

Character Education Resource Center News You Can Use

November 2017

"Gratitude can transform common days into thanksgivings."

-William Arthur Ward

THANKSGIVING: IT'S ABOUT GRATITUDE

Three Surprising Ways That Gratitude Works at Work

1. Gratitude facilitates better sleep
2. Gratitude reduces excessive entitlement
3. Gratitude drives us to contribute more to our organization.

Robert A. Emmons, Ph.D., the world's leading scientific expert on gratitude, writes "that you literally cannot overplay the hand of gratitude; the grateful mind reaps massive benefits in every domain of life that has been examined so far. There are countless ways in which gratitude could pay off in the workplace."

The Greater Good Science Center at the University of California offers several video presentation on the this topic including "Making Gratitude Viral," "Cultivating Gratitude in the Workplace," "How Can We Cultivate Gratitude in Schools," and "How Parents Can Foster Gratitude in Kids." (<http://greatergood.berkeley.edu/topic/gratitude>)

Special Days and Holidays

Create student activities and exercises in your school and classroom for this month's special days and holidays.

- November 8 National Young Readers Day (second Tuesday)
- November 8 National Parents as Teachers Day
- November 8 National STEM/STEAM Day
- November 10 Marine Corps Birthday
- November 10 Sesame Street Day
- November 11 Veterans Day
- November 16 International Day of Tolerance
- November 19 Gettysburg Address Day
- November 19 Equal Opportunity Day
- November 21 Military Families Recognition Day (Monday before Thanksgiving)
- November 23 What Do You Love About America? Day (day before Thanksgiving)
- November 24 Thanksgiving (fourth Thursday)
- November 25 Native American Day (day after Thanksgiving)



Flying Leatherneck Historical
Foundation's
**Annual Fall Essay Contest:
Honor, Courage, Commitment**

An essay contest for students grades 6-8 and 9-12 in San Diego and Imperial Counties. All entries must be submitted by Friday, November 17, 2017

For details and submission guidelines:

<https://www.flyingleathernecks.org/education/>

THE 100% SOLUTION

A teacher who reads our monthly NUCU issues sent the following to me. I have edited.

Two mathematicians views of what really makes 100%? They ask: Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants you to give over 100%. What makes up 100% in life?

They suggest this mathematical formula to help us answer these questions.

If

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

Then

H-A-R-D-W-O-R-K **8+1+18+4+23+15+18+11 = 98%**

And

K-N-O-W-L-E-D-G-E **11+14+15+23+12+5+4+7+5 = 96%**

But

A-T-T-I-T-U-D-E **1+20+20+9+20+21+4+5 = 100%**

They say that one can conclude with mathematical certainty, that while

Hardwork and **Knowledge** will get you close, **Attitude** will get you the 100%!

CALIFORNIA'S CIVIC LEARNING AWARD

The 2017-18 Civic Learning Award sponsored by the Chief Justice Tani G. Cantil-Sakauye and State Superintendent of Public Instruction Tom Torlakson recognizes and values the important role of public schools in preparing students for participation in our democracy. The awards are designed to both celebrate successful efforts to engage students in civic learning and to identify successful models that can be replicated in other schools. The deadline to submit applications is January 19, 2018. The application can be found [here](#).

57TH ANNUAL CALIFORNIA COUNCIL FOR THE SOCIAL STUDIES CONFERENCE

The 2018 conference, *Tearing Down Walls: Building Connections, Collaboration and Civil Discourse*, will continue CCSS's traditional devotion to providing quality professional development focused on new scholarship, research-based strategies, and networking - all designed to improve the teaching and learning of history/social studies across the state. You can now hit these links to [register](#) for, [exhibit](#) at, and [sponsor](#) the conference and [make hotel reservations!](#)

<http://www.ccss.org/page-1861118>

**March 23-25, 2018 Town and Country Resort Convention Center, 500 Hotel Circle North,
San Diego, CA 92108**

Comment/Critique/Unsubscribe

character@sandiego.edu
