November is National Gratitude Month. Gratitude is much more than simply saying thank you. Gratitude can shift us from focusing on the negative to appreciating what is positive. Research has shown that gratitude can enhance our moods, decrease stress and drastically improve our overall level of health and wellbeing. Grateful people have fewer stress-related illnesses and experience less depression. So, in this time of the COVID-19 pandemic, what do we have to be grateful for?

At the Cornell School District, we are grateful we can still have classes in person. We are committed to keeping our doors open as long as we can staff the classrooms. However, we need your help to continue this. Please call or zoom your friends and extended family instead of getting together in person. Have a memorable COVID Thanksgiving by not going anywhere and playing cards and/or board games at home. Do some family baking or candy making. Pick an outdoor activity that you can do together. Most importantly, be grateful during this National Gratitude Month if you’ve been unscathed by this virus.

Thanks to all of you that have helped us keep up with identifying COVID-19 cases and close contacts. Thanks to the parents for understanding our stricter health guidelines. Lastly, thanks to the entire community for slowing the spread of the virus so we can keep doing our job of educating the children.