Hello Everyone! I was reading an article and it was listing all the benefits of gratitude. I don’t have answers on how we can help our world have more kindness and respect. I do know that it begins with me. So, I am working on having gratitude no matter the conversation, situation or challenge. Individual gratitude can make a difference. Here are just a few ways gratitude can improve everyday life:

- Shield you from negativity
- Makes you at least 25% happier
- Rewires your brain
- Eliminates stress
- Heals
- Improves sleep
- Boost self-esteem and performance
- Improves relationships
- As always, thinking of each of you:)

Mrs. Flinders

Nurses Corner

We appreciate all that you are doing to keep everyone in school! Please try to follow COVID restrictions during Thanksgiving Break. If your child is not feeling well after the break, please keep them home. If you have any questions, please contact our nurses at nurses@ssummit.org or call the school. Thank you.

Make-up Picture Day

Friday November 13th

Hope for Warmth

Please donate new Socks, Hats, and gloves to help us bring warmth to those in need from October 28th-November 18th. Drop Box Locations: SSES and Kamas Foodtown Donations will be given to the Road Home Shelter and those in need in our community.

Counselors Corner

Did you know our counselors have a website? Check it out here: https://jgempeler3.wixsite.com/sselecounseling

Thanksgiving Break-
NO SCHOOL

November 25th- 27th

Veteran’s Day Information

We are so grateful for our Veteran’s and all they have done for us. Unfortunately, due to the COVID-19 we will not be able to honor them in a Veteran’s Day Assembly. This year we will share a video that will be sent with the weekly alert.