



Stronger Together

Parkland School Division Family Supports Newsletter September 22, 2020

Dear parents and caregivers,

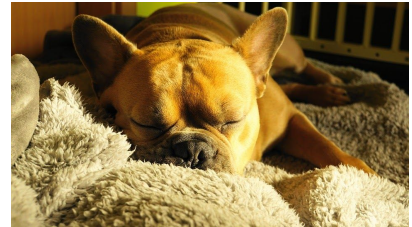
We have all experienced the frustration when we can't get our kids to go to sleep or to get on a sleep routine after a long break from school. Don't give up, sleep is important for your kids to be able to manage their emotions, learn and to maintain good physical and mental health. We have included some tips in this newsletter you can add to your toolbox.

Although this newsletter is long, please read right to the end for great information about community supports and free programs for your kids and teens.

Take care, Vicky Mamczasz -Family Support Facilitator, Dena Davis- Sunrise Supports Program Liaison

Why is sleep so important? ([FraserHealth.ca/SchoolHealth](https://www.fraserhealth.ca/SchoolHealth))

"Sleep is important for school because healthy students are better learners. Research shows when children and youth get enough sleep, they do better in school because they can concentrate better, remember things and behave well. Sleep is also important for students' overall physical and mental health. Research shows when children and youth get enough sleep they are better able to make healthy choices, and making healthy choices also contributes to better sleep."



Family Tips for Sleep with Joel Pukalo - Family Life Psychology - Stony Plain 780-963-7451

- Free online webinars
- Low cost counselling for children and adults

Sleep is an important and often overlooked element in emotional regulation. Developing an effective sleep schedule is a key component in supporting a child's physical, emotional, and mental wellness. Let's look at some general tips for sleep.

General Tips for Sleep

- **Schedule:** Determine a consistent bedtime and wake time each day. (Contact your pediatrician to determine the appropriate amount of sleep for the age and activity level of your child. Allow for slight variations of a sleep schedule for special events but try to stick to your schedule as much as possible).
- **Alarms:** Set daily alarms for bedtime and waketime. Encourage older children to be responsible to set their own alarms.
 - o **Bedtime:** Set an alarm half an hour before bedtime (ex. 8:30 pm if bedtime is at 9:00 pm) to cue sleep preparation routine.
 - o **Waketime:** Set an alarm for wake-up time. (For younger children, parents can also wake up their children. Working toward independence is preferable as appropriate.)
- **Pre-Sleep Routine:** Begin a pre-sleep routine at least half an hour before bedtime. A pre-sleep routine may include journaling, stretching, meditation, music, reading, taking a hot bath or shower, or other activities that help you relax. Try to avoid screen time, vigorous activity, sugary foods/drinks, or emotionally provoking activities before bed.
- **Falling Asleep:** Children who have difficulty falling asleep may benefit from focusing their mind on something else. Try listening to a calming audiobook or sleep story, breathing/counting techniques, or practicing visualizations of places that you've visited or new places you hope to travel.

If you are still having difficulty falling asleep consider consulting your medical practitioner to discuss further supports.

Additional Tips

Source: Mindell JA & Owens JA (2003). A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems. Philadelphia: Lippincott Williams & Wilkins.

- **Bedroom.** Your child's bedroom should be comfortable, quiet, and dark. A nightlight is fine, as a completely dark room can be scary for some children. Your child will sleep better in a room that is cool (less than 75° F). Also, avoid using your child's bedroom for time out or other punishment. You want your child to

think of the bedroom as a good place, not a bad one.

- **Snack.** Your child should not go to bed hungry. A light snack (such as milk and low-fat cheese) before bed is a good idea. Heavy meals within an hour or two of bedtime, however, may interfere with sleep.
- **Caffeine.** Your child should avoid caffeine for at least 6 to 8 hours before bedtime. Caffeine can be found in many types of soda, coffee, iced tea, and chocolate.

- **Electronics.** Keep electronics out of your child's bedroom. Children can easily develop the bad habit of "needing" the television to fall asleep. It is also much more difficult to control your child's television viewing if the set is in the bedroom.
- **Naps.** Naps should be geared to your child's age and developmental needs. However, very long naps or too many naps should be avoided, as too much daytime sleep can result in your child sleeping less at night.
- **Exercise.** Your child should spend time outside every day and get daily exercise, but if possible, limit exercise within 4 hours of bedtime.

A note from SleepFoundation.org on Night Terrors -

<https://www.sleepfoundation.org/articles/3-ways-tell-nightmare-night-terror>

How much sleep does your child need?

The Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years) recommends:



- Children aged five to 13 should get nine to 11 hours of uninterrupted sleep per night with consistent sleep and wake-up times
- Youth aged 14-17 should get 8-10 hours of uninterrupted sleep per night with consistent sleep and wake-up times
- The 2018 BC Adolescent Health Survey showed that B.C. students who slept for 8 or more hours were more likely than those who slept less to report positive overall health and mental health.
- Adjusting to an earlier bedtime is best done gradually, over a two-week period, if possible.

How do I know if my child is getting enough sleep?

(<http://www.med.umich.edu/yourchild/topics/sleep.htm#childrens>)

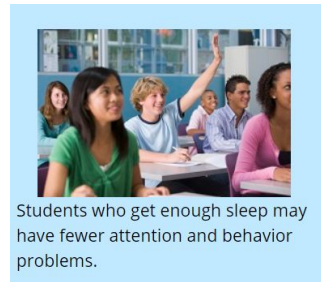
School-aged children still need somewhere between 9 and 10 hours of sleep each night. Your child is getting the right amount of sleep if they:

- Can fall asleep in 15 to 30 minutes
- Can wake up easily at the time they need to get up and don't need you to keep bugging them
- Are awake and alert all day, don't need a nap, are alert and awake in school



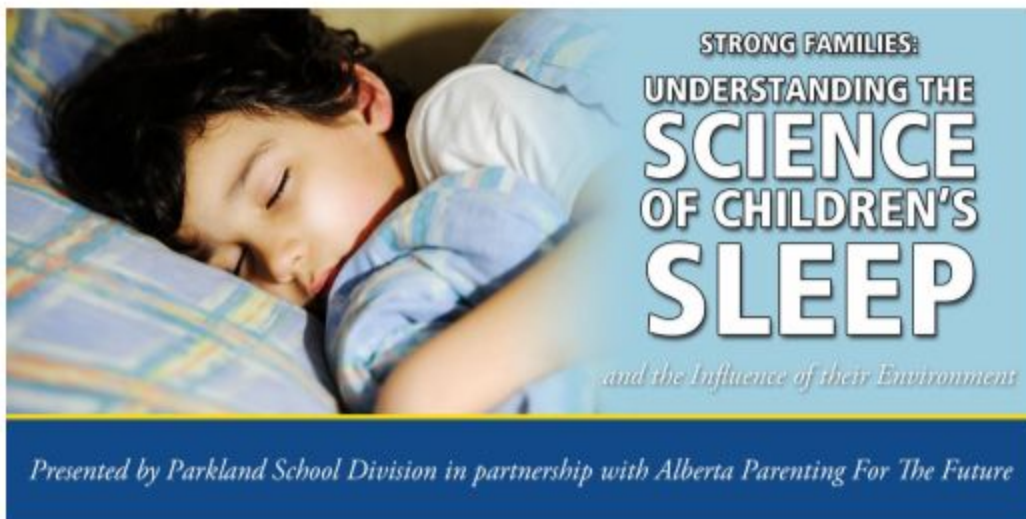
Tips for healthy sleep habits: (Fraser Health and Sleep Foundation.org)

- **Role model healthy sleep habits.** Parents and caregivers can role model healthy sleep habits for their children and youth, such as prioritizing healthy sleep, engaging in calming activities and limiting screen time before bed.
- **Limit screen time.** Bright lights from screens may interfere with the body's normal sleep-wake cycle. Set a schedule for use of electronic devices before bed.
- **Get Outside!! Daily physical activity.** Regular physical activity can improve sleep quality, just try to not exercise too close to bedtime.
- **Avoid sugary caffeinated drinks:** Make sure your students avoid sugary and caffeine-containing drinks, such as pop, iced tea, energy drinks, coffee or tea or hot chocolate, and limit overall.



Students who get enough sleep may have fewer attention and behavior problems.

- **Set the Scene:** A calming bedroom atmosphere can help ease sleep struggles. Be sure the room is dark enough (installing black-out shades can help) and the temperature is comfortably cool. A rumbling tummy can keep kids awake, so offer a light snack before bed. Ones to try: whole-grain crackers with peanut butter or a small banana.
- **Watch the Clock:** Staying up too late is a big reason kids aren't getting the sleep they need each night. In fact, a child who heads to bed too late can take longer to fall asleep and may wake more frequently during the night. Try to base your child's bedtime on his age and activity level and then stick to the appointed time during the week and on weekends. <https://www.sleepfoundation.org/articles/sleep-strategies-kids>



Strong Families Series: Understanding the Science of Children's Sleep

Parkland School Division is proud to partner with Alberta Parenting For The Future to present another FREE information session for local families.

We've all heard that getting a good sleep is essential to maintaining good health in both adults and children: it can improve our mood, concentration, physical coordination, memory and immunity, while reducing our risk of obesity, diabetes, high blood pressure and heart disease. Getting a good sleep, however, may be easier said than done, as numerous factors can influence each individual's ability to do so.

In our upcoming Strong Families session, Dr. Cary Brown, a U of A teacher and researcher in the areas of knowledge translation, health literacy, sleep, and chronic pain, will offer families practical tips for helping their children get quality sleep. Learn how to recognize signs of poor sleep hygiene in children, and how to manage the various biological and environmental factors in their lives to ensure they are able to get the best sleep possible.

Dates: **Tuesday, October 13, 2020**

Time: **6:30pm**

Location: **Online Zoom Webinar / Discussion Group**

Presenter: **Dr. Cary Brown** (University of Alberta)

In this session, we will discuss the basics of how biology and the environment interact to help or hurt sleep. Armed with this information, parents will be able to identify any problems with their child's sleep habits, and to adjust their child's bedroom to create the best conditions for sleep. We will focus on straightforward, low stress, easy-to-accomplish examples and options - let's get practical about children's sleep!

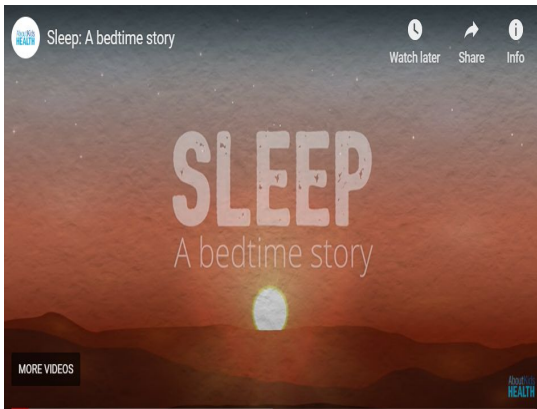
Please register early to reserve your spot by visiting
<https://www.eventbrite.ca/e/strong-families-understanding-the-science-of-childrens-sleep-registration-121630300503>.

For more information, please contact:

Vicky Mamczasz

Family Supports Facilitator

Email: vmamczasz@psd70.ab.ca



[Sleep tips: How to help your teen get a good night's sleep](#) (click the link above)

Create a relaxing bedtime routine for teens- About Kids Health

If your teen is having trouble sleeping at night, encourage them to take some deep relaxing breaths, focusing on their breath as it goes in and out. Deep breathing for five to 10 minutes may help your teen become more relaxed and sleepy. If your teen feels wide awake at bedtime, make sure their activities are relaxing to help make them sleepier. Encourage your teen to go for a short walk before bed, practise yoga, do some light stretching, read a book or write in a journal. You can also have your teen watch this animation, which will remind them how they can get ready for a good night's sleep.



[Guided Sleep Meditation for Kids and Parents | Relaxation Techniques for Anxiety](#)



[Can't Sleep? Guided Sleep Meditation for Kids & Parents | Relaxation Techniques for Anxiety](#)

Free Webinar



[Sleep Disorders and ADHD: Insomnia, Restlessness, Stimulants](#) In this free webinar from ADDitude Magazine Dr. Mark Stein will inform you about the impact of poor sleep on **ADHD**.

Try this activity free at Biglifejournal.com



Falling into Great Programs for Youth

Parkland School Division is proud to work with amazing community partners across Spruce Grove, Stony Plain and Parkland County. We know that healthy students are better learners. For this reason, we want to ensure that youth are socially, physically and emotionally supported. Please check out the following programs, supports and services. If you have questions or would like to get involved in the Parkland Area Youth Coalition, please contact Wellness Coordinator Felicia Ochs at fmochs@psd70.ab.ca

Tri-Region Bunch: a network of youth- serving providers committed to connecting youth with activities, resources, and safe adults in the Tri-Region . Check out our video on the [Community Compass](http://CommunityCompass) and visit us at bit.ly/triregionbunch.

Youth Mental Health Clinic

The Youth Mental Health Clinic is a referral-based specialty clinic offering wrap-around mental health services for youth ages 11-25. Services are offered by a multidisciplinary team consisting of Physicians, a Social Worker, a Behavioural Health Consultant, a Psychologist, and Community Connectors. The main focus for accessing the YMHC would be for diagnosing and managing ADHD, anxiety, and depression. Contact the Community Connectors listed below for your area. There is no longer walk-in therapy available.

Community Connectors

Community Connectors support youth ages 11-25 and their families in the Tri-region with accessing and navigating community and mental health supports and services by working collaboratively with a coalition of community stakeholders, social service agencies, and health care providers. Community Connectors work out of the Youth Mental Health Clinic, Parkland Area schools/outreaches, the Stony Plain Youth Centre, and the Lions Log Cabin Spruce Grove.

How can you access these services?

To access the Youth Mental Health Clinic or Community Connector services, please contact the Community Connectors listed below.

Prab – Spruce Grove & Greater Parkland Area

email prab.gill@westviewpcn.ca or call/text 780-217-8701

Michelle- Stony Plain & Greater Parkland Area

email michelle.enright@westviewpcn.ca or call/text 780-217-4146

Check out the Community Connector Instagram [@triregioncc](https://www.instagram.com/triregioncc)

Family and Community Support Services (FCSS)

FCSS provides prevention focused programs and activities that enhance the quality of life for residents of the region. Find our current program guide for all ages here. <https://conta.cc/3IHClxP>

Community Helpers Program - Free



COMMUNITY HELPERS PROGRAM

Are you the person people come to for help?
Do you want to be able to help others?

Week 1: Ethics, assumptions, and supports
Week 2: Setting the stage for helping.
Week 3: Helping as a process
Week 4: Helping yourself
Week 5: Setting Boundaries
Week 6: How to respond to a crisis
Week 7: Mental health awareness
Week 8: Suicide facts and myths

Tuesdays – Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10
Wednesdays – Sept. 23, 30, Oct. 7, 14, 21, 27, Nov. 4, 18
Register: 780.963.8583, email pfcss@stonyplain.com

FREE PEER TRAINING ONLINE FOR YOUTH 11-18
Choose Tuesdays or Wednesdays 4:30-6:00 p.m.

A free peer training program to empower and build skills in youth to enable them to support friends and peers safely. This program is an Alberta Health Services program.

- The program runs online for 8 weeks. Choose Tuesdays or Wednesdays from 4:30-6:00
- Register by calling 780.963.8583 or email pfcss@stonyplain.com
- Links will be sent to participants prior to first session.

safeTALK - \$50, subsidy available



safeTALK
Suicide Alertness for Everyone

Be prepared. Take an introductory course about suicide. Get comfortable talking about suicide, learn to recognize the signs, connect persons with thoughts of suicide to suicide first aid resources. You don't have to be a health care professional to help.

September 24
Choose: 9:00AM-12:30 PM or 1:30-5:00 PM
Location: 4613 52 Ave #107, Stony Plain
Register: 780-963-8583
Cost: \$50+GST *Subsidy available Age 16+

COORDINATED SUICIDE PREVENTION PROGRAM

Learn the basic steps for suicide prevention, how to spot the signs, connections for safety, and getting comfortable talking about suicide.

- 16 years +
- Cost \$50, Subsidy available
- Register at pfcss@stonyplain.com or call 780-963-8583
- September 24. Choose morning 9-12:30 or afternoon 1:30-5p.m. session
- Location 4613 52 Ave #107, Stony Plain

For more information about suicide visit our website at <https://www.thecspp.org> or contact Angela at 587-338-3802 afetch@stonyplain.com

FCSS--Stony Plain Youth Centre

As of September 1st, the Stony Plain Youth Centre will be reopening for limited in person activities and programs!! We are geared towards youth aged 11 to 17 and are located at 4902-51 Avenue in Stony Plain. 😊

Things will be looking a bit different and we will all be learning and adjusting as we go.

We will be open Tuesdays and Thursdays from 2pm – 6pm for scheduled activities and/or programs and you must register in advance.

We have set up a new booking system so you can save your spot, whether it be for one of our "Activities of the Day" or reserve some time at a computer station.

Look for the new "Booking" button at the top of our Facebook page, check the link in our Instagram bio, go to our webpage or give us a call to save your spot! 📞

As with most places, you will need to social distance, sanitize and wear a mask to participate, so bring one if you have one. But don't worry, we have some extras if you don't! 🧴

You will also be asked a few screening questions once you arrive--and anyone exhibiting symptoms, will sadly not be allowed to participate. So if you aren't feeling well, please stay home and rest up till you are feeling better! 😊

Find and follow us on Facebook, Instagram or Snapchat for up to date info and to find out what will be happening each week!

Thank you for your ongoing patience, and we can't wait to see you!



Collaborative Communication Program

A special 4-part YOUTH series to learn about conflict styles, listening to understand, and assertive communication. It is never too early to start strengthening your communication skills!

When: Thursdays, October 15-November 5th from 4:30PM-6PM

Location: ZOOM link to be provided

Register: (780) 968-3846

Cost: FREE

GEARS Program

Gears program is a six week program that provides youth with the opportunity to develop tangible skills and build positive relationships while working on bicycles. The program is a mentorship model where staff work alongside youth to repair bikes. There is VERY limited space available for this program, so make sure you register soon!

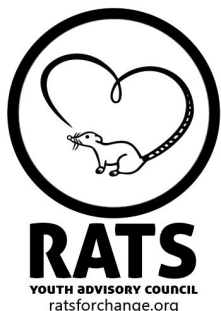
Who: Youth 11-17

When: Thursdays, from 6-8PM starting October 1st till November 5th

Location: Stony Plain Youth Centre 4902-51 Avenue.

Register: (780) 968-3846

Cost: FREE



RATS (Respect Advocacy Togetherness Support) Youth Advisory Council

This youth led group connects youth passionate about wellness to opportunities to improve mental health outcomes in the region. The Rats Youth Advisory Council is based in the TriRegion and connect online through Discord or in person. Projects are designed and led by youth including the current project Infectious Tales. This group provides opportunities to innovate, advocate, and build skills in the area of wellness and we take time for food and fun. Project Coordinator is Jason Gondziola jason@mtset.com contact to connect.



**Spruce
Grove
Public
Library**

Spruce Grove Library - <https://sgpl.ca/programs/virtual-reading-clubs>

Virtual Reading Club for Teens

This teen-based group is so much more than a traditional ("boring") book club: there'll be vlogs, read alouds, discussions and goofy videos galore.

Tech Bowl

Take a splash into our Tech Bowl this fall! Some of your favorite tech from our old Innovation Lab that has now transformed into the Tech Tank.



Stony Plain Library - <https://mysppl.ca/>

Virtual Events

- Kids Can Cook
- Builder's Club
- Parkland Poets Society
- Thursday After School Events
- Virtual Escape Rooms

Reach out for support...

Youth Mental Health (Westview Primary Care Network) - call in for an appointment - 780-960 - 9533 ext 221
Community Connector - Michelle Enright - 780-217-4146 (Stony Plain)
Community Connector - Prab Gill- 780-217-8701 (Spruce Grove)
Youth Mental Health - Northgate Walk In Clinic (AHS - 780-342-2700
MOBILE/AFTERHOURS CRISIS TEAM: 780-407-1000
Mobile Addictions Support - Lisa Kimmerly - 780-868-1895
Parenting support (APFA) - Triple P Parenting - Rebecca Plante - 780-963-0549
Adult Crisis Response - 780-342-7777
Support Network Distress Line - 780-482-4357
Adult Mental Health Referral and Treatment - 780-342-7700
Parkland School Division - Family Support - Vicky Mamczasz - vmamczasz@psd70.ab.ca
Sunrise Supports - Dena Davis - dgdavis@psd70.ab.ca