



November



COUNSELOR MONTHLY NEWSLETTER



UPDATES!

Hi DSIS students and parents!

I am going to send out a monthly newsletter with school updates, activities, and monthly theme. Below are some activities you can do at home.

November theme: THANKFULNESS

Activities:

- Make a list of what you are thankful for
- Tell someone you love that you are thankful for them
- Do a Random Act of Kindness
- Start a gratitude journal/jar
- Write a Letter to a Veteran/Military person you know thanking them
- Thanksgiving Craft:
<https://www.prudentpennypincher.com/thanksgiving-crafts-for-kids/>

Kid President's 25 Reasons To Be Thankful:

<https://www.youtube.com/watch?v=yA5Qpt1JRE4>

DSIS COUNSELOR INFO:

If you would like to make an appointment with Ms. Trlak, please send her a canvas message or email, ktrlak@djusd.net.

530-757-5333 ext 370
Office hours: 8:30-3:30 pm

Monthly Mantra: "I am thankful for....."

IMPORTANT DATES

Nov 8

Apple Pie Social 12-1 pm

Nov 11

Veterans Day-NO SCHOOL!

Nov 21-25

Thanksgiving Break- NO SCHOOL!

