



## Giving 'thanks' can make you happier!

November kicks off the holiday season with high expectations for a cozy and festive time of year. November is also a good time to reflect on the benefits of gratitude and how to increase one's expression of thanks.

Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people recognize the goodness in their lives. It helps people connect to other people, nature or a higher power.

Research shows that gratitude is associated with greater happiness.

Gratitude helps people feel positive emotions, enjoy good experiences, improve their health, deal with hardship, and build strong relationships.

Harvard Health Publications 2011

It can be felt and expressed in many ways. One can reflect on past blessing or be thankful for positive memories. One can also focus on the present and be aware of one's good fortune as it comes.

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. It helps people to refocus on what they have instead of what they lack.

**Let's show a little gratitude today!** It may feel a bit unnatural at first, but the more you practice expressing gratitude the happier you'll become. There are many ways you can express gratitude; start by writing a thank-you note, keeping a gratitude journal, giving a hug or a compliment, or simply being a listening ear.

### Message from the EHS Director

thank you!

LSU EHS-CCP program is appreciative for all of our families, teachers and staff. Thank you, EHS teachers for doing the most important work of all – educating the next generation. Thank you for modeling patience, honesty, courage, perseverance, wisdom, responsibility, generosity, and a commitment to lifelong learning to the best of your ability each and every day in your classroom. Most of all, thank you for everything you have done and will continue to do to create a better future.

### November 2016

- 2<sup>nd</sup> Policy Council Meeting 4:30p
- 8<sup>th</sup> Election Day 
- 11<sup>th</sup> Veterans Day
- 16<sup>th</sup> Parent Committee Meeting  
5:00p Kid's
- 16<sup>th</sup> Parent Committee Meeting  
4:30p McMillian's
- 16<sup>th</sup> Parent Committee Meeting  
4:15p Toddler's
- 17<sup>th</sup> Parent Committee Meeting  
4:00p Clara's
- 24<sup>th</sup> Happy Thanksgiving



### EHS Closures & Early Dismissals

#### Clara's Little Lambs

21<sup>st</sup>- 25<sup>th</sup> Closed  
29<sup>th</sup> Early Dismissal

#### Kids Kingdom Academy

22<sup>nd</sup> Early Dismissal  
23<sup>rd</sup>-25<sup>th</sup> Closed

#### McMillians First Steps

24<sup>th</sup>- 25<sup>th</sup> Closed

Parent Teacher Conference Nov. 7<sup>th</sup>-10<sup>th</sup>

#### Toddler's University

Parent Teacher Conference Nov. 10<sup>th</sup> @ 12:45p

23<sup>rd</sup> - Early Dismissal 12:45p  
24<sup>th</sup>- 25<sup>th</sup> Closed



Ms. Randle enrolled into **Kids Kingdom Academy** in 2015 and has recently graduated from New Orleans Job Corps Culinary Arts program. Ms. Randle was a model student who managed to complete the 6-9 month training program in only 4 months. She was chosen as her graduating class Valedictorian speaker of ceremony.



Ms. Randle was a member of the SGA, winner of the 2016 Job Corps annual cook-off and an active participant in the program's Restaurant Week events. She is an active community volunteer and loves to cook for those in need. Ms. Randle says that Job Corps was a rewarding experience that has provided her with lots of great opportunities. She would do it all over again if giving the opportunity! As for Kids Kingdom Academy, she says they are her family away from home and appreciates how they motivated and encouraged her throughout her journey.



**Sweet Potato Cubes**  
 Super easy, healthy side dish that kids love! Servings are kid-sized or snack sized.

**INGREDIENTS**  
 Servings 2-4 Units  
 1 sweet potato, scrubbed and peeled  
 1 teaspoon cinnamon-sugar mixture

**DIRECTIONS**

1. Dice the potato into 1 inch cubes and toss with the cinnamon and sugar.
2. Spray a baking sheet with cooking spray then spread potato cubes over it. Spray cubes again with cooking spray.
3. Roast for 30 minutes in a 350°F oven.

*Let's Talk*

Is your child transitioning out of the LSU Early Head Start Child Care Partnership Program this school year? **If so, let's discuss your options!**

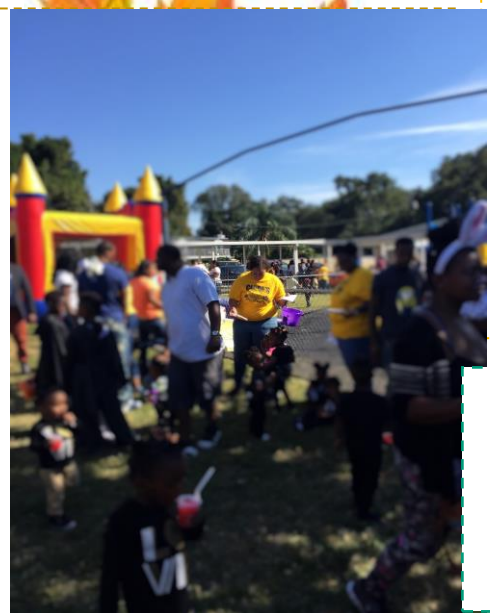
For more info, please contact Ms. Raynell Washington.

**{one App}**  
 EnrollNOLA – OneApp  
<https://enrollnola.org/>

**CCAP**  
 Child Care Assistance Program  
<https://cafecp.doe.louisiana.gov/edselfservice/>

OneApp Main Round Launch - **Week of November 1, 2016**  
 OneApp Main Round Close - **February 24, 2017**  
 OneApp Placement Results Available - **Week of April 10, 2017**

**Clara's Little Lambs Halloween 2016**



**Work somewhere you ❤️**  
**Seasonal Careers**

**Macy's**  
 Apply at [www.macysJOBS.com](http://www.macysJOBS.com)

**Target**  
 Apply in store or [www.target.com/careers](http://www.target.com/careers)

**JCPenny**  
 Seasonal /Permanent Sales Associate (Oakwood/Lakeside)  
[www.jobs.jcp.com](http://www.jobs.jcp.com)

**Gap Inc.**  
 Banana Republic (Canal Place)  
<https://jobs.gapinc.com/>

**Dillard's**  
 Sales Associate/Sales Support (Oakwood/Lakeside)  
<http://careers.dillards.com/Careers/>

**Toddler's University Fall Festival 2016**

**The Times Picayune Doll & Toy Fund**  
 Families with children 12 years and under (no ticket required) **\*\*every child 12 yrs. and under guaranteed a toy\*\***



**Doll & Toy Fund**

**Saturday, December 17, 2016**  
**Xavier University's Convocation Center**  
**7900 Stroelitz Street, NOLA**  
**\*\*Free Admission\*\***



# Kid's Chronicle