



Hampton Elementary School

December 2015

Newsletter



HAMPTON ELEMENTARY SCHOOL

82 School Street,
Hampton, N. B. E5N 6B2

[http://hampton-
elementary.nbed.nb.ca](http://hampton-elementary.nbed.nb.ca)

From the Main Office

Telephone - 832-6021

Principal - Sarah Blanchard

Vice Principal - Julie Stewart

Admin. Asst. - Nancy Long

PSSC Chair - Jamie Foster
psscchair@gmail.com

Home & School President -
Laura Marles
hes.homeandschool@gmail.com

Hampton Education Centre
832-6143

Anglophone South Website
[http://web1.nbed.nb.ca/sites/asd-
s/Pages/default.aspx](http://web1.nbed.nb.ca/sites/asd-s/Pages/default.aspx)

School Bus Transportation -
832-6429

MISSION:

Help and believe in,
Each student so
that he or she can
achieve his or her
highest potential in
a,

Safe, supportive in-
clusive environment.

Winter Break
Dec. 21—Jan. 4

**First day back for
students: Tuesday,
January 5, 2016**

Principal's Message

December is here and the cold has settled in. Last year by this time we had snow, but this year we are still waiting for the snow to fly. We are asking you to help us by checking in the morning to ensure your child(ren) are dressed appropriately and prepared to be outside for both recess and lunch.

I would like to thank all our families for supporting our Book Fair during the November Parent teacher meetings. I also wanted to share that our school had a HUGE turnout for these meetings and we thank you for partnering with us to support the learning of your children.

For the month of December we are extending our discussions from November and Kindness Matters Week and translating this into Acts of Kindness. We will be collecting new toys as well as nonperishable food items and toiletries for the Hampton Food Basket. As in the past, our Grade 5 students will deliver all the items collected to the Food Basket during the last week of school.

I would like to take this opportunity, on behalf of the staff at Hampton Elementary, to wish all of our students and their families a joyous holiday season. In the end, it doesn't really matter what you celebrate. It is the way we celebrate. It is a very special time of year when most of us get to share the gift of time with our families. Our Hampton Elementary family would like to thank you for the support you give us on a daily basis. Without your commitment to the children of this school, our role as teachers, educational assistants, administrative assistants, bus drivers and custodians would be more difficult. Have a happy, healthy and safe Christmas break!

- Mrs. Blanchard

Staffing Updates:

We would like to wish Mme. Golding a wonderful deferred leave from January -June. Replacing her will be Mme. Melissa Leblanc. Melissa is a French immersion teacher who is currently teaching at Island View school and has been teaching French Immersion since 2011. Also joining us on staff is Mrs. MacGillivray who is replacing Mrs. Kennedy in Grade 5 for the month of December. In the office area we welcome Mrs. Nancy Long who will be our Administrative Assistant for the remainder of this year.



WORDS OF WITSDOM

[How can I get my child talking about peer conflict and bullying?](#)

When it comes to talking to your child about peer conflict and bullying, once is not enough. Children need multiple opportunities to learn information and apply it in their lives. So how do you start the conversation?

Children may feel their situation is unique and that you wouldn't understand. Share a story about how you were teased or left out as a child. What did you do? Did it work? Who helped you?

Pick a book from the WITS book list at www.witsprogram.ca/schools/book-lists/, read it with your child and start a discussion. What WITS or LEADS strategies did the characters use? Did the book remind you of anything similar that has happened in real life?

Sometimes the best way to get your child talking is through teachable moments. When watching TV or movies, talk about characters' actions and how they resolved conflicts. When your child experiences conflict with a sibling or a friend, ask which WITS strategies might help.

Want to know more? Explore the Using WITS with Your Child section of the WITS website at www.witsprogram.ca/families/using-wits-with-your-children/.

Mark Your Calendar!

December

1st—Estey Art Program last session
5th—Hampton Christmas Parade
7-18th—Kids Helping Kids
7th—Christmas Concert Rehearsal
8th—Home and School Meeting
9th—Christmas Concert (two showings)
14th—PSSC Meeting
17th—Grade 5 Christmas Carols at HMS
18th—Last Day for Students

Looking Ahead: January

Tuesday, January 5th—First day back for students
Monday, January 11th—PSSC meeting
Tuesday, January 19th—Home & School Meeting

A reminder for the New Year that our school day begins at 8:25 am. Classroom activities begin immediately following the announcements at 8:30 am and teachers need to have everyone in class promptly. Thank you for your help in having your children arrive on time. This one small detail makes a great deal of difference to starting the day off right!

Skating



Thank you to ALL the parents who have volunteered to attend skating whether it was tying skates, being on the ice or just to cheer on our students. Your support is greatly appreciated! We will start the second round of skating Jan. 11th-March 24th (10 weeks) for 4Gold-ing, 4 Power, 3Salgado, 5Bradshaw, 5Kennedy & 3/4Veniot.

Hot Lunch and Milk Program

Our current round of milk runs from November 30-February 12th.

Our lunch tickets will continue to be sold after the announcements on Monday. Your child can buy a book of 10 hot lunch tickets for \$25. Most meals will cost one ticket (\$2.50 value). Hot lunch is pizza on Monday/Wednesdays, Hamburgers and yogurt on Tuesday (order placed on Monday) and Subway on Thursday (orders placed on Tuesday). We are excited to welcome a new provide: The Pita Pit (chicken pita & smoothie) on Friday (ordered Thursday) which will cost 2 tickets (\$5).

Kids Helping Kids

“Treat everyone with kindness and respect, even those who are rude to you, not because they are nice, but because you are.”

Hampton Elementary School has a lot to celebrate. We have many initiatives that encourage kindness to others.

Some students will be chosen by their teachers to have an opportunity to come to the “Kids Help Kids Craft Boutique” to make cards that will be distributed with presents that we are gathering in our annual campaign. After Dec. 16th, these cards and presents will be delivered to the Hampton Food Bank. It will then be distributed to the less fortunate for this Christmas time. Our goal is to instill the “gift of giving” while reinforcing gestures of kindness amongst peers.

This program could not be possible without the financial support of many organizations who also support this initiative. Our many thanks to them for teaching our children that acts of kindness toward others can give a feeling of fulfillment and pride.

Thank you in advance for your support and Happy Holidays!!

Happy
Holidays!



School Improvement Plan

2015-2018

The School Improvement Plan for Hampton Elementary encompasses four main areas. Literacy, Numeracy, School Climate and Enhancing Communication with parents about the School Improvement Plan. The plan is posted on our website and is reviewed monthly by staff and members of the PSSC. There will be updates in the monthly newsletters within areas of the School Improvement Plan.

Learning about Literacy

Goal #1 Literacy: To develop and improve instructional practices, assessment and intervention in Literacy

With Christmas right around the corner, the team at Learn Together, Grow Together wanted to emphasize family literacy opportunities through the holiday season. Our focus was on identifying everyday occasions to learn while participating in holiday activities. These were some of the ideas shared by our program families.

1. Sharing a children's book. Some of our family's favourites were:

- *Pete the Cat Saves Christmas* – Eric Litwin
- *How the Grinch Stole Christmas* – Dr. Seuss
- *Santa's Noisy Night* – Julie Sykes and Tim Warnes
- *A Porcupine in a Pine Tree: A Canadian 12 Days of Christmas* – Helaine Becker and Werner Zimmerman
- *The Penguin who Wanted to be Different: A Christmas Wish* – Maria O'Neill

2. Singing together as a family. Some of our family's favourites were:

- Jingle Bells
- Frosty the Snowman
- Rudolf the Red Nose Reindeer
- Deck the Halls

3. Cooking and baking together for family and friends. Some of the favourite recipes shared were:

- Gingerbread
- Sugar Cookies
- Egg Nog
- Spicy cheese ball

4. Spending time with family. Some of the favourite holiday activities were:

- Playing games (Scrabble, Boggle, Zingo)
- Writing letters to Santa
- Tobogganing
- Decorating the house (or a gingerbread house)
- Building a snowman and writing about it

5. Writing Ideas

- Keep a Captain's Log, a Personal Diary, or a Writing Journal. Write in it often.
- Go to www.writingfix.com and find Writing Prompts on the left menu. Try some of them!
- Start your book of "Top Tens" such as Top Ten Favourite Ice Cream Flavours, Top Ten Pets, or Top Tens of your own.

As you can see from our list, there are many opportunities for you and your children to foster literacy during the holidays when activities are done together as a family. Have fun creating holiday memories this season!

<http://www.familit.ca/blog/?tag=holiday-literacy-activities>

Numbers, Numbers, Everywhere

Goal #3 Numeracy: To develop and improve instructional practices, assessment and intervention for Numeracy

The countdown to Christmas has officially begun! Many of us have seen or even use the traditional Advent calendar, which houses a delicious chocolate behind each of the 25 doors leading up to Christmas. Children love these calendars and the excitement that comes with the Christmas countdown. Here is a fun list of Advent ideas and Christmas activities to share with you. These ideas combine fun and learning into creative Christmas experiences and potentially new traditions that your children and family will love.

25 Books for Advent



Unwrap one book a day to read as a family. Some of our favourite numeracy-themed books to share are:

- *12 Days of Christmas* – Rachel Isodora
- *The Doorbell Rang* – Pat Hutchins
- *Bedtime Math* – Laura Overdeck
- *Christmas Activities MATHS* – Irene Yates
- *A Frog in the Bog* – Karma Wilson and Joan Rankin

Advent Activity Envelopes



Choose 25 fun family activities and secure each one in an envelope. Choose one envelope to open each day and enjoy! Some of the numeracy activity ideas we share are:

- Baking
- Holiday theme BINGO
- Make paper snowflakes and explore their unique shapes
- Craft Christmas cards or write your wish list
- Go for a walk and count how many houses are decorated, predict how many Christmas trees you will see, or collect pine cones along the way to turn into Christmas crafts later

In addition to Advent calendars, there are many fun ways to bring numeracy into your Christmas activities.

- Wrapping gifts – a fun way for children to utilize their measuring and estimation skills
- Christmas baking – a delicious way for children to follow a recipe and practice their ordering, number sense, and prediction skills
- Decorating the house – gives your children the perfect opportunity to use their pattern, shape, and sorting skills
- Making Christmas wish lists and shopping for gifts – offers a great chance for children to discover counting, money sense, and emergent budgeting skills

<http://www.familit.ca/blog/?p=1592>

PSSC—Parent School Support Committee

Next Meeting:
Monday, December 14th
6:30 p.m.

The PSSC met on November 9th, 2015. One of the responsibilities of the PSSC is to engage with parents and the community.

Engaging with Parents and the Community

Communicating and engaging parents is a key part of the PSSC's responsibilities. Parents play a critical role in their child's education, however, drawing them in to schools and forging constructive parent-school relationships can be challenging. Here is a short list of ideas for communicating with parents and getting them involved with your school.

- Generally, the Chair and Principal will work together and share responsibility for communications about the role of PSSC, generating interest in the elections, and encouraging participation.
- Information can be provided in writing to parents, teachers and students and PSSCs can also help encourage participation by giving presentations, hosting discussions and talking to parents one-on-one about the important work of the PSSC in your school.
- The school website, local public service announcements, and social media can also be used to promote awareness of the work being done by the PSSC and events such as upcoming elections.

At our December meeting we will be sharing some treats and discussing the Draft ASD-South Attendance Policy which was provided at our last meeting.

Home and School Association

Santa Claus Parade

Hampton Elementary School is putting a float in the Santa Claus Parade on December 5. This year's theme is Christmas in Toyland so all kids on the float or walking beside the float are strongly encouraged to wear costumes to look like toys (i.e. princesses, transformers, clowns, teddy bears, toy soldiers, etc). Children of parents who volunteer working on the float will be the first to sit on the float but any students are welcome to walk beside the float. There will be a decorating meeting on Wednesday, December 2 in the HES library from 6 PM - 8 PM. We are looking for red, green, and silver bristol board, wrapping paper, boxes, and to borrow Christmas lights, large stuffed animals, and anything that looks like a large toy. Please put your name on items you would like back. The final float preparation will be at 9 AM on Saturday December 5 (location TBA). Note that the parade will be starting at the Hampton High School so children can be dropped off at the float before the parade (time TBA in Talkmail) and picked up at the Hampton Elementary School directly after the parade.

Movie Night

The Home & School Association will be presenting the movie Arthur Christmas in the HES gymnasium on Friday, December 11 at 7 PM, doors open at 6:30 PM. Admission is \$2.50 and a concession will be available. Please bring your chairs and/or sleeping bags.

Home & School Association

- Thanks to everyone for coming out and making the Minions movie night a success!
- H&S just purchased a popcorn maker which will be available at movie nights, Big Fair Day and other special events at the school.
- H&S is holding 50/50 and gift basket raffles at the Christmas concert. Any personal or business donations (eg. gift cards, vouchers) would be greatly appreciated. Please send them to the school or bring them to the December meeting. Please let us know if you can sell tickets during the concert you are not attending.
- Next meeting will be December 8 at 6:30 PM in the HES library.

Coffee Fundraiser

Please get your coffee orders in by Wednesday, December 2. The class with the most orders wins a hot chocolate party.

Thanks to everyone's support for the Coffee fundraiser.

Next Meeting:
Tuesday, December 8th
6:30 p.m.



Inclement Weather Procedures

Schools may be closed early on days when the weather conditions are anticipated to deteriorate significantly during the day. Every effort will be made to notify parents by telephone for students in Kindergarten to Grade 5. We use media, voice mail and email. Families are reminded of the importance of ensuring alternate arrangements are in place for their child(ren) in cases when they or another adult will not be available to be home.

<http://web1.nbed.nb.ca/sites/ASD-S/Pages/Inclement-Weather-Policy.aspx>



Policy 711—Healthy Eating

The holidays are a fantastic time to indulge and enjoy foods and beverages that aren't normally part of your repertoire. However, there are also many opportunities to get off course with healthy eating. Here are a few tips to enjoy yourself while also keeping good nutrition top of mind for everyone in your family.

Follow the 80-20 rule of eating - Over the holidays enjoy treats 20 per cent of the time and eat healthier choices 80 per cent of the time. By doing so, you will avoid food binges and won't feel like you are depriving yourself of indulging in some treats.

Keep fruit and veggies on hand - Whether it's decorating the tree, baking, or munching between meals, keep a plate of cut up fruit and vegetables available for family members to snack on. Simply having these available will reduce the urge to snack on less nutritious items.

Grab a plate - When a buffet of choices is before you, put a few items on a plate rather than just lingering and nibbling. This will allow you to move away from the buffet table, enjoy your items and then decide if you are hungry for more.

Pre-party snack - Before heading to a gathering, have one healthy snack at home - a yogurt, piece of fruit or vegetable sticks with a glass of water. This will take the edge off your hunger so you're not ravenous once you arrive, and the water will help hydrate.

Substitute - There are many things you can choose to reduce the calorie and fat content of your recipes and indulgences. Some examples are: lower fat eggnog, lite cheeses in recipes, having cranberry or spritzers, choosing gingerbread over shortbread, vinaigrette vs. creamy salad dressings. The holidays are meant to be a time of enjoyment with friends and family, so try to keep a few of these points in mind and enjoy what this season has to offer - Happy Holidays!

Blanchard's Brainteaser

You need to make 210 snowballs to build the perfect snow fort. You can make 15 snowballs in an hour, but 2 melt every 15 minutes. How long will it take you to make the total number of snowballs needed?



Physical Education Corner



The students at Hampton Elementary enjoy playing lots of sports, and basketball is one of them! This term we have begun our unit of basketball. Students are practicing their skills of dribbling, passing and shooting. These skills are learned through a variety of fun games rather than basketball games.

Mrs. Stewart

<http://hamptonelementarype.weebly.com/>



Explore Math Websites

<http://www.mathstories.com/>

<http://www.mathplayground.com/>

<http://www.aplusmath.com/>

<http://www.funbrain.com/>

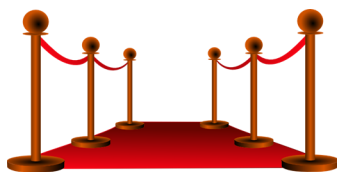
Lost and Found

Please take a moment to visit the lost and found at our school. This area is located near the change rooms outside the gym. It is full of clothing items that definitely should be missed by families! All items will be on display during parent teacher conferences so please take a peek along the hallway outside the gym!



VIP/Best Seat in the House Concert

This is our second annual fundraiser for the Hampton Food Basket. The week before concerts, our students will be bringing home a booklet of three tickets (\$2 each or 3/\$5). Please indicate which concert you are entering the draw for. Two tickets will be chosen to win VIP Parking and VIP seating for our Christmas Concert. As you know these concerts are packed and the winner will be able to park without a fuss and have the best seat in the house! Extra tickets are available in the office if you want to increase your chances!



Concerts:

Please join us on Wednesday, December 9th for our annual Christmas Concerts. This year there will be two showings.

The first at 8:45 AM (5Bradshaw, 5Schofield, 5Val-
lis, 5 Kennedy,
4Power &
4Golding); and
the second at
10:30 AM (4
Long, 3/4 Veniot,
3 Salgado, 3



Aubin-Martin, 3 Leblanc) If you have children in both of these groups, you can choose one to attend. A donation to the Hampton Food Basket is recommended in lieu of an admission fee.

Extra Clothes

As we head into November, it is always a good idea to send along some extra clothes with your child. An extra pair of dry socks and mittens is always a good thing to have tucked into the backpack. At this time of year, warm boots are a necessity for our playground!



Thank you Parents

Thank you to all the families who have worked to support their child's learning during their first months of school. Thank you also to the Home and School committee, Parent School Support Committee and numerous volunteers for the endless amount of tasks they do for Hampton Elementary School. Hot lunch, Milk, classroom volunteers, library, recycling, fundraising, and clubs are only a few of the many jobs they do.



Ring a Bell for Mental Health

MLA Gary Crossman visited to share a morning announcement regarding the importance of youth and child mental health. Thank you Gary!





SPEAKING OF SPEECH AND LANGUAGE...

(FROM THE ASD-S SPEECH-LANGUAGE PATHOLOGY DEPARTMENT)

Tips to Help Your Child's Vocabulary Development

Introducing new words to a child doesn't have to be time consuming; just a quick conversation about a word during a reading or another opportunity can open up a whole new level of understanding for that child. Be careful in choosing what words to talk about, and make sure that reading doesn't become a "chore" by turning pleasure reading into a vocabulary lesson. The best words to explore with a child are words that come up on their own due to the curiosity of the child, and are usually words that are common among adults, but less common in the reading that the child does.

When talking about a new word with the child, be sure to keep the following hints in mind:

Provide a kid-friendly, easy-to-understand definition of the word that you've come across or that the child has asked about: Ex: ***Scrumptious*** means something that is really, really tasty.

Give the child a kid-friendly example of the word in his/her everyday life: Ex: Remember those ***scrumptious*** cookies that Grandma made? They were so chocolatey and delicious!

Encourage the child to come up with an example of his/her own: Ex: What can you think of that is ***scrumptious***? Did you eat anything really delicious today? You're right...that pizza was ***scrumptious***! I can't wait to eat it again!

Keep using the new word(s) as much as possible at home and while you're out and about. Or, make it a challenge and see how many times the child and/or family members can properly use the word in context throughout the day!

Going forward, take advantage of any opportunities to use the new word in conversation to keep introducing the child to the word's uses. Talk about things you see around town, throughout the neighborhood, or that you see on TV, books, texts, stories, etc. These real-life examples will help build the child's understanding of the new word(s).

Use interesting new words with your child that he or she may not have heard or read before: Ex: "I know you'd love a snow day tomorrow, but the ***probability*** is low. Maybe next week!" or "Great job on that math test! You are so ***intelligent***!"

Enjoy watching the child's new vocabulary grow and the pride he/she feels when she uses a word in the right context! (From: <http://www.readwritethink.org/parent-afterschool-resources/tips-howtos/talk-expanding-child-vocabulary>)

Guidance Corner

TALKING ABOUT MENTAL HEALTH - Heading into the Holiday Season

For many people, the holiday season is a joyous time, one that lifts, a time when we gather with family and friends to share traditions immersed in food, music, and gift-giving. We anticipate the excitement of children, and are often cast back into memories of childhood.

That is one version of the holidays. But it most certainly isn't the story for everyone. The holiday season is a very difficult time for many, many people. In the two weeks before and after the holidays, suicide rates rise by 40%, couples are more likely to break up, depression worsens in adolescents and adults, and domestic violence rates peak. Financial pressures are felt at the holiday season. Substance use increases. People who suffer from depression or who are grieving the loss of a loved one often find the holiday season excruciating. Loneliness and isolation are felt acutely during the holiday season.

The following text has circulated on social media, some of you may have seen it making the rounds. I don't know who the author is, so I cannot give credit, but I think it has an important message as we head into the holiday season.

Some thoughts as we enter the holiday season. It is important to remember that not everyone is surrounded by large wonderful families. Some of us have problems during the holidays and some of us are overcome with great sadness when we remember the loved ones who are not with us. And, many people have no one to spend these times with and are besieged by loneliness. We all need caring, loving thoughts right now. May I ask my friends...to give a moment of support for all those who have family problems, health struggles, job issues, worries of any kind and just need to know someone cares. Do it for all of us, for nobody is immune.

For anyone, the pressure to "get it right", to create a magical holiday season, and to indulge loved ones and fulfill dreams, can make one dread the season. For those who struggle with not enough time, energy, or money - which is most working families - the pressure can be intense. But it does not have to be that way. You can protect yourself and your family from undue stress at the holiday season.

Continued on next page...

Guidance Corner continued

1. Learn to say no. The holiday season offers an open invitation to over-book and run yourself ragged. Learn to say no to the things that you have neither the time nor energy for. Embrace those events that feed your soul and bring you comfort and enjoyment. But say no to those that will take more physical or emotional energy than you can spare. Learn to say, "I would enjoy this, but know I simply cannot do it at this time. Thank you."

If yours is a blended family and your children have multiple homes to visit, reduce the number of other events even further; no matter how excited children and youth might be for the holiday season, they too only have so much room for multiple commitments. They will take their cues about self-care and stress management from you. Show them how to say no.

2. Adjust unrealistic expectations. Your children will not be scarred for life if you buy your tree from Canadian Tire instead of hand-cutting it in the bush. A string of lights in the shape of a tree, twinkling on a living room wall can work just fine if need be. It is not about the tree. If these things bring you great joy and fit seamlessly into your life without adding stress, fine. But if not, don't put pressure on yourself to do them. Instead, focus on why you celebrate this season, on peaceful, quiet time with loved ones, and on finding some reflective time for yourself.

3. Make a list. This is a time when a list can really help you set clear goals and limits. Make a list of all the preparations you would like to do. Then review the list and strike out all those things that are unrealistic, excessive, or that you probably won't get around to. Take them off the list because leaving them there will add stress. Leave only those that are possible and will bring you joy. Then cut that list in half. Seriously.

Most importantly for your list, set a deadline after which your preparations are done. You might not have found that last perfect stocking stuffer, but your loved ones will have a calmer and happier you, and that will be the best gift of all.

4. Anticipate the hard parts. Family tensions and difficult relationships are not magically healed at the holiday season. In fact, with all the pressure to have a good holiday season, families are often on edge and at their worst.

If you can't avoid difficult relationships, get creative. Plan an activity for the family - board games, a sport, or a long hike after dinner - to avoid the tensions that can arise sitting face-to-face. Keep the planned visits short and limit the alcohol, which can fuel emotions otherwise kept under wraps. A short holiday season breakfast might work better than a dinner. Don't be afraid to change it up.

5. **Know your limits.** Know your limits and ask people to respect them. You do not have to allow your (or others') children to run wild if it exhausts them and everyone else. The family rules still apply. You also do not have to put up with ill-behaved relatives or friends, no matter what the season. Similarly, don't put pressure on people to be joyous if they are not. We are all travelling different paths; you can't always know what someone is dealing with.

If you have teens, be understanding. They often have mixed feelings at this time, a combination of child-like excitement but also embarrassment about it. Protect them from the criticism of relatives, who often feel compelled to point out teens' flaws to parents. And avoid the urge to nag if your adolescent flops on the couch like a boneless chicken, looking bored, disinterested in family activities. Be patient. Adolescence is temporary.

Avoid unhealthy forms of coping. Don't short-change your sleep or eat or drink too much; it never helps. Exercise, rest, good nutrition, and self-acceptance do help. If you are someone who over-does it, ask yourself why. It is probably a response to stress.

6. **Don't be a slave to tradition.** This one is difficult, because we invest emotionally in our traditions. They connect us together with our spiritual, familial, and cultural histories. They are a source of comfort in troubled times and they can be a source of joy. But if traditions become rigid expectations, they become a source of pressure or anxiety if something happens and the tradition cannot be upheld. So remember that traditions are just markers of our values, our loves, and our lives, but are just markers - they can be changed, left out, or recreated anytime and it does not diminish us or the meaning of the holiday season.

7. **Be kind to yourself and others.** This is the most important of all. As you learn to set reasonable limits for yourself, others often object. That's okay. They are just trying to manage their own expectations. Don't give in, but be understanding of their confusion. And if someone disappoints you, reach inside your loving self for compassion and understanding. Maybe that person is experimenting with his or her own limits, or struggling to cope with too many demands, or is just another messy, imperfect human. Like you and I.

You can avoid the stress and pressure of the holiday season and instead increase your ability to experience some peace and enjoy your loved ones. The sites listed below provide tips and suggestions for de-stressing the season. Take a moment and read some of them.

Dr. Lynn Woodford is the Mental Health and Addiction Lead for Upper Grand District School Board

<http://www.webmd.com/balance/features/keep-holiday-stress-minimum-learn-say-no>

<http://psychologytoday.com/blog/mindfulness-in-frantic-world/201112/the-holiday-season-stress-relief-mindful-ten-day-guide/>

Original post located here >>> <https://www.ugdsb.on.ca/uploadedFiles/jmc/December%20Newsletter.pdf>