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December 2020



Class of 2021 High School Information

Application deadline 12/11/20

Application: <https://cps.schoolmint.net/signup>

Virtual Open House

<https://go.cps.edu/dates-and-events>

International Volunteer Day December 5, 2020

Supporting Your Child's Mental Health During the Holidays

The holidays are a special time of year for children and adults alike. However, the school break, holiday gatherings, and presents can also bring stress, anxiety, and fatigue. Here are seven tips to support your child's mental health during this holiday season.

1. Prevent stress: The best way to prevent stress in your children is to manage your own stress. If you are stress free (or at least managing stress well) you will set a base of calm.
2. Give your child the tools to work through stress/anxiety: No matter how much you plan and attempt to reduce stress, there are still times where it can overcome your child. Some tools to use when your child is feeling stress include focusing on calming breath or meditation, journaling, getting fresh air outdoors, taking a warm shower or bath. Talk with your child about why they are feeling stress and help them to find ways to work through it successfully.
3. Keep routine: Predictability is key! Try to keep sleep and eat schedules close to the schedules your children keep while in school. While an exception is expected for special occasions (like New Year's Eve), it is best to keep bed and wake-up times within an hour of the usual during school time. Eat three healthy meals a day and be sure to keep active!
4. Rest: Be sure your children get 8-10 hours of sleep each night. Also plan for relaxing activities that allow for recharging such as a movie night or family yoga class.
5. Have fun! It is so easy to get wrapped up in the hustle and bustle of the holiday season and miss out on fun activities that can be had together. Take time to do something that you all want to do and don't feel like you have to do. Laugh and be silly!

14 Days of Holiday Fun at Haines December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1. "Giving Tuesday" Give to the Community Fund to start your holiday season	2. "Jingle Bells" Wear Bells to class	3. "Be creative" A photo of your family decorating something together	4. "Mad about Plaid" Wear Plaid to class
7. "Tree Topper" Wear your holiday hat or glasses	8. "Elf on the Shelf" Have fun with your class making elves. Mrs. misses you this year	9. "Home for the Holidays" Picture of something "holidayish" at home	10. "Fa-la-lá" Video of you singing a holiday song	11. "Peppermint Stick" Wear red and white to class
14. "Ugly Sweater" A photo of your "ugly sweater"	15. "The Grinch" Wear green to class	16. "Snow Day" Make snowflakes	17. "Deck the Halls" Wear holiday accessories	18. "Twas the Night..." Have hot cocoa in class

星期一	星期二	星期三	星期四	星期五
	1. 捐獻星期二 捐款給興氏學校之友來開始這假日季節	2. 聖誕鈴聲 帶來聖誕鈴聲課室	3. 有創意 例如和家人一起佈置的照片	4. 格子衫 穿上格子衣服來到課室
7. 頭部裝飾 戴上聖誕帽子或眼鏡等	8. 小精靈 在課室一起做有趣小精靈	9. 假日的家庭 有關假日家庭的照片	10. 聖誕歌曲 家人唱聖誕歌的影音	11. 土的糖 穿上紅和白色的衣服上課
14. 醜陋的衫 一張穿上醜陋衣服的照片	15. 綠化 穿上綠色的衣服上課	16. 下雪天 一起做雪花	17. 裝飾大堂 戴上聖誕飾物	18. 聖誕前夕 在課室來杯熱巧克力

