



École AGNES DAVIDSON SCHOOL

December 2021

Dates to Remember

- 1-17 Angel Tree Toy Drive Collection
- 2 Pick Up of Growing Smiles Kindergarten Fundraiser
- 6 Aggie's Brew Order Cut-Off (10pm)
- 13 Pajama Day
- 13 Panago Pizza Fundraiser (last name A-M)
- 13-17 Aggie's Brew Sent Home This Week
- 14 Tinsel Tuesday
- 14 Panago Pizza Fundraiser (last name N-Z)
- 14 Virtual School Council Meeting (7pm)
- 15 Red/Green Day
- 16 Hat Day
- 16 LOTGO Panago Pizza
- 17 Sweater Day
- 17 Last Day of Classes For Students
- 17 Lost and Found Items Donated

School Council

If you missed our monthly council meeting and wish to learn more about the great things happening at Davidson, please visit our [School Webpage](#). If you wish to view meeting minutes click [HERE](#). Lastly you are welcome to join any meeting by visiting our school calendar and clicking on the link, using the email link sent by Mme Terra Leggat or through the monthly newsletter.



Thank you École Agnes Davidson Families for your active participation in School Council. We are Better Together!

School Council

We look forward to connecting with our School Community Dec. 14th at 7pm.

See you on Teams!

Microsoft Teams meeting

Join on your computer or mobile app

Click [HERE](#)

Winter Weather

With the snow and colder temperatures here, it is very important that students are dressed for the weather. Students will have outdoor recess play in cooler and cold weather. If the temperature drops below -20C, indoor recess will be implemented. Thank you in advance for providing your child with a warm coat, boots, hats, mittens and snow pants. The weather can change quickly and we want to make sure that our students are warm and cozy while enjoying the gifts of winter!



Panago Pizza Fundraiser

December 13th

(last name A-M)

December 14th

(last name N-Z)

15% of orders will come back directly to École Agnes Davidson School.



Angel Tree Toy Drive

We are excited to be partnering with Lethbridge Family Services and the Angel Tree Christmas Campaign to support local families this holiday season. Please send your child with NEW, unwrapped toys, puzzles, art supplies, books, craft and more!!!!

Lost and Found

All items will be placed inside the school from December 2-17th. Classroom teachers and students are asked to visit the Lost and Found multiple times. Pictures of tables will also be located on the School Council Facebook page. On December 17th, all items will be donated. Items donated have been made available to students and families on multiple occasions since the fall. Should your family be missing important items, please contact the school about viewing the items. We want to make sure families have ample opportunity to claim their items while maintaining order and managing the volume of lost items.



École AGNES DAVIDSON SCHOOL

December 2021

Aggie's Brew

Cupper's Coffee and Tea has worked closely with School Council to create our own exclusive blend of coffee called Aggie's Brew.

Freshly Roasted medium/dark blend with notes of dark chocolate, stone fruit sweetness and almond.

Whole bean or choice of 8 different grind types! \$20.40 per pound!

Rancilio Espresso , Home Espresso , Bialetti , Keurig , Drip/Pour Over , French Press , Turkish , Whole Bean

Frappe Powders: \$13.21/tube,

(Mix with hot milk or blend with ice and cold milk)

Varieties available:

Double Chocolate Frappe

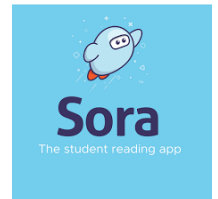
White Chocolate Frappe

Matcha Green Tea Frappe

School Council keeps 25% of the proceeds!

SORA

Thank you to School Council for their support of Sora! Our students now have access to ebooks and audio books for both leisure and academics. Click [HERE](#) for more information on how your child can access the Sora.



School FEES

Agenda, school supplies and fieldtrip fees are now overdue. Please visit School Cash Online.

2022/2023 Kindergarten Registration

Thank you for your interest in our school community. Please be sure to keep your eyes on the [Division Website](#) as well the [Agnes Davidson Website](#). You can anticipate registration to occur mid January.

Travel

Please be aware of the most current travel requirements. Click [HERE](#) for more information.

From OUR École Agnes Davidson Family to YOURS,
Wishing you all a safe, happy and FUN holiday season!



Hello Volunteers!

We appreciate you spending time with our students. Community supports are what make École Agnes Davidson great!

A few reminders before you join us

- All volunteer opportunities must be pre-arranged with the classroom teacher
- All volunteers **must** provide proof of double vaccination to the school (or a negative rapid Covid test within 72 hours)
- Please ring the door bell upon arrival and let our office staff know where you will be volunteering
- Digitally check into the office on the iPad stand to the left as you enter the office
- Please pick-up your volunteer lanyard (above the digital check-in stand)
- Visitors must be masked at all times
- You are able to volunteer in one classroom per day
- Thank you for signing out and returning your lanyard at the end of your visit

Thank you for your gift of time!

Classroom Fieldtrips in December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Kohn Galt Museum (12:30)	7 Levesque-Smuk: Scientists in School (8:50) Kohn Galt Museum (9:00)	8 Mooney Galt Museum (12:30)	9 Mooney Galt Museum (12:30)	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

CÉLÉBRATION D'HIVER

Bonjour les familles!

It's that time of year that we begin thinking about all the ways winter and the holidays will be celebrated around us. Here at the school, we are doing events both at the school and are sending this home for some ideas. On the next page you will find 24 ways to celebrate the holiday and winter season at home. Feel free to print this off, take these ideas, and make them your own.

To bring these wonderful celebrations back into the school, send your child with a printed photo of your family doing the task and it will go on one of our central bulletin boards. You can also send it via email to meagan.thorlakson@lethsd.ab.ca, but from our digital photos we will only be able to choose a few at random to put on our school TV screens.

In the schools, we will be having the 12 days of holiday cheer and students will be doing a joyous activity each day leading up to the winter holidays.

Some of the activities are: Writing cards to be delivered at senior's homes, caroling with the whole school, classroom bulletin board competition, holiday freeze dance, and more!

We hope you will join us in celebrating the season and have a wonderful time with your families!

- All teachers and staff at École Agnes Davidson



Drink hot cocoa and watch a favourite movie	Go sledding	Explore the lights at the Nikko Yuko Gardens	Cook a favourite meal	Read a story around the "fireplace"
Walk or drive to appreciate the holiday lights	Bundle up and play in the snow	Do a random act of kindness	Solve a puzzle	Have a dance party
Build a fort (inside or outside)	Wear a snazzy outfit	Joyeux fêtes!	Bake a favourite family treat	Video chat with someone who isn't in Lethbridge
Go for a winter walk	Donate something to someone less fortunate	Write and deliver a thank you note	Do a workout	Camp out in the living room
Make a craft	Wear festive colours	Have a games night	Decorate in a way that brings you joy	Watch a movie in your coziest PJs



13

Jour de
pyjama

holiday spirit week

17

Chandails
festifs

14

Tinsel
Tuesday

15

Rouge et
Vert

16

Les
chapeaux
festifs

décembre



THE LOOP

DECEMBER 2021



MHCBC Wellbeing Team



Hello, Lethbridge School Division students, staff, families and community partners. As 2021 comes to end, we are reminded of the many efforts made to provide support for youth and families. Now more than ever we need to lean in to the many supports available to us. It can be challenging to find out exactly what supports are available to us. In this edition you will find community based organizations to access or donate to. You will also find information on meaningful activities for youth, adult learning opportunities, mental health supports, local crisis supports, scholarship information and more! If you would like to submit information for THE LOOP, please email kathy.mundell@lethsd.ab.ca ❤️

CHRISTMAS DAY CAMP

FOR YOUTH 8-14 YEARS OLD

WHEN: DEC 20, 21, 22, & 23, 2021
TIME: 10 AM - 3 PM
COST: \$10
WHERE: IN THE FAMILY TIES GATHERING SPACE (ANNEX)

TO REGISTER CONTACT
D.NALDER@FAMILYTIES.CA
403-320-8888

THERE WILL BE GAMES, PRIZES, AND A WHOLE LOT OF FUN

FamilyTies Association

Lethbridge Christmas Supports 2021

www.christmashope.ca

ANGEL TREE

Toys are delivered directly to families by Lethbridge Family Services or partner agencies. Registration is open online at www.lfsfamily.ca till November 30.

MY CITY CARE SHOP OF WONDERS

A full family experience where families book times to visit the Shop of Wonders. The agency will assign appointment times and include gifts and gift wrapping. For more information go to <https://www.facebook.com/mycitycarelethbridge>

SALVATION ARMY

Offers a shopping experience again this year, by appointment, and will provide the food banks with slips containing details and appointment times. Gifts are not wrapped. Registration is open at www.lethbridgesalvationarmy.ca Identification of each person in the home Address/phone number/birthdates of each person in the home Proof of income Proof of expenses

FOODBANKS

Interfaith Food Bank: 1103 3 Ave North
Lethbridge Food Bank: 1016 2 Ave South

Need Support?

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

KIDS ACROSS CANADA CAN NOW TEXT
686868
AND BE CONNECTED TO TRAINED HELPERS

Kids Help Phone
Jeunesse, J'écoute
bgc

24hr free Mental Health HELPLINE
1-877-303-2642

Text4Hope
393939

24hr free ONLINE support for Albertans
togetherall.com

ADDICTION HELPLINE

1-866-332-2322

Black Youth Helpline
BRIDGING CULTURES | REACHING YOUTH | IMPACTING CHANGE

TOLL FREE
1-833-294-8650



NO. MORE. BARRIERS.



YOUTH CAMPUS

For youth/young adults 11-21.

Monday - Friday 9:00-3:00

A daytime drop-in program for youth/young adults looking for support, connection, education and resources outside of the traditional school environment.

For program options and to register, contact Taylor at:



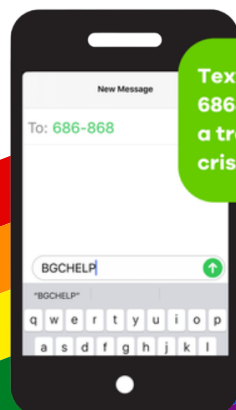
Call or text 403-715-0853



youthcampus@bgclethbridge.com



www.bgclethbridge.com (under the Youth Services menu tab)



Text BGCHelp to 686868 to chat with a trained volunteer crisis responder

YOUTH DROP-IN!

MONDAY

AGES: 11-14

6:30pm-9:00pm

TUESDAY

AGES: 14-18

6:30pm-9:00pm

FREE DROP-IN CENTRE FOR ALL YOUTH IN THE COMMUNITY!

SNACKS, GIVEAWAYS, VIDEO GAMES, PHYSICAL ACTIVITY, TABLE TOP GAMES, LEADERSHIP ACTIVITIES, MENTORS AND SO MUCH MORE!

YOUTH CAMPUS 227 12B Street North

December Drop-In

www.bgclethbridge.com

Monday

6

11-14

6:30 - 9:00

Just Dance Night

Tuesday

7

14-18

6:30 - 9:00

Just Dance Night

Thursday

9

breathe

parkour

7:00 - 9:00

13

11-14

6:30 - 9:00

Self Care Night

14

14-18

6:30 - 9:00

Self Care Night

16

skating &

sledding

7:00 - 9:00

20

11-14

6:30 - 9:00

Movie Night

21

14-18

6:30 - 9:00

Movie Night

23

closed

We will be closed for the holidays from December 23rd - January 3rd





**Big Brothers
Big Sisters**

OF LETHBRIDGE AND DISTRICT

Looking for ways to keep your child engaged?

We are looking for Littles to join our Programs!!

Now offering in-person programs through In-School Mentoring, Game On!, Go Girls, and Community Based!

The Big Brothers Big Sisters mentoring program provides youth with a role model to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests and is supported by our experienced caseworkers. The result is a life-changing experience for both the mentor and the mentee.

DID YOU KNOW?

Mentoring is an important way to give youth experience with these essential back-and-forth relationships, developing them into healthy young people better able to deal with and overcome life's adversities.

Our mentors advise and challenge these young people, act as their champions, provide greater consistency in their lives, connect them to broader experiences, opportunities and networks, and provide safe, nonjudgmental environments in which the child or youth can confide anything.

This program is offered free of charge, and within our program we help find activities for our mentees and mentors to do as low cost no cost as possible.

For more information or to enrol a young person visit
our website www.BeBig.ca or call 403.328.9355



**FAMILY
CENTRE**

**CLICK HERE for the
NOVEMBER Calendar!**

Family Centre North

1103 – 3 Avenue North
403-320-8138

Adult Cooking Classes

- Mondays 1:00–3:00pm
- Tuesdays 9:30–11:30 am
- Wednesdays 9:30–11:30 am
- Fridays 9:30–11:30 am

Family Centre West

#10, 230 Coalbanks Blvd. West
403-359-8092

Drop in play programs

Nature Play

- Mondays 9:30–11 am

Parent Cafe

- Tuesdays 1:30–3 pm Activities for child supervised by staff; discussion & art activities for parents. Drop in and check it out.

Rhymes and Riddles

- Fridays 9:30–11 am

Family Centre Downtown

#225, 200 – 4 Avenue South
403-320-4232

Drop in play programs

Play Zone

- Wednesdays 9:30–11 am
- Fridays 9:30–11 am

Me & My Dad

- Saturdays 10–11:30am

Me & My Family

- Thursdays 4:30–6 pm

Come Build With Us

- Fridays 1:30–3 pm

Learning Opportunities



Outreach and Education

To Register:
Call 403-327-5724

counsellingintake@LFSFamily.ca

HEART
HUMANITY - EMPATHY AND RESPECT TOGETHER
UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF GENDER NORMS IMPACTS OUR MENTAL HEALTH
Online Personal Growth Group
December 1, 8, & 15, 2021
2:00pm to 3:30pm
Age 5-8

MAN UP
ONLINE PERSONAL GROWTH GROUP
Deconstructing messages of masculinity
Nov 24, Dec 1, & 8, 2021
10:30am to 12:00pm
Age 18+



Alberta Health
Services

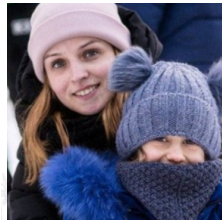


Mental Health Foundation



Caregiver Education Team Newsletter

December 2021



AHS, in collaboration with The Mental Health Foundation, is proud to offer FREE online programming for parents and caregivers of children and youth.

Dec 2 Technology and the Teenage Brain

Dec 6 Sleep and Your Family's Mental Health

Dec 8 Supporting Self-Regulation

Dec 9 More Than Just a Bad Day: Understanding and Supporting Depression and Self-Injury in Youth

Dec 13 Resilience in Parenting

All Caregiver Education Sessions run 6:00 - 7:30 PM Click on the session to register.



Alberta Health
Services

To register call intake at
403-382-5278

Fearless Feathers is a four session, virtual group designed to address anxiety in children. You will need access to a device able to run the Zoom application.

Age 5-8

UP Group is our introductory group that offers children and youth evidence-based skills to help manage many of life's challenges and difficulties related to emotions and mental health.

Age 11-14

ADHD Parent Information Group is a parent group focusing on: understanding ADHD, working with schools, medication, self-care and parenting strategies.

Tuesdays 1:30-2:30 pm (Jan.11- Feb. 15)
Tuesdays 6:30-7:30 pm (Jan.11- Feb. 15)
Tuesdays 1:30-2:30 pm (Apr.26- May 31)
Tuesdays 6:30-7:30 pm (Apr.26- May 31)

Sessions are open format so you can choose the number of sessions to attend.

Keep Calm Parent On

Tuesdays March 1 to April 22
6:30-7:30pm

This Zoom group will be offered 6 nights in a row for one hour each 45 minutes of presentation and 15 minutes of discussion. This will be an information sharing group, it is not therapeutic.

This Parenting Group is designed to provide support to parents who are struggling with high levels of conflict in the home with their children/teens with or without a mental health diagnosis. Through power point presentations, and discussion, parents/caregivers will gain a greater understanding and insight with the provided topics to support effective parenting to manage conflict in the home and a healthy parent/child relationship

CLICK HERE for COVID-19 Information

Iska l'abi | አማርኛ | العربية | Niitsipowahssin | 简体中文 | 繁體中文 | Nēhiyawewin | دري | Tsaat'ine | Français | Plautdietsch | हिन्दी | 한국어 | नेपाली | Afaan Oromoo | Iethka | Portuguese | ਪੰਜਾਬੀ | Af-Soomaali | Español | Iethka | Tagalog | Ino | ብሔር | Українська | اردو | Tiếng Việt



MyHealth.Alberta.ca



Alberta Health
Services

Alberta
Government

Virtual Education Sessions

[CLICK HERE to sign up for the CES newsletter](#)

[CLICK HERE to register for sessions](#)
(or click on the title of session)

Dec 1 Managing Anxiety in Youth within the COVID-19 World 1

0:00 AM-12:00 PM

Dec 2 Giving the gift of knowledge - Your guide to saving for a child's post-secondary education 6:30 PM-8:00 PM

Dec 6 Easier Than You Think -Workshops for Parents and Natural Supports: Parents of 0-11-year-old kids 11:00 AM - 1:00 PM

Dec 6 Suicide Awareness 6:30 PM - 8:00 PM

Dec 7 Managing the Holidays through Mindfulness: Supporting Your Child's Social and Emotional Well-being 6:30 PM - 8:30 PM

Dec 8 Calgary Youth Justice Society/Calgary Youth Justice Committees Public Information Session 11:00 AM - 12:30 PM

Dec 8 Super Dads Super Kids 6:30 PM - 8:00 PM

Dec 9 Neurodiversity Supports in a Post-Secondary Environment 6:30 PM - 8:30 PM

Dec 13 Burnout & Boundaries During Covid 10:30 AM-12:00 PM

Local Community Supports



WOOD'S HOMES
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914

Phone 403-317-1777
www.woodshomes.ca

The CORE is a short-term place for young people (under 18) to stay who are not living at home for various reasons, or who are struggling with family or placement conflict. Crisis support is available to youth, parents and/or guardians, and community professionals at any time and/or for resource and referral information. Call 403-317-1777 or visit our website www.woodshomes.ca for more information.

Wood's Homes Youth Support Navigators support youth aged 12-24 who need help navigating the youth serving system in Lethbridge. Our ultimate goal for those who are assisted through the program is to be connected to the appropriate supports throughout the community. For more information contact Kelsey at Kelsey.desroche@woodshomes.ca or 403-308-0493.

Do you know a young person struggling with addiction?

Need support? Please contact
Lethbridge Youth Treatment Centre
at 403-388-7600

The Lethbridge Youth Treatment Centre is a three phase, voluntary, inpatient, drug and alcohol treatment program that serves clients between the ages of 12 and 18.



**CHINOOK SEXUAL
ASSAULT CENTRE**

Healing starts with believing

For all genders and all ages
throughout Southern Alberta

#ibelieveyou
#UHaveThePower

It is not your fault.
403-694-1094
1 (844) 576-2512

502- 740 4TH Avenue S

MOVING FORWARD

An opportunity to connect with peers in
a safe, flexible, open-minded
environment

Every Tuesday in November (Drop in)
2:30 PM to 4:30 PM

Registration required

Cost: Free (unlimited sessions)

Participants: Female Identifying
Individuals



The Family Preservation Program

works collaboratively with the Family Resource Network to provide programming for youth and their families.

Referrals are received by self-referral, community, and Network partners. Activities offered by the Family Preservation Program include: parent/teen mediation, caregiver/youth/ family groups, family activities, community connection and referral, cultural groups, including working with local Elders, private mentorship sessions, and outreach support.

Programming is offered at flexible times, including evenings and weekends, to ensure that scheduling is not a barrier to those who need support.

For more information contact Grace Landry via email at grace.landry@mcmansouth.ca or call 403-715-3202.



**LETHBRIDGE
FOOD BANK**
FEED THE NEED



Mobile Food Support Program
5:00-7:00 pm

CLICK HERE TO DONATE!

December 7

Seventh Day Adventist Church
2606 16th Avenue S, Lethbridge

December 14

University Drive Alliance Church
55 Columbia Blvd. W, Lethbridge

**Donations of gently used
clothing is GIVEN NOT SOLD
to families in need.**



120F Mayor Magrath
Drive N

The Family Violence Info Line
(403-310-1818)
Toll-free to Albertans
24/7 support
Service in over 170 languages



**Domestic Violence
Action Team**
www.dvat.ca

Alberta has the third highest rate of self-reported family violence among Canadian provinces, yet family violence is preventable. November is Family Violence Prevention Month in Alberta. It is a time for promoting change in attitudes and behaviours as we strive to address, reduce, and ultimately, eradicate family violence.

Responding to Domestic Violence Disclosure in The Workplace

- 1.5 hour online presentation
- It has been shown that disclosures often occur within a person's informal support network such as family, friends or professionals within the community. This presentation will provide working professionals with the knowledge and tools to respond to Domestic Violence disclosures in the workplace.

Supports for high school students



CAREER
TRANSITIONS

www.careersteps.ca

Live and Recorded Career Exploration Sessions include:
Accounting - Data Scientist - Dental Hygienist - Archeologist - -
Hairstylist - Engineer - Welder - Teacher - Nurse - Parts Technician
Heavy Equipment Tech ...plus more!

December-February Scholarship Deadlines

U of L Board of Governors Award \$1500 (Dec 15)

U of L High School Entrance Awards \$4000 (Dec 15)

French for the Future National Essay Contest (Dec 18)

Kin Canada Bursaries (Feb 1)

Terry Fox Humanitarian Award (Feb 1)

Schulich Leader Scholarships (Feb 2)

IRWA Scholarship (Feb 2)



CLICK on
Scholarship for
application
information



CAREERS
careersnextgen.ca

VIRTUAL CAREER SHOWCASES & MENTORSHIP SERIES



Students can join us
online to learn about what
their future career could
be and how to get paid
while learning school
credits this summer!

CAREERS PAID INTERNSHIP OPPORTUNITIES:

- Skilled Trades
- Agriculture
- ICT
- Health



FUNDING AVAILABLE FOR EMPLOYERS TO HIRE INTERNS

MNS Tutoring



MNS Tutoring provides private academic support
for students in all **math** and all **science** courses
(Grades 6 to 12). MNS Tutoring turns academic
worriers into academic warriors. We have
expanded our service to include small group
sessions and Exam Jams.

Please see our new website for details:
MNSTUTORING.COM

Grade
6-12



Lethbridge
College

We're ready to help students start
planning their career. Students can make
an appointment today for a one-on-one
session with one of our knowledgeable
and friendly recruiters.

To make an appointment, email
futurestudent@lethbridgecollege.ca



ScholarTree

**CLICK HERE to access
ScholarTree**
**The #1 place to find
scholarships or start a
scholarship in Canada!**

Click to access
LGBTQ supports

LEARN MORE ABOUT THE CENTRE FOR SEXUALITY

We teach
We train
We advocate

Additional supports available

We are proud to announce the official launch of the **Strongest Families Institute App!** What an exciting time for SFI and the clients we serve! This innovation is now available at no additional cost to funders, thanks to a generous donation from Bell Let's Talk [HERE](#). As we see the increased impacts of the pandemic on mental health, now more than ever, our clients need easily accessible, e-mental health innovations. This is not a 'standalone' app; it is fully integrated with our evidence-based IRIS platform, connecting clients to any of our services, seamlessly. Click [SFI App](#) and scroll down to see a video demo).



The app was co-designed with users with lived experience, following SFI's commitment to co-design since 2000¹. Families, adults, and youth will now be able to take their skills with them wherever they go. Even without internet connectivity, the app will behave as if they are in a live connection, enhancing the client learning experience. This will be especially helpful for those in rural/remote regions or who are unable to afford internet at home.

The App is available free to registered SFI clients. Features include:

- Weekly material and skill practice activities at their fingertips
- Easily record daily anxiety/mood trends with the 'Tracker'.
- Stay in touch with coaches through in-app **messages**.
- **Download** skill demonstration media to view while offline.
- Boost motivation through a 'streak' system; Phase 1 of gamification



Talking about residential schools is difficult. If you are experiencing pain or distress, help is available.

National Indian Residential School Crisis Line:
1-866-925-4419

Hope for Wellness Help Line: 1-855-242-3310
Mental Health Help Line: 1-877-303-2642

Safe at Home

A Rowan House Society Project

Safe at Home is a program designed to help men accept responsibility for their abusive behaviour, while building skills to self-intervene in the cycle of abuse.



Our services are available to all men who:

- have been removed from the family home, or advised by RCMP to remove themselves from the family home, following a domestic incident
- are living independently with a history of abusive patterns
- accept their abusive behaviours need to change and want to develop healthier relationship practices and communication
- want to be healthier partners in their current or future relationships

During their stay, men are either working towards returning to the family residence, or acquiring housing for independent living.

Safe at Home also works with the impacted families to connect them to local resources to support them in their own safety and healing.

"Domestic abuse is a perpetration problem, not a relationship problem. It is learned behaviour, rooted in abusive attitudes." - Lundy Bancroft



Nutrition Times

South Zone Healthy Eating E-Newsletter



[Click here to read the latest issue](#)

DECEMBER IS STAATO'S (IS-STAA-TOO-SEE)

WINTER CAMP

Winter camp locations were often scouted by tribe members in October or November. The chief would take into consideration the reports from the scouts and choose a location for the tribe to move to. Ideally, wintering grounds were areas with many trees, in valleys, where people could be sheltered from the cold wind and snow. Camps were along rivers for access to fresh water and firewood.



ORAL STORYTELLING

During the winter, days were long and gave the people the time to rest, spend time together, and share stories. During the long cold nights children would be encouraged to stay up late by the fire and listen to their elders share legends and stories of their tribe.



Happy Holidays!

It is our wish to you that you and your loved ones have a beautiful holiday and that you enjoy this well deserved break! See you next year!

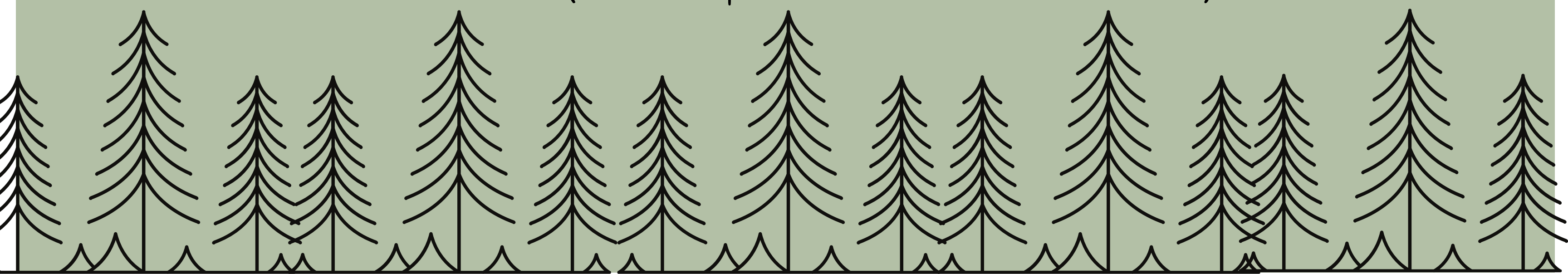


Professional Learning Opportunities through SAPDC

January 12th- Collaborative community- Beyond Orange Shirt Day

January 18th- IFNMI22-41 Indigenous Stories of Peoples in Space and Place

February 1st- Cours en ligne: Éducation pour la réconciliation - Rassembler nos forces (francophones et immersions)



NOVEMBER HIGHLIGHTS...



Robert Plaxton Poppies



LCI Poppies



Chinook Poppies



Some of the poppies donated to the Legion



Chinook Blackfoot Flag Raising



General Stewart



Métis Flag Raising



Buchanan Rock your Mocs



Probe Rock your Mocs



Nicholas Sheran Métis Dot Art



Park Meadows



504.1.A Head Lice Counselling Guidelines

(Based on material provided by Chinook Regional Health Authority)

1. Head lice do not spread any diseases, but do cause emotional distress. They affect anyone regardless of personal cleanliness. Children are affected more than adults because of the amount of time spent in close conditions.
2. Lice require warmth and human blood to survive. Transmission is person to person, spread by direct contact. Sharing of hats, coats, etc. may play a role in transmission.
3. When a family member has lice, all members should be checked. Treating all family members with lice at the same time prevents the spread of lice from untreated to treated members.
4. **Following the chosen lice product recommendation is important.** Hair should be clean before treatment. Gels or conditioners may coat hair and prevent absorption of the lice product. The product must be applied to wet or dry hair as **specified and left on** for the recommended amount of time. Be sure to use the complete bottle for each treatment. Using too little or not leaving on for the correct amount of time may mean the treatment won't work (see chart).
5. No current lice product is 100% effective. Some lice or nits may survive. **All products recommend a second treatment in seven (7) to ten (10) days** to kill any lice that hatched from nits that survived the first treatment.
6. If lice are found 24 to 48 hours after treatment, a **heavy** infestation or resistance may be present. Re-treat immediately with a different product followed by a second treatment with that product in seven (7) to ten (10) days.
7. **Removal of nits is VERY IMPORTANT.** This prevents confusion about whether the nits were present previously or are from a new infestation. It also prevents self re-infestation caused by survival and hatching of nits after treatment. Others seeing nits also assume that the infestation is active.
8. To remove nits do hair in sections. Fasten hair not being worked on out of the way. Use good light and a nit comb or fingernails. Start at the scalp and go to the end of the hair. Clean the comb by dipping in water or with a tissue after each pass through the hair. Go through the same section of hair and look again. If a nit comb doesn't work, use fingernails.
9. Check the person every day for two weeks and then weekly. Finding one or two nits the next day could be missed nits. If many are discovered, there may still be live lice. Repeat step #8. Do not confuse the nits with hair debris (dandruff, hair casts).
10. Wash bedding and clothing used in the last 58 hours in hot water and/or dry on a hot setting. Combs and brushes can be soaked in hot water for 10 minutes or wash with the lice product. Items that can't be washed can also be vacuumed, put in a plastic bag and frozen (48 hours) or stored away (10 days). Using lice sprays is not recommended.

11. Little information on product resistance is available. (Also see #6.) At present, not following treatment recommendations, not removing nits or re-infestation from an untreated contact seem more likely reasons for lice reappearance than product resistance.
12. Use of natural or homemade remedies (Vaseline, tea tree oil) is **not** advised. Directions on using these methods also stress nit picking after the treatment. Only products that have been tested and licensed for sale as a lice product should be recommended.
13. Informing schools, day cares, groups (sports teams, cubs/guides), and close friends is important. Some people will have no symptoms and be spreading lice.
14. Weekly parental checks are strongly recommended. Lice products should not be used as a pretreatment. **No treatment will prevent catching lice.**

Name	Active Ingredient	Formulation	Method of Use
Nix	Permethrin Pyrethroid	Crème rinse	<ul style="list-style-type: none"> • Wash hair with shampoo, rinse with water, and dry well • Do not apply any conditioner • Apply sufficient amount of product to saturate hair and scalp • Leave on for 10 minutes • Rinse off with water • Re-treatment after 7-10 days
Kwellada	Lindane	Shampoo	<ul style="list-style-type: none"> • Apply complete bottle to dry hair • Work in for 4 minutes • Add water a little at a time to form a lather • Continue shampooing for another 4 minutes • Rinse thoroughly • Repeat 7-10 days
R&C Shampoo	Pyrethin	Shampoo	<ul style="list-style-type: none"> • Apply product to dry hair to soak thoroughly • Allow to remain on area for 10 minutes • Add small quantities of water, working into the hair until lather forms • Rinse thoroughly • Repeat 7-10 days