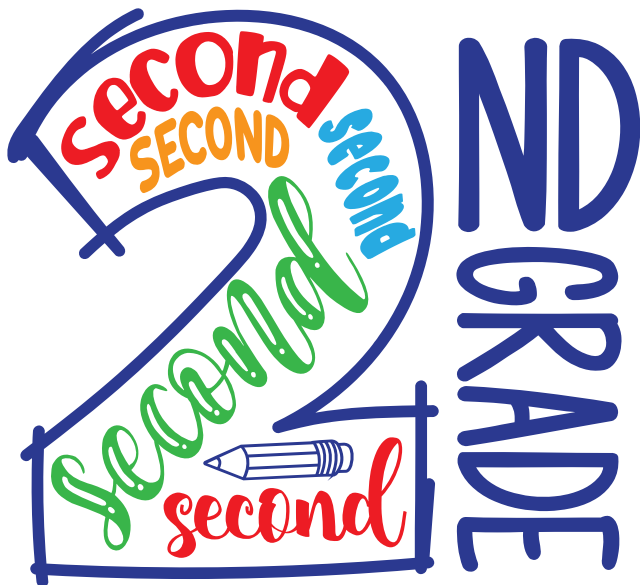
**I have been teaching for 11 years. I love to exercise and I enjoy reading. My favorite color is turquoise. My favorite restaurant is Outback.**

## **MISS HERNANDEZ**

**I've been teaching for 6 years. My favorite thing to do when I have free time is get a workout in or binge watch Netflix. My color is green! And my favorite restaurant would be any restaurant that offers great sushi.**

## **MRS. SWOFFORD**

**I have been teaching for 15 years. In my free time I like to read, work outside in my garden, and spend time with my family. My favorite color is green. My favorite restaurant is Elderwood.**



# TEN WAYS TO TEACH YOUR CHILDREN GRATITUDE

COUNSELOR'S

## corner

Mrs. Forbes, [eforbes@dinuba.k12.ca.us](mailto:eforbes@dinuba.k12.ca.us)

559-595-7260 ext. 1063

### How can I help?

- GRIEF
- ANXIETY
- FRUSTRATION
- SELF-ESTEEM
- SOCIAL SKILLS
- DIVORCE
- TRAUMA
- SHY/WITHDRAWN
- TIME MANAGEMENT
- GOAL SETTING
- SELF-CONTROL
- INDEPENDANCE
- COPING SKILLS
- CALMING STRATEGIES
- EMPATHY



Call the office, send  
an email or simple  
click to send me a  
message

1. **\*\*Model Gratitude\*\***: Children learn by example. Make sure to express your own gratitude regularly, whether it's thanking your partner for a meal, appreciating your child's help, or acknowledging the beauty of a sunny day.
2. **\*\*Gratitude Journal\*\***: Encourage children to keep a gratitude journal where they can write or draw things they are thankful for each day. This practice helps them focus on the positive aspects of their lives.
3. **\*\*Daily Gratitude Rituals\*\***: Incorporate gratitude into daily routines, such as sharing something you're thankful for during family meals or before bedtime.
4. **\*\*Thank You Notes\*\***: Teach children to write thank you notes for gifts or acts of kindness they receive. This practice helps them understand the importance of expressing gratitude.
5. **\*\*Volunteer Together\*\***: Participate in community service or volunteer activities as a family. Helping others can foster a sense of gratitude for what they have.
6. **\*\*Storytelling\*\***: Share stories, whether real-life or from books, that highlight acts of kindness and gratitude. Discuss the positive outcomes of these actions.
7. **\*\*Create a Gratitude Jar\*\***: Keep a jar where family members can drop in notes about things they're thankful for. Review these notes together during special occasions or whenever someone needs a positivity boost.
8. **\*\*Mindful Moments\*\***: Encourage children to take a moment to appreciate simple pleasures, like a warm bath, a cozy blanket, or a tasty meal. Mindfulness can help them recognize and value everyday blessings.
9. **\*\*Discuss the Impact of Gratitude\*\***: Explain how expressing gratitude can make others feel appreciated and valued, and how it can strengthen relationships.
10. **\*\*Positive Reinforcement\*\***: Acknowledge and praise your children when they express gratitude on their own. Positive reinforcement can encourage them to continue this behavior.

*Lincoln Leopards: Destined for Greatness!*

LINCOLN ELEMENTARY

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Home of the Leopards  
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