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## MESSAGE FROM ADMINISTRATION

Happy December! We hope that everyone had a great Thanksgiving.

We feel extremely fortunate to have caring, energetic parents who volunteer their time and efforts to give our students the best experience possible. We appreciate their time and commitment to the school.

We have a few reminders for those who volunteer at Riverton:

- All volunteers must check-in at the front office.
- The printed name tag should be worn at all times while in the building. This not only helps us track who is in the building but also helps students know who you are.
- Anyone who works alone with children must have a district background check completed.
- Also, volunteers are not to use students' restrooms. There are staff restrooms available for use for parent volunteers.

## UPCOMING EVENTS

12/10 Orchestra Concert (6:30 pm)

12/12 Choir Christmas Program (6:00 pm)

12/19 Birthday Bunch

12/23-1/3 Winter Break

## WEATHER GUIDELINES

Twenty degrees or colder weather will be an inside day. The decision on the inside day will be based on air quality, wetness as well as wind chill. The students will be able to enter the building only at 8:15 am on an inside day.

## GRATITUDE IS ATTITUDE

Thanksgiving was just celebrated last week and it is a good time to talk about gratitude with our children. Studies show that gratitude can be a very powerful tool for children, with lots of benefits to their mental and physical health including higher levels of happiness experiences, improved sleep, less stress, reduced depression, less aggression, improved self-esteem, and resilience.

Gratitude can be a tricky concept for young children to grasp. The more they practice gratitude, the better they get at it and the greater the benefits. In fact, research suggests that the benefits of gratitude practice can be seen after just 2 weeks, and they can last up to 6 months!

Here are some easy ways to practice gratitude with your children:

- 1) Daily gratitude reflection: Share one thing they are grateful for at the dinner table each night or at any other time that suits your family schedule.
- 2) Help others: Encourage your children to help others in age-appropriate ways. It could be donating belongings or food to the homeless, volunteering their time at a nursing home, donating their pocket money to a good cause. Giving to others in need will help children appreciate their own life and how fortunate they are.
- 3) Family gratitude jar: To foster a culture of gratitude in your family, have your family write down when they feel grateful for something and pop it in the jar. Make it a family ritual once a week to read about all the things in your lives you are grateful for.

Reference: <https://www.mindfullittleminds.com/gratitude-for-kids-why-its-important>