

## Grateful for the New Year!

Lindsay Jacobs - Elementary Assistant Principal/4K Director

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I sincerely hope that you had a restful and relaxing holiday with your family, friends, and loved ones. The end of the year forces us to take a step back, block out time for the ones that mean the most to us, and help us to refocus for the new year ahead. The new year is often used as a catalyst to “wipe the slate clean.” A chance to start anew and strive to be better versions of ourselves. The ability to change and evolve is a beautiful thing. It is a foundation of HOPE - and I believe that hope for the new year is what excites us to refocus on our mission; to prepare our students with exceptional character, knowledge and skills to thrive in their changing world.

*Happy?* We all are capable of this feeling. *New?* Each day can give us new hope. *Year?* That’s 365 days. The key word in *Happy New Year* is *NEW*. Each day we are given a new day and we need to be grateful for all the things in our life that we are lucky enough to have each new day. No matter what the last year has brought, it is now behind us. We have a new chance to start over and be grateful each and every day.

I took some time over the break to write a list of some things I am grateful for; *I am grateful for my family. I am grateful for my friends. I am grateful for my health and the health of those I care about. I am grateful to have my parents still well and living. I am grateful for my SCC family. I am grateful that you allow myself and the awesome staff at SCCE to spend our days with your child (ren). I am grateful for the ability to learn each day so that I can help provide the best learning environment for your child (ren). I am grateful for the smiles in the morning and afternoon showing that we made even the littlest bit of difference.* As I continued to make my list (I shortened it for you) and read through it, it amazed me to see all that I am truly grateful for. As I think about the new year, I choose to be grateful for all that is in front of me and all that I am fortunate enough to have.

As we begin the new year, take some time and write down what you are grateful and thankful for; think of things you’d like to do or may happen in the coming year. This is not a list of resolutions. This is a dream list, a vision of possibilities. Refer and revise this list throughout the year and reflect next December on all you truly have to be grateful for.

Here’s wishing you and your family a happy, healthy, and grateful New Year!