#### MONTANA ASSOCIATION OF SCHOOL BUSINESS OFFICIALS



Empowering School Business Leaders Through Education
NOVEMBER 2022

#### IT'S NOT TO LATE TO REGISTER!!

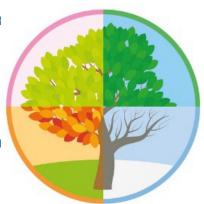
#### The Seasons of Budgeting

#### **Budgeting Workshops - November 2022**

Budgeting is a year-long event. We want to give you the tools to help you succeed through every season of the Budgeting process- from the OPI spreadsheets and links available to the end of the budget cycle at your Board meeting. This workshop will provide hands-on information, interaction and real-world examples from experienced clerks located around the State. Agenda and a list of items to bring will be located on the registration page. This presentation and workshop are geared toward Business Officials in all levels of their career.

- Missoula- Monday, November 7th
- Great Falls- Tuesday, November 8th
- Billings- Wednesday, November 9th
- Miles City- Thursday, November 10th

Cost is \$100 and lunch will be provided. All hotel block information is attached to each link.



### Elections Webinar Training- December 1st, 2023

MASBO is sponsoring a full day webinar training hosted by Nicole
Thuotte, OPI School Finance Specialist on Thursday, December 1st.
Cost is \$75. Topics include the updated election calendar,
school election law and processes, mail ballot elections, voter
accessibility and the other election topics. Additionally, follow
up election webinar check-ins will be provided, leading up to
election day and beyond. This is a fantastic opportunity to gather all the
information you will need to hold successful elections in your district this

upcoming year without having to travel for training. The day will be broken up by topic and several breaks will be provided. Training will begin at 8:30 am and end at approximately 3:00 pm. Zoom links will be sent to registered attendees prior to the training date. For more information, please contact Shelley at <a href="mailto:sturner@masbo.com">sturner@masbo.com</a> or 406-461-3659. Registration can be found here.

#### **MASBO Board of Directors**

PresidentRita Huck, Huntley ProjectRegion 1 DirectorLacey Porrovecchio, BigforkVice-PresidentBelinda Klick, Sun River ValleyRegion 2 DirectorKarsen Floerchinger, Cascade

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#### **MASBO Staff**

Shelley Turner Marie Roach Steve Hamel

Executive Director Association Services Coordinator Interim Services/Trainer

406-431-0124

406-461-3659 406-461-8804

#### **Did You Miss MCEL?**

MASBO sponsored trainings that were at MCEL will be listed on the MASBO website under the presentation tab. Only those presentations that held PowerPoint materials are posted. We want to thank all MCEL partners for their hard work in providing the MCEL annual training each year. Next year is scheduled for Helena, Montana.

# UPCOMING OPPORTUNITIES & NEWS FROM OPI AND OTHER MASBO PARTNERS

### November is Native American Heritage Month!

From the OPI website: The OPI IEFA unit website offers tips, ideas, and suggestions for celebrating NA heritage month with your students and your community. Additionally, we have lessons for the <u>Veteran's Day</u> holiday and some <u>resources for teaching about American Indians in the military</u>. We have a lesson that provides a thoughtful analysis of the <u>Thanksqiving Day holiday</u> as well.

For further information, you can contact Mike Jetty or Each Hawkins at the contacts listed below.

Mike Jetty <u>mjettyamt.gov</u> (406) 444-0720 OR Zach Hawkins <u>zachariah.hawkinsamt.gov</u> (406) 444-0708

#### **MTSUIP** is Seeking Board Nominations

If you, or someone you know, are from a Class A or Class B school and would like to take a more active role in the Montana Schools Unemployment Insurance Program please consider reaching out to <u>Debra Silk</u> at MTSBA. You can also reach out to <u>Jen Mettler</u>, our MTSUIP Ex- Officio for more information. Voting will be held at MCEL in October.

#### Apply Now for up to \$10,000 for the School Food Service Equipment Grant- Deadline to apply is November 4, 2022

The Montana Office of Public Instruction has available funding to award via competitive sub-grants ranging from \$1,000 to \$10,000 to Montana school districts. This School Food Service Equipment Grant funding opportunity is available for Montana school districts that operate the National School Lunch Program (NSLP) during SY2022-23 to obtain new equipment or to renovate or replace existing equipment.

Grant application and more information is available on the OPI School Nutrition Programs website: https://opi.mt.gov/School-Nutrition

# THERE ARE NUMEROUS GRANT FUNDING OPPORTUNITIES ON THE OPI NUTRITION COMPASS PAGE HERE

# REMINDERS ABOUT ENROLLING STUDENTS EXPERIENCING HOMELESSNESS/IN TRANSITION

- Students qualify for immediate enrollment, even without necessary documentation\*
- Students qualify for free meals and immediate transportation
- Unaccompanied Youth, "a homeless child or youth not in the physical custody of a parent or guardian" may self-enroll

\*liaison can gather documentation from prior schools after enrollment and/or refer families to obtain immunizations

https://nche.ed.gov/wp-content/uploads/2018/10/enrollment.pdf

https://nche.ed.gov/wp-content/uploads/2018/10/safe sch.pdf

Students/families experiencing homelessness are already facing numerous challenges and are walking into your school feeling intimidated and scared. Most of the time, school is the safest place for these children. You are the first friendly, helpful, welcoming person they have experienced. Thank you in advance for all you do day after day to wrap around all our students and families who need a little extra love and positivity.

#### **AIM Student Photos Needed**

Please remember to collect the Student Photo Opt-In information from parents as register their students. Then please follow up with importing students' photos into Infinite Campus, so the photos in AIM with the Opt-in value can be used by the Department of Justice to help find missing children. See our AIM District Student Photo Repository user guide for additional information.



# 2022 November

## ESSER GUIDANCE SESSIONS

The Office of Public Instruction's ESSER team priority for 2022-23 is to provide **resources** and **support** to educators through a series of interactive, group, and individual events.

The team is providing the below series.

The format for the Guidance Sessions will be:

FIVE DAYS, FIVE TOPICS:



#### UPDATING SCHOOL PLANS, and ANNUAL FEDERAL DATA REPORTING

Understanding the ESSER ARP School Plans and how to update them. Understanding the updated Data Collection process for 2022.



#### NEW SUPERINTENDENT AND CLERK TIPS

Helpful tips, tricks, and guidance for those just starting in a Superintendent or Clerk position.



### MEANINGFUL STAKEHOLDER CONSULTATION & COMMUNICATION

Understanding how to gather Meaningful Stakeholder Input, and how to use it in the School Plan, ESSER Grants, and other ways.



#### **E-GRANTS ERROR MESSAGES**

Understanding the common Error Messages in E-Grants, and how to solve them.



#### **OPEN OFFICE HOURS**

Open time for Q&A. School Districts can ask the ESSER team any questions they may have about the Grants, Plans, etc.









### SCHEDULE

Brief Presentation

Followed by Q&A

Each session will be offered at 11:00 am and 3:00 pm Via Online Meeting

(recorded and posted on website)

#### REGISTRATION:

MONDAY-THURSDAY: Link Coming Soon!

FRIDAY:

Link Coming Soon!

#### **ESSER Balance Letters**

Please click <u>here</u> for the ESSER balances posted on the OPI website. Please remember that these balances may not include recent cash requests posted.

#### DO YOU WANT TO TAKE PART IN AN ESSER COMMITTEE?

OPI has formed an **ESSER Review Committee**. This committee will be helpful in assisting OPI in training, processing, and compliance process revisions for ESSER. The committee will meet remotely monthly and cover topics such as: data collection/annual reports, plan revision, training topics and format, and overall ESSER support. We are seeking 10-15 committed district members to participate. If interested, please reach out to Wendi Fawns or Rebecca Brown for more information.

#### Safe Return and LEA ARP Plans are Due Every Six Months

Safe Return and LEA ARP Plan (ESSER fund use) are required to be updated at least twice a year. OPI will review the plans in December and June. If you completed the ARP ESSER LEA Plan, you do not need to complete the Continuous School Improvement Plan (CSIP) for 2022-2023 (which is typically due November 1st). Districts have been notified of the need to review and update plans including requirement to engage the community. Instructions were issued out on the 2nd week of May but several districts are past the compliance deadline. If you did not receive the instructions or need assistance, please reach out to Wendi Fawns at OPI and she will assist you in reaching compliance. Updates require notice of plan update on the Board agenda, allowing for public comment and stakeholder engagement.

#### OPI ESSER AFTERSCHOOL AND SUMMER ENRICHMENT GRANTS

The **Afterschool** and **Summer Enrichment grants** for School Year 2022-23 will be reopening this fall under the updated name **ESSER Extended and Expanded Learning Opportunity (EELO)**. These grants will focus on Math and Reading programming efforts, combined with best practices promoting Social/Emotional Learning. To help prepare for these grants, we encourage applicants to actively explore local partnerships to best leverage these funds and improve student outcomes. View our site <u>HERE</u> for more information.

# TRANSFORMATIONAL LEARNING AND ADVANCED OPPORTUNITIES GRANT

Application and Annual Report Window Opens December 5th at 8am and Closes January 9th at 5pm

- <u>Transformational Learning</u> funding is determined by a lottery system held after the window closes.
- MT Advanced Opportunity funding is first come, first served.



MASBO

Montana Association of School Business Officials

MFPE

Montana Federation
of Public Employees

MQEC

Montana Quality
Education Coalition

MREA

Montana Rural

Education Association

MTSBA

Montana School Boards
Association

SAM
School Administrators
of Montana

# MTPEC "Did You Know"...Telling Your Story of Personalized Learning and Innovations

"Did You Know"...Telling Your Story of Personalized Learning and Innovations is a Montana Public Education Center statewide effort to collect information about our public schools. We know that the value our schools bring to local communities enrich the lives of not only our students, but our communities and entire state. Statistical information about student performance, and financial information about our schools, tells only a part of the story, and our ability to "Tell Our Story" is so important in providing a deeper, more meaningful look at the value of our public schools. So, join this effort to describe the many ways our schools are making a difference in our communities for our children.

The information collected can then be used by all of us to "Tell Our Story" to audiences that want to know more about the value of our schools. The stories will be collected and made easily accessible, electronically, for you to share with others.

If you have a personalized learning and/or innovative program, project, activity or event that you want to share with others, please take a moment to complete and submit this electronic <a href="DID YOU KNOW">DID YOU KNOW</a> form. If there are materials you would like included (e.g., documents, photos, video), you will have the ability to upload them below. You can submit this form multiple times for programs/projects in the Categories described in this form. Please do not submit personally identifiable student information and obtain FERPA compliant permissions for any photo or video with students present.

Thanks for sharing!

Shelley Turner

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Dennis Parman

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dparman@mrea-mt.org

Lance Melton
MTSBA
Imelton@mtsba.org

Kirk Miller
SAM
samkm@sammt.org

#### MASBO ENDORSES THESE PROGRAMS



Healthcare Reform Section 125 Services Health Savings Account Services **Jacob Bautista**, Office Manager 877-589-2544

jacob.bautista@americanfidelity.com http://www.americanfidelity.com/home.aspx



Montana Schools Group Insurance Authority Workers Compensation Risk Retention Program **Shawn Bubb,** Director of Insurance Services 406-457-4500

sbubb@mtsba.org
http://www.msgia.org/home



Health, Dental, Vision, Life and Long-Term Disability Benefits **Andy Holmlund,** Chief Executive Officer 406-457-4400

aholmlund@ms-sf.org
http://mustbenefits.org/



Montana Schools Unemployment Insurance Program Lisa Gowen

406-457-4407

lgowen@mtsba.com
http://www.mtsuip.org/



Payne West, Inc.

Montana Schools Property & Liability Insurance Plan Rody Holman, Program Manager

406-533-1035

RHolman@paynewest.com http://msplip.com/

MASBO EXHIBITOR MEMBERS		
Aflac Rob Cook r_cook@us.aflac.com	American Fidelity Assurance Company Jacob Bautista, Office Manager jacob.Bautista@americanfidelity.com	Anderson, Zurmuehlen & Co. Stefeni Freese, CPA sfreese@azworld.com
Black Mountain Software Teresa Van Buren teresav@blackmountainsoftware.com	Bruco, Inc. Adam Uselman, V.PC.O.O. adamu@bruco.com	C & C School Accounting David Bardwell Help@CandCSchoolAccounting.co m
D.A. Davidson & Co. Bridget Ekstrom Bekstrom@dadco.com	Fatbeam Graham Taylor graham@fatbeam.com	Felt Martin, PC Jeffrey Weldon JWeldon@feltmartinlaw.com
Fisher's Technology Amanda Byrne info@fisherstech.com	Horace Mann Aaron Moyer association.relations@horacemann.com	Iconergy Carl Hurst churst@iconergyco.com
Infinite Campus Bob Gits robert.gits@InfiniteCampus.com	Joint Powers Trust Cyndy Maxwell cyndy@jointpowerstrust.com	K12 Montana Jeffrey Patterson jeffp@k12mt.com
Kalmback Consulting Cathy Kalmback cathymkal@gmail.com	Klimas Financial Services, Inc. Charles Klimas cklimas@gwnsecurities.com	Montana Digital Academy Sarah Marker sarah.marker@montanadigitalacad emy.org
Montana Public Employees Retirement Administration Terry Dalton tdalton@mt.gov	MSGIA-WCRRP Shawn Bubb sbubb@mstba.org	Montana Schools Unemployment Insurance Program (MTSUIP) Lisa Gowen Igowen@mtsba.com
Montana Unified School Trust (MUST) Andy Holmlund aholmlund@ms-sf.org	Payne West, Inc./MSPLIP Rody Holman RHolman@paynewest.com	Pine Cove Consulting Brandan Bassett bbassett@pinecc.com
School Services of Montana Melissa Tovaas mtovaas@mt-schools.org	Teachers on Call Lesley Hacker Lesley.hacker@teachersoncall.com	Tyler Technologies Carrie Hughes carrie.hughes@tylertech.com
Wipfli LLP Kim Dare, CPA kdare@wipfli.com		

IMPORTANT DATES & DEADLINES – NOVEMBER 2022		
NOVEMBER 1		
TR-1 Bus Routes (district due date)	By November 1, districts must send one copy of the TR-1 for each bus route to the county superintendent and submit a TR-1 for each bus route electronically to the OPI. Each TR-1 must be signed by the board chair and county superintendent.	Regulations & Guidelines for Pupil Transportation Reporting  A.R.M. 10.7.101 (2)(g)
NOVEMBER 10		
TR-1 Bus Routes (county due date)	By November 10, the county superintendent must electronically mark each TR-1 submitted by the district as "Received" in OPI's Pupil Transportation online system. If a TR-1 is not marked as received, the district will be unable to submit their Bus Route Claim for Reimbursement (TR-6).	Regulations & Guidelines for Pupil Transportation Reporting  A.R.M. 10.7.101 (2)(h)
Final Expenditure Reports for grants ended September 30, 2022 due in E-Grants system	<ul> <li>IDEA, Part B</li> <li>Regional CSPD</li> <li>IDEA, Preschool</li> <li>IDEA, Part D: MTSS</li> <li>Title I, Part A, Improving Basic Programs</li> <li>Title I, Part A, Schoolwide</li> <li>Title I, Part C, Migrant Education</li> <li>Title I, Part D, Neglected and Delinquent</li> <li>Title I, School Support</li> <li>Title II, Part A, Improving Teacher Quality</li> <li>Title II, Part A, Improving Teacher Quality-State Level</li> <li>Title II, Part B, Math Science Partnerships</li> <li>Title III, Part A, Emergency Immigrant</li> <li>Title III, Part A, Emergency Immigrant</li> <li>Title IV-A, Student Support &amp; Academic Enrichment</li> <li>Title VI, Part B, Rural Low Income</li> <li>Title X, Part C, McKinney-Vento Homeless Education</li> <li>Montana Striving Readers Comprehensive Literacy Project (MCLP)</li> <li>Montana Comprehensive Literacy State Development Project (MCLSDP)</li> <li>Project AWARE Mental Health</li> <li>School Improvement: Indian Ed</li> <li>Elementary and Secondary School Emergency Relief Funds (ESSER)</li> </ul>	OPI State and Federal Grants Handbook
NOVEMBER 10 (continued	)	

File monthly claims for NSLP or SSO reimbursement  OPI pays grant cash	Monthly lunch, breakfast and snack counts are due the 10 <sup>th</sup> of each month. Counts are submitted in the Montana Agreement and Payments System (MAPS) for National School Lunch Program (NSLP) or Seamless Summer Option (SSO) reimbursement.  See OPI's Back to School Page for more information on SSO and important updates.  OPI pays grant cash requests submitted by the 25 <sup>th</sup>	Montana Agreement and Payment System (MAPS) log in page School Nutrition Programs Checklist NSLP Reimbursement rates for FY2023 SSO Reimbursement rates  FY2023 School Nutrition Payments  E-Grants System
requests	of the previous month.	Log in to your district's account, or click on Public Access, then Vendor Payee Details
NOVEMBER 15		
Verification Summary Report is due to OPI	Verification is the process by which schools confirm the eligibility of a sample of approved free and reduced-price meal applications. Schools will report the verification results and October eligibility data on the School Food Authority (SFA) Verification Collection Report in MAPS. Please carefully read through the verification instructions to ensure reporting accuracy. Additional instructions can be found in the USDA's Eligibility Manual.	School Nutrition Programs Checklist
NOVEMBER 21		
OPI makes K-12 BASE aid payments	Direct State Aid Quality Educator Component At Risk Student Component Indian Education for All Student Achievement Gap Data for Achievement State Special Education Payment State Cole Mitigation Block Grant Indian Language Immersion Payment	FY2023 Schedule (scroll to bottom of page)
NOVEMBER 25		001011
Grant cash request due to OPI	Grant cash requests made by this date will be paid on December 10.	OPI State and Federal Grants Handbook

IMPORTANT DATES & DEADLINES – DECEMBER 2023		
DECEMBER 1		
Licensed educators and	Educators without a valid license will not be	A.R.M 10.21.201(4) and (5)
professionals must have	considered in the FTE for the payment. A license	
registered his or her license	must be current as of December 1 of the school	
with OPI.	year in which the employee is reported to be valid	

IAADORTANIT DATES A DEADUNES DECEMBED 2002		
IMP	for purposes of the quality educator payment calculation for the following fiscal year.  The OPI will provide an opportunity for district officials to review the FTE information submitted in TEAMS. Changes to FTE reporting used for the quality educator payment calculation will not be accepted after December 31 except in cases of significant reporting error, as determined by the Superintendent of Public Instruction.	MBER 2023
DECEMBER 5, 2022 – JANUA	 RY 9. 2023	
Montana Advanced Opportunity Application opens at 8:00 a.m.	A school district must apply for the <b>state advanced opportunity aid</b> payment during the application period, which is <b>December 5, 2022</b> at 8:00 a.m January 9, 2023 at 5:00 p.m. for FY2024.	OPI Advanced Opportunity Act information page  Montana Advanced Opportunity Application FY2024
DECEMBER 8, 2022 – MARCH	122 2022	
Candidates for trustee election on May 2, 2023 may file a Declaration of Intent and Oath of Candidacy	Trustee candidates file for election. A Declaration of Intent and Oath of Candidacy must be filed with the election administrator. No candidate may appear on the ballot unless the candidate files between Thursday, December 8, 2022 and Thursday, March 24, 2022. The candidate for trustee must be registered to vote at the time the Oath is filed.  County superintendents should log into the County application and complete/verify their district classification and board compositions for the 2023 school election season.	Declaration of Intent and Oath of Candidacy  School Election Calendar 2023 with Forms  OPI District Classification Report
DECEMBER 10		
Deadline for making changes to FY2022 Trustees Financial Summary	The FY2022 Trustees Financial Summary (TFS) may be revised to correct a material coding error.  Submit a revision to Renee Richter in the School Finance Division. Changes to the FY2022 Trustees Financial Summary are limited to:  • Coding revisions between revenue and expenditure line items provided no change occurs in the fund balance of the budgeted funds, and	A.R.M. 10.10.504(6)  OPI Compass - November (scroll down to School Finance)  Questions can be directed to Andrea Mohammadi, Budget Analyst at 406-444-1960.  Submit your revision to the School Finance Division at OPISchoolFinance@mt.gov.

IMPORTANT DATES & DEADLINES – DECEMBER 2023		
	Revisions in the balance sheet accounts provided no change occurs in the fund balance of the budgeted funds.	
Salary and Compensation Expenditure Report due	The Salary and Compensation Expenditure Report requires that all employees who received a paycheck during 2021-2022 fiscal year be entered in the district's 2021-22TOE data.	Compensation Expenditures Report Instructions  Opischoolfinance@mt.gov Andrea Mohammadi 406-444-1960  Accreditation Contact: opiteams@mt.gov Ellery Bresler 406-444-2410
ESSA Per Pupil Expenditure Report due	Please review the per-pupil calculation for your district(s). The calculation may be reviewed in MAEFAIRS, under Data Entry, ESSA PPE Calculation (please scroll to page 2 for the final per-pupil amount).  An updated ESSA Per Pupil Expenditure Reporting document has been posted to the OPI School Finance Webpage under ESSA Per Pupil Expenditure Reporting:	ESSA Per Pupil Expenditure Reporting
File monthly claims for NSLP or SSO reimbursement	Monthly lunch, breakfast and snack counts are due the 10 <sup>th</sup> of each month. Counts are submitted in the Montana Agreement and Payments System (MAPS) for National School Lunch Program (NSLP) or Seamless Summer Option (SSO) reimbursement.  See OPI's Back to School Page for more information on SSO and important updates.	Montana Agreement and Payment System (MAPS) log in page School Nutrition Programs Checklist NSLP Reimbursement rates for FY2023 SSO Reimbursement rates  FY2023 School Nutrition Payments
OPI pays grant cash requests	OPI pays grant cash requests submitted by the 25 <sup>th</sup> of the previous month.	E-Grants System  Log in to your district's account, or click on Public Access, then Vendor Payee Details
DECEMBER 16		
OPI makes K-12 BASE aid payments	Guaranteed Tax Base Aid for General Fund State Lands Block Grant County Retirement	FY2023 Schedule (scroll to bottom of page)
DECEMBER 25		
Grant cash request due to OPI	Grant cash requests made by this date will be paid on January 10.	OPI State and Federal Grants Handbook
DECEMBER 31		
End of 4 <sup>th</sup> quarter payroll period	Check with your software vendor to see if a yearend backup is required.	MASBO Payroll Manual

IMPORTANT DATES & DEADLINES – DECEMBER 2023		
End of calendar year payroll period	After final payroll, reconcile quarterly payroll reports for the calendar year with W-2 totals.	
District of residence pays at least one-half of any tuition and transportation obligation	By December 31 of the school fiscal year following the year of attendance, the district of residence shall pay at least one-half of any tuition and transportation obligation established under subsection (5)(a)(i) out of the money realized to date from the district tuition or transportation fund levy. The remaining tuition and transportation obligation must be paid by June 15 of the school fiscal year following the year of attendance.	20-5-324(5)(a)(ii), MCA  OPI Tuition Handbook
Verify the number of American Indian students reported with the Fall Enrollment Count and make changes/corrections	Students identified as American Indian in the AIM system at the time the data is imported into the MAEFAIRS fall count (October 4, 2021) will generate funding for the Student Achievement Gap (SAG) payment in the ensuing year (FY2022-23).  Verify that the "Students Imported From AIM In	20-9-330, MCA ARM 10.21.204  Submit an AIM Help Desk Ticket
	SAG Report" (access in MAEFAIRS) accurately reports the number of American Indian students enrolled in the district.  The deadline to submit changes is <u>December 31</u> , <u>2022</u> (see <u>ARM 10.21.204</u> ).	or call 1-877-424-6681 or 406-444- 3800
DECEMBER 31 (continued)		
Fall 2022 CTE Data Collection ENDS	All high schools that received funding from the Carl D. Perkins federal grant program in 2021-2022 are required to complete this fall follow up collection to maintain their eligibility to receive Perkins funding.	OPI Compass - November (scroll down to Achievement in Montana)  AIM Fall CTE User Guide
	Students identified as CTE Concentrators last year (2021-2022) and graduated in the spring of 2022 should be contacted between November 15 and December 31 and asked their current post-graduation status. After contact, the appropriate post-graduation status code must be entered into the AIM/Infinite Campus data system for each CTE Concentrator.	



Gratitude - The quality of being thankful; readiness to show appreciation for and to return kindness.

- Oxford Dictionary

## Ways to Practice National Gratitude Month

- ✓ Create a Gratitude Journal note daily one or two items that you are grateful for.
- ✓ Participate in 30 days of Thankfulness Challenge Post on a whiteboard, social media or other option daily.
- ✓ Start Your Day Right make a concerted effort to start your day with thoughts of gratefulness.
- ✓ Share your Gratitude with Those You Love show your significant other or family members small signs or words of gratitude.
- ✓ Give Back to the Community Small ways like paying it forward or leave a generous tip or large ways including joining an outreach organization.
- ✓ Give Yourself Time to Reflect Take five minutes each day to enjoy your surroundings.