

**Renaissance Phoenix PTSA (RP-PTSA)**  
**Non-general Meeting**  
**Agenda**  
Thursday, October 24, 2024

<b>3 minutes</b>	<b>Message from the President</b> <b>(Letter – page 2)</b>	S. Johnson, President
<b>10 minutes</b>	<b>Topic: Joy - Gratitude and Emotional Health</b> <b>Video: Tips – Importance of Gratitude</b> <b>Video Link: <a href="#">Gratitude</a></b>	Members View the Video
	<b>Concerns/Questions</b> <b><a href="mailto:renaissancephoenixptsa@gmail.com">renaissancephoenixptsa@gmail.com</a></b>	

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### Message From the President

Greetings Phoenix Family!

Each day should be joyful. Gratitude is one of the most important keys to remaining joyful. Let us all be appreciative for our life and being alive. Stay focused on the things for which we are grateful. A grateful heart enables us to maintain a positive frame of mind. It connects us to the world around us and to ourselves in a healthy manner. Yet we know that life's circumstances can occur and might hinder the emotion of joy from being present during our everyday routines. Positive relationships with the emotion of joy can be developed with students, parents, educators, and the community.

Remarkably, joy is a nourishing core emotion, and it contributes to the maintenance of positive emotional health. Some of us often devote time to nourish our physical body by exercising. It is worth the effort to nourish and build our capacity for joy. National PTA supports the emotional well-being of children, parents, and educators. Let's build our joy!

Look for the small everyday moments of joy and practice embracing those encounters.

Here are some techniques for building additional joy with those little everyday moments:

1. Listening to your favorite song
2. Do not beat yourself up for not feeling "more" joy than you do.
  - ° Just let the joyous moment be what it is.
3. Petting your cat or dog
4. Noticing the sunset and the stars in the sky
5. Laughing during a funny moment from a television show or book
6. Go for a walk and turn off your phone
7. If you look for other similar daily moments of joy, you will find them.

With gratitude, acknowledge and embrace the little or huge moments of joy when you discover them. Joy can be felt and occur in a variety of ways, cheerfully with tears, happily with laughter, with a deep sense of contentment, and more.

The benefits of gratitude extend far beyond what we may imagine. According to scientific studies some of the benefits of gratitude is associated with: improved health, more positive emotions, better sleep, and improved self-esteem.

We can model gratitude, reinforce it, and remind our students that it's important to be grateful daily by embracing "gratitude." Let's make it a goal to cultivate gratitude with kindness, respect, and unbiased.

Let us consistently not take things for granted. Practice being mindful and appreciative for the life that we have been given not just during the holidays, but each day of the year.

"Instead of letting your hardships and failures discourage or exhaust you, let them inspire you. Let them make you even hungrier to succeed."

*Quote: Michelle Obama*

Sincerely,

Stacey Johnson, President

