

Keeping **YOU**th Connected

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Tips For A Great School Year

Starting a new school year can be exciting, it can also be stressful. You are soon going to be starting new classes, making new friends, doing homework, getting used to an earlier routine, and with all trying to manage your time. Here are some tips to help you have a successful school year with less stress.

GET YOUR REST!

You need to rest to be your best! Getting enough sleep during the school week is important to help you be awake and alert during the school days. Get back into a routine of going to bed at a decent hour and waking up with enough time in the am to get your day going on the right track.

FUEL YOUR BODY!

Start your day off with a healthy breakfast. If you are not a morning eater, pack something to snack on between classes. Your body needs fuel throughout the day, it is important that you give your body the nutrition fuel and don't skip out on lunch. If you are having trouble packing a lunch, talk with someone at your school to find out what programs are available to ensure you are getting the nutrition your body and mind need.

GET CHATTY!

Your peers are going to be with you all year long, so take the time to get to know them during breaks. In addition to making new friends, this is a great way to meet people who might be in your classes and help you out with difficult problems in class.

DESIGNATE YOUR HOMEWORK AREA!

Find an area at home that is free from distractions to help you concentrate. Set up your favourite pen cup and other things you will need to be able to just sit down and get started. Make it your space and be proud of the work you are going to accomplish in it.

BE PREPARED FOR EACH DAY!

Getting your stuff ready the night before will help cut down the morning rush and give you a positive start to your day. Lay out your outfit, pack your books and other things you will need, prepare your lunch, and get parent forms signed - all the night before. Now that your ready, why not add to your positive morning by placing a note on your mirror to give you that extra boost in starting you day off great!

DON'T SWEAT THE SMALL STUFF!

If you're feeling anxious even the smallest things can bug you. **Take a deep breath**, finish each day knowing that you did your best in that moment and have done what you could. Tomorrow is a new day with new opportunities.

Priscilla's Corner

Tansi Nitotem!

School is coming up soon and I wanted to talk about your amazing brain! One of my life lesson's that I learned along the way, is that "Knowledge is Power". For me that means that the more we know (whether it is about the way we live our lives or what we want to do in the future) the more choices and decisions there are within our control.

If you have chosen a career, you can learn and then decide how you are going to accomplish that. If you decide to travel, or purchase a big item, how will you make that happen for you? What do you need to learn?

Believe that you can learn anything! Tell yourself that every day. Remember that it is important to take care of your brain. Think about when you are able focus or not focus, now think about what makes it helpful to focus and apply to those difficult times.

Think about how being connected mentally, emotionally, physically, and spiritually can be a part of your learning. I also believe that we learn best when we are relaxed, happy, physically healthy and able to share our thoughts, feelings and prayers.

You can do this! Here are a couple of videos that might be useful, they are both short, less than 3 minutes long. Click on the play button or copy the link.

 This video talks about our brain and the connection to learning. We can be aware of our need for health.
<https://www.youtube.com/watch?v=uqGz7uqoPZ4&list=PL4111402B45D10AFC&index=8>

 This video talks about our growth mindset and the connection to learning. How we can grow our brains.
<https://www.youtube.com/watch?v=ELVUqv0v1EE&list=PL4111402B45D10AFC&index=1>

Happy learning, Ekosi Maka.

Someone is always here for you!

AHS Mental Health Line: 1-877-303-2642

KTC Counselling Services: Contact Health Centre

First Nations Inuit Hope for Wellness: 1-855-242-3310 (24 hours)



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.

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Activities for Youth



Ot-atoskîwîyinowak they work for the people

CHALLENGE OF THE WEEK

Create Your Soundtrack

What songs get you going in the morning? What songs help you relax at night? What songs make you feel happy the moment you hear them? What song connects you spiritually? What song helps you focus? Put all these songs into a playlist and have your soundtrack ready to listen to when you need it. *"Music is what feelings sound like"*

DIY PENCIL CASES

Here are a few different ways to make your own pencil case that you can make unique to you! Make one for yourself or for your friends.

(Click on the picture to watch the video or copy the link)



Felt Fabric with Velcro or Zipper Case

<https://www.youtube.com/watch?v=42NAzwajTCY>



Turn your old Jeans into a Pencil Case

https://www.youtube.com/watch?time_continue=93&v=nYVYgTNe8Xk&feature=emb_logo



Sandwich Ziploc Bag Pencil Case

<https://www.youtube.com/watch?v=VwOrWxs1MVU>



Fabric Roll Up Pencil Case

<https://www.youtube.com/watch?v=M3eNnrhVQos>



Recycled Bottle Pencil Case

<https://www.youtube.com/watch?v=8mVpl34OOHA>

GAME OF THE WEEK

Can you find all of the hidden words below?
(Some are backwards!)

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U W T L Z S H N T L K L Q J G
U R L W Q X B S R D C A B I N
H E G M H A E G Q E K A L N K
I L S O D R N S O L T U Z I S
K C Q W O M L I U D T N W O T
I C A F I O S M M N Z M A P N
N M A M B M J D C A S T E L E
G M G P P I M S O C L H C J T
D V N M K F T I Z O B S I S U
N R V U W C I C N Z W C U N H
H B W B R U A R R G C G E I E
M N A T U R E B E T U E Y B G
G Y C S X E Y N E A R A Y E P
U B E A R O G M X G B N I H J
W Y Q O N E O N A C O E V C H
    
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August
Sunshine
Canoe
Swimming
Nature
Cabin

Campfire
Backpack
Woods
Forest
Lake

Green
Hiking
Animals
Tent
Lantern
Bear



NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for counselling supports.