November 23, 2022

Happy Thanksgiving to our Bradford Families & Caregivers!
   Grateful to be part of an amazing community!
   Enjoy this much needed time off with loved ones!
A prime example of how gracious, thoughtful and generous our Bradford families are, a whopping $4,550 was collected during our annual Bradford Walk-A-Thon. Tony’s kitchen representative, Anne Mernim came to thank everyone and more so, we had a wonderful conversation about having our students visit the Kitchen and volunteer. More details to follow on that.

![Image of three people holding a check]

- **Note from the Health Office:**
  - With flu season upon us - it is helpful to track the types of illness in the school. With that in mind - when you call your child out - can you please let me know if your child was diagnosed with Flu, RSV, bronchitis, etc.

- **Counselor’s Corner:**

  SEL and Gratitude This month students have been learning about kindness and gratitude. SEL has aligned with Restorative Justice and has been holding enriching, fruitful RJ circles on gratitude and kindness. Mrs. Asaro and Ms. Goff will continue to hold RJ circles throughout the year focusing on various topics to enhance our SEL.

  It Pays To Be Kind People who are constantly kind produce 23% less cortisol, which is the stress hormone. Because of the lower levels of stress, people who practice
kindness age slower than the average population. Benefits of Gratitude ● Enhanced Well-Being ● Deeper Relationships ● Improved Optimism ● Increased Happiness ● Stronger Self-Control ● Better Physical and Mental Health ● An Overall “Better Life” Ways to Cultivate Gratitude ● Write a “Thank You” note ● Thank someone mentally ● Keep a gratitude journal ● Meditate

**HOLIDAY GIFT GIVING-2022**

Holiday season is right around the corner! The Bradford Community would like to offer some holiday cheer by offering gift assistance to those in need. If you feel that you and your family would benefit from such assistance please complete the confidential google form linked here by December 1st. The gifts are donated by our wonderful Bradford community along with our staff and all is done on a strict schedule to ensure delivery for the holidays. Late requests will not be processed.

https://docs.google.com/forms/d/e/1FAIpQLSdL34TVYeABsDofR2YsYwK_j1fAsNsS6UdCX2Adjhxzs_Gl0Q/viewform?usp=sf_link

**It’s Getting Cold - Time to Label Jackets!**

As the temperatures start to drop, please be mindful of labeling student jackets with their names. Cool mornings and recesses lead to a boost in lost and found jackets and gloves. They can quickly make their way back to the owner when it has the student name.

Thank you to Ms. Olivia Brinton for washing the clothes that were left on the playground!

**Vacations**

Parents, we understand that family trips are being planned while school is still in session. Please be mindful that the classroom teacher is not mandated to put together instructional packets and worksheets for the work that will be missed. Appreciate your cooperation!
Upcoming Events

December 7: Abbreviated Day (PTConference: Evening)
December 8: Abbreviated Day (PTC: Afternoon)
December 8: SATp Meeting (6-7pm at 6pm)
December 9: Abbreviated Day (PTC: Afternoon)
December 15: Curriculum Thursday (Abbreviated Day)
December 20th: Winter Concert (more details to follow)