

The SOARce



Educating, challenging, and inspiring all learners to become contributing, responsible members of a global society.

January 2020

Hello!



The beginning of a new year is always an ideal time for reflection and goal setting. January 2020 is also the start of a new venture for encouraging community engagement at HPS. Our goal for this monthly communication is to offer helpful strategies and information that you can put into practice with your child(ren) at home.

We will offer a wide range of coverage: social emotional growth/support, academic tips/resources, and a variety of high interest topics. We're so excited to share this venture with all of you. Best wishes for a happy, healthy, and productive new year!

Melissa Bernard
Student Services Coordinator

PARENTING PRO TIPS

REFLECT

Before bed each night, ask your child these questions:

- What is something that made you happy today?
- What is something that made you sad today?
- How did you help someone today?

You'll get a glimpse into your child's day, and it creates a space for him/her to process before falling asleep.

CONNECT

Does your child come to you to complain or have you solve his/her problems? Next time, try this strategy:

- Ask your child if they want you to get involved, offer advice, or just listen.

More often than not, your child wants to be heard. Asking proactively allows you to meet your child's needs and avoid frustration on both sides.



STRATEGIES FOR COPING WITH STRESS



Do Things That Make You Happy

Encourage activities or hobbies that make your child happy and incorporate that into their daily lives.



Engage in Physical Activity

Exercise takes our minds off stress and releases chemicals in our brain that make us feel better. This can be anything from a walk, a bike ride, or a game of basketball with friends.



Get an Appropriate Amount of Sleep

Getting enough sleep helps us to grow and allows us to focus more clearly throughout the day. Create a bedtime routine that promotes healthy sleep. Put away technology and start to calm things down 60 minutes prior to bedtime.



DID YOU KNOW?

The American Academy of Pediatrics recommends the following durations of sleep:

3-5 Years: 10-12 hours

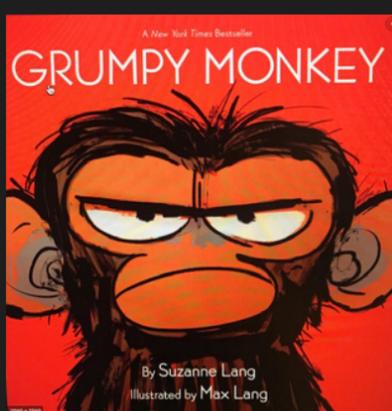
6-12 Years: 9-12 hours

13-18 Years: 8-10 hours

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SEL BOOK OF THE MONTH

Sometimes, we have a bad day -- and that's okay. Grumpy Monkey creates space for people to feel their feelings -- even if they are not positive.

Some conversation starters after reading Grumpy Monkey:

- Have you ever had a bad day? What happened?
- Who are some people you could talk to when you're having a bad day?
- How could you help someone who is having a bad day?

UPCOMING COMMUNITY EVENTS

JAN 16TH
7:00-8:30 PM

TEENS AND VAPING: A PARENT TOWN HALL

FELLOWSHIP REFORMED CHURCH
6610 36TH AVE
HUDSONVILLE, MI 49426

Vaping and the use of e-cigarettes is the fastest growing trend among teens. In Ottawa County, 1 out of every 4 teens has used a "vape" in the past month*. How do you know if your teen is addicted? What are the health effects I should be worried about? Why are these devices so popular and how do they compare to traditional cigarettes? What can I do about this trend?"

Join us for an informative Town Hall where you will learn more about this rising trend, its impact on youth and how to help prevent addiction for your teen. Speakers will include experts on the potential health impacts of vaping, and youth and addiction. This workshop is meant for parents, educators, youth pastors, administrators, general community members and anyone who works with youth.

JAN 21ST
6:00-8:00PM

SCREENAGERS: NEXT CHAPTER COMMUNITY SCREENING EVENT

HUDSONVILLE FRESHMAN CAMPUS
3370 ALLEN STREET
HUDSONVILLE, MI 49426

Join us for a FREE viewing of the documentary "Screenagers: The Next Chapter." A panel discussion, led by various experts in the field of technology usage and its impact on children, will follow the screening. Please join us for this valuable 2-hour session. You'll be glad you did! Check out the movie trailer [HERE](#).