

<p style="text-align: center;"><b>Ruth 1:8</b></p> <p>... May the Lord reward you for your kindness ...</p> <p>Why not donate some items of food to a charity like a local food bank? We can be thankful for what we have and pass on some of our good fortune to those less fortunate. It feels good to give ☺</p>		<p>Family activities.....</p> <ul style="list-style-type: none"> <li>• Look out for examples in the media where thankfulness and gratitude are evident</li> <li>• Say thank you to someone who cheers up your day</li> <li>• Make a point of finding something to be thankful for every day and share it with friends and family</li> </ul>
<p>According to psychologists, the words ‘thank you’ are no longer just good manners, they are also beneficial to the self.</p> <p>Studies have suggested that being grateful can improve well-being, physical health, can strengthen social relationships, produce positive emotional states and help us cope with stressful times in our lives.</p> <p>But we also say thank you because we want the other person to know we value what they’ve done for us and, maybe, encourage them to help us again in the future.</p>	<p style="text-align: center;"><b>St Anne’s CEVA Primary School</b></p> <p style="text-align: center;"><b>Values for Life</b></p> <p style="text-align: center;"><b>TERM 4 - 2018</b></p> <p style="text-align: center;"><b>THANKFULNESS</b></p>	 <p style="text-align: center;">“Learn to Love...Love to Learn”</p> <p>As a school we are tremendously thankful for the support we get from our children, families, staff, Governors, Church and community. Many, many thanks to you all for everything you do to make St Anne’s special.</p>
<p>“Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude.”</p> <p style="text-align: right;">– A.A. Milne in <i>Winnie-the-Pooh</i></p>		<p>For reflection.....</p> <ul style="list-style-type: none"> <li>• Here at St Anne’s we encourage an appreciative and thankful attitude in all members of our school community. How do we do this?</li> <li>• How can we raise consciousness of being thankful for those things we often take for granted?</li> <li>• How can we encourage children to show gratitude in practical ways?</li> </ul>