

NOVEMBER

Counselor's Corner

Talented and Gifted for Young Scholars

November is a time for gratitude and giving thanks.

As we approach the holiday season, it's important to take a moment to reflect on all that we have to be grateful for and how we can give back to others. This month, we'll be focusing on gratitude and community service, encouraging students to appreciate the good in their lives and to think about how they can make a positive impact on others.

Focus of the Month:

Gratitude & Giving Back

Gratitude is a powerful tool for enhancing well-being and strengthening relationships. This month, we'll be encouraging students to practice gratitude daily and to think about ways they can give back to their community.

Wellness Tips:

Practicing Gratitude

Encourage your child to start a gratitude journal where they can write down things they're thankful for each day. This simple practice can help them focus on the positive aspects of their life and build a greater sense of contentment and well-being.

Contact Information

School Counselor:

Ms. Burgos, eburgos11@schools.nyc.gov/ Room 109

Ms. Y, myrigoyen@schools.nyc.gov/ Room 225

Community Coordinator/Intervention Specialist:

Mrs. Erica Arias-Vidal, earias@schools.nyc.gov/ Room 203

Upcoming Events

- **November 5:** Election Day; No School for Students
- **November 7:** Parent Teacher Conference; Non-attendance day for students
- **November 8:** Spirit Friday: Sports Day
- **November 11:** Veteran's Day; No School
- **November 15:** Spirit Friday: Comfy Cozy Day
- **November 20:** Picture Day
- **November 28 + 29:** Thanksgiving Recess; No School