



OUR REF :

TRN : 100259955100003

Friday, 30 October 2026

To: Parents of ALL students –

“GRATITUDE JOURNALING -A NEW ROUTE TO WELL-BEING”

Commencing November 2026

Dear Parents,

Saint Mary's Catholic High School, Dubai is introducing a school-wide **Gratitude Journal Initiative** designed to foster emotional resilience and positive mindsets among our students and support their Wellbeing both at school and at home.

The Purpose:

Taking time to focus on gratitude is proven to reduce anxiety, enhance empathy, and improve academic focus. This initiative aligns with our commitment to nurturing both the academic and emotional success of our students. All too often, we take so much for granted that we tend to forget how blessed we are. We hope to guide our children to grow into grateful and empathetic young people as they move into a world that is in need of these values.

The Strategy:

- **Weekly Practice:** Students will spend part of their weekly class teacher check-in time to record 3–5 specific things they are thankful for.
- **Guided Prompts:** Teachers will provide age-appropriate prompts focused on relationships, personal achievements, and small daily comforts.
- **Privacy:** Journals are personal tools for reflection and will not be graded or shared without the student's permission.

Supporting Your Child at Home:

You can amplify the benefits of this project by asking your child about their weekly journal entry. Consider establishing a "gratitude minute" during dinner or bedtime to share positive highlights from the day.

The one thing we need from you:

Please provide your child with a diary or notebook that they may decorate in a design of their choice. We would love them to get creative and innovative. **This will be needed every Friday, starting from 06 November 2026.**

Thank you for partnering with us to build a more mindful, positive school culture with the best intentions for the wellbeing of our children.

Yours sincerely,



Mr . Paul Asir Joseph
(Principal)





ST. MARY'S *Catholic High School, Dubai*

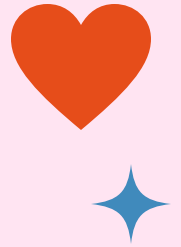
Gratitude **JOURNAL**

FINDING JOY IN THE ORDINARY.

**SAINT MARY'S
CATHOLIC HIGH SCHOOL**

A Guide for Parents & Teachers

Our gratitude journalling initiative · Dubai
November 2026 – June 2027



Welcome to our Gratitude Journal

Dear Parents and Teachers,

This year, Saint Mary's Catholic High School is launching a new initiative: a gratitude journal for every student. Each month, students will be given a theme and dedicated time in class to pause, reflect and write about the people, moments and good things they are thankful for.

This guide is for you — the grown-ups who walk alongside our students every day. Inside, you'll find why gratitude matters so much for children today, simple ways to encourage it at home, how the school is supporting the practice, and the themes we'll explore together from November to June.

What's inside

1. Why gratitude matters
2. How parents can help at home
3. What the school is doing
4. Our monthly themes, November to June
5. A note for teachers





Why gratitude matters for children today

Our children are growing up in a fast, busy, always-on world. Screens, social media and constant comparison can quietly teach them to notice what they don't have. Gratitude gently turns their attention back to what they do have — and who they have.

It builds happiness



Studies by psychologists such as Robert Emmons and Jeffrey Froh have linked regular gratitude practice in young people with greater optimism, life satisfaction and positive mood.

It strengthens relationships



Noticing the kindness of others helps children feel connected, and makes them more likely to be kind, generous and helpful in return.

It balances the screen world



Gratitude is a gentle counterweight to comparison and 'wanting more', helping children feel content with who they are and what they have.

It builds resilience



Children who can find something good even on a hard day learn to meet setbacks, stress and disappointment with more calm and hope.

A few minutes of writing each week trains young minds to look for the good. Over time, noticing the good becomes a habit — and our habits shape who we become.



How you can encourage gratitude at home

Your encouragement makes all the difference. You don't need to be an expert — just curious, warm and consistent. Here are six simple ideas.

1

Ask about it, don't check it

Show interest in the monthly theme, but let the journal stay your child's own space. Ask "What's something good you wrote about?" rather than asking to read it.

2

Model it yourself

Children learn gratitude by watching us. Thank your child, thank the people who serve your family, and say out loud what you're grateful for.

3

Make it a family ritual

Share "three good things" at dinner, or add a moment of thanks to your bedtime routine. Small, regular moments matter more than big ones.

4

Talk about the monthly theme

Each month has a theme (see the theme pages). Chatting about it at home helps your child arrive in class full of ideas.

5

Value honesty over length

One heartfelt sentence is worth more than a page written to please. Gratitude should never feel like a chore or a punishment.

6

Turn thanks into action

Encourage a thank-you note, a call to a grandparent, or a small kind deed — so gratitude becomes something your child does, not just writes.



What Saint Mary's is doing to support this

Gratitude grows best with time, routine and encouragement. Here's how the school is making space for it.



Protected time in class

Dedicated journalling time is set aside in class, so every child has calm, unhurried space to reflect.



A new theme each month

From relationships to resilience, monthly themes give students a fresh focus and help them go deeper.



Teachers who guide, not grade

Teachers open each theme with a short chat and prompts. Entries aren't marked — there are no wrong answers.



Sharing is always optional

Students may share an entry if they wish, but their journal remains a safe, personal space.

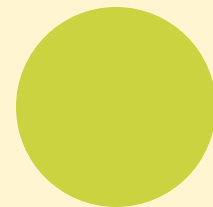


Partnering with families

This guide and updates on each month's theme help parents carry the conversation home.

Rooted in our community

Gratitude is a value shared by every culture in our diverse Dubai community. This journal helps students of all backgrounds practise it every day — in class and at home.



Monthly themes: November to February

Each month brings a new focus. Here's what students will reflect on — plus a sample prompt you can try at home.

NOV



Relationships & Connection

Thinking about the people who support us — parents, teachers and friends.

Health & Wellbeing

The gift of good health, moments of deep rest, a sound sleep, and milestones in mental health recovery.

Try at home: "Who made you feel cared for this week?"

DEC



Festivals & the Joy of Family

Celebrations across our many cultures, including UAE National Day, and precious time together as a family.

Try at home: "Which family tradition makes you smile, and why?"

JAN



New Beginnings & Everyday Moments

A fresh year and fresh starts, along with the small, ordinary joys we so often overlook.

Try at home: "What small, everyday moment made today better?"

FEB



Learning & New Skills

The joy of discovering, practising and growing — and gratitude for the people who teach us.

Try at home: "What can you do now that you couldn't do before?"



Monthly themes: March to June

As the year goes on, the themes invite students to look inward, outward — and to pass gratitude on to others.

MAR



Personal Growth & Wins

Celebrating progress, big or small — goals reached, courage found and the ways we've grown.

Try at home: "What's one thing you're proud of this month?"

APR



Community & Those Who Serve

Thanking the people who make our lives simpler through their service — drivers, cooks, cleaners, guards, doctors and more.

Try at home: "Who helps you every day that you rarely thank?"

MAY



Hard Lessons & Resilience

Finding the good in tough moments, and the strength and wisdom that come from getting through them.

Try at home: "What's a hard moment that taught you something?"

JUN



Random Acts of Kindness

Noticing the kindness we receive — and discovering the joy of passing it on to others.

Try at home: "What kind thing did someone do for you today?"



A note for our teachers

You set the tone. A few calm, warm minutes of reflection can become one of the best parts of a student's week.

Running a journalling session

- Open with the theme — a short story, question or class chat gets ideas flowing.
- Model it — share one thing you're grateful for; students will follow your lead.
- Keep it calm — quiet music or a moment of stillness helps everyone settle.
- Offer prompts, not rules — a sentence starter helps reluctant writers begin.
- Respect privacy — invite sharing, but never require it.

A sample session flow

1

Settle & introduce the theme

2

Quiet, personal writing time

3

Optional sharing & a closing thank-you

Handle with care

Themes like Health & Wellbeing or Hard Lessons may stir difficult feelings. If an entry or conversation raises a concern about a student, follow the school's usual pastoral care procedures.



Thank you

Together, let's raise grateful hearts.

**Notice the good.
Say thank you. Pass it on.**

Our gratitude motto



Thank you for walking alongside our students on this journey.
Gratitude learned at school grows strongest when it is noticed,
celebrated and practised at home too.

Questions? Please speak to your child's class teacher.

**With gratitude,
Saint Mary's Catholic High School**

