November 22, 2019

**Headlines**
Gratitude  
GoFundMe for Andy  
Kindergarten Night  
Winter Break  
Dates

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**Message from Suzette**

Thanksgiving is a time people often give thanks for the friendships, family, and blessings they have in life. Wouldn’t it be wonderful if we could do this every day throughout the year instead of just around the holidays? Dr. Robert Emmons from the University of California at Davis has conducted research on gratitude for almost 10 years. His research shows that “those who practice gratitude tend to be more creative, bounce back more quickly from adversity, have a stronger immune system, and have stronger social relationships than those who don’t practice gratitude.” He further points out that “To say we feel grateful is not to say that everything in our lives is necessarily great. It just means we are aware of our blessings.”
Do you have a daily practice of gratitude in your home? If not, why not start one. In practicing gratitude and including your children in the practice, you are giving them a lifetime gift. Here are a few ideas to get you going:

• When you sit down to eat dinner, say one thing that you are grateful for happening today
• Tell someone how much you appreciate them
• Notice the beauty in nature around you
• As you do chores around the house, think about the people you love that live in the house and will benefit from your work
• Include an act of kindness in your life every day

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**Mr. Andy Update**

**Team Andy Unite**

I want to let you know that a GoFundMe has been established for our Mr. Andy to help him while he undergoes treatment for liver cancer. Click [HERE](#) to see Andy's GoFundMe page. Andy has a very positive outlook which will serve him well. We hope to be able to see him very soon.

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**Kindergarten Night**

**The correct date for Kindergarten Night is 12/12/19**

Kindergarten Night will be held on December 12th, (not 12/5 as previously announced). I
encourage you to come and see the kind of work your student will be able to do if he stays at DVMS for three full years. Our pre-school/kindergarten teachers will be present to walk you through the curriculum for our 5 & 6 year olds. We'll talk about the benefits of allowing your child to stay in a Montessori classroom for kindergarten, why the 3 year cycle is important and why making the transition to elementary school at age 6 is developmentally appropriate. Additionally we will have a few parents who chose to leave their child at DVMS for 3 years present their perspective and answer your questions. Here is the link to register.

Winter Break

December 23-January 3

Just a reminder to complete the Winter Break form in your Parent Portal if you will need care during our Winter Break.

Extended Care for Preschool/Kindergarten aged children is available on 12/23, 12/30, 12/31 (until 3PM), 1/2 & 1/3.

The Infant/Toddler House is open on the same days. While care for the children in our Infant Toddler House is included in your yearly tuition, please help us by completing the Winter Break form so we know how many children to expect during the holidays. Click here for the Parent Portal on our website.
Mark Your Calender

**November/December Dates**
11/27-29  Thanksgiving Holiday
12/12      Kindergarten Night
12/23-1/3  Winter Break

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