



Friendship Insider Iss. 73 - Habit 4: An Attitude of Gratitude

November 22, 2020

Learning Model: Remote Learning w/Supports

Hello Friendship Academy Families,

This year we will celebrate Thanksgiving much different than we are accustomed to but that does not take away the meaning. During this time of year where many people begin thinking about everything they have to be thankful for. Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life. In fact, gratitude may be one of the most overlooked tools that we all have access to every day.

Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous. Research reveals gratitude can have these seven benefits:

- Gratitude opens the door to more relationships. ...
- Gratitude improves physical health. ...
- Gratitude improves psychological health. ...
- Gratitude enhances empathy and reduces aggression. ...
- Grateful people sleep better. ...
- Gratitude improves self-esteem
- Gratitude increases mental strength

Let me start by saying how thankful I am to be able to work with this team,



Key Dates

**November 24th - 6:00-6:30pm
Family Involvement Meeting**

Come and learn more about how to track your scholar's progress as it relates to missing assignments and overall grades.

meet.google.com/eev-shqu-mmd

Join by phone

(US) +1 530-618-7007 PIN: 973 548 692#

November 24th

Zero Missing Assignments Raffle
All scholars with ZERO missing assignments by 11/24 will be placed in a drawing to receive a Samsung tablet.

November 25th-27th

Thanksgiving Holiday Break - No school

December 11th

End of 1st Trimester

December 18th

Virtual Artstravaganza - this virtual event will highlight class projects and enrichment classes for the 1st

scholars, and families. We only have a couple of days this week so let's be sure to teach our scholars that An Attitude of Gratitude is a Winning Attitude!

In Person Supports

We are currently at capacity for in person supports. If there is a need please fill out the form below to be added to the waitlist.

In Person Supports Waitlist

Learning Pod (3410 42nd St. E.)

The Friendship Community Services Learning Pod is available to anyone needing child care and support services during this time of Remote Learning (Maximum 30 slot per day). If interested please fill out this form to be placed on the waitlist when more slots become available.

FCS Learning Pod Waitlist

Coaching

If you or your scholar have not connected with your coach please e-mail school@friendshipacademy.org

Feedback, questions, suggestions, and concerns

e-mail: school@friendshipacademy.org

phone: 612-879-6703

Tech support

e-mail:

techsupport@friendshipacademy.org

phone: 612-879-6703

Friendship Store

Join the FAA Families Facebook Group

STAR Breakfast and Lunch Request Form

Sincerely,

Trimester

Daily School Schedule

8:15-8:55 Freedom School Virtual Book Club

9:00 - 9:55 - Enrichment

10:00-4:30 - Core instruction

We are still accepting applications in grades K-8th for the Fall so please encourage all interested families to visit www.friendshipacademy.org to enroll.



The advertisement features the Friendship Academy logo at the top, which includes the text "FRIENDSHIP ACADEMY OF THE ARTS" and "Where Learning and Creativity Inspire Growth". Below the logo is the address "3320 E. 41st Street Minneapolis, MN 55406 (612) 879-6703 (612) 879-6707 FAX www.friendshipacademy.org". A central graphic shows a "FUNDRAISING" seal for "World's Finest SINCE 1949" with images of various chocolate bars: Almond, Caramel, and McCrisp. A price box lists "\$1.00 - Bars or Case-\$60.00" for Milk Chocolate Bars, Dark Chocolate Bars, Almond Bars, Caramel Bars, and Crispy Milk Chocolate. The text "Friendship Academy Fall Fundraiser" is prominently displayed, followed by "STARTS: Monday, Oct 12, 2020" and "ENDS: Friday, November 13, 2020". A final instruction reads "Please stop by the school office to make your purchase."

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Friendship Academy of the Arts
www.friendshipacademy.org

