

November 2020

BEATITUDES

BRINGING YOU 'BLESSEDNESS' FROM THE CLSMSS ENGLISH DEPARTMENT

Noble November

*~ November is the
month to remind us to
be thankful for the
many positive things
happening in our life. ~*

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Gobble up the turkey?
It's Thanksgiving in
November!

Twelve Wonderful Months

AT CLSMSS

November is a tangy mix of cold and bright, the kind of weather that would make one contemplate the months of the year gone by, as we approach the final month of the year. It is the transition month between the rainy monsoon and the cold winter. The weather during November is delightful after the rains have settled, it's neither damp nor dry, the breeze is colder but isn't harsh.

November is undoubtedly the month of thankfulness, since it is also the time when red roses bloom, along with chrysanthemums, tulips and dahlia; with cherry blossoms yielding in abundance during this time. It's one of the most magical blooming seasons one can ever witness, which makes November the time to hand our loved ones flowers, some chocolates and a hand written letter, along with our heart.

**"The month of November makes me feel that life is passing more quickly.
In an effort to slow it down, I try to fill the hours more meaningfully. "**
- Henry Rollins

November is about being hopeful of a new beginning. November is cheerful, colourful and certainly very nourishing. November is a season of thankfulness. Welcome to Noble November.

Wonderful Months at CLSMSS



JOYOUS JANUARY

"If all you was just look for things to appreciate, you would live a **joyous**, spectacular life."
– Abraham Hicks

FABULOUS FEBRUARY

"If you allow yourself to feel **fabulous**, you are **fabulous**."
– Natalia Kills

MAGICAL MARCH

"The world is full of **magical** things, patiently waiting for our senses to grow sharper."
– W.B. Yeats

AWESOME APRIL

"**Awesome** people have awesome attitudes and do things awesomely. If you want to build and maintain an awesome attitude, get into the habit of living in the present and doing it now."

MINDFUL MAY

"The most precious gift we can offer others is our presence. When **mindfulness** embraces those we love, they will bloom like flowers."
– Thich Nhat Hanh

JOLLY JUNE

"There might be some credit in being **jolly**."
– Charles Dickens

JUBILANT JULY

"Let the fields be **jubilant**, and everything in them; let all the trees of the forest sing for joy." – Psalm 96:12

AMAZING AUGUST

"**Amazing**. There's just no other word for it. Amazing."
– Darrell Royal

SUPPORTIVE SEPTEMBER

"It is better to be **supportive** than be superior."
— Lailah Gifty Akita

OPTIMISTIC OCTOBER

"**Optimism** is the faith that leads to achievement. Nothing can be done without hope and confidence." – Helen Keller

NOBLE NOVEMBER

"Gratitude is the sign of **noble** souls." —Aesop

DETERMINED DECEMBER

"The path to success is to take massive, **determined** action." – Tony Robbins

CLSMSS Gratitude Tapestry.

Join us this Noble November to create our very own CLSMSS Gratitude Tapestry, a kaleidoscopic wall of notes, photos and drawings, and be a part of gratitude.

Kind words. Thoughtful words. Honest words.

Words written from the heart.

Your words.

They matter.

Which is why we are starting our very own Gratitude Tapestry (virtual Gratitude Wall) this November. It has been a year of unprecedented challenges and uncertainty; we recognise many people in our midst doing so many brave, supportive things in different ways, and different capacities.

Your parents, your family members, your friends, your teachers, your colleagues and more. So many supportive souls out there.

Now, if you'd like, you can thank them. Write some words to someone you know who has supported you all these months and/or years.

It doesn't have to be fancy or long. A few grateful words can make a very big difference to someone who has your back quietly.

Because a supportive soul is human.

Just as any of us can be a supportive soul.

So write your words, draw your words. Or add your photo.

Becoming part of the Gratitude Tapestry is simple.

Keep your eyes peeled for more details on ways to upload your notes, drawings, or photos next week!

GIVE THANKS WITH A GRATEFUL HEART

A Season of Thankfulness

What a blessing the “Season of Thankfulness” is, to remind each of us to pause and meditate over the many things we have in life to be grateful for. As we count down to the final month of the year, with holidays, most especially Thanksgiving and Christmas that often bring family and friends together, we are reminded of many blessings.

Don't get me wrong, all of us have challenges and trials, and there is despair all around, but our attitude and how we react, is the only thing we have control over. With this in mind, a determination to approach life daily, with an attitude of gratitude, is key to rising above negative thoughts and loss of hope.

“Gratefulness is the key to a happy life that we hold in our hands, because if we are not grateful, then no matter how much we have we will not be happy – because we will always want to have something else or something more.”

- Br. David Steindl-Rast

Choosing a grateful heart is beneficial to both our mental and physical health. It is a skill and takes practice, but the benefits of gratitude are countless. With this practice we can make the feelings of Thanksgiving and Christmas last all year long.

GIVE THANKS WITH A GRATEFUL HEART

*A Season of Thankfulness***A daily approach to cultivating thankfulness**

- Wake up every day and express to yourself what you are grateful for.
- Tell whoever you are with at the end of the day the 3 things you are most grateful for.
- For Senior form students, start a gratitude journal and record the things you are grateful for, proud of, and excited about.
- For Junior form students, record the things you are grateful for, proud of, and excited about in your Create Your Sunshine journal.
- Acknowledge yourself for what you have recently accomplished rather than comparing yourself to others, give yourself credit for the big and small things you have been doing.
- Acknowledge other people and thank them for inspiring, helping, and supporting you.

GIVE THANKS WITH A GRATEFUL HEART

*A Season of Thankfulness***How to Express Gratitude**

- Thanks.
- Sincere thanks.
- Thank you.
- I am indebted to you.
- You're the best.
- I owe you one.
- You rock.
- What would I do without you?
- To say thank you is not enough.
- I can't thank you enough.
- I truly appreciate...
- Thank you ever so much for...
- How kind of you to...
- I appreciate what you've done for me.
- I am grateful.
- You've been very helpful.
- I thank you from the bottom of my heart.
- If anyone deserves thanks, it's you.
- Thanks for being thoughtful.
- What you've done means a lot to me.
- That was very kind of you.
- Thank you for being there for me.
- I'm eternally grateful for...
- I cannot thank you enough for...
- I want to thank you for all the support and concern.



REVISITING GRAMMAR RULES

Back to Basics

Now that we have gathered our momentum, and are preparing for our first term test, let us take a moment to refresh our memory on some grammar rules. In this edition, we will take a look at the basics of prepositions.

what are PREPOSITIONS?

A preposition is a word that shows the relationship between an object (a noun or pronoun) and other words in a sentence.

Prepositions may be used to indicate **position**, **place**, **direction** or **time**.

Examples of Prepositions

in	from	during
under	after	over
at	before	between
on	by	towards

PREPOSITIONS OF TIME

AT

Used to indicate specific time.

e.g. I'll see you at six o'clock.

ON

Used for days and dates

e.g. The wedding will be on Sunday.

DURING

Used to indicate a period of time

e.g. During the school holidays, the students engage in student projects.

FROM... TO

e.g. The tulip festival is from March to May.

BEFORE

Other prepositions that indicate time

UNTIL

e.g. My wife exercises before breakfast.

e.g. Until now, I've always thought that she was a meticulous officer.

SINCE

e.g. She has been making a lot of progress since she started her exercise programme.

BY

e.g. You must submit the forms by 1st July.

AFTER

e.g. You can visit her after office hours.

PREPOSITIONS OF POSITION

Prepositions of position include **in, at, over, under**

IN

Used with larger or enclosed areas such as cities, countries and tunnels.

The couple will spend their money in London.

AT

Used with smaller places, for points on a journey, or for activities typically associated with place.

Their train stops at London Paddington.

UNDER

When talking about heights or levels, use below, over or under.

BELOW

The dog is sleeping under the bed.

John hid his sister's toys below the sink.

OVER

The plane flew over the hills.

PREPOSITIONS OF DIRECTION

These prepositions indicate a movement towards a goal.

EXAMPLES:

Let's go to the market.

The swimmers walked into the sea.

The students eagerly ran towards the campsite.

troublesome prepositions **BESIDE AND BESIDES**

There are times when we are unsure when to use "beside" and "besides".

Here's how to tell them apart:

beside

'Beside' means 'next to'.

e.g.

She sits beside me in the office.

besides

'Besides' means 'other than' or 'apart from'.

e.g.

Besides cooking, I enjoy reading a good book when I am free.

World Kindness Day - 13 November 2020

World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement. On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organisations. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles.

World Kindness Day was first launched in 1998 by The World Kindness Movement, an organisation formed at a 1997 Tokyo conference of like-minded kindness organisations from around the world. There are currently over 28 nations involved in The World Kindness Movement which is not affiliated with any religion or political movement. The mission of the World Kindness Movement and World Kindness Day is to create a kinder world by inspiring individuals and nations towards greater kindness.

The purpose of World Kindness Day as outlined by the World Kindness Movement is "to highlight good deeds in the community focusing on the positive power and the common thread of kindness which binds us."

While, at present, the day is one of unofficial observance, it remains the hope of the World Kindness Movement to attain official recognition status by the United Nations. Should the group be successful in their efforts, World Kindness Day would join the ranks of recognized days of observance such as International Day of Peace, Human Rights Day, and World Health Day.

Source:

<https://nationaltoday.com/world-kindness-day/>

<https://www.awarenessdays.com/awareness-days-calendar/world-kindness-day-2020/>

Ways to be kind..



BE CONFIDENT use a reusable grocery bag **HANG CLOTHES TO DRY**
 read a BOOK  **LAUGH OFTEN** bake cookies for a friend
bike instead of drive plant a tree send a nice text to an unknown number
STAND UP FOR A FRIEND take some time for yourself **CLEAN YOUR ROOM**
 switch to paperless mail **SEND A POSTCARD**  **SMILE**
 carpool to work **exercise** donate your old clothes to charity
 bring toys to a children's hospital call your grandparents share a recipe
 text an old friend  **high five a stranger** babysit for free
 tell someone you love them use a travel mug  **ADOPT A SHELTER PET**
 make a bucket list (and start it!) **LOVE YOURSELF** thank a teacher 
 put a bird feeder in your yard  write a review for a local business
 tie scarves around trees Volunteer  hug a loved one
 HIDE A SURPRISE IN YOUR FAVORITE LIBRARY BOOK congratulate a friend
PRACTICE PATIENCE give socks to a homeless person **DO THE DISHES**
 start a community garden walk a dog  bring soup to a sick friend
 compliment someone **OFFER TO HELP WITH YARD WORK** THANK YOUR BUS DRIVER
 deliver flowers to a well-deserving mother **WRITE TO A PENPAL** BELIEVE IN YOURSELF
PICK UP GARBAGE ON THE STREET VISIT A NURSING HOME fund an online campaign
 give a stranger a lottery ticket **DON'T EAT MEAT FOR A DAY**  *be kind to every kind*

Kindness...

*Love and kindness
are never wasted.*

THEY ALWAYS MAKE A
DIFFERENCE. THEY BLESS
THE ONE WHO RECEIVES
THEM, AND THEY BLESS
YOU, THE GIVER.

BARBARA DE ANGELIS

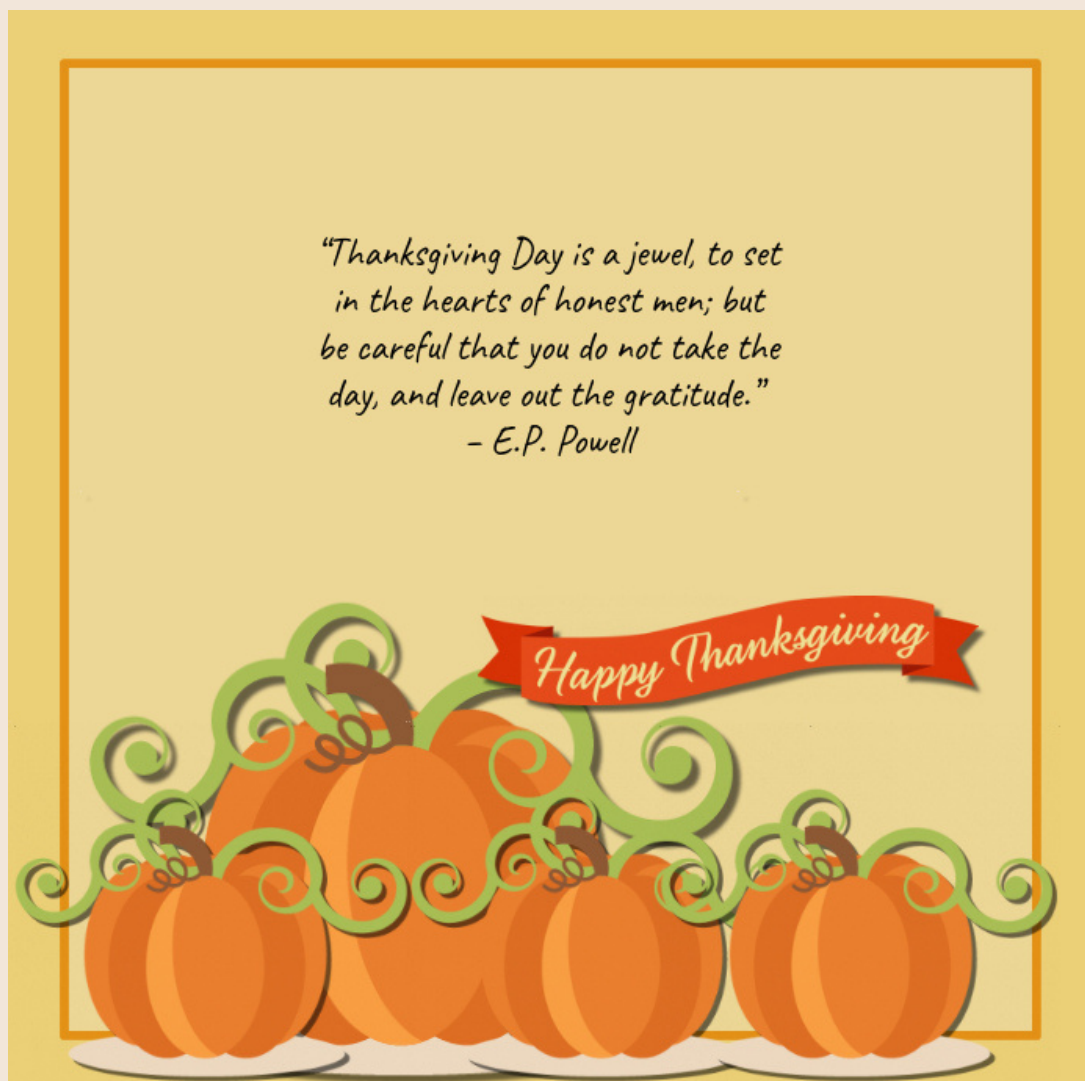
It's Thanksgiving in November!

Thanksgiving Day is a harvest celebration. Traditionally, it was a time to give thanks for a big harvest. It is also a holiday to express appreciation to family and friends. This is why it is celebrated with a big family feast.

Today, Thanksgiving is celebrated every year on the fourth Thursday in November. Many people use it as a day to reflect on the positive things in life and spend time with their families, coming together to enjoy a feast. They eat big turkeys, cranberries and pumpkin pie. It is a day of gratitude and appreciation.

Everybody talks about what they are thankful for. Many are thankful for family, friends, the good food and the good things in their lives.

What are you thankful for?



Are you ready to gobble up some Thanksgiving idioms?

10 Thanksgiving i d i o m s



1

Be stuffed

To feel very full after eating a lot of food.
- I can't possibly have dessert, I'm stuffed!



2

Cold turkey

To immediately (not gradually) and completely stop doing a bad habit.
- When I got pregnant I quit smoking cigarettes cold turkey.

3

Talk turkey

To talk seriously about something.
- I hope everyone comes to the meeting ready to talk turkey.



4

Gobble up

To eat something very quickly.
- Let's get to the party before everyone gobbles up the good food.



5

(As) easy as pie

Very easy.
- Don't worry, skiing is as easy as pie. You'll learn it very quickly.



Eat like a bird

To eat a very small amount of something.
- My girlfriend eats like a bird so I always finish her meal when we go to restaurants.

6

Stuff it

To tell someone to stop talking (informal, not polite).
- I was shocked when my husband told my mother to stuff it!

7

Stuff your face

To eat a lot.
- I stuffed my face during the holidays and gained 10 pounds.

8

Stuffed shirt

A person who is serious and acts in a very formal way.
- The office party was so boring because I was seated at the table with all the stuffed shirts.

9

the gravy train

In a situation where you make a lot of money without doing a lot of work for it.
- He's been on the gravy train since he married a millionaire.

10

Soak in the blessings of a
nourishing and noble November..

November

Be present.

Let the day flow with grace.

Expect nothing. Give thanks.

Surrender. Be open.

Speak only kindness.

Impart only love.

Never forget you're not alone.

Give so you may receive.

See goodness in others.

mary
davis