

November 24, 2020

Dear Ridgefield Families,

Happy Thanksgiving! This year's holiday will be very different from past years, just as this school year has been very different. The large gathering of friends and family will have to wait for future holidays. We will be wearing masks and socially distancing ourselves during a time typically filled with hugs and warm conversations, but we will get through this and be better for it in the end.

Though it has been a challenging year, I know I still have much to be grateful for, and I suspect you feel the same way. In difficult times like these, taking the time to express gratitude is perhaps even more critical. We have a great deal going on right now, and a kind word of appreciation can make all the difference. But did you know that giving thanks can make you happier too? In one study, participants who wrote down the positive things that happened to them each day demonstrated a more optimistic outlook at the end of the 10-week trial. The positive impacts didn't stop there. By the end of the study, those same individuals were exercising more and had fewer visits to the doctor. You can read more about the power of gratitude [here](#).

I enjoyed reading all the Thoughts shared last week in our Gratitude Exchange. The District shared the Exchange results with the individuals specifically named to help brighten their day. Thank you again to all those that participated.

As you already know, this is a short week as all Ridgefield School District schools will be closed on Wednesday, Thursday, and Friday for Thanksgiving Break. I wish each of you a safe, restful break.

Thank you also for continuing to share amazing photos of your children learning through Ridgefield Remote. Until we can return to hybrid learning, these photos help connect us. If you happen to snap a great family photo during the Thanksgiving Break, please share it with us (student.photos@ridgefieldsd.org). I would love to see the different family traditions and celebrations this holiday season. Below are several of the more recent images shared with the District.



Enjoy your Thanksgiving Break, stay well and remain #RidgefieldResilient.

Sincerely,

Handwritten signature of Dr. Nathan McCann in blue ink.

Dr. Nathan McCann
Superintendent