

# TIDE TALK

A MONTHLY LOOK AT  
MENTAL HEALTH &  
WELLNESS AT TES

NOVEMBER  
2025

newsletter



## Waves of Wellness



### November Focus: Positive Communication and Gratitude

This month at TES, we're focusing on how the way we speak, listen, and show appreciation can strengthen our school community. Good communication helps students build trust and friendships, while gratitude reminds us to look for the good in others and ourselves.

Through classroom discussions, stories, and daily interactions, students will practice listening with care, using kind and respectful words, and showing thankfulness in both big and small ways. Whether it's saying "thank you" to a classmate, taking turns in conversation, or writing a quick note of appreciation, these small actions help create a more caring and connected school.

At TES, students will learn:

- What it means to be a good listener
- How to use kind and respectful words
- How to ask for help when they need it
- Ways to show gratitude through words and actions



"Kind words and thankful hearts make big waves!"



## SOS: Saving Our Sanity

### Real Talk for Real Parents

November: "Why Won't They Just Listen?"

Let's be honest, communication at home isn't always easy. Some days it feels like you're talking to a brick wall, or like every request turns into an argument. Between busy schedules, big emotions, and tired evenings, even simple conversations can feel frustrating. Kids are still learning how to name their feelings and express needs in healthy ways, and they look to us for guidance. The goal isn't perfect communication; it's connection. When we slow down, take a breath, and try again, we show them that their voice matters and that ours can stay calm and kind, even in tough moments. A little gratitude can also change the mood. A quick "thank you" or "I appreciate you" can help reset the tone and bring everyone back together.



Try These at Home:

- Model calm communication - Take a deep breath before responding.
- Name the feeling - "It sounds like you're frustrated because..."
- Practice active listening - Show your child they've been heard before offering advice.
- Encourage gratitude - At dinner or bedtime, share one thing you were thankful for today.

Remember: Children learn communication by watching and practicing with you. Every conversation, even the messy ones, is a chance to teach connection.



## Rising Tide: What's Happening at TES

- World Kindness Day- Nov. 13
  - "Throw kindness around like confetti!"
  - Let's celebrate by doing small acts of kindness all day long with a smile, a helping hand, or a kind word.
- Thanksgiving Lunch - Nov. 20
- Thanksgiving Break - Nov 24-28
  - Take time to rest, recharge, and connect with family.

### Students of the Month:

Celebrating students who show strong communication skills, gratitude, and empathy toward others. 🧡

Pre-K: Ryan Myers, Carlie Kirby, Ford Chapman, Soleia Watson, Trystan McAlexander

K: Yaripta Romo Pineda, Clara Pitones, Summit Stanford, Ana Pitones, Ka'Mari Fenner

1st: Cooper Miller, Maeleigh Simpson, Zariyah Williams, Hermione LaBonte, Cooper Worrell

2nd: Hunter Davis, Lane Boyd, Remington Carter, Ava Tyson, Thea Cranmer, Madison Swindell

3rd: Paislee Rollings, Tinlee Gillman, Emmett Bordelon, Riley Herron

4th: Madyson Brown, Moniece Murdock, Ruby Campbell, Eva Gordon



## Tide Tools for Home

Build Communication & Gratitude Together



Try Asking:

- "How did you show good listening today?"
- "What's something kind you said or heard?"
- "Who are you thankful for this week?"



Read:

- Thanks for the Feedback, I Think! by Julia Cook
- The Thank You Book by Mo Willems



Explore:

- [Child Mind Institute - Communication Tips for Families]
- [Greater Good Science Center - Gratitude Practices for Kids]



Remember:

Good communication builds bridges. Gratitude keeps them strong.