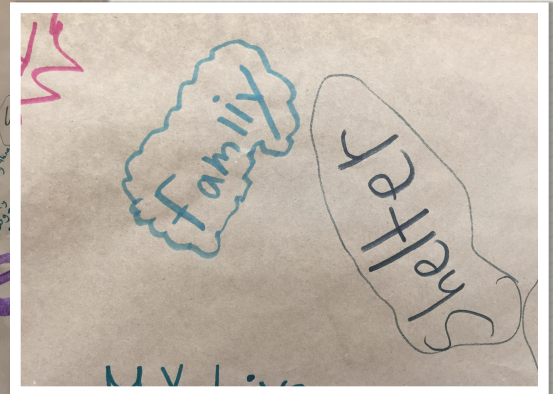
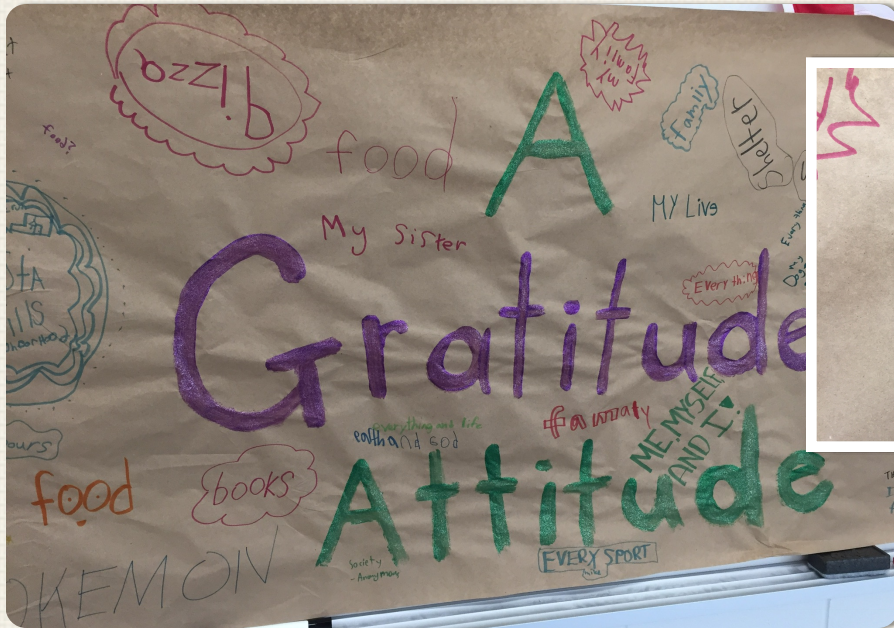


# OCTOBER-GRATITUDE



CHECK OUT OUR GRATITUDE ATTITUDE GRAFFITI WALL! WE HAVE SO MUCH TO BE THANKFUL FOR!

## At Vista Hills we are grateful...

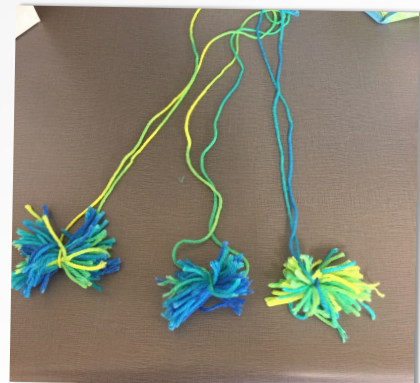
In October, our character attribute was GRATITUDE. We focused on recognizing the good in our lives. We gave appreciation and thanks to others and realized that sharing our gratitude not only made others feel valued, but made us feel happy too!

Our school had a number of exciting events that supported our school focus. Our Gratitude assembly celebrated the funds raised for our Terry Fox Run and had teachers taped to the wall and dressing up in fun costumes! We celebrated our wonderful new school and shared the

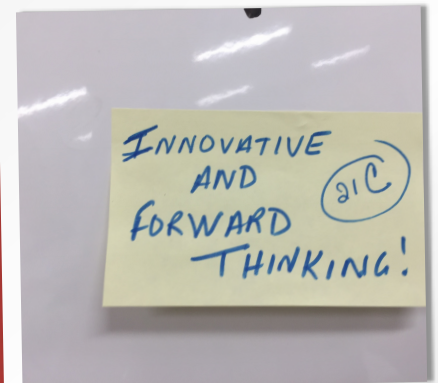
contributions to our time capsule. The morning of the assembly, we gathered at the flagpole as a community. While there, we sang O'Canada, said our daily gratitude affirmation and listened to our morning announcements as one big HERO family.



MR. OBERLE SHOWING SCHOOL SPIRIT FOR TERRY FOX!



GRATITUDE NECKLACE DAY!



PARENT GRATITUDE AT OUR OPEN HOUSE!

# At Vista Hills we are GRATEFUL. We give thanks for all that is good in our lives!

## Gratitude Necklace Day

Thank you to our grades 6 and 7 students who enthusiastically worked to create enough gratitude necklaces for EVERYONE in the school! At the end of the month, we will celebrate our appreciation for others by wearing our gratitude necklaces. Students will give a strand of yarn from their necklace to others while telling that person why they are grateful for them. As we lose strings at the bottom of our necklace, our thanks for others is released through the school. Its a fantastic visual symbol of how sharing our gratitude with others spreads positivity and

**"FEELING GRATITUDE AND NOT EXPRESSING IT IS LIKE WRAPPING A PRESENT AND NOT GIVING IT"-**  
**WILLIAM ARTHUR WARD**

kindness throughout our learning community.

## What are GEMS at Vista Hills?

At Vista Hills, the word "GEM" is derived from three of our character attributes- Gratitude, Empathy and Mindfulness. Our students and staff strive to give others GEMS everyday. To us, GEMS are acts of kindness expressed to others. Giving a GEM could be holding the door for someone, giving a smile or compliment, including others, supporting our peers or offering assistance. Sometimes students will get a GEM sticker or jewel from a teacher to say THANK YOU. Would you like to try a Gratitude Activity at Home? Start a family gratitude jar! Write down things you are grateful for throughout the year and add it to the jar. When the jar is full, read the gratitude notes together!

**SO GRATEFUL FOR OUR STAFF WHO ACCEPTED CLASS CHALLENGES FOR TERRY FOX!**



**THANKS TO MME. G FOR HER INSPIRING LEADERSHIP! SHE WAS A SPEAKER AT WE DAY IN TORONTO!!!!**

**MS. FREY BEING TAPED TO THE WALL FOR TERRY FOX DAY FUNDRAISING!**