

# Coyote Ridge Elementary School

## 5th Grade

December 2020

### Upcoming Events

December 18th-January 4th: Winter Break

### Fifth Grade Focus

**Reading:** We are working our way through our Ideas and Interactions unit wherein we are learning how to identify key details to support a main idea, summarizing, and explaining relationships in nonfiction texts.

**Writing:** In writing we have begun our Informational Writing unit and students have begun planning their informational writing piece.

**Math:** Unit 3 has begun with lessons on the relationship between fractions and division. With that in mind, the majority of the unit will revolve around fraction addition and subtraction.

**Social Studies/Science:** We are continuing to use FLVS as our curriculum for Social Studies and Science. We are currently learning about Galaxies, Solar Systems, and Planets.

Thank you,  
5th Grade Team

**BENEFITS of GRATITUDE**

- GRATITUDE** Improves **WELL-BEING** by **10%**. Which is the same impact as doubling your income.
- GRATITUDE** improves **RELATIONSHIPS**. Gratitude makes you **FRIENDLIER**, more **SOCIAL** and more **HELPFUL** to others.
- Improved Immune Function**. **GRATITUDE** increases optimism, which studies show enhances the **CELL-MEDIATED** immune system - the way our body fights viruses and bacteria.
- GRATITUDE** increases **Sleep QUALITY** and **Sleep DURATION**. **GRATITUDE** decreases **Time to fall ASLEEP**.
- Writing in a **Gratitude Journal** Can induce the **Relaxation Response**. Resulting in improved mood, relaxed muscles, lower blood pressure and heart rate.
- People who practice **GRATITUDE** **EXERCISE** **40 MINUTES** More per week.
- GRATITUDE** Improves resiliency to **STRESS** And makes you more likely to offer support to others.
- GRATITUDE IS HAPPINESS** Recognized after-the-fact to be caused by the **KINDNESS of OTHERS**. Robert Emmons, gratitude researcher.

Gratitude Week: March 23-29, 2015 [www.integrativehealthinstitute.ca](http://www.integrativehealthinstitute.ca)  
Facebook: /integrative-health-institute Twitter: @IHITeam #IHlgratitude Instagram: /IHITeam

