

# Keeping **YOU**th Connected

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Homework Tips: Easy Ways To Get It Done

It might take sometime to get back into the habit of doing homework, but putting it off can result in falling behind. It might be hard at first but keep using these tips and it will start to get easier. Learn how to get organized and stay on track with this easy hacks from <https://ofy.org/blog/homework-hacks-8-tips-get-done-faster/>

## PLAN & MAKE A LIST

Figure out how much time you have to do your homework, then make a list of all the different assignments you need to get done. Guess on how much time you will need for each. Once your list is complete you can start on it and go right through it instead of stopping to think about what to do next. It will also feel great to cross items of your list.



## GET EVERYTHING READY

Since you have figured out all your assignments on your list, take a few minutes to gather all that you will need (book, pencil, calculator, etc.).



## FIND A QUIET PLACE

Find a place to work that has little distractions. Doing homework in-front of a TV can be very distracting - remember the faster you get your homework done, the faster you can get back to other things you like to do.



## EAT SNACKS AND DRINK WATER

Having light healthy snacks and drinking lots of water helps revitalize your mind and body. Try and avoid sugary snacks and drinks that could make you crash before your done.



## TAKE SHORT BREAKS

Work hard at your tasks but take quick stretch breaks. This will re-energize your mind and body. Set a familiar routine that your mind and body will become accustomed to, such as work for 25 minutes, then take a 5 minute break.



## REWARD YOURSELF

Homework might not always be fun, but feeling negative can slow you down. If you reward yourself after finishing your homework, it will make it easier to start your homework next time and you will get through it faster. Rewards could be watching a TV show, eating ice cream or playing a game. Celebrate your achievements!

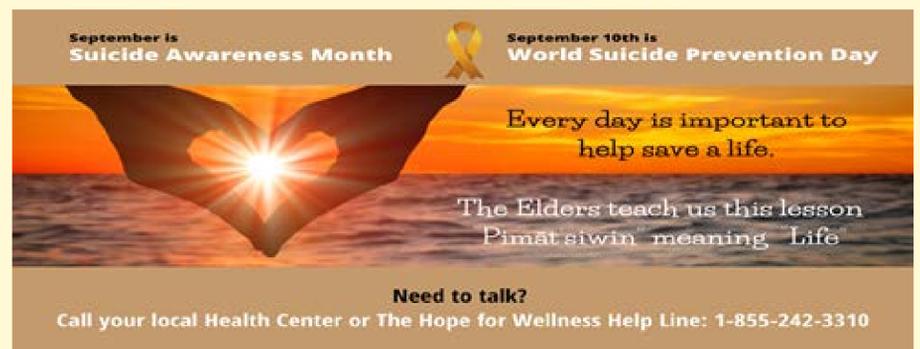


## Priscilla's Corner

September 10th is World Suicide Prevention Day. This is a day to remember and honour those who have died by suicide. It's also a day that we can ask yourself, what can I do? How can I help?

Here's some suggestions:

- 1) Check out your Health Center Facebook page, there could be some activities happening that you could participate in.
- 2) Take a workshop or training about suicide prevention. The more we know, the more we can help.
- 3) Light a Candle on that day, this is one way to remember and honour those who have passed away by suicide.
- 4) Learn the Helpline numbers and share them with people who need to talk. You are a great support but others can help too. Hope to Wellness has translators in Cree if needed. 1-855-242-3310.
- 5) Share with your children and youth how much you love them and how much they are valued. Pimatisiwin in Cree means life and our Elders tell us to live our lives in a good way. We all need to hear that we matter and we are important.



*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)

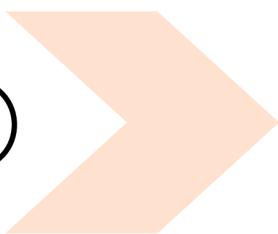


**"Be ready for tomorrow's opportunities, do your homework today"**



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

*Cree*  
**WORD**  
OF THE WEEK



## Matchi iksin wawetamik

Its starting to get cold outside

### CHALLENGE OF THE WEEK

#### Create A Weekday Schedule

To create balance in your life, make a daily schedule of what needs to get done in one day. Include your daily goal and also make sure to include some self-care time.

## Reminder Wall



Source: <https://www.acharmingproject.com/blog/2014/9/9/ombre-painted-clothespins-to-help-you-organize-your-daily-tasks>

Spruce up your homework area with a reminder wall. This project is easy to make and will help you keep on track on assignments or things you need to do.

**How to:**

- Paint different colours on clothes pins.
- With a marker write the days of the week.
- Hang yarn or twine in your homework area, bedroom, or area that you will see often.
- Hang up your "to do", assignments, chores etc.

## GAME OF THE WEEK

Did you know that playing sudoku daily can boost your concentration and ease depression. Here is how to play:

- Each box and row can only contain numbers 1-9.
- You can not use a number twice in the same row or box.
- Fill in the missing numbers.

**Sudoku Puzzle #1 - Easy Level**

3			1			6		
7	5			3			4	8
		6	9	8	4	3		
		3				8		
9	1	2				6	7	4
		4				5		
		1	6	7	5	2		
6	8			9			1	5
	9			4			3	

**Sudoku Puzzle #2 - Medium Level**

			2					5
8				9				4
			1	8			2	
3						5		9
5							7	
	6						4	
								6
		1		3	4	9	8	
9	2		6	5				3

**Sudoku Puzzle #3 - Hard Level**

	8						3	2
4					6	5		
				3		1		
		3	6		5	4		
1								6
		4	8		7	9		
		9		5				
		8	7					9
6	2						8	

**Sudoku Puzzle #4 - Hard Level**

			1			5		2
				9				
	9	8	5				7	
				6	1			
		5					4	
9	2			5			3	
			7		4			8
						7		9
3	5							6

You can find more puzzles online at: <https://games.puzzles.ca/games/sudoku>

