



The Paw Print Press

IMPORTANT DATES

Wednesday, December 4

PTA General Meeting

6:30pm – 8pm, Community Room

Join the community to discuss important topics and meet peers. Childcare and light snacks for kids will be provided. A donation of \$5 is requested.

Monday, December 16

SSC Meeting

6pm, Staff Lounge

Discuss school budget, academics and other topics affecting Lakeshore. All are welcome to attend.

Tuesday, December 17

Staff Appreciation Lunch

11:30am – 1:00pm, Staff Lounge

Show the staff how much you appreciate all they do to educate our students and make Lakeshore an incredibly special place.

December 23 – January 3

NO SCHOOL – Winter Break

Enjoy the long break with family and friends.

Monday, January 20

NO SCHOOL – Martin Luther King Day

Celebrating the life and achievements of civil rights leader, Dr. Martin Luther King Jr.

Friday, January 31

NO SCHOOL – Lunar New Year Observed

Welcome the Year of the Horse during Chinese New Year. Kung Hei Fat Choy!

December 4, 2013

Season of Gratitude

This season can be hectic and it's easy to get caught up in the excitement and stress of our many activities. It can be difficult for kids to understand the lessons of the "season of giving." We are all bombarded with presents, sweets and messages telling us to get more, more, more. Getting outside of "me" can be hard at any age.

Experts agree that people who are grateful are happier and there are some studies which indicate positive impacts to one's health. Here are a few ideas for how to teach kids the lessons of gratitude:

- Model your grateful behavior. Set an example for the kids when they do something you appreciate. "I'm so happy you cleaned up your toys," or "Thank you for being nice to your sister." If you work these into your daily routine you'll be surprised how quickly they'll want to pick it up and start thanking you too.
- Create a thankfulness routine. You can do it daily or weekly, maybe every night before they go to bed or at the dinner table one night a week. Simply ask them one thing they are thankful for that day or week, and have a little discussion about why they are grateful.
- Hit the "rewind" button. Explain the steps that made it possible for your child to have certain simple things, like a glass of milk. A farmer had to raise the cow, get up early to milk it (going with the "simple" explanation here), then someone had to package the milk (another job), it had to be brought to the store, YOU had to go to the store to get it and pay for it, and then you poured it. It helps to get them thinking about what goes into everyday things and the importance of playing a part, rather than the milk just "appearing" before them. When they start to realize how much work and effort go into things, they appreciate them more.

Excerpted from The Huffington Post:
<http://huff.to/1eFMNm4>

Spotlight on: Gratefulness

Do you have a message or holiday memory you'd like to share? Email newsletter@lakeshoreelementary.org

"I am thankful to my mom and dad for teaching and guiding me through life's difficult lessons. Showing me unconditional love and support down life's path has afforded me the will and strength to hold myself to their high expectations and standards. I only hope my children will one day be as thankful for their parents as I am of mine."

— Mrs. Camou, 4th / 5th Grade Teacher

"I am thankful for my family and my friends and my pets and my birthday."

— Simone, 1st Grader

"I am thankful everyday for this community that I am a part of. As I enter my third year of being on the Kidney Transplant List at UCSF, I am thankful for the love and support I get from all of you! You give me the encouragement to move forward rather than worry about what I can't control. I'm such a big hugger because I am here another day to give and receive hugs! Thanks for keeping me healthy! A BIG thanks to my teaching partner Ms. Candy! I don't think I can get through this school year without you!"

— Mike Lee, 3rd Grade Teacher

Holiday Staff Appreciation Lunch

An easy way to express your gratitude!

Sign up sheets are located in the front lobby hallway for volunteer shifts and food preparation. All dishes will need to arrive to school no later than 11am on the day of the event. Please use disposable containers when possible.

Green Book Fair

If you're going through your storage to make room for the holiday onslaught, please consider saving them to donate for the February Green Book Fair. We will be collecting all genres of books, family board games (complete with all pieces), puzzles (complete with all pieces) and (content appropriate) video games for all gaming systems. The Green Book Fair will be available to everyone in the Lakeshore community to purchase great gently-used books and games at great prices and support the school's enrichment programs.

Want to include something in the next edition? Please email newsletter@lakeshoreelementary.org no later than Friday evening with final content and your contact information.

Inclusive Schools Week

San Francisco Inclusive Schools Week is an annual, citywide, K-12 celebration focusing on our year-round efforts to promote and build inclusive, welcoming school communities that embrace and support people of all natural and diverse abilities, and sociological and cultural backgrounds.

San Francisco Inclusive Schools Week was made official by Mayoral Proclamation in 2010 and is celebrated the first full week of December annually, in keeping with National Inclusive Schools Week—celebrated by schools around the country since 2001.

Lakeshore teachers and consultants will be conducting special lessons this week to support this important program.

I See You

(A song about celebrating what's different, and recognizing what's the same.)

When I...see you there
On the...other side
A new friendship could be waiting
Though I...know your clothes
Might be different than mine
But deep down we feel the same thing

'Cause you talk...so different than I do
'Cause you look...so different than me
Till we walk...and learn how to stand side-by-side

When I...see you there
On the...other side
A new friendship could be waiting
Though I...know your clothes
Might be different than mine
But deep down we feel the same thing

'Cause you laugh...the same way that I do
'Cause you smile...no different than me
'Cause you dream...of happiness just like I do

When I...see you there
On the...other side
A new friendship could be waiting
Though I...know your clothes
Might be different than mine
But deep down we feel the same thing
(gently) I see you

— Mr. Rich Mertes 2012

LAKESHORE
ELEMENTARY SCHOOL

www.lakeshoreelementary.org

