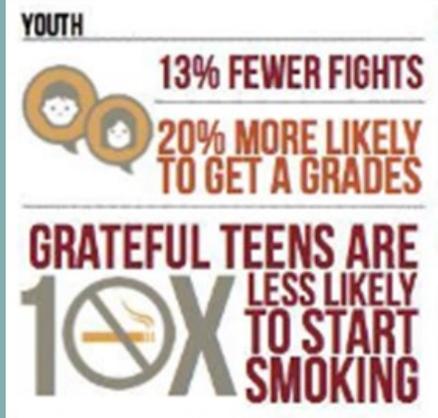


## The **SCIENCE** of Gratitude

Around this time of year, we hear a lot of talk about gratitude and being thankful. Friends on Facebook share one thing they are thankful for every day in November. Some families take turns around the dinner table sharing their gratitudes. But is this something we do just because we think we should or is there scientific evidence to support these practices? In recent years, there has been extensive research done on the benefits people receive from actively practicing gratitude. Examples of the benefits of gratitude:

- 10% fewer stress-related illnesses
- more physically fit
- lower blood pressure
- more satisfying relationships
- tend to be better liked by others

But does this also apply to kids? Research lays out many of these same benefits for children as well as some others. Studies also show that developing gratitude in children begins by helping them be aware of all of the “gifts” in their lives. This includes pointing out good things that happen to them or kind acts (in addition to presents or physical gifts) and helping them understand why it’s meaningful. “Wow! Isn’t it nice that Aunt Martha came to visit you? She lives so far away and she came all this way just to spend time with you! How about we send her a picture or a thank you note next week?”



### Donations Needed:

- \* Larger size boots and snowpants
- \* General Mills box tops
- \* Colored pencils
- \* Boombox for 1st grade
- \* 5' or 6' (length) 2 shelf bookshelf

# Cannon River STEM School News

Volume 3, Issue 5

December 2014

## Outside Time at CRSS

One of the reasons Cannon River STEM School exists is to provide outdoor time for students in subjects throughout the day in addition to daily recess time. During the next few months it will be important that students have the right gear to be successful during these times outdoors. Children will be expected to have a hat, gloves, coat, snowpants and boots each day from now until spring.

The CRSS campus is the perfect spot for learning in the outdoors. 2<sup>nd</sup> graders have been outside at the weather station recording data about weather conditions. 3<sup>rd</sup> graders have been outside watching birds and making factual and inferential observations. Middle School students have been in the meadow for inspiration for writing pieces. And many classes have been out to hike the ravine and start some sliding runs.



Being prepared to enjoy the activity and allow the most time outdoors involves having the proper gear here at school everyday. Labeling hats and gloves on the tags or even across the tops helps if an item is left on the playground, in the cafeteria, or on the floor in the hallway.

The school handbook has the windchill and temperature chart that is used to determine how long students may be outside on days that seem especially cold or if in fact we would need to stay inside. This information is also on the website.

## Service is a part of the culture at CRSS

- In the past month the 1<sup>st</sup> graders decided to hold a food drive to benefit those in need. They presented the plan at an Elementary School meeting, delivered boxes to each of the classrooms, and with the help of Mrs. Haugen and Ms. Donley have arranged to deliver the food to the St. Vincent DePaul Society. Food items or monetary donations can be sent to them through December 9th.
- The kindergarten students invited the whole school community to learn about kindness and do a kindness dance together in the gym. They made posters for each classroom reminding all of us to be kind.
- The Middle School elective students, 6<sup>th</sup> through 8<sup>th</sup> graders, have created a weekly school newspaper as a form of service. Each week during the elective time students research, interview, write and design the newspaper. During the next elective session students will resume work on the CRSS yearbook too.
- Our 6<sup>th</sup> graders have decided to take on the recycling of used markers. They have regis-

tered our school with the Crayola company, are getting buckets ready for each classroom, and have prepared materials to explain how Crayola recycles markers for another use. If you have markers (thin, thick, dry erase, any brand) that are no longer writing, instead of throwing them away, send them to school to be put in your child's classroom marker bucket. One less item in the local landfill is a good thing.

- Each CRSS student decorated a place mat to be used at the Faribault Community Thanksgiving Dinner. This will be the sixth year in a row that our students have used their artistic abilities to brighten the tables at the Community Dinner.

Thank you to each of you, as adults, who have volunteered your services to Cannon River STEM School during the first trimester. You may have gone on a field trip, you may be one of the weekly volunteers, you may have helped with a special project – each volunteer hour you give to CRSS is appreciated.

# December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 Early Release @ 12:55 pm	11	12	13
14	15	16	17	18	19 Winter Festival	20
21	22 Winter Break through January 4th	23	24	25	26	27
28	29	30	31			

## January is a busy month at CRSS

Remember that we are looking for School Board positions to be filled, an email from CRSS Info went out a couple of weeks ago. A copy of the letter with information about applying for one of the Board positions was in folders last week. Questions can be addressed to Board Chair, Shelly Cole at [scole@ricecountyhc.com](mailto:scole@ricecountyhc.com).

Immediately upon returning to school in January students in grades 3 through 8 will take the NWEA/MAP test. The Wednesday before Thanksgiving teachers worked with the NWEA trainer to use the results of this test more effectively. In every weekly peek or weekly newsletter, goal notebook or planner there are homework notes and suggestions for extending learning. The best ways for each student to raise their NWEA/MAP score are to be at school every day, to participate in class in a positive way, and to do the homework assigned or suggested by the teachers. Support from home is essential.

Mark your calendar for our Annual Meeting on January 8th. All parents are invited to join us in the school cafeteria at 6:15 pm to have some refreshments and talk informally with our Board members. Student work will be on display and a slide show from the year will be playing. The Board meeting begins at 7:00 pm, you are welcome to stay for the meeting...but even if you can't stay, we'd love to see you for the social time before the meeting.

Conferences are coming up again in January on the 19th and 20th and students will **not** have school both of those days. This is different than the Faribault Public School calendar.



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