



**NAUSET
YOUTH
ALLIANCE**

Positively Guiding Today's Youth
Into Tomorrow's World

NEWSLETTER

November 2023

Gratitude Is An Attitude

This is the time of year when we think about things in our lives for which we have to be thankful. Showing someone gratitude is one of the easiest and most genuine ways to make life better for ourselves and those around us. Thanksgiving is a time to look around and count our blessings. There are many ways to give thanks to and for the people in our lives: thank you notes, words of thanks, small gifts of gratitude, taking on a task, or offering to help someone with an unpleasant task.

Saying thank you is one of the first social rules many parents teach their children, and for good reason. We want our kids to be appreciative and not take things for granted, and learning to be grateful can improve kids' relationships, ability to empathize, and overall happiness. If you are looking for ways to reinforce the importance of gratitude or would like to find other meaningful ways your kids can show appreciation, here are some tips:

1. **Set an example.** Kids learn a lot from watching their parents. Show them what it means to be grateful by offering a genuine "thank you!" to a waitress who serves your food, a helpful neighbor, someone who holds the door open for you. But don't stop there — include your kids, too. Thanking children for doing things that are helpful, even when they are chores like putting away toys, reinforces the behavior and lets them know they're appreciated.

2. **Point out generosity.** Call attention to it when people (including your kids!) do things that go beyond what's expected — helping without being asked, being especially thoughtful, or taking extra time to do something because it's important to someone else. Send the message that you will notice if they knock themselves out for you, or for someone else.

3. **Have a talk.** For some kids, especially young children or those who have trouble understanding emotions, it can help to have a talk about how showing appreciation makes other people feel. Try asking your child how they feel when people say thank you to them for doing something nice, and then how they feel when they don't. Going over his own feelings will help them understand how his behavior affects others and make it easier for them to understand the emotional benefits of being grateful.

Important Dates

**Early Release
November 1st**

**School Closed
November 9 & 10
No NYA**

**Thank you to all the
volunteers who made
Trunk or Treat such a fun
event. Your efforts are
appreciated by all.**



4. **Find fun ways to say thanks.** There are lots of ways to show gratitude. If your child isn't comfortable talking to strangers or has a hard time expressing themselves in writing, work together to come up with a different way for them to show their appreciation. They could try giving a smile or a thumbs up if someone holds the door or show grandma how much they love their new coat by drawing a thank you picture (or taking a smiling selfie!) instead of writing a card.
5. **Share the love.** Encourage kids to think of people who help them, from coaches to neighbors to the local firemen, and say thanks with cookies or cupcakes. Making them and giving them are fun, and they help kids see how connected we all are.
6. **Put things in perspective.** Talk to your kids about those who are less fortunate. Don't scare them, but don't keep them in the dark either. Understanding that not everyone has the same advantages will help them develop compassion for others and gratitude for their own privileges.
7. **Let kids choose.** Encourage kids to turn their interests into action. Whether it's a fundraising drive at school, a bake sale, or a run for charity, expressing their interests and using their skills for a good cause is a great way to boost their confidence and give them a chance to give back at the same time.
8. **Get involved.** If kids are too young to go alone or aren't comfortable dealing with strangers' solo, make giving back a family affair. Find places where you can volunteer together or let your child choose a charity to donate to. Giving and gratitude go hand in hand and doing it as a family will bring everyone closer and help you make some great memories.
9. **Make gratitude part of bedtime.** When you tuck them in at night, ask your child to tell you three things they're grateful for. Even if they've had a bad day, it will help them—and you—end each day on a positive note.
10. **Give kids credit.** Be mindful of the fact that your child may have their own way of expressing gratitude, even if it doesn't fit your expectations. Different kids communicate in different ways. For example, your child may be more comfortable giving a hug than a verbal thank you or might show their appreciation by helping out around the house or drawing you a picture. Tuning in to your child's unique way of being thankful will let them know that even as they're learning new ways to give back, you see and appreciate the thoughtful person they already are.

Source: Child Mind Institute



Stony Brook School

Our NYA students jumped into September by getting familiar with the routine and rules. We talked about getting back to school and made bus frames both edible and those suitable to frame pictures. We learned about all things autumn and made color diffusing leaves.

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The month of October brought us units on Apples, Farms, Pumpkins, Friends, and Halloween. Decorating pumpkins and make friendship bracelets was a preferred activity by the kids. Our Halloween activities included preparing scary apple teeth with eyes, making creepy hands and gym games that were “Spooktacular”.

In November we will learn about the night sky and talk about animals that are nocturnal. The children will be preparing a traditional Thanksgiving treat to share with their families by using old fashioned kitchen tools. We will wrap up the month of November reading and talking about classic/favorite stories.

Eddy School

Eddy's programming in September and October was designed to acclimate students to their new school, their new classmates in NYA, and our daily expectations. We played games in the gym daily that focused on meeting new people and encouraged teamwork.

On Mondays, we play an all-grade game. In October, we played Capture The Flag, Relay Races, and many name games. It was important to us that all students knew each other and understood the importance of respecting their classmates.

Tuesdays through Thursdays we have grade-specific activities that allow students to express creativity, build skills, and problem-solve. Students created pipe cleaner animals, collages, and keychains. They worked in teams to construct paper towers and marble runs out of paper tubes. Students have also played Improv games, learned about propagating plants, and tended the garden for fall!

Moving into the winter months, we will focus on friendship, self-care, and, of course, winter fun and science.

Please put your child’s name in clothing they might remove while at NYA, i.e., coats, sweatshirts, mittens, gloves, hats, scarves, winter boots, etc. If there is a name in them, we can reunite the clothing with your child. Use a marker to write their name on a label, get preprinted labels and iron them in, etc. It would be a shame if a child were to lose a holiday gift from Santa, parents, grandparents... We also request that you put their name on water bottles. We would love to have a completely empty lost and found basket. Thank you!



Parent Resources

Parents have asked for resources on how to support and communicate with their child(ren). The internet is a valuable resource for such information full of webinars, videos, articles, and forums. Below are links to some though a search on particular topics will return results of a multitude of sites. If you find a particular resource that you think that would be valuable to other parents please share them with David Rost so he can include the information in future newsletters.

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<https://www.commonsemmedia.org/> provides information on helping kids thrive in a world of media and technology.

<https://confidentparentsconfidentkids.org/> is a site for parents actively supporting kids' social, emotional and ethical development

<https://www.healthychildren.org/English/Pages/default.aspx> is developed by the American Academy of Pediatrics. This site provides information on children's developmental ages and stages, healthy living practices, safety and prevention, and dealing with health concerns at home.

<https://infoaboutkids.org/> is produced through a collaboration of the Consortium for Science-Based Information on Children, Youth, and Families, the site is committed to publishing resources with a solid research base. It has sections on body, mind, emotions, and relationships.

<http://www.parenttoolkit.com/> includes information about almost every aspect of your child's development.

I Have A Concern. Who Do I Talk To?

A reminder that Nauset Youth Alliance is a non-profit run by a parent board. We are given use of in-kind space by the town in Eddy and Stony Brook Elementary Schools but are not formally affiliated with the school. If you have a concern about your child's experience at NYA please do not contact the school's principals or your child's teacher. Instead, please raise the concern with David Rost, Executive Director; Emma McBrearty, Assistant Director, or a parent Board member. The members of the Board are Heather Sprague, Melissa Oomer, Kelsey Gilmore Ellis, Pat Sylvia, David Ayers, Donna Cormier, Rebecca Harrison, Anna Ramsay, Billy Weimer, and Josh Wile.

Thoughts on Recreational Marijuana

With marijuana now legalized for recreational use in Massachusetts, and the first dispensary open in Brewster, we would like to remind parents of our policy of "Grounds for Not Releasing Students to Parents". In the event that a



person picking up a child appears to be impaired by alcohol, drugs, or a medical condition, the staff is obligated by law not to release the student to that person. In this situation, a reasonable effort will be made to contact other people listed as emergency contacts; if this is not successful, or the impaired party is resistant to the decision, the Brewster Police Department will be called. Let's keep our children, ourselves, and others safe and not drive impaired!

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