



M O L A L L A
R I V E R A C A D E M Y



On Tuesday 11/14, all students will participate in our annual Lock Down drill. This drill practices how we would respond in the event of a dangerous or active event on our campus. We use the I Love You Guys Standard Response protocol for these drills. More information is available [HERE](#).

Sometimes students are upset by these drills and may need to talk about it. A good resource for this can be found [HERE](#).

SEL UPDATE

GRATITUDE

is choosing to appreciate
the people and things in our lives

November 13-December 15

Purpose

Wow!

MRA Families have volunteered

459 hours since

September 6, 2023

THANK YOU!!

GRATITUDE

Family Newsletter

PurposeFULL
People

Gratitude Overview

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is “choosing to appreciate the people and things in our lives.” Practicing Gratitude can increase our well-being and even our happiness!

Gratitude is 1 of 3 traits we will focus on throughout the year that helps students **Be Well**. Across grade levels, students will be developing skills like emotion regulation, positive self-talk, and stress-management.

Conversation Starters



- Can you share or show what it means to practice Gratitude?
- What is something you are Grateful for every day?

PurposeFull Pursuits

Have some fun connecting as a family this month while practicing Gratitude. Here are 2 “PurposeFull Pursuits” you can complete together!

#1

What are some small, specific things that you are Grateful for? Maybe it is your favorite water cup, the way the cat sleeps on the chair, or when your grandma bakes banana bread. Spend some time as a family trying to think of at least 10 small things that you have Gratitude for and then choose to notice them this week with a smile.



#2

Review Gratitude as a family! Remember that Gratitude is choosing to appreciate the people and things in our lives.

Find a place in your home to display a glass jar. Cut up small slips of paper and place them next to the jar. Use the jar to collect special people, places, events, and memories that your family is thankful for. Find a time each week to add slips of Gratitude to the jar and assist students in writing or drawing gratitude as needed. Having a gloomy day or a challenging time as a family? Pull out the slips of Gratitude and read them aloud together as a reminder of your Grateful moments.



educational services representative



Book Fair

NOVEMBER 16-17
BEFORE & AFTER SCHOOL

NOVEMBER 20-21
DURING CONFERENCES

CASH, DEBIT/CREDIT CARD OR
VENMO ACCEPTED

ONLINE SHOPPING IS ALSO
AVAILABLE

WWW.READGROWCONNECT.COM

MRA Parent Cultivation Team

CO-CHAIRS: AMY WHEELER

BETH JOHNSON

VICE CHAIR: OPEN POSITION

TREASURER: OPEN POSITION

SECRETARY: LINDSAY PEMBERTON

PARENT CONNECTIONS: MEGHAN BALES

VOLUNTEER COORDINATOR: DAYSHA EGBERT

FUNDRAISING EVENT COORDINATOR:

CHRISTINA LYDY-MILLS

ASSISTANT FUNDRAISING EVENT COORDINATOR:

REBECCA VAN DAMME

PCT@MRA-K8.COM

PCTVICECHAIR@MRA-K8.COM

PCTTREASURER@MRA-K8.COM

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PARENTCONNECTION@MRA-K8.COM

VOLUNTEERCOORDINATOR@MRA-K8.COM

PCTFUNDRAISING@MRA-K8.COM

PCTASSISTANTFUNDRAISER@MRA-K8.COM

[PCT BOARD ROLES AND RESPONSIBILITIES EXPLAINED](#)

[NEXT PCT BOARD MEETING](#)

[NOVEMBER 17TH @ 10:00 LINK TO JOIN](#)

Enrichment Coordinator

We are looking for an
Enrichment Coordinator for the
2023-24 School Year

Hours Vary

\$18.00 per hour

If interested, please email
iquinlan@mra-k8.com

[Job Description](#)

UPCOMING EVENTS

11/20-21	Parent-Teacher Conferences--No School
11/22-24	Thanksgiving Break
11/29-30	Wreath Pick-Up
12/1	Vision Screening
12/15	Holiday Parties
12/18-1/1	NO SCHOOL-- Winter Break