

NW Middle School Newsletter

November 2019

Version Espanol

<https://www.smores.com/bu9jk>

Dates to Remember

Every Thursday: Food Pantry at NW 3:30-4:30

Nov 27-29 Thanksgiving Recess

Dec 12- Social Media Seminar 6:30 @ East High

Health Benefits of Gratitude

When was the last time you stopped to really acknowledge the things you're thankful for? There's a whole host of reasons why we should make gratitude a daily practice — research has shown that being thankful confers a whole host of health benefits, from improved immune systems, to feelings of connectedness, even higher team morale.

1. Good for the heart. A 1995 study in the *American Journal of Cardiology* showed that appreciation and positive emotions are linked with changes in heart rate variability.

2. Good for the immune system. Gratefulness is linked with optimism, which in turn is linked with better immune health WebMD reported.

3. Reduces stress. WebMD reported that negative events can boost gratitude, and that gratitude can help to boost feelings of belonging and decrease feelings of stress. For example, a survey showed that feelings of gratitude were at high levels after 9/11, according to WebMD.

4. Strengthens relationships. Being thankful for the little things your partner does could make your relationship stronger, according to a study in the journal *Personal Relationships*. *The Telegraph* reported on the study, which showed that journaling about the thoughtful things your partner did was linked with a beneficial outcome on the relationship.

5. Improves sleep. Writing down what you're thankful for as you drift off to sleep can help you get better ZZs, according to a study in the Journal of Applied Psychology: Health and Well-Being.

6. Higher Grades. Grateful middle-schoolers have higher GPA's— as well as better social integration and satisfaction with life — than their not-grateful counterparts, according to a 2010 study in the *Journal of Happiness Studies*.

Warrior Club

Students who have a 3.2 GPA (B+ Average) and less than 6 tardies receive by weekly prizes. Work this term to receive a warrior club card for next term. Be sure to check your grades and tardies on PowerSchool. Remember your teachers and counselor can help you do this.

Northwest Counseling Center

Phone Number: (801) 578-8547

Dan Sachse (Head Counselor) x 1206

Tra'Cee Brothers (8th Grade Counselor) x1204

Nereida Beltran (7th Grade Counselor) x 1203

Utah Futures

"UtahFutures.org is Utah's career information system for students, job seekers, employment service providers, educational institutions and more. UtahFutures features cutting-edge career planning tools, leading labor market information, resources to prepare for the cost of college, job search success skills, education and training preparation options, and direct links to Utah employers and current employment opportunities. Learn more or create a free account at UtahFutures.org"

Take Care Utah

We are Take Care Utah. We help families apply for Medicaid, CHIP, and Obamacare. All of our services are free! Please call us at 801-433-2299 or visit www.takecareutah.org.

Salt Lake City Library

Need Homework Help?

Students can get free online tutoring help with their City Library card. Just log in with your card number and pin at slcpl.org/digitallibrary.

HelpNow's features include:

- **Homework Help** Interact with live tutors in math, science, reading/writing, social studies, PSAT/SAT, ACT, AP and state standardized tests.
- **Skills-Building** Choose your topic to receive real-time help.
- **Personalized eLearning Tools** My File Sharing, My Session Replay, My Tutoring Archive, My Tests Archive, and more!
- **24-Hour Writing Lab** Submit essays and other forms of writing for constructive feedback.
- **Homework Send Question** Submit homework questions for expert guidance.

- **Adult Learning Center** Access a library of rich adult learning content (GED) and live, professional assistance in resume/cover letter writing, U.S. citizenship prep, MS Office Essential Skills Series, and more!
- **Foreign Language Lab /Spanish-Speaking Support**

For the comic book lover in the family:

Graphic Jam!

Join our new graphic novel club for kids and tweens! Each month we'll talk about a different graphic novel and do activities related to the books.

Wed, Nov 20 · Be Prepared by Vera Brosgol

Wed, Dec 18 · The New Kid by Jerry Craft

You can also check out books and other materials, access computers, and attend fun, free events at your local library. Check out slcpl.org for more information!

NW Middle School Food Pantry

Stop by NW on Thursdays from 3:30-4:30 to get non-perishable food for your family. Open days when school is in session.

Social Media Seminar

Fighting Social Media's Influence on Teen Mental Health

December 12, 6:30 PM

East High School Auditorium: 840 S 1300 E, Salt Lake City

Collin's national movement ,called #SavetheKids provides information to help people both young and old see the importance of wise social media choices. His presentation focuses on how to rise above the negative effects of screen addiction and social media, and see how social media platforms can be used for good things instead..

Rose Park Neighborhood Center

Current Services:

- English Groups (morning and evening)
- Immigrant Services
- Digital Literacy Groups
- Citizenship Classes
- Space for Community Events
- After School Program for 8th-12th grade
- Walk-in services and more!

Monday -Thursday from 10 am -7 pm

Website- gsfutah.org

385-301-8257

Rose Park Neighborhood Center

NW Family Center

We had several families attend the NW Family Center and learned about the resources that are available at the Rose Park Neighborhood Center. Some of those resources are free English classes, citizenship classes, immigration services and tutoring for students. The Rose Park Neighborhood Center representative will visit us monthly with new resources available for our families, so don't forget to attend!

