



## MINDFULNESS

Much of our stress and pain comes from being pulled away from the present moment. We are distracted with regrets about the past, have worries about the future

and judgments about the present. Incorporating mindfulness into our day helps us to refocus on the present and calm our minds.

## What is Mindfulness?

According to Jon Kabat-Zinn, mindfulness is paying attention in a particular way, on purpose, in a present moment and non-judgmentally.

Mindfulness also involves acceptance. This means paying attention to thoughts and feelings without judging or reacting to them.

When you're mindful, there is no "right" or "wrong" way to think or feel in a particular moment.



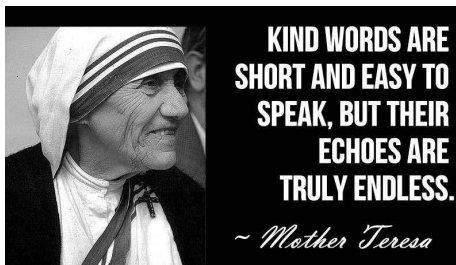
www.gozen.com

## VIRTUES

November and December's virtues are truth and honesty. Truth and honesty are the awareness of what is right and appropriate in one's role, one's behavior, and one relationship. They make for a life of integrity because the inner and outer selves are a mirror image.

"My integrity and honesty protect me, I put my hope in you."

Psalms 25:21



LoveOfLifeQuotes.com  
QuotesBlog.net

## COMING UP:

**November 17-24: Safe and Caring (Anti-Bullying) Awareness Week**

**November 21:**

**Under My Skin**

**Presentation for grade 7 students**

**November 26:**

**MADD Canada Assembly for grade 8 and 9 students**

Below is a link to access more information for parent community resources and supports.

**Parent Resource Link**

## Counselling Team

Christy Magill- Counsellor

Julie Masson- Family School Enhancement Counsellor

403- 347-7830

# Random Acts of Kindness Calendar

<p><u>Nov. 18</u> Leave a friendly note where someone will find it.</p>	<p><u>Nov. 19</u> Give a compliment to 5 people.</p>	<p><u>Nov. 20</u> Hold the door for someone.</p>	<p><u>Nov. 21</u> Say a prayer for someone in need.</p>	<p><u>Nov. 23</u> Read a book to/with someone.</p>
<p><u>Nov. 25</u> Draw a picture for a classmate.</p>	<p><u>Nov. 26</u> Write a thank you note to the custodian.</p>	<p><u>Nov. 27</u> Help someone do a job or chore.</p>	<p><u>Nov. 28</u> Make a list of things you are grateful for.</p>	<p><u>Nov. 29</u> Shovel someone's sidewalk.</p>
<p><u>Dec. 2</u> Let someone else go first in line.</p>	<p><u>Dec. 3</u> Play with someone new at recess.</p>	<p><u>Dec. 4</u> Write a thank you letter to someone. (sibling, parent, teacher, coach, neighbor, etc.)</p>	<p><u>Dec. 5</u> Say good morning to all of your classmates.</p>	<p><u>Dec. 6</u> Say something nice to a classmate.</p>
<p><u>Dec. 9</u> Give a meaningful hug to show your appreciation.</p>	<p><u>Dec. 10</u> Bring in a non-perishable food item for the food bank.</p>	<p><u>Dec. 12</u> Smile at everyone you see.</p>	<p><u>Dec. 13</u> Donate old toys/books to someone in need. (Salvation Army, Value Village, etc.)</p>	<p><u>Dec. 14</u> Help make a meal for your family.</p>