



This week's 7 Mindsets update from Ms. Rubino



December 4, 2023

Dear Parents/Guardians,

People who have achieved great lives point to moments of great adversity and challenge when they learned a critical lesson or built the essential skill that allowed them to be successful. Knowing this, we understand why it is important to seek the positives from all situations, even those that seem completely negative. When we do this, we get better, learn, and grow in essential ways that help us to live richer and fuller lives.

Write a thank-you note to your children for what you appreciate about them. For example, you might write and leave a note that says, "Thank you so much for picking up your room today without me even asking. You are an incredible kid, and I am so thankful to have you in my life!" This could be a fun activity to do as a family - everyone writing each other notes!

Wishing everyone a happy and healthy start to the holiday season!

Sincerely,

*Ms. Alexa Rubino*

School Counselor