



The difference-making power of

GRATITUDE

"The Merry Movement would like to thank you for continuing to send out Staff Shout Outs. Your ability to reach out and connect with colleagues is empowering and is strengthening our school community. Our jobs are hard, yet "gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you." - Eileen Caddy

From: ~The Merry Movement

-thank you

Recognition of a job well done or a kindness shown is helping keep Newark Central School District staffers' spirits high amid the ongoing challenges of educating students, in-person and remotely in light of COVID-19 considerations and restrictions.

What began as "shout-outs" for Newark High School staffers' good deeds on notes posted on a hallway display case last fall, blossomed into to a full-scale, digital district-wide staff recognition plan in December, that as of January 25th, resulted in 1,131 "shout-outs" being sent to NCSD staffers so far.

The so-called "Merry Movement" team_ seven members of the district-wide Tier 1 Newark PRIDE behavioral expectations team to be exact _ are encouraging participation.

On the district website, staffers can choose to share "a positive 'shout-out' with one of their colleagues," asserting "expressing gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships. Gratitude turns what we have into enough."

The positive messages are sent to staff via school e-mail, with the name of the sender or anonymously by going to "Staff Shout Outs" located under staff tools on the district website or simply using this link [NCSD Staff Shout Outs](#).

No one, but the recipient and the sender see the message.

Each day the "shout-outs" are accompanied by some new, fun clip art and message.

One of the "Merry Movement" team members, who wished to remain anonymous, said the initiative is having a very positive effect.

"It is very helpful. In tough times like these, anytime you are thanked, it means a lot."

Oh, by the way, persons who prefer to hand write their thank-you can obtain a blank note in their school's main office and it will be put in the staffer's mailbox.



Thank YOU for taking time out of your day to help one of my students



**Together We Can
So, thank you.**