



What are you grateful for?



November is the perfect month to lean into gratitude and have family conversations surrounding all the things we are thankful for. Life gets busy and it can be challenging to stop and think about all the things we truly are grateful for. With the changing of seasons, it's a natural time to slow down, reflect, and connect more intentionally. Gratitude is more than saying "thank you." It's recognizing the good around us, appreciating the people in our lives, and finding joy in everyday moments. Whether it's a shared laugh, a walk in nature, or helping someone, we're learning to notice and name the things that make life meaningful. Practicing gratitude as a family helps us with the following:

-  Focus on what we have rather than what we lack.
-  Builds empathy and resilience.
-  Strengthens relationships and emotional well-being.
-  Creates a sense of peace and contentment at home.



NOVEMBER SEL TRAIT: GRATITUDE

This month students are learning about Gratitude. Gratitude means noticing and appreciating the good things in our lives, big or small. It can help us feel happier, build stronger relationships, and cope with tough times. Teaching and practicing gratitude at home supports your child's emotional well-being and fosters a positive family culture.

Here are some ways to practice gratitude at home as a family:

- Gratitude Jar: Each day, everyone in your family adds a note about something they're thankful for and puts it in a jar. Read them together at the end of the week or month.
- Highs & Lows: Ask each family member to share a "high" and a "low" of their day, and one thing they're thankful for.

FOOD ASSISTANCE

THE LITTLE FREE PANTRY

TAKE WHAT YOU NEED, GIVE WHAT YOU CAN!
AT THE FOLLOWING LOCATIONS:

KENTWOOD ACTIVITIES CENTER

- ! MON-THURS: 8 AM - 5 PM
- ! FRI: 8 AM - 4 PM

KENTWOOD DISTRICT LIBRARY

- ! MON-THURS: 9:30 AM - 8 PM
- ! FRI: 9:30 AM - 6 PM
- ! SAT: 9:30 AM - 5 PM

STREAMS OF HOPE FOOD DISTRIBUTION CENTER

CALL FOR AN APPOINTMENT TO SHOP (616)272-3634

SHOPPING HOURS ARE:

- ! TUES: 6PM - 8PM
- ! THURS: 11AM - 1PM AND 6PM - 8PM

THE GREEN APPLE

4307 KALAMAZOO AVE. SE GRAND RAPIDS, 49508

NO APPOINTMENT NEEDED

ZIP CODES SERVED 49508, 49548, 49512, & 49516

SHOPPING HOURS ARE:

- ! MON. & TUES: 9AM - 1PM
- ! WED. & THURS: 9AM - 3PM

KENTWOOD GLOW IN THE PARK-FREE FAMILY EVENT

NOVEMBER 8, 2025 - 6:00-8:00 P.M.

PINEWOOD PARK, 1999 WOLFBORO DR SE

***Enjoy glow-in-the-dark games, crafts, music, a glow dance party, and more. All ages welcome for this fun, family-friendly celebration of fall! ***



Talking about and modeling gratitude as a family is so important for children. Scan the QR code for an activity about gratitude that you can do as a family.

DISTRICT BEHAVIORAL AND MENTAL HEALTH COORDINATORS
KAMARIA DAWKINS AND KAYLA SMITH



THE IMPORTANCE OF BREAKFAST

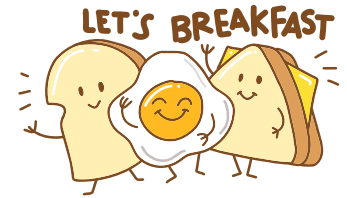
Breakfast truly is the most important meal of the day!

A healthy breakfast helps jump-start the brain and body, giving kids the energy and focus they need to learn effectively.

Students who eat a balanced breakfast are more alert in class, have better memory and concentration, and are less likely to feel tired or irritable.

Encourage your child to eat breakfast every morning to start their day fueled and ready to learn!

KPS offers free breakfast to all students to help support the importance of breakfast to our students.



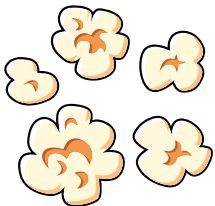
HEALTHY SNACK IDEAS

The right snacks can help students stay energized and focused throughout the school day.

Instead of sugary treats that cause energy crashes, choose snacks that provide steady fuel for both the body and brain.

Great options include fresh fruit, veggies with hummus, yogurt, trail mix, cheese sticks, or whole-grain crackers with nut butter.

These snacks offer a mix of protein, fiber, and healthy carbohydrates to keep concentration levels high and hunger at bay.



FAMILY FITNESS

Staying active doesn't have to mean going to the gym—families can have fun and build healthy habits together through everyday activities!

Moving together strengthens both bodies and family bonds.

When kids see parents making fitness fun and a regular part of life, they're more likely to carry those healthy habits into adulthood.

Family Activity Ideas:

- Evening walk
- Bike rides
- Dance party
- Family stretching
- Trip to playground
- Obstacle course
- Active chores like shoveling, raking, sweeping, etc.
- Playground
- Backyard soccer or frisbee



ALEX CORBETT, RN-BSN, DISTRICT NURSE COORDINATOR

