



# September

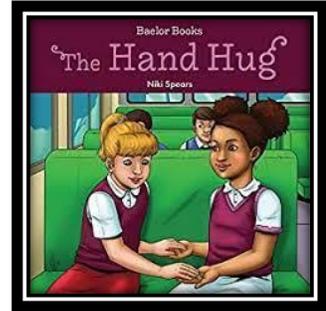
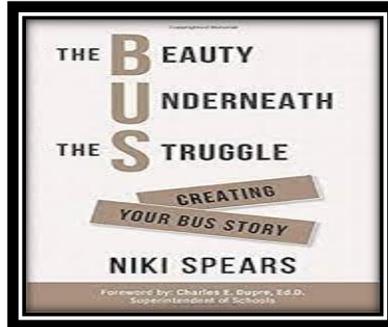
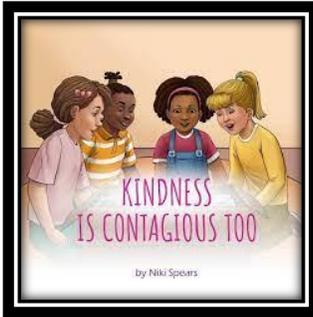
EHS Newsletter 338 1<sup>st</sup> Street SE, Dickinson, ND, 58601,  
701-227-3010

September 6<sup>th</sup> (Monday) EHS **Closed**

September 8<sup>th</sup> Policy Council Meeting at 3:00 pm

September 10<sup>th</sup> (Friday) EHS **Closed for Home Visits**

September 17<sup>th</sup> (Friday) EHS **Closed**



*Be Positive*



*be* →  
**COURAGEOUS**  
← *be*

Head Start, Early Head Start and Early Childhood Center staff attended a full-day of fun filled, positive, and eye opening approach to leadership, learning and teaching. On our courageous journey to self-enlightenment, we learned the 8 strategies from Niki Spears book "The Beauty Underneath the Struggle". Everyone enjoyed the motivational seminar given by Niki Spears and her husband Kermit.





## 6TH ANNUAL HARVEST FESTIVAL

September 18, 2021  
11:00am to 9:00pm

Dickinson State University

291 Campus Dr

Dickinson, ND

The 6th Annual Harvest Festival is just around the corner and slated to exceed expectations with an impressive lineup of crafters at the Marketplace, rows of children's activities, a Food Village, quality performances, and much more on Saturday, September 18th. Everyone is invited to this **FREE TO ATTEND** event featuring a family movie night. This year's Harvest Festival is set to host over 15 food vendors, over 25 crafters/makers, and over 25 member booths providing something for everyone of all ages! Don't forget to check out the Pumpkin Patch sponsored by Family Fare Dickinson, and horse and carriage rides as well! We will also have amazing entertainment throughout the day as well, including a charity football game. It's all going down September 18th in Dickinson and it's a weekend you won't want to miss!

Is life getting you down? If your answer is a yes, then Positive Thinking Day (PTD) on September 13 is just the holiday you need to celebrate.

This is the day to set aside all negative thoughts and see that the glass is always half full.

The stresses and struggles of daily life can sometimes fill our heads with pessimistic thoughts. This unofficial holiday promotes the idea that negative thoughts do more harm than good - they drain energy, create more stress.

The holiday, also known as International Positive Thinking Day encourages people to deal with difficult situations in life with optimism and positivity.

Positive thinking can have many benefits. Studies have shown that positive thinking can reduce stress and the risk of heart diseases, lower depression and increase life span. Some studies have even shown that positive thinking can increase the body's resistance to the common cold.

How to Celebrate?

- Think positive! If you are having trouble believe that the glass is half full, then have a friend or a loved one reaffirm you.
- Make a conscious decision not to put yourself down every time you do something wrong.
- Laugh as much as you can. Laughter can reduce stress and decrease the urge to think negatively. Go out for a comedy show or movie, do a marathon of your favorite comedy TV show or read a comic novel. You will see a marked difference in how you feel after a few laughs. After all, someone wise did once say laughter is the best medicine!
- Still feeling a bit low? Turn that pity party into an awesome dance party. Studies have shown that physical exercise can help alleviate mood and promotes positive thinking.
- Do something nice for yourself, a loved one or a stranger - doing good deeds can help increase levels of optimism.

Did You Know...

...that the term Debbie Downer is the name of a fictional character on the popular American late-night live television sketch comedy show, Saturday Night Live? The always negative character, played by Rachel Dratch made its first appearance in 2004.

Credit to [timeanddate.com](http://timeanddate.com)

# FALL

