



## Golden Gate Kids October Newsletter

“When we are happy, our natural response is to smile.” This statement comes from an article called “The Science of Smiling” by Andrew Merle.

This month students are going to begin learning about Pledge #1...  
**I will smile at others.**

Students will learn how to smile and spread happiness in multiple ways by completing weekly challenges and tasks at school, and extending these challenges into their homes and communities. We feel that happiness starts within *yourself*. You must love and take care of yourself, then you are able to pass this love and happiness on to others. If we are happy, learning comes easier, making friends is enjoyable, and we quickly learn that passing some of our happiness on to others benefits them and us! Here are just a few reasons why you should smile...

1. Smiling can improve your mood
2. Smiling helps reduce stress
3. Smiling makes you more approachable
4. Smiling is contagious
5. Smiling boosts our productivity and creativity
6. Smiling lowers your blood pressure and boosts your immune system
7. Smiling helps you stay positive and focused
8. Smiling is free!

### PARENT/GUARDIAN CHALLENGE:

This month, we challenge each of you to start your child/children’s day off with a big smile and a hug multiple times a week! This will show them just how much they are loved at home and they will be ready to learn, play, and have a great day because of it. Children and adults need to feel happy and loved!

