

Gratitude

2025-2026

We express our gratitude to the Hopedale Public Schools for sharing this concept and resource (MASS, July 2025).



Personal and Professional

- Turn and Talk with Colleagues
 - One thing in your personal life you are grateful for
 - One thing in your professional life you are grateful for

- Time to Share



Gratitude for our OC Successes

- The climate we've created together
- Incredible application numbers
- Co-op, credentialing, and articulation agreement growth
- Student and staff attendance rates
- Academic program expansion and AP growth
- Service to our sending communities
- 50 years of Excellence



Our Gratitude for the Community



PTO



Old Colony
EDUCATIONAL
FOUNDATION



**ADVISORY
BOARDS**



The Impact of Gratitude

Improved Mental Health:

A study by Emmons & McCullough (2003) called “Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily” life found that people who kept gratitude journals reported fewer symptoms of physical illness, felt better about their lives, and were more optimistic about the future.



The Impact of Gratitude

Increased Resilience:

Research by Wood et al. (2008) indicated that gratitude can enhance psychological resilience, which is crucial for coping with stress.

Enhanced Relationships:

Algoe et al. (2010) showed that expressing gratitude strengthens relationships, creating a more supportive and cohesive work environment.



Gratitude Quotes

“The roots of all goodness lie in the soil of appreciation for goodness.”

“Everyday, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it.”

- Dalai Lama



A Summer of Gratitude

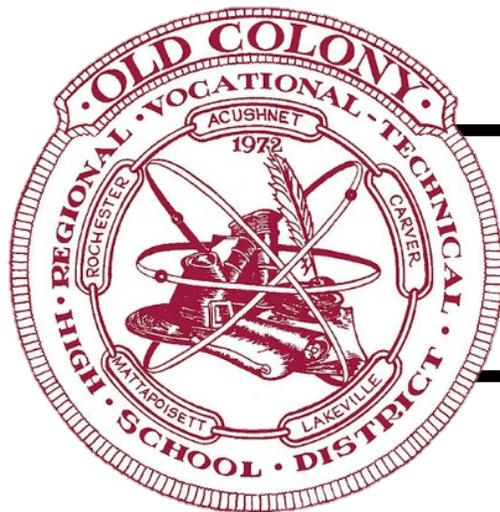


*Last year we
encouraged you to
record your
gratitude
privately.*



2025-2026

Let's Magnify the Moments



OLD COLONY
MOMENTS OF
GRATITUDE



*Share on Mondays
Post on Fridays*



With Gratitude



Please take an Old Colony gift with you before you leave the cafeteria.