

## *Gratitude Journal // Journal de gratitude*

### ***Choses pour lesquelles Madame Bell est reconnaissante:***

- Le soleil qui brille cette semaine
- La poésie qui calme mon esprit chaque matin
- L'occasion d'interagir avec mes élèves

Cette semaine, **Mme Campbell** est reconnaissante pour la technologie qui nous permet de continuer à apprendre et de rester en contact avec nos familles, nos amis et nos élèves. Je suis aussi reconnaissante pour le soleil qui brille et l'occasion de passer du temps dehors. Finalement, je suis reconnaissante pour mes enfants qui me font rire, qui me donne des câlins et qui aime faire de la musique ensemble.

### ***Three Things Ms. Hogan is grateful for this week...***

- Sunshine – It really brightens my day when I can get outdoors for a walk and watching the snow continue to disappear makes me so happy!
- Technology – It is great to be able to stay connected with friends and family during this difficult time.
- Essential Workers – They continue to work hard each day. I'm especially thankful for my mom who continues to work during this difficult time filling online grocery orders.

### ***Three things Mrs. Kingston is grateful for this week:***

- Essential workers who continue to go to work each day. Thank you!
- Family suppers together at home without rushing to evening activities.
- My colleagues at Max Aitken Academy.

### ***Ms. Stewart's Gratitude Entry***

Truck drivers. Thank you to all the truck drivers who transport and deliver our necessities. Not only are they away from their families but they enter different provinces/states regularly and must use washroom facilities at various locations for all their personal care. Their cozy bed is in the back of their truck and their loved ones a phone call away. Eighteen wheelers, roll on!

Wheels. I am grateful for all things wheeled. As the snow melts bikes are back in business! With cool air on my face and that smell of wet, slushy spring mud filling the yard, three little boys (still wearing ski pants) pedal their hearts out, around and around and around the driveway. Scooters, strollers, wheelchairs, rollerblades... halleluiah.

Music. What would we do without it? Whether it's a peaceful classical piece that your soul craves or Bangarang by Skrillex, music can lift us up. Don't like to clean your room? Pump some tunes and try again. I quite enjoy the hiphop and electric beat channels from Stingray on my television. Although not all of my kids may enjoy the supertime "mom" dancing, the dishes sure do, and they get done in record time. Woop woop!

### ***Je suis reconnaissante pour les éléments suivants :***

- ◆ Ma santé, je suis reconnaissante qu'aujourd'hui j'ai une bonne santé physique et émotionnelle. Je peux aller pour une marche dehors, faire le grand ménage de ma maison etc... Je suis très contente je peux continuer à travailler à la maison, lire, regarder la télévision, parler au téléphone avec ma famille et mes amis.
- 1. Je suis reconnaissante pour les employés essentiels qui continuent de travailler pour nous protéger, offrir des services nécessaires pour notre survie comme la nourriture et les biens, la gazoline, médicaments, soins de santé et livraison des produits commandés en ligne etc...
- 2. Je suis reconnaissante pour ce temps pour faire de la méditation ou réfléchir à propos de nos vies et d'identifier les aspects les plus importants dans notre environnement. Voici quelqu'un de ces aspects : la famille et amis, la gentillesse, l'amour, la tranquillité, l'humour, ma santé physique et émotionnelle, la nature et le BEAU SOLEIL ❤️

❤️Vous me manquez énormément Madame **Richardson** ❤️

### **Ms. Perry's Gratitude Entry**

Morning Walks: Each morning we start our day by walking Scout. There are lots of mornings that I don't feel like going, but once I do, I always feel so much better. Starting the day with a little exercise and some fresh air is so good for my mental health! Scout now goes and sits on the mat every morning at the same time and patiently waits 😊.

Melting Snow: I am so thankful that the snow is almost gone. I know there is snow coming on Friday, but even that won't stick around for a long. My backyard is clearing slowly, and I can't wait to be able to relax in the yard! We have some renovations to do and I'm excited to get started.

Enchiladas: Since we've been at home, I've had a lot more time to make yummy meals. As you all know, I LOVE food! This week I've made one of my favorite meals – chicken enchiladas and rice. I'm thankful that we have food to eat in our home with an opportunity to prepare it, and time to sit as a family and enjoy it together.

Cette semaine, je suis reconnaissante pour...

- la recette de biscuits à la mélasse de ma grand-mère Barrieau. Alexia était si fière de m'aider à faire ces délicieuses gâteries!
- les vidéos de yoga de « SaraBeth » sur Youtube. Une session de 30 minutes fait des merveilles pour le corps et l'esprit!
- les appels téléphoniques avec mes élèves. Ce fut un plaisir d'entendre vos voix et de découvrir ce que vous faites pendant que vous êtes en quarantaine.

-Mme Barrieau 😊

This week I am thankful for :

1. Nurses and doctors who are caring for and comforting the ill in this time when loved ones aren't able to be near.
2. My family, both immediate and extended, I am missing them this holiday weekend.
3. Friends, keeping in touch via telephone, videos, and surprises on the doorstep.

-Mrs. Gallant