

Hello Powell Families,

The following are Powell's points of pride. Enjoy!

It's hard to believe that we are 2/3 of the way through the first semester of the school year! It has been great and I feel that we are well on our way to making this year one to remember. Four weeks ago, we had our parent-teacher conferences marking the midway point of our semester. There were many valuable conversations that took place about the performance of our students and the academic interventions necessary for them to succeed at their highest levels. Just because those conferences are over, it does not mean that these meaningful conversations should stop. Rather, these conversations should continue to grow in order to help our children.

The first Open/Optional Enrollment window has closed and we have begun the second Open/Optional Enrollment window which will conclude January 10th, 2020. With so many choices out there for families, we cannot take for granted Powell's traditionally strong enrollment. I need your help getting the word out about our rich academic, arts, and athletic programs. Powell has once again earned the John Irwin School of Excellence award from the State of Colorado. This is at least the 11th year in a row! We have the highest achievement and growth across the board of *any* middle school in South Metro Denver. We have the broadest selection of elective classes of any middle school and have the most after school activities, clubs, and sports in the area. Please share all of what Powell is with your neighbors, friends, and family. You are what makes Powell special.

Our annual Direct Donation campaign has concluded. Thank you all for donating and helping us support our students. It is with your support that we will continue to offer the same high quality programs we have all grown to love and expect. Special thanks to our Powell PTO for all of their efforts in this campaign.

In the spirit of the season of giving thanks, please accept this heart-felt "thank you" for entrusting us with educating and caring for your children. Powell is a very special place and has such a wonderful sense of community. We are in the midst of the Sources of Strength Campaign, Gratitude ([#thankfulColorado](#)). I am grateful for how our community responds in tough times and how it celebrates our young people. I am grateful to those of you who take the time to talk to me about what is important to you and how I may help. I am grateful to those who have continued to make me and my family feel welcome at Powell after these 11 years! It truly is a great day to be a Puma!

In Education,

*Steve Wolf*

Steve Wolf, Principal

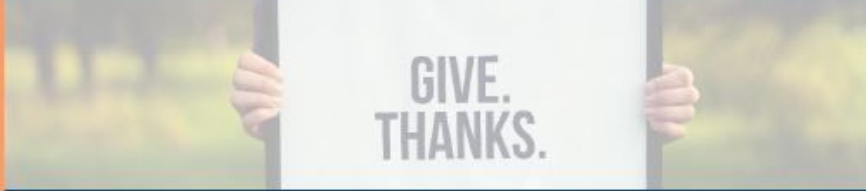


Also... there are a few “housekeeping” items I need your help with:

Our beautiful Colorado weather is not always as nice as we’d hope. Please make sure that your student is prepared for the elements and dressed appropriately when they come to school. We try to go outside every day at lunch time and our students need to be ready for this.

When commuting during these winter months, please allow for additional time to get your student to school on time. Powell has approximately 350 commuters. The traffic can be somewhat complex when the weather makes a turn for the worse. Also, when picking-up or dropping-off your student, we need everyone to use the pick-up and drop-off lanes and **NOT** enter the parking lot. This is a hazard and can be quite dangerous with poor weather.

## #THANKFULCOLORADO



Littleton Public Schools and other schools across the state are using the month of November to focus on gratitude. Gratitude is considered a state of mind, a spontaneous feeling, a strength of the heart. Join us this month by practicing gratitude in your own life and expressing the things you are thankful for.

### What research tells us about gratitude:

<p><b>IT ENHANCES YOUR PHYSICAL HEALTH</b></p> <p>Dr. Jeffrey Huffman suggests positive psychological states, like optimism and gratitude, may independently predict cardiovascular health.</p> <p>A 2009 study published in the Journal of Psychosomatic Research showed improved quality of sleep and longer sleep hours for those with higher levels of gratitude.</p>	<p><b>IT IMPROVES YOUR MENTAL HEALTH</b></p> <p>A 2007 study on emotional well-being found the relationship between gratitude and well-being leads to lower stress and depression and high levels of social support.</p> <p>The Journal of Research in Personality (2013) linked gratitude and grit to creating resiliency to suicide by increasing meaning in life.</p>	<p><b>THERE IS A GAP BETWEEN WHAT WE THINK AND DO</b></p> <p>90% of people consider themselves grateful, but only 52% of women and 44% of men surveyed express gratitude on a regular basis.</p> <p>The same study discovered that people were less likely to express gratitude at work, but eager for their boss to express gratitude for their work.</p>
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### How do we practice gratitude?

<ul style="list-style-type: none"> <li>Keep a gratitude journal</li> <li>Write a list of all the things in your life that you are grateful for</li> </ul>	<ul style="list-style-type: none"> <li>Post a picture of something you are thankful for with #ThankfulColorado</li> <li>Write down three good things that went well in your day and why</li> </ul>	<ul style="list-style-type: none"> <li>Write a list of all the people you are grateful for... then go tell them</li> <li>Get a gratitude buddy to help sustain your gratitude practice</li> </ul>
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"Gratitude is not only the greatest of virtues but the parent of all others." - Cicero

[littletonpublicschools.net/sources-strength](http://littletonpublicschools.net/sources-strength)

