



**Wishing
you a very
Merry
Christmas
and a
Happy
New Year**

*From
Albright Education
Centre*

Dear Parent(s)/Carer(s),

This week's newsletter is slightly different. I would like to share some words on what has been a reoccurring topic this week.

Showing Gratitude and Appreciation: The Power of Saying "Thank You"

In our busy lives, it's easy to forget how powerful a simple "thank you" can be. Gratitude isn't just about saying thanks—it's about recognizing the efforts and kindness of those around us. Whether it's a teacher who goes the extra mile to help, being taken on a trip, a friend who listens when you need to talk, or a classmate who helps you, showing appreciation makes a big difference.

When we express gratitude, it's not just good for the person receiving it; it can make us feel happier and more connected too. It's a way of recognising the small and big things that others do, creating a positive atmosphere in school and at home.

Here are a few simple ways to show appreciation:

1. **Say thank you** – Never underestimate the power of words. A sincere "thank you" can brighten someone's day.
2. **Write a note or card** – A handwritten note can be a meaningful way to show you care and appreciate someone's efforts.
3. **Offer help** – Sometimes actions speak louder than words. Helping a friend or teacher can be a wonderful way to show gratitude.
4. **Give a compliment** – A genuine compliment, whether it's about someone's work or their kindness, can mean a lot.

By practicing gratitude, we help create a culture of kindness and respect here at Albright Education centre. So next time you notice someone doing something nice, don't forget to show them how much you appreciate it. A little gratitude can go a long way!

I hope you all have a lovely weekend.

Mrs Kelly
Head of School

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