

Happy Thanksgiving

By David Truitt, Superintendent

Happy Thanksgiving! I know many of you are traveling, shopping, cooking, and, yes, my favorite... eating.

This week is very special to me. I love that families come together to celebrate Thanksgiving, but more importantly... I love the whole “giving thanks” meaning of the holiday. I hope that everyone can take a moment this week and show some gratitude for the great things that are happening in your lives.

On Sunday, I read an online survey from *Forbes* that stated three in five Americans said they’d rather do something else than reflect on what they’re thankful for on Thanksgiving. Top activities respondents gave priority over being thankful included: watching football, watching streaming media, reading a book, or spending time with a pet. Yikes!

With everything going on in our lives, I just wanted to say again (specifically as still a relatively new West Trojan) that we have MUCH to be grateful for at Thanksgiving this year. I know for a fact that... every staff member is working hard and loves working with their students, the construction projects are coming along, our students and parents appreciate all we are doing for them, our students are achieving at unprecedented levels in the classroom and on the field and in the gym, and much, much more. I am very grateful for each of you and all that you are doing to help make West ISD the best it can possibly be.

This Thanksgiving, let’s stop and “smell the turkey and dressing” and start a new tradition of remembering the great things that are happening in the lives of Trojans everywhere. Here are few ideas to get things started:

- Acknowledge our values. With all that is going on around us, it’s easy to lose sight of what’s important. Take a moment and consider what really matters to you in your classroom and commit to living, teaching, and leading according to those values.
- Say one thing you’re grateful for each day. Commit to saying one thing you feel grateful for every day. Make it a habit to express gratitude this week, and you might decide to keep it up year-round.
- Consider sending gratitude cards or notes. Send a card or brief note that tells individuals why you are grateful to have them in your life.
- Reflect for just 60 seconds a day. Feeling thankful doesn’t have to take up a lot of time. Set aside one minute a day to notice just a few good things you have in your life. Just look around your classroom... I know you will see children who love you.

This week and as we return to work, let’s give “gratitude” a chance. Let’s focus on showing appreciation for all the great things happening in West ISD and our community.