



DECEMBER

Dates to Remember

Wednesday, Dec 2nd: Gr. 6 Immunizations

Friday, Dec 4th: Term 1 Report Cards

Wednesday, Dec 9th: 6:30 – 7:30 p.m.– Virtual School Council Mtg—Please RSVP to meridianheightsscchair@psd70.ab.ca

Friday, Dec 11th: **Please note:** THERE IS SCHOOL FOR KINDERS ON THIS DAY

Christmas Break—Dec 21st-Jan 1st

Jan 4th—School resumes for ALL students K-9 online



INSIDE THIS ISSUE

Christmas Hampers.....2
 Caregiver Education Team
 News.....3-6

SPECIAL POINTS OF INTEREST

Please open hyperlink to access our Public Calendar of events:

<http://meridian-heights.psd70.ab.ca/Events.php>

If you are not yet on the parent portal and or if there are any demographic changes to your profile please also ensure that you edit your information.





CHRISTMAS HAMPERS

This winter we are once again working to make Christmas brighter for local families struggling with a limited income by collecting donations for the Kinsmen Christmas Hampers.

Due to the COVID-19 pandemic and restrictions, there will be major changes to the Christmas Hamper program this year, and we will NOT be collecting non-perishable food items. We will still be running the gift portion of the program as usual and will collect gifts and gift cards for children 17 and under.

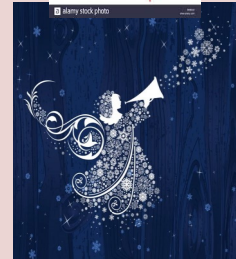
To ensure a diverse selection of age-appropriate gifts, we are asking for donations of new unwrapped gifts or gift cards that are based on your child's gender and age. For children 10 and older, gift cards are ideal. Please refer to stonyplainkinsmen.ca for

additional information and gift ideas. Last year, we provided gifts to 750 children in our area!

Thank you for your support in this community project!



**THANK YOU
FOR YOUR SUPPORT**





Caregiver Education Team Newsletter

December 2020



AHS, in collaboration with [The Mental Health Foundation](#), is proud to offer **FREE** online programming for parents and caregivers of children and youth.

Sessions are offered online through the Zoom conferencing application. A link to access the online session will be sent by email to those who have registered for the session.

Sessions at a Glance:

Caregiver Education Sessions

Sleep and Your Family's Mental Health

Wednesday, December 2 **or**
Thursday, December 10
6:00 – 7:30 pm

Breaking the Cycle of Anxiety

A Step by Step Approach
Wednesday, December 9
6:00 – 7:30 pm

SEEDS Sessions

Using Praise and Rewards to Promote Self-Confidence

Thursday, December 3
6:00 – 7:30 pm

Lunch & Learn Webinars

Anxiety Part 2:

Calming Our Bodies

Monday, November 30
12:00 – 1:00 pm

Anxiety Part 3:

Settling Our Minds

Monday, December 7
12:00 – 1:00 pm

Anxiety Part 4:

Overcoming Avoidance

Monday, December 14
12:00 – 1:00 pm

These free online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding mental health challenges that can affect children and youth.

Parent Feedback:

"Great session, thank you! I appreciated the specific tips, ideas, and guidance."

"Length was good. I enjoyed the various forms of delivery."

To register for a session, click [here](#) or visit:
www.cyfcaregivereducation.ca



Mental Health Foundation



Alberta Health Services
Children, Youth & Families Addition & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca



Caregiver Education Sessions

December 2020



These free 90 minute online sessions are intended to provide parents, caregivers, teachers, and community members with introductory information regarding addiction and mental health challenges that can affect children and youth.

Breaking the Cycle of Anxiety: A Step By Step Approach

In this session, we will review helpful vs. unhelpful anxiety and discuss strategies for identifying and managing anxiety in children and youth.

Date: Wednesday, December 9, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Sleep and Your Family's Mental Health

Develop an understanding on how sleep can impact mental and physical health. Review common sleep concerns and strategies to promote healthier sleep habits for your whole family.

Date: Wednesday, December 2, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Date: Thursday, December 10, 2020

Time: 6:00 – 7:30 pm

Notes: For caregivers of children grades K-12; for adults only.

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click **here** or visit: www.cyfcaregivereducation.ca

Parent Feedback:

"Very helpful, informative, and resourceful ideas that I can implement right away."

"I felt it was presented very well. Perfect amount of time and covered each topic just enough. Love the information we received after, it was very helpful."

"Wonderful, professional, informative, thank you!"



Mental Health Foundation



Alberta Health
Services
Children, Youth &
Family Addiction
& Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca



Lunch & Learn Webinars



These free 60 minute webinars are for parents/caregivers who are looking to strengthen their child's/adolescent's ability to thrive through life's challenges and discover strategies that can help build resiliency and overall family wellness.

Anxiety Part 2: Calming Our Bodies

In this session, we will review how the body reacts to stress triggers and ways caregivers can help their child to notice and begin to regulate their own stress responses.

Date: Monday, November 30, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; [for adults only](#).

Anxiety Part 3: Settling Our Minds

In this session, we will look at how anxiety can lead to negative thinking and thinking traps that can hold our children back. Strategies for addressing worries and encouraging realistic thinking will be discussed.

Date: Monday, December 7, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; [for adults only](#).

Anxiety Part 4: Overcoming Avoidance

In this session, we will discuss how avoidance of stressors can increase our child's stress responses. By encouraging our children to face manageable stressors, caregivers can help their child foster effective coping skills.

Date: Monday, December 14, 2020

Time: 12:00 – 1:00 pm

Note: For caregivers of children grades K-12; [for adults only](#).

December 2020

Registration:

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

To register for a session, click [here](#) or visit: www.cyfcaregivereducation.ca

Parent Feedback:

"I thought the delivery, time, and length were all great."

"Thank you for sharing your knowledge and time. I learned so much."

"Like the interactive activities. Great information, thank you!"

"I find these [sessions] are great reminders to be positive when it is so easy to be negative."



Mental Health Foundation



Alberta Health Services
Children, Youth & Families
Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca



SEEDS: Growing Parenting Skills

December 2020



These free **Support, Education & Engagement Drop-In Sessions** are designed to help caregivers learn foundational strategies that cultivate healthy relationships, strong child development, and resilient families.

Motivating Your Child through Praise and Rewards

This session will demonstrate how the offering of simple social rewards and tangible incentives can be effective in encouraging children to behave in helpful ways, build essential life skills, and reach personal goals. The use of these strategies has been linked to increased motivation, relationship satisfaction, and self-confidence.

Date: Thursday, December 3, 2020

Time: 6:00 – 7:30 pm

Note: For caregivers of children grades K-6; for adults only.

“Help your kids create a life that feels good on the inside, not just one that looks good on the outside.”

~ Unknown

Registration

Sessions are offered online through the Zoom conferencing application.

A link to access the online session will be sent by email to those who have registered for the session.

Please note:

These sessions are for parents / caregivers of children grades K-6.

To register for a session, **click here** or visit:

www.cyfcaregivereducation.ca

Parent Feedback

“I am encouraging my friends to look on your website. Thank you so much for providing these supports!”

“I ended up liking the virtual delivery more than I thought. I liked typing in my responses to questions.”

“The method of engagement was very effective. This made me feel heard. Very gentle, open, inclusive.”



Mental Health Foundation



Children, Youth & Families Addiction & Mental Health

For more information or to register, visit www.cyfcaregivereducation.ca

