

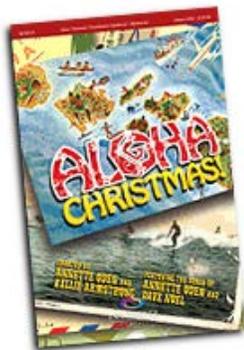
SonRise Christian Program Newsletter

December 2018

ALOHA CHRISTMAS

The 2018 SonRise Christmas Musical

When Mom and Dad and the kids get to Grandma's new Hawaiian home, they realize it's going to be a different kind of Christmas!



Join us for the performance!

Wednesday, December 19

7:00 p.m.

GCCHS/SonRise Gymnasium

Please bring a plate of finger snacks to share following the performance.



DECEMBER EVENTS

14th – Formal Wear Day

19th – Aloha Christmas Play

20th – Carol Singing at Whispering Pines Lodge

21st – Last Day of School before Christmas Break

School resumes on Monday, January 7, 2019.

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Grande Cache Community High School and SonRise Christian Program

And the angel said unto them, Fear not: for behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. Luke 2:10-11



MIND FULL OR MINDFUL?

Mrs. Lisa Beckstead, Grande Cache Zone B.E.S.T. Coach



As parents, we are all running the same race: Get ready for work, drop the kids off at school, hockey or swimming in the evening, make dinner, get homework done, and then crash on the couch once the kids are in bed. It can be challenging to remain mindful and present in the moment when our daily routine can set us into a chaotic autopilot. Here are some tips you might find helpful in reducing stress and being a more mindful parent.

1. **Practice being present with your children.** Relationships with family is an important source of happiness. Try reserving just 30 minutes every day in which you give them your undivided attention.
2. **Unplug from time to time.** It's important to make clear but realistic rules about TV, video games, and smartphone usage in your home. Lead by example!
3. **Take breaks.** Taking a few mindful breaths to re-centre yourself can make a huge difference. This will not only benefit you, but teach your kids how to respond to conflict vs. reacting impulsively.
4. **Practice gratitude.** Expressing gratitude is one of the quickest and most powerful ways to feel calm and joyful. Model behaviour for your child.
5. **Teach resilience.** Life can be full of challenges for our little ones. You can teach them to learn from setbacks and bounce back.
6. **See the world through your child's eyes.** Children naturally have a beginner's mind, and often find beauty in simple things.
7. **Self care.** As parents, we sometimes get too busy and overwhelmed to take care of ourselves. Some may feel guilty when trying to take some time for YOU. Let that go and recognize that a healthier, happier you will make you a happier, healthier parent.



As promised, Grande Yellowhead Public School Division invites our families to take part in an online survey on our 2018-2019 pilot calendar. The survey is available at www.gypsd.ca and will be open until December 14. Thank you for sharing your thoughts with us!

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