

Parent Engagement



I can't sleep!

After years of being a sound sleeper, your grade eight kid is up rumbling around until almost midnight. He's tired and you're sick of having to pry a sleepyhead from his bed every morning.

Insomnia tends to develop during the second stage of puberty, around the time girls get their period and boys' voices drop. At this stage the body clock gets reset. Adults normally feel sleepy at about 10 pm, when the body releases a hormone called melatonin. In adolescents, the release shifts one to four hours later, and production continues until about 10 am.

According to the Canadian Paediatric Society, preteens and teens need 9 or 10 hours a day to support healthy growth and development. Studies show most don't get that much sleep, which means they're irritable and drowsy at school, and unable to work well. What helps?

A bedtime routine is important to signal the body that it's time to wind down: a hot bath, getting into pyjamas and reading in a quiet room might help.

A light snack — a warm mug of milk, and some toast or a bowl of cereal — might encourage sleep.

Avoid stimulants — coffee, tea, colas — past mid-afternoon.

Darken the room. Light interferes with melatonin secretion while darkness stimulates it.

Power down. Technology keeps kids up, so ban devices from the bedroom or at the very least, at bedtime.

Talk about anxiety. Ask if she's worried about something. If you notice mood changes or you're concerned, suggest a visit to the doctor.

Healthy Classroom Celebrations

Classroom events can be fun, exciting ... and healthy! For your child's next classroom celebration you can help to make the healthy choice the easy choice and send a nutritious treat for everyone to enjoy.

Try one of these healthy menu ideas for classroom celebrations:

- Fresh fruit kabobs with vanilla yogurt for dipping
- Whole grain crackers and lower-fat cheese cubes
- Air popped popcorn and fresh fruit
- Whole grain muffins and fresh orange wedges
- Fresh vegetable sticks with dip

Providing healthy snacks not only supports the Ministry of Education's School Food and Beverage Policy (PPM 150), but also reinforces the classroom healthy eating lessons and role models healthy eating behaviours to our students.

Mental Health Minute

Five more tips to promote mental health in your child or youth

Teach children how to reach out to others when they need help and support.

Always take children's concerns and worries seriously. Children and youth may believe that their feelings don't matter if we dismiss their feelings.

Spend positive time with them, to build a good, trusting relationship.

Help them face stress, and cope with it in a positive way.

Have appropriate expectations, limits and consequences for behaviour.

If you found these tips helpful, you might like "Tips for Parents on Building Healthy Relationships with their Teenager" found at www.tdsb.ca



Social Media — Values and Risks

A Special Event for Parents and Students



Saturday, April 21, 2012
Lady Mackenzie Public School
10 a.m. to 4 p.m.

Sponsored by the Trillium Lakelands District School Board
District School Council - Parent Involvement Committee. Organized by
the Lady Mackenzie Public School Council.

10:00 - 10:15 a.m.	Introductions
10:15 - 11:45 a.m.	<p>Keynote Speaker: Marc Saltzman <i>“Social Media — Values and Risks”</i></p> <p>Marc Saltzman is a TV and radio personality and leading expert for consumer electronics, computers, internet, and video games.</p> 
11:45 - 12:30 p.m.	<p>Keynote Speaker: OPP Provincial Constable Carrie Lanning <i>“Social Media and Cyber Bullying”</i></p>
12:30 - 1:30 p.m.	Lunch — pizza will be available for a small fee
1:30 - 2:30 p.m. (First Block)	<p>Workshops</p> <ul style="list-style-type: none">• Facebook and Twitter: Learn how to use them safely• Technology in Schools: Technology use in the classroom• Assistive Technology: Learn how to use your electronic device• Helping your kids at home
2:30 - 3:30 p.m. (Second Block)	
3:30 - 3:45 p.m.	Closing Remarks
All Day — Electronic Gadgets and Tech Corner — Local Businesses show/display/information	

Workshop space is limited, so reserve your spot early!
Register at www.tdsb.ca, or contact Lady Mackenzie Public School at 705-438-3371.



Child care is available!

