



## GLOBAL STUDIES STUDIES always grateful

### Why an Attitude of Gratitude can Help Navigate High School—and Life!

by Faith Mackey, [www.pathsprogram.com](http://www.pathsprogram.com)

What do you have to be grateful for? Come with me as I take a deep dive into gratitude and its importance in high school and life.

#### WHAT IS GRATITUDE?

**Gratitude** is defined as giving thanks or appreciation for something or someone. Gratitude is also being thankful for what you have. It's a way of appreciating life and the experiences that you have every day. Gratitude is also about acknowledging how lucky you are to be alive and celebrating how far you've come in your journey. Your journey doesn't stop at simply being grateful for who or what brought you into this world—you can apply it to everything else in your life too!

#### WHY IS IT IMPORTANT TO SHOW GRATITUDE?

Gratitude is a way of thinking, seeing, and connecting with others. It helps us to have a more positive outlook on situations and others around us.

Gratitude helps us understand that we are not in control of everything in our lives, but it gives us the power to choose how we respond to what happens.

#### HOW DO OTHERS BENEFIT FROM YOUR GRATITUDE?

Gratitude is a powerful, selfless emotion that makes people feel good. In addition to helping you feel happier and more optimistic about your life, it also benefits the people around you. When someone expresses gratitude toward another person, it strengthens their relationship by enhancing trust and increasing feelings of closeness. Think about it: When someone tells us that we have done something special or helped them out somehow, it can feel pretty good, right? It boosts our feelings of self-worth, and we feel a closer connection and appreciation for the person who has expressed gratitude toward us. Thus, expressing gratitude is a win-win situation!

#### HOW CAN I SHOW GRATITUDE DAILY?

- Make a gratitude list.
- Write a thank you note.
- Say thank you in person and mean it!
- Give someone a gift (or make them dinner).
- Tell someone they're appreciated—and mean that too!
- Write a blog post about something for which you're thankful.
- Compliment yourself in the mirror.
- Create a gratitude jar or basket and fill it with notes of appreciation.
- Sign up for the "Grateful Grams" project at [www.gratefulgrams.org](http://www.gratefulgrams.org) (you can also receive one from someone else).
- You could even start a Gratitude Club in your school or community to help spread happiness!

## Lincoln-West School of GLOBAL STUDIES

November 27, 2023

## Super -Staffer

Celebrating this week's Super Staffers!

*Mrs. Awilda Morales*  
*Ms. Yulisa Alvado*  
*Ms. Anitza Conner*



## SCHOOL-WIDE ATTENDANCE

**Our Goal: 93%**  
**Year-to-Date Attendance Rate:**  
**Students Chronically Tardy:**  
**Monday:**  
**Tuesday:**  
**Wednesday:**  
**Thursday:**  
**Friday:**

<b>November 27 MONDAY</b>	<p><b>SCHOOL REOPENS</b></p> <p>7:30am Quarter 2 Interim Progress Report DUE in PS</p> <p>8:35-9:25 (P1) Science Content Area Collaboration <b><i>OIP Step 2 –Review Diagnostic. Administer Mid-cycle assessments and collect data - ASYNCHRONOUS</i></b></p> <p>9:25-10:10 (P2) ELA/ESL/SS Content Collaboration</p> <p>10:15-10:25 <b><i>Global Ambassadors</i></b> Meeting During Advisory</p> <p>10:15-10:25 <b><i>Senior Class Officers</i></b> Meeting During Advisory</p> <p>2:00- 2:45 (9) MD/MF/AUT/Encore Content Area Collaboration</p> <p>2:55-3:35 (10) Math/ELA/Encore Content Area Collaboration</p>	<b>December 4 MONDAY</b>	<p>7:30am Quarter 2 Interim Progress Report DUE in PS</p> <p>8:35-9:25 (P1) Science Content Area Collaboration <b><i>OIP Step 3 –Review Diagnostic. Mid-cycle assessments and data – In-Person</i></b></p> <p>9:25-10:10 (P2) ELA/ESL/SS Content Collaboration</p> <p>10:15-10:25 <b><i>Global Ambassadors</i></b> Meeting During Advisory</p> <p>10:15-10:25 <b><i>Senior Class Officers</i></b> Meeting During Advisory</p> <p>2:00- 2:45 (9) MD/MF/AUT/Encore Content Area Collaboration</p> <p>2:55-3:35 (10) Math/ELA/Encore Content Area Collaboration</p>
<b>November 28 TUESDAY</b>	<p>Printing and Distribution of Quarter 2 IPRs</p> <p><b>OST Geometry and AmGovt. RETAKES</b></p> <p>SAFE Programming in 11<sup>th</sup> Grade Classes</p> <p>11:30am SST Meeting</p>	<b>December 5 TUESDAY</b>	<p><b>OST ELA 2 Part 1 RETAKES</b></p> <p><b>HIGH SCHOOL CHOICE FAIR</b></p> <p>SAFE Programming in 9<sup>th</sup> Grade Classes</p> <p>11:30am SST Meeting</p>
<b>November 29 WEDNESDAY</b>	<p><b>OST AmHist and ELA 2 Part 1 RETAKES</b></p> <p>SAFE Programming in 11<sup>th</sup> Grade Classes</p> <p>Art House Visit</p> <p>K9 Caring Angels</p> <p>Grade Level Meetings: Student Tier of Interventions</p> <p>A.C.E. Meeting</p>	<b>December 6 WEDNESDAY</b>	<p><b>OST AmHist and ELA 2 Part 1 RETAKES</b></p> <p>SAFE Programming in 9<sup>th</sup> Grade Classes</p> <p><b>HIGH SCHOOL CHOICE FAIR</b></p> <p>Art House Visit</p> <p>Grade Level Meetings: Committee Meetings</p> <p>A.C.E. Meeting</p>
<b>November 30 THURSDAY</b>	<p><i>Happy Birthday Ms. Zak</i></p> <p><b>OST Biology and ELA 2 Part 2 RETAKES</b></p> <p>Mary Church Terrell School 8<sup>th</sup> Grade Visit</p> <p>SAFE Programming in 10<sup>th</sup> Grade Classes</p>	<b>December 7 THURSDAY</b>	<p>Art House Visit</p> <p>SAFE Programming in 10<sup>th</sup> and 11<sup>th</sup> Grade Classes</p> <p>Polaris Career Center Campus Tour</p> <p>2:00pm College and Career Team Planning Meeting</p>

	2:00pm College and Career Team Planning Meeting		
<b>December 1 FRIDAY</b>	3Rs in AmGovt. Classes Scranton School 8 <sup>th</sup> Grade Visit	<b>December 8 FRIDAY</b>	Broadway Academy 8 <sup>th</sup> Grade Visit
<b>December 2 SATURDAY</b>		<b>December 9 SATURDAY</b>	
<b>December 3 SUNDAY</b>		<b>December 10 SUNDAY</b>	



## BRIGHT ON SUPER-STAFFER

Celebrating this week's Super Staffers!

***Mrs. Awilda Morales***  
***Ms. Yulisa Alvado***  
***Ms. Anitza Conner***

Celebrating this week's Super Staffers, Mrs. Morales, Ms. Alvarado and Ms. Conner!

When it comes to celebrating our staff and students, these three are never basic, always slaying! Their mantra is "always the best for our staff and students!"

Whether in the classroom, putting our new and improved Staff Lounge, or throwing a Thanksgiving Banquet, these three (and members of the Celebrations Committee) bring it! Bringing the best to make our students and staff feel special!

Mucho gracias! We are grateful for the three of you for making each one of us feel special, each day!



## On College and Career Readiness

Congratulations to our next class of Early College Early Career Manufacturing Interns! Daudi, Angel and Centia! (Not pictured Isaiah)



Exploring college and career opportunities at our city's finest, Tri-C





## THIS IS A PORTRAIT OF A GRADUATE!

On-Track Graduation session with the Class of 2024 is how we show gratefulness for the opportunity to succeed!





**Our High Honor, Honor and Merit Roll and NWEA super stars celebrated!  
Indeed SUPER LEARNERS!**





Thankful, Grateful, Blessed to lead our strong Global Studies community.







# GLOBAL STUDIES

## FREE PRODUCE MARKET

3rd WEDNESDAY OF THE MONTH

December 20, 2023

1:00pm until supplies last

LINCOLN-WEST PARKING LOT  
DRIVE-BY, STAY IN YOUR CAR  
WEAR A MASK,  
PRACTICE SOCIAL DISTANCING



# We are thankful



**SUPER MOM**  
**Yashareliz Pizarro**  
**Rodriguez and Mama**

LWGS PRESENTS



# WORLD-CLASS WOLVERINES

**World Class Wolverines are:**

**Prepared**

**Respectful**

**Inclusive**

**Determined**

**Engaged**



Q2 Winners will enjoy a holiday  
movie and lunch at Cinemark!





# November Lincoln-West College and Career Events

DATE	EVENT	NOTES
Weds 11/1	2:00-3:30 The Center	A.C.E. Architecture, Consturciton & Engineering
Friday 11/3	9:30-11:30 Cafeteria	College Fair All grades
Monday 11/6	12:40 Metro Campus	11th Grade PACE Lesson
Weds 11/8	1:45-3:30 APEX Metro Hospital	A.C.E. Expedition to APEX construction site at Metro Hospital
Thursday 11/9-11/12	Hunter College Expedition	Hunter College
Monday 11/13	10:15-10:35 The Center	Lakeland Community College
Monday 11/13	9:35 Metro Campus	11th Grade PACE Lesson
Weds 11/15	2:00-3:30 The Center	A.C.E. Architecture, Consturciton & Engineering
Weds 11/15	Tri-C Expedition Time TBA	Tri-C Metro Campus
Monday 11/27	9:35 Metro Campus	11th Grade PACE Lesson
Weds 11/29	2:00-3:30 The Center	A.C.E. Architecture, Consturciton & Engineering

SANTONIO FORD / SMOOTHIE MEDIA

Esperanza

# VIDEO AND PHOTOGRAPHY PROGRAM

HANDS ON EXPERIENCE IN FILMING AND EDITING VIDEOS.

ONLY 20  
SPACES AVAILABLE  
GRADES: 9 TO 12



## THURSDAYS:

- December 7 TH
- December 14 TH
- December 21 ST
- January 18 TH

TIME: 4:00 PM TO 5:00 PM

**INTRODUCING SOUND RECORDING  
AND EDITING TECHNIQUES FOR  
PODCASTS, MUSIC, AND  
VOICEOVERS.  
DIGITAL CONTENT.**

**MIGDALIA MARTINEZ  
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