

Gratitude fosters good health, promotes positivity

By Patricia Villers

OXFORD - Members of the Valley-based volunteer organization **Grateful Vibes Only** want the community to know how vital gratitude and a positive outlook are to our well-being.

November is designated as National Gratitude Month.

Studies have shown that expressing gratitude and focusing on the positive aspects of our lives helps reduce stress, lower blood pressure, and more.

Resident Dajana Damjanovich is president of the nonprofit organization.

She said she is seeking donations for *Grateful Vibes Only* cards to build up a scholarship fund. The cards are available \$5 for 25 and \$10 for 60, and are available at Lizzie's Corner Consignment in Seymour, Damjanovich said. The shop is at 36 Bank St., Seymour.



November
Is National
GRATITUDE Month



EXPRESS YOUR GRATITUDE!

Grateful Vibes Only celebrates the good deeds and supportive people in our lives. Join us in elevating the positive in our community. Share your story of gratitude [Here](#) or [Here](#)

St. Vincent de Paul Food Bank

**THANKSGIVING
Drive-by Food Drive**

Sunday Nov 22 9-2!

**Just drive in from 237 Roosevelt Dr (rt34),
drop off a bag or 2 into our open food bins.**

QUICK, EASY & SAFE! THANK YOU!

ALL FOOD - TURKEYS - HAMS

CASH - CHECKS - GIFT CARDS WELCOME!





Cat nap?

We have never seen a squirrel so still!

Perhaps he was taking a mid-morning hiatus from gathering acorns on the Ansonia hilltop.

- Photo by Patricia Villers

Ansonia Public Schools issues its 2019-2020 Annual Report

ANSONIA – The 2019-20 Annual Report for Ansonia Public Schools has a new look – thanks to the vision of Dr. Joseph DiBacco and a graphic designer hired to make it a publication that shows the best of Ansonia.

“Wow,” he said, as he thumbed through the 20-page document. “It really shines bright. Our kids, our staff, and our families should be proud of everything in it because it focuses on our human resources. It shows what we can do, even in the face of a global pandemic. I’m so proud of what this district accomplished last year.”

The Annual Report features the new Mission and Vision of the district, which resulted from the work a leadership team that met throughout the year until COVID closed schools in March 2020.

There are several features, including the introduction of the district’s new motto ***We Are Ansonia Strong***:

- The arrival of the new percussion instruments at Ansonia High School
- The expansion of the Dual Enrollment College courses and other opportunities for AHS students
- The start of the Mobile Meals Program in the spring when schools suddenly closed
- And the new drive-up format of high school graduation.

A timeline of activities, starting in August, is featured over several pages, as well as two pages of financial information and two pages about enrollment, assessment and data.

Copies of the Annual Report are being given to the new and long-time partners of the district.



“I’m hoping that this document will serve as a conduit to getting our message out and we hope it opens more doors for us, which were previously closed. We have a lot to offer,” DiBacco noted.

“We kept our focus on our students and we are making it through this pandemic positive and steadfast. Stay tuned for big things to come for Ansonia Strong!”

The Annual Report can be viewed on the district website ***HERE***.

*This is taken from a press release by **Ansonia Public Schools***

