



## I am so very grateful to you - Fall Break Video

1 message

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*Health of a Lion*

**THE SCHOOL DISTRICT OF  
UNIVERSITY CITY**  
Transform the Life of Every Student Every Day!

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Dear University City Schools Family:

We have been practicing gratitude this week in the District - because we know that being grateful helps us be well. Brain science shows practicing gratitude lowers blood pressure, relaxes muscles and rejuvenates the body. This is in addition to gratitude nurturing an overall feeling of well-being, even in hard times.

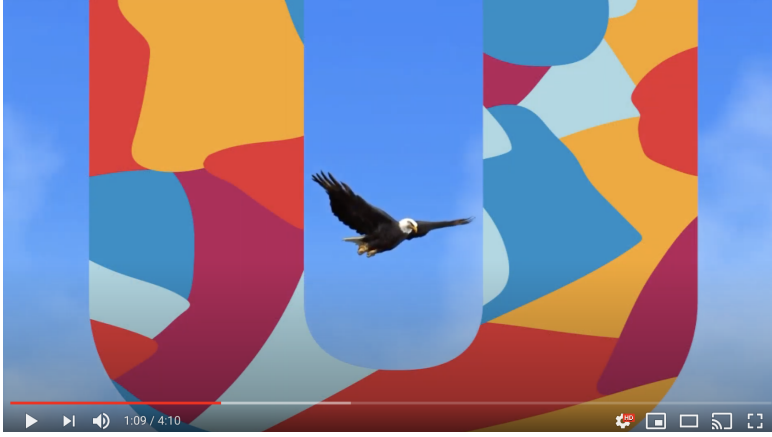
I am amazed by our community - by the love, compassion and the strength that we have shown since last March when our lives were disrupted by a global pandemic. For that I am truly grateful. This community of staff, family, children and district partners lifts my spirit and gives me strength to lead. I am very grateful to all of you.

As we start a much needed Fall Break, remember to make time to practice gratitude. Let's also remember to be safe. Wear your masks. Stay physically distanced. Don't let your guard down around the elderly or the frail. We are in it together. Have a great Fall Break, and enjoy this [wonderful video](#) featuring some of our families as a reminder to be grateful.

In Service of Our Children,

Sharonica Hardin-Bartley, Ph.D., PHR  
*Superintendent*

[See video below](#)



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