A Research-Based Story of Gratitude as a Way of Getting to Community…

Studies conducted by Michael McCullough, PhD. (University of Miami) and Robert A. Emmons, PhD. (University of California – Davis) were surprised by the following:

Grateful people are more:
- optimistic
- energetic
- enthusiastic
- determined
- interested
- joyful
- feel stronger about handling challenges
- have fewer illnesses
- get more sleep
- exercise more
- are more likely to help other people
- have less cluttered environments
- are less envious
- have more clear thinking
- have better resilience during tough times
- experience less stress
- are more organized
- have higher immune response
- have closer family ties
- are less materialistic
- make more progress toward goals
- have longer lives!

According to these researchers, showing gratitude helps you to:
- make improvements
- create change
- face challenges
- make a difference

Gratitude Action Plans
- Focusing on what is right and not on what is wrong
- Gratitude ABCs for going to sleep
- Showing gratitude to other people through hugs, handshakes, kind words
- It turns out that ‘Gratitude Action Plans’ are also great educational ideas:
  - Create, mail and deliver thank you notes – especially unexpected
  - Organize a Gratitude file or bulletin board of received thank you notes
  - Post a Gratitude List – can your family think up 100 things together?
  - Examine or memorize quotes
    - “The talent for being happy is appreciating and liking what you have, instead of what you don’t have.” – Woody Allen
    - “Some people are always grumbling because roses have thorns. I am thankful that thorns have roses.” – Alphonse Karr
    - “Gratitude has the power to turn challenges into possibilities, problems into solutions, and losses into gains.” – Daniel T. Peralla
    - “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” – Melodie Beattie

Gratitude Websites
- GoodListDaily.com
- AllAboutGratitude.com
- YouTube.com – Gratitude Dance!

This research comes in handy to share over Thanksgiving.
A letter from the President to Kyra Wilson

THE WHITE HOUSE
Washington
November 12, 2014

Dear Kyra:

Hearing from thoughtful, engaged students like you gives me great hope for the future, and I am glad you took the time to share your views with me.

In a few short years, your generation will be charting America’s course. And more than anything else, the progress we make will depend on your ideas, your commitment, and your willingness to change our country for the better.

Keep dreaming big and working hard. If you stay focused on your education and on improving your community, I know there are no limits to what you can accomplish.

Thank you, again, for writing. I wish you all the best.

Sincerely,
Barack Obama

NEXT LEO TALK!!!
Tuesday, November 25, 2014  6-8pm  Don’t miss - Miriam Hughey-Guy who will speak about the DaVinci Project!

LEO FAMILY PROJECT

• Grades K-2 (Create you own state)
• Grades 3-5 (Create your Family Tree)
Please bring in Family Projects on the morning of December 18th. Classroom Contacts will be there to display them on tables. Families can view them in the evening between 6- 8pm.

LEO NIGHT UPDATE

Leo Night will be extended to 2 hours on December 18th to make room for a more formal musical concert. The schedule for the evening is as follows:
6pm – Viewing of classroom work and Family Leo Projects
6:30pm – K-2 Musical Concert
7:00pm – 3-5 Musical Concert
7:30pm - Viewing of classroom work and Family Leo Projects

CLASSROOM SERVICE PROJECT

1. Ms. Morgan’s Green Frogs (Bring in non-perishable foods for Seven Loaves)
2. Ms. Skelly’s Golden Eagles – Heifer Gift Project (Dec. 2 at Assembly for Gr. 3 -5)
5. Ms. Wood’s Golden Retrievers (Middleburg Humane Foundation in Feb.)

David Hockney
InspiredPhoto Art
PTO News – President Richa Badami

We all have many things to be grateful for in our lives, but somehow in the month of November that realization gets heightened. I guess, tis the season to give thanks for the countless blessings we experience each day and be forgiving of those it’s time to let go of. A friend recently sent me an email with the following passage: “There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad, and focus on the good. Love the people who treat you right, pray for the ones who don’t. Life is too short to be anything but happy. Falling down is a part of life, getting back up is living.”

As the first President of the Middleburg Community Charter School Parent Teacher Organization (MCCS PTO), I am deeply grateful for the opportunity to serve some of the smartest people I have ever met in my life. From the management, staff, parents, the MCCS board and most of all the KIDS!!! I am humbled and excited for the opportunities we, as a PTO Board have to work towards fulfilling our mission for our parent, teacher and student community.

In this issue I would like to take the opportunity to thank my PTO Board that selflessly serves and has put in hours many times over what was in their “job description” when they first signed up.

**Vice-President:** Lisa Mohrman is now transitioning her role over to Yvette Jacobs. Huge thank you to Lisa for everything and welcome Yvette! Thank you both! My deepest gratitude for all that you do to support us.

**Treasurer:** Mark Pomeroy, we are so glad that you stepped into this role. Thank goodness for your spreadsheet and cost analysis skills! I could never do what you do!

**Secretary:** Kami Cleary, your dedication and support are outstanding. Thank you for keeping us in check and helping with all the PTO communications and SO much more!

Thank you to our committee chairs, Michelle Nicholson, Britt Cooper, Larisa Erwin, Angie Tomaszewski, Kelly Dillon, Kathy Rush, Laila Ali, Molly Lovato, Blythe Shippie, Teresa Weis, Ellyn Miller and Staci Miller. A quick welcome, thank you and congratulations to Sylvia Silver for stepping up to take over as our new Spirit Wear chair and Ms. Diane Woods, for joining us as the PTO Teacher Representative. Thank you to all the other hands on deck, Susan McGroddy, Caryn Humphrey, Amy Lutter, Josh Cooper, Nicole Pilarski, Megan Conroy, Beth Barts, Alison Naden, Kristina Ford, Amy Swartz, Jessica Miller, Jennifer Sanders and Nicol Pomeroy. We could never get what we get done without your support “on the ground”!

As a brand new PTO for a new school, we have learned as fast as we could (and continue to) and promise to work hard to bring programs and supplemental enrichment and educational experiences for our children.

What’s coming up:
* The PTO Board will meet on 12/9/14 at 6 pm and the Committee Chairs will join the meeting at 7 pm on 12/9/14 at the Landsowne Panera. If you are a committee chair or play a leading role in the PTO or are interested in taking on a role, please attend this meeting to share your ideas with us. An RSVP is required so please email Kami Cleary at Secretary@MiddleburgPTO.org.
* Our next Leo Talk is on 11/25 with Miriam Hughey-Guy, the retired principal of Barcroft Elementary, the topic is “Learning More About the Leonardo DaVinci Model”. This is one Leo Talk you don’t want to miss. I hope you will plan to attend on Tuesday. Babysitting is provided for $5.
* Our Gratitude Committee is hosting a Teacher Holiday Luncheon on 12/15/14 and if you haven’t already, please drop off at the MCCS office $5 in an envelope addressed to Beth Barts.
* Have you signed up for the most anticipated PTO event and fundraiser of the year? Breakfast with Santa is just days away on December 6th. Please join the team and the fun as we raise the “FUN’d”s we need to bring the enrichment and educational programs to MCCS via field trips, assemblies and special programming. Please contact our event chair and treasurer Mark Pomeroy at Treasurer@MiddleburgPTO.org with your area of interest and visit our website at https://sites.google.com/a/middleburgpto.org/middleburg-pto/breakfast-with-santa
* Remember that our teacher wish lists are on our PTO website (www.loudoun.k12.va.us/middleburg> PTO > MCCS Staff Wish List) Thank you for supporting all our teachers!
* Coming soon - the PTO E-News - “Leobred Between the Lines”, delivered to your inbox bi-weekly.

Once again, thank you to all the parents for their support and contribution. Remember YOU ARE THE PTO! Contact us at: President@MiddleburgPTO.org, VicePresident@MiddleburgPTO.org, Treasurer@MiddleburgPTO.org or Secretary@MiddleburgPTO.org. We are here to help support you - our families, teachers and above all the children at MCCS have a wonderful year!
Hands-on....Minds-on!
by: Shirley Fortenbaugh
If you walk into a math class at Middleburg Community Charter School, you will see students working with a wide range of hands-on tools or “math manipulatives”. These tools include, but are not limited to, connecting cubes, pattern blocks, color tiles, number lines, 100’s charts, tangrams, pentominoes, base-ten blocks, colored chips, dominoes, geoboards, Cuisenaire rods, and attribute blocks. When we put math into the hands of children, the abstract ideas automatically become more concrete. The students can use the hands-on tools to test and confirm their own reasoning. By increasing understanding, manipulatives automatically raise a student’s confidence level. Finally, the use of manipulatives has been proven to raise the enjoyment level of mathematics and reduce any anxiety associated with the subject. Next time you ask your children about math class, be sure to ask them about their “hands-on, minds-on experience!

K-2 students work on spatial reasoning

K-2 students building equations with Cuisenaire Rods

Grades 3-5 students learning double-digit multiplication with base-10

Si tiene preguntas que quiere hacer en Espanol, por favor llame a
Susana Calley (702-297-7899)
November
25  4-6pm MCCS School Management Team Meeting
25  6-8pm Leo Talk – DaVinci Project ~ Miriam Hughey-Guy
26-28  No School, Happy Thanksgiving!!!

December
02  11:05-11:30am – Ms. Skelly’s class leads Grade 3-5 assembly
02  5:30-8PM – Singing Club Tree Lighting Performances at Salamander
03  11:05-11:30am – Ms. Emmel’s class leads Grades K-2 assembly
05  Fun Friday – “Hat Day” 😊
05  5:30-5:30pm – Singing Club - Tree Lighting at Pink Box Museum
06  8-10:30 **Breakfast with Santa**, 2pm Middleburg Parade
07  1:45 – Singing Club – Holiday Recital - Buchanan Hall, Upperville
12  Fun Friday – “Twin Day” 😊
15  7:30am to 2:30pm –Optional Parent Teacher Conferences
   (by teacher invitation)
15  Teacher Holiday Luncheon
18  Leo Night 6-8pm
22  No School, Grade Preparation Day
23-Jan4  No school, Happy Holidays!!!

Each week, demonstrate school spirit with any of these activities:

**Wednesday** – Workout Wednesdays – wear your sports sweaters and/or fitness clothes to salute DaVinci’s focus on the healthy body.

**Thursday** – LeoBred Thursdays – wear something green/gold to celebrate school spirit!

**Friday** – Fun Fridays!!! Check the website or your weekly class communication log (K-2) or agenda (grades 3-5) to see what fun theme the Student Council has set for every Friday!!!