

# LET'S CHAT!



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## Straight Talk - Building Resilient Youth

Here are 10 Tried-and-True Ways to Build Resilient Youth!



1. Praise your teen often and sincerely for their efforts and the things they do well. Recognize their contributions to the household, to their school, and to the community.
2. Discuss things with your teen and invite their opinions—even if they are different from your own.
3. Find out, in a friendly way, where your teen is and who they are with.
4. Let your teen know, in advance, what behavior you expect from them.
5. When your teen breaks family rules, make sure the consequences are consistent and fair.
6. Be open to negotiating with your teen about family rules and consequences.
7. Encourage your teen's school work and connect with the school to build a positive relationship and solve problems.
8. Respect your teen's privacy and their need to express their uniqueness.
9. Set an example by being responsible about your own use of alcohol and other drugs, the internet, gambling and gaming, and model healthy personal relationships for your teen.
10. Recognize that mistakes—your teen's and your own—can be valuable opportunities to learn!



## Did You Know?

The SRSS Health Clinic is a satellite clinic of Steinbach Family Medical (SFM) and a partnership between SFM, Hanover School Division and Southern Health-Santé Sud. We offer a variety of services here at the Health Clinic. For more information, call 204-326-6426 ext.5338, email us at [healthclinic@hsd.ca](mailto:healthclinic@hsd.ca) or stop by today.

## Don't Be A Zombie!

### Save Your Brain, Get a Good Night's Sleep!

1. Limit caffeine products to at least 4 hours before bedtime.
2. Avoid nicotine at least 1 hour before bedtime and if you wake up at night.
3. Refrain from using alcohol around bedtime, it can disrupt sleep later in the night.
4. Keep pre bedtime meals to a light snack.
5. Exercise in the morning or afternoon.
6. Switch off social media, gadgets and TV at least 90 min before bedtime.
7. Go to bed and wake up at the same time every day.
8. Keep your bedroom dark, cool and quiet until you wake up.



**Please note: Substance use, such as alcohol and nicotine products, are not legal for minors to use and this information is being shared not to encourage use, but to encourage harm reduction and safer use. The way to stay safest is to not use at all. If you have any questions or would like to talk about your substance use or the use of someone close to you, please contact your school AFM counsellor, Nikki Humenchuk, at [nhumenchuk@hsd.ca](mailto:nhumenchuk@hsd.ca) for a confidential meeting.**



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# REFLECT SOLVE CREATE GROW THINK

# Getting Back Into The Swing of Things is Hard!



After a summer of loose schedules, changing wake and sleep times, altered eating habits and often less structure in our lives, it can be tough to “**get back into the swing of things**”. Here are some ideas that might help support you as you re-establish routines and structures to support your overall health, wellness and to cope with the demands of the return to school.

- **Set reasonable expectations of yourself.** You cannot be going to bed at 2am and suddenly have immediate success falling asleep at 11pm. Your body and brain need to adjust. Many folks need to adjust to earlier bedtimes in 15-30 minute increments over the span of a couple of weeks. Develop consistent bedtime routines and engage in some settling, relaxing activities before bed (reading, warm bath, journaling, etc.) Try to avoid screens before bed!
- **Organize your stuff, your space and your time!** Make sure you have what you need with you. Try to keep your binders, backpack, locker, etc. organized so things are easy to find where and when you need them. Having a tidy workspace for homework can help as well. Lastly organize your time using an old school paper calendar, using smartphone apps, or a digital calendar. Write down important assignment due dates, tests, homework blocks, appointments, etc. Keeping track of these items and having them stored all together can help us feel less anxiety about what we need to accomplish and when (<https://kidshealth.org/en/teens/focused.html>).
- **Schedule time to take care of yourself.** This might mean spending time with friends, planning for regular physical activity (walking, working out or stretching.), booking a haircut, making time for reading, painting or whatever other activity helps you feel good. These things are important in helping you feel good!
- **Make sure you are getting enough fuel to sustain your body and brain.** Nutrition is vital in supporting your body to do the things you want it to do. We do not learn well on empty stomachs and without fuel, we do not have the energy to keep our bodies running in an optimal way. If meals are not your thing, regular healthy snacks might be where it's at for you. Be mindful of what you eat and how these foods affect how you feel!
- **Lastly, BE KIND to yourself.** Getting back into regular routines and establishing schedules are hard for many of us. Celebrate small steps forward and expect to not always get it right the first time! Look at these as opportunities to learn and grow from! Our school lives, social lives, personal lives and hobbies have changed SO MANY times over the course of the last year and a half! Coming back this school year might feel like starting all over again. It makes sense to experience mixed emotions about all of your new routines. Change is hard and takes time to adjust. Be patient with yourself and take good care of yourself to make these transitions a little less stressful. As always, remember to reach out for support—that's why it's there. Talk to your parents, a trusted adult, a teacher, Guidance counsellor, your doctor, a coach, or even a friend. Just reach out!

- Contributed by: Shauna Doerksen School Social Worker

## Food Is Fuel!

Are you starving by the time supper rolls around? Maybe you aren't eating enough throughout the day. Do you have an after-school practice? Make sure you are packing enough food to fuel your extracurricular activities! Try keeping some non-perishable snacks in your locker like granola, crackers, protein bars, fruit cups, trail mix, and single-serving cans of tuna. If you know you have these staples in your locker already, you can bring complementary snacks to go along with it! You can bring cheese for the crackers, Greek yogurt for the granola, and bread for the tuna. You can also purchase single-serving packs of hummus and bring vegetables to dip! Having food on hand will help you stay energized for your after-school events.

Whether you make a delicious sandwich, bring dinner leftovers, or have a random assortment of your favourite snacks, it is very possible to bring a satisfying and nutritious lunch that can keep you feeling full throughout the school day! Try to bring a variety of foods from each group on Canada's Food Guide. Having protein foods, whole grain options, and fruits and vegetables is important because your body uses each of those foods differently.

### Recipe - Southwest Spiced Pork With Sweet Potato Kale Hash



**This recipe is great for lunches because it tastes good cold or reheated and stays tasting fresh even as leftovers!**

**Tip:** Don't like pork? Substitute the pork for chicken thighs/breast and enjoy!

**Serving Size:** 4 portions

#### Ingredients:

- 570 g of pork chops
- 680 g of sweet potatoes (about 1 large)
- 227 g of kale (about 1 large bunch)
- 1 medium yellow onion
- 1 tbsp cumin
- 1 tbsp chili powder
- 2 medium sweet bell peppers
- 2 limes
- 2 avocados

#### Instructions:

- Preheat the oven to 450°F. Cut sweet potatoes into ½ inch cubes. Line a baking sheet with parchment paper, add sweet potatoes, ½ tbsp chili powder, ½ tbsp cumin, and 2 tbsp olive oil. Season with salt and pepper and toss together.
- Bake sweet potatoes on the middle rack of the oven for 15-18 minutes, until tender and golden brown.
- Chop bell pepper into ½ inch pieces. Cut onion into ¼ inch pieces. Juice one lime and cut the remaining lime into wedges
- Pat the pork dry with paper towel and cut into ¾ inch pieces. Season with salt and pepper.
- In a large non-stick pan, heat 2 tbsp olive oil over medium heat. Add pork and onions. Cook for 4-6 minutes, stirring often, until pork is cooked through and reaches an internal temperature of 160°F. Add in ½ tbsp chili powder and ½ tbsp cumin, cooking for an additional minute. Transfer pork to a plate and cover to keep warm.
- On the same pan, increase heat to medium-high. Add 1 tbsp olive oil and peppers. Cook for 2-4 minutes until peppers have softened. Season with salt and pepper. Stir in kale. Cook for 2-4 minutes until kale is tender.
- Halve, peel, and pit the avocados. Cut into ½ inch cubes. In a small bowl, combine avocado and lime juice. Season with salt and pepper.
- To the pan with the veggies, add pork and sweet potatoes. Cook 1-2 minutes until warmed through. Divide mixture between plates (or your weeks' worth of lunch containers) and top with avocado. Serve lime wedges alongside. Enjoy!

Recipe and picture from: <https://cook.chefsplate.com/recipes/southwest-spiced-pork-5fc92659cb645a0a244ba038>