

THE INFERNO

GREYSTONE CENTENNIAL MIDDLE SCHOOL

SYNERGY,
CREATIVITY,
Citizenship



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PRINCIPAL'S MESSAGE

by Mr. Anil Padayas

The annual survey “season” is about to start as Grade 7 parents, students, and staff have opportunities to express their celebrations and concerns regarding public education at Greystone Centennial Middle School and within Parkland School Division.

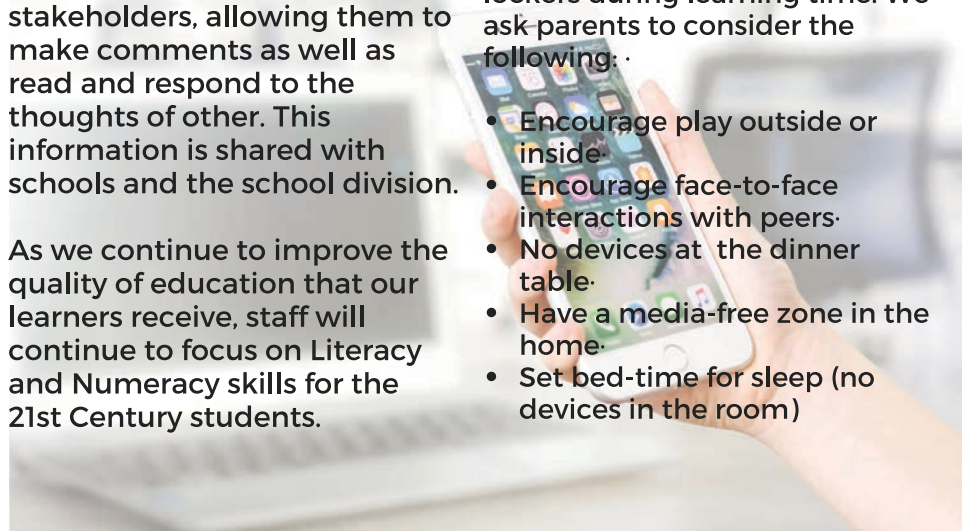
The Greystone School ThoughtExchange process (see Greystone School website), will come out later in the school year. This tool also allows public input by engaging educational stakeholders, allowing them to make comments as well as read and respond to the thoughts of other. This information is shared with schools and the school division.

As we continue to improve the quality of education that our learners receive, staff will continue to focus on Literacy and Numeracy skills for the 21st Century students.

The extreme cold weather has placed a dent in our outdoor activities this year. Teachers have done their best to keep the students active as possible for morning nutrition and lunch recess breaks.

I encourage parents to assist our students to get some fresh air and reduce “screen time” as much as possible, as research tells us too much screen time is linked to increased amount of sedentary behaviors. At GCMS students are asked to keep their phones in their lockers during learning time. We ask parents to consider the following:

- Encourage play outside or inside
- Encourage face-to-face interactions with peers
- No devices at the dinner table
- Have a media-free zone in the home
- Set bed-time for sleep (no devices in the room)



"SCREEN TIME VS LEAN TIME"

SCREEN TIME VS LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE
GROUP >

8-10

11-14

15-18

YOUTH AGES 11-14 SPEND NEARLY

9 hours a day

IN FRONT OF A SCREEN USING
ENTERTAINMENT MEDIA

NEARLY
5
OF THESE ARE
SPENT WATCHING
TELEVISION



INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

skateboard



and...

ride their bike



How can
parents help?



1 Ensure kids have 1 hour of physical activity each day.

2 Limit kids' total screen time to no more than 1-2 hours per day.

3 Remove TV sets from your child's bedroom.

4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

FOR MORE INFORMATION, VISIT MakingHealthEasier.org/GetMoving

For more information, visit: MakingHealthEasier.org/GetMoving

SKIING, SNOWBOARDING AND SWIMMING

Our Grade 5 and 6 students are taking part in a Swim at School program at the Tri-Leisure Centre in Spruce Grove. Each week two of our classes head to the pool for a lesson and improve their water skills.

Red Cross Swim @ School is a participation-based swimming and water safety training program designed specifically for schools. The skills and knowledge in this program have been selected to prepare students to participate safely in aquatic activities.

By focusing on fitness and developing life skills, students are exposed to a safe water environment where they are encouraged to participate and increase their swimming endurance. Everyone can participate and have fun. The program is designed to allow an entire class to participate at various levels of ability and encourages everyone to achieve his or her own personal best. While students are not evaluated, the Water Safety Instructor can track students' abilities and make a recommendation on which level the student should enrol in for Red Cross Swim Kids.

Many Greystone students are also participating in our Ski and Snowboard club which heads to Rabbit Hill in Edmonton about once per week for 6 weeks. Students take part in a lesson and then are free to "swoosh" down the hill. There is also a Grade 5/6 Rabbit Hill Ski Day scheduled for February 25th during the day.

We love being able to take advantage of the opportunities for students to be active in a variety of ways by using the great facilities in the area.



WE CARE



Our GCMS We Care team is passionate about supporting great causes in our school, our community and our world.

We Care and GCMS collected donations for the Kinsmen Christmas hampers. Thank you to everyone who donated to make Christmas a little brighter for families in our community.

We Care is supported 'We Create Change' by hosting a bottle drive. Thank you to everyone who sent in recyclable beverage containers to support this project. Money collected from the bottle drive will go to support families in third world countries.

The class that brings in the most bags of bottles will win a movie afternoon with pop and popcorn. By saving your cans and bottles we'll be able to support families in need in other parts of the world!



"Like" us on Facebook

Greystone School: <https://www.facebook.com/GCMSGCMS>

Greystone Athletics: <https://www.facebook.com/GreystoneAthletics/>

GCMS REMINDERS AND UPDATES



VISITORS AND GUESTS:

All visitors to Greystone are asked to check in at the office, and sign in if necessary.

SIGNING OUT YOUR CHILD

If you are picking up your child early, please come into the office to sign out your child. You may be asked to show identification.

CONTACTING YOUR CHILD

Just a reminder, that if you would like to get in touch with your child please feel free to contact the school office and we will happily pass the message on to them.

We are trying to minimize distractions to the learning environment from personal devices.

As such it is expected that **cell phones and other personal devices will remain in lockers during instructional time.**

Homeroom begins at 9:00am and the final bell rings at 3:45pm. Student break times are from 11:05-11:20 and 12:45-1:35.

REPORT A STUDENT ABSENCE

Regular and punctual attendance is important for academic and social success in school. We have an absence alert system in operation at Greystone Centennial Middle School. Parents are asked to notify the school office whenever their child will be absent from or arriving late to school.

Should your child be unable to attend school, please call 780-962-0357 or email greystone.absence@psd70.ab.ca to report the absence or late arrival. If your child is absent and you have not contacted the school, the school will call you after 9:30am (or 2:00pm if the child is only absent in the afternoon). Thank you for using our absence reporting system, as it speeds up our safe arrival program and helps us ensure the safety of all our students.

Thank you also for making arrangements to allow for sick students to recover comfortably at home.

POWERSCHOOL PARENT PORTAL

PowerSchool is the best way to keep track of your child's attendance, pay school fees, print off receipts and view report cards.

Forms can be read and acknowledged on PowerSchool including the Locker License Agreement, PSD 70 Acceptable Use of Technology, CASL and FOIP.

To pay your child's school fees, please use the online payment system on PowerSchool.

visit www.psd70.ab.ca or greystone.psd70.ab.ca for more information.

"Like" us on Facebook

Greystone School: <https://www.facebook.com/GCMSGCMS>

Greystone Athletics: <https://www.facebook.com/GreystoneAthletics/>

DRESS FOR THE WEATHER!

It is much colder now, and students need to be dressed appropriately in order to safely enjoy outdoor activities such as nutrition breaks, lunch breaks and physical education classes. A warm coat, mitts and hat are musts to keep in the backpack at this time of year.



As the weather gets wet, snowy and icy it is increasingly important that students have a pair of outdoor shoes or boots that they change into in order to keep our floors dry, clean and safe. All students are expected to have a clean pair of indoor shoes for use in the gym.

If you are missing a jacket or sweatshirt, ask your child to check the **lost and found**. They are quite full already. Feel free to come in at the end of the day and check it yourself as well.

SCHOOL COUNCIL

Our GMCS School Council meets once a month from approximately 6:30-7:30pm. All parents are welcome to join us to learn more about the school. School Council provides the Greystone Administration Team with parent and community perspectives, enabling decision making that meets the needs of home and school.

We are currently looking for someone to hold the executive position of Vice-Chairperson. It is a great opportunity to work with a wonderful team.

For more information, please contact the School Council Chair Christina Welch at greystonescchair@psd70.ab.ca or visit our website for more details.



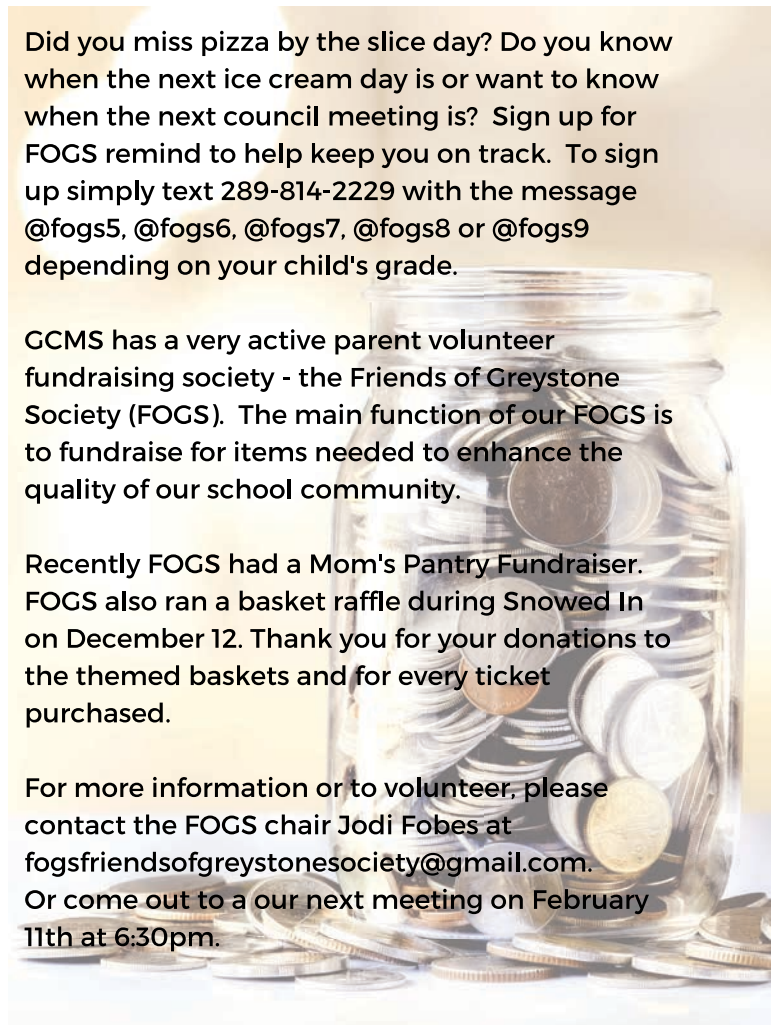
FRIENDS OF GREYSTONE SOCIETY

Did you miss pizza by the slice day? Do you know when the next ice cream day is or want to know when the next council meeting is? Sign up for FOGS remind to help keep you on track. To sign up simply text 289-814-2229 with the message @fogs5, @fogs6, @fogs7, @fogs8 or @fogs9 depending on your child's grade.

GCMS has a very active parent volunteer fundraising society - the Friends of Greystone Society (FOGS). The main function of our FOGS is to fundraise for items needed to enhance the quality of our school community.

Recently FOGS had a Mom's Pantry Fundraiser. FOGS also ran a basket raffle during Snowed In on December 12. Thank you for your donations to the themed baskets and for every ticket purchased.

For more information or to volunteer, please contact the FOGS chair Jodi Fobes at fogsfriendsofgreystonesociety@gmail.com. Or come out to our next meeting on February 11th at 6:30pm.



F.O.G.S. BOOSTER JUICE FUNDRAISER

Greystone Centennial Middle School and FOGS have partnered with Booster Juice for a school fundraiser. The fundraiser will run until **Wednesday, February 12th.**

To support this fundraiser all you have to do is purchase a voucher (or 10) for \$5.50, good for a large smoothie. These vouchers **DO NOT EXPIRE!** For every voucher sold, money goes back to GMCS to support our students.

Booster Juice offers healthy drink options and are available in many different flavours. These vouchers can be used at most Booster Juice locations across Canada. (See the Booster Juice website for exceptions)

If you have any questions or require more order forms, please e-mail GCMSfundraising@gmail.com

Order forms are due Wednesday, February 12th. Please submit your completed order form with the correct amount of payment (cash or cheques made payable to FOGS) to the school. Vouchers will be sent home with your child as soon as they are available (approximately 2 1/2 weeks.)

Thank you for your support!

F.O.G.S (Friends of Greystone)
Booster Juice
JUICE AND SMOOTHIE BARS
Fundraiser
only \$5.50 per voucher!
Order deadline Wed. Feb. 12 - vouchers **DO NOT EXPIRE**
Full payment due with order - vouchers will be ready in about 2 1/2 weeks
Vouchers are redeemable for any flavour Booster Juice Smoothie at any Canadian
Booster Juice location *Excludes Kiosk locations such as Universities /airports

Candygrams

Send someone a thoughtful message and a sweet treat!

For sale at lunch on Tue. Feb. 11 and Wed. Feb. 12 for \$1.00 or \$2.00. They will be delivered on Fri. Feb. 14.



A F.O.G.S. Fundraiser

GCMS INFERNO NOTES



GCMS CHOIR

The Greystone choir recently dazzled us at "Snowed In" on December 12th. Choir Option has started for Grades 7-9 and they will be attending the Music Festival this year. If you would like more info on any of our music programs please email Mrs. Putt at gputt@psd70.ab.ca



INFERNO VOLLEYBALL and BASKETBALL

Inferno Volleyball recently finished up. Thank you to our dedicated staff coaches, volunteer coaches, students and parents!

Now it's time for Inferno Basketball our Sr. and Jr. Teams are ready to represent GCMS well! Be sure to watch the Greystone Athletics FB page to keep up to date on practices, games and tournaments, or any changes that might come up. Come out and cheer on our teams at their upcoming games and practices. Go Inferno!!

LUNCH ROUTINE

Students eat lunch with other students from their LC from 12:45 to 1:05 pm. After the assigned eating time students are given an opportunity for recreation, which is generally outside. All students in Grades 5-8 are expected to remain on the school grounds, within boundaries, during recess time.

The gym is also open at lunch for students in Grades 7-9.. At lunch break the library is available for students in a particular grade each day.

Students with the signed permission letter to go home for lunch must sign out and back in with the school office. Students arriving after the bell must report to the office for a welcome slip before going to class.

An advertisement for "theLunchLady.ca". It features a plate of food including a burger, salad, and fruit. The text reads: "Lettuce take care of lunch! Delicious lunches served to your child at school." Below this is a red banner that says "MENUS ONLINE!" and the website name "theLunchLady.ca".

GREYSTONE HOT LUNCH

The GCMS hot lunch program is operated through "The Lunch Lady". Ordering is now available for **Mondays and Fridays**. Order by Wednesday for Friday's lunch and Thursday for lunch on Monday.

This program gives a wide variety of choices for our students each week, including healthy choices, larger portions and smaller servings. Try a few new things! Order today at <https://order.lunchlady.ca>



Greystone Website:
<http://greystone.psd70.ab.ca>

GCMS LIBRARY LEARNING COMMONS

It has been an exciting two months in the Learning Commons. We've had several successful book orders, as well as the Scholastic Book Fair during the week of conferences. Thank you for your support of the Book fair, and book orders, as these are major fundraisers for the library learning commons !

The library is open at break times for quiet work and reading. At nutrition break it is open for all students, and at lunch recess it is available to certain grade levels each day. This is a great space to come and read or catch up on homework or assignments. It is a tech-free zone at breaks.



This month we have also had an exciting STEAM (Science, Technology, Engineering, Art, Math) challenge.

Students had the opportunity to design, plan and create a project of their choice using repurposed books as the primary materials. Amazing creativity!

Scholastic Reading Club

Discover the easiest, most reliable way to get your child excited about reading!



Support our Library Learning Commons and a love of reading by participating in the Scholastic Book Clubs. Each month there are different specials on a variety of books. You can return the order forms, or order online at <https://canadaclubs.scholastic.ca/en/why-reading-club-account>

INFERNO SPIRIT WEAR

Show your Greystone Centennial Middle School Inferno pride in custom Inferno Spirit Wear.

Shop the online apparel store for a wide selection of clothing, sportswear, gear, merchandise and accessories. You can shop, order and pay online. Orders are then shipped directly to your home.

Order today at <https://urstore.ca/greystone-centennial-school>



UPCOMING EVENTS



GCMS SKI & SNOWBOARD CLUB Thursday, January 9, 23, 30 and Thursday, February 13, 20, 27

Our Greystone Ski and Snowboard club will be heading out to Rabbit Hill over the next few weeks. Students will leave right after school and return at approximately 9:00pm.

Just a few reminders for our students who are attending:

- It is required that all students wear helmets when participating in this activity. Students who do not own a helmet, will have one provided by Rabbit Hill free of charge.
- All students are expected to participate in lessons intended to build their skills whether they are a beginner or an expert.
- Students may bring their dinner to eat at Rabbit Hill or they may purchase a meal from the cafeteria.
- It is important that students are dressed for the weather.
- This is a higher risk activity and students will not be directly supervised at all times.

Students are expected to follow all school expectations while on this school-sponsored activity.

There is also a trip to Marmot Basin on March 20, 2020.



SWIMMING LC 5 & 6

6LL/C: January 20–24

5R/5M: January 27–31

5P–5TS: February 10–14

6K/N: February 18 – 24

Students will be taking part in a swimming program at the Tri-Leisure Centre.

HOT LUNCH – <http://thelunchlady.ca>

Mondays & Fridays

Check out our hot lunch menu, courtesy of the Lunch Lady.



TEACHERS' CONVENTION

Thurs. February 6–Fri. February 7, 2020

No school for students, as teachers take part in the NCTCA Teachers' Convention.

GCMS SCHOOL COUNCIL/FOGS

Tuesday, February 11, 2020 @ 6:30pm

All welcome!

CONCERT – Weyburn HS Senior Choir

Friday, February 14, 2020 @ 2:25pm

The Sr. Choir from Weyburn Comprehensive HS will be performing at GCMS.

Family Day – No School

Monday, February 17, 2020

Running Room Indoor Games (5–7)

Wednesday, February 19, 2020

Pink Shirt Day

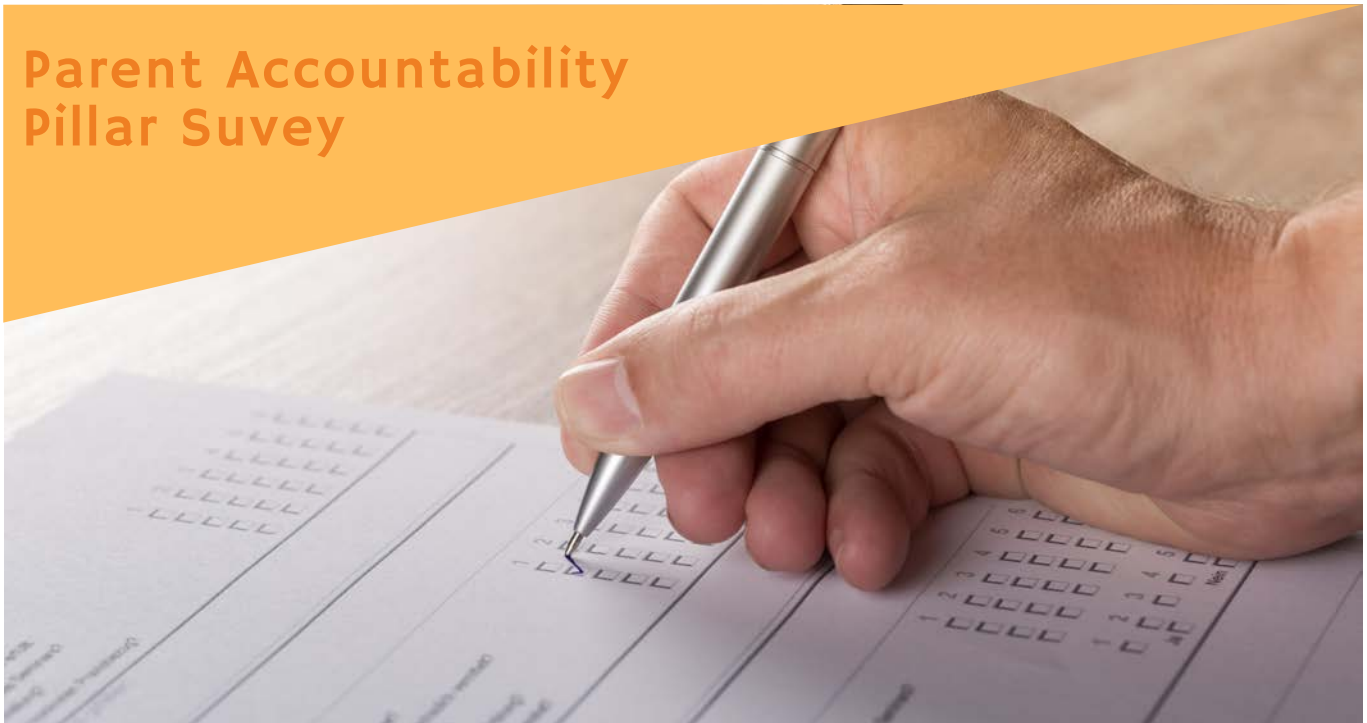
Wednesday, February 26, 2020

SGHS Open House

Thursday, February 27, 2020 @ 6:30pm

Greystone Online Calendar:
<https://greystone.psd70.ab.ca/Events.php>

Parent Accountability Pillar Survey



PARENT ACCOUNTABILITY PILLAR SURVEY

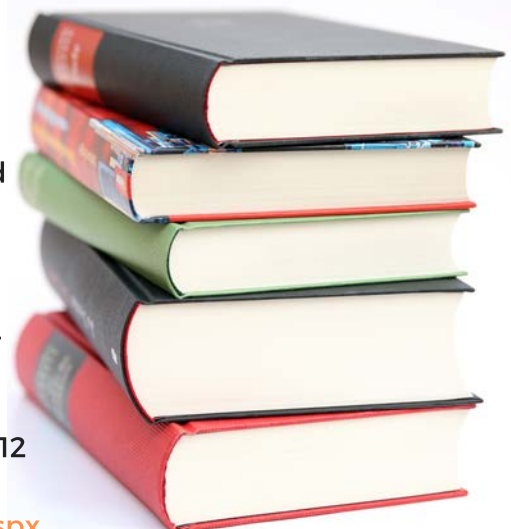
As an annual check-up on the education system, the Accountability Pillar provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success. All of our families with students in Grade 7 should have received a survey request from Alberta Education. Your participation in these surveys is appreciated. We continue to do fabulous work at Greystone Centennial Middle School and provide a wide variety of opportunities for our students, in addition to maintaining high academic standards. Grade 7 students will also be completing the survey at school.

The Accountability Pillar uses a set of 16 indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

Parents of students in grades 7 should have received a survey from Alberta Education. GCMS grade 7 students and all Greystone teachers will be completing their surveys online at school.

Survey results will be available to school authorities in May, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports. For more information on the Accountability in Alberta's K-12 education system, please visit:

<https://www.alberta.ca/accountability-education-system.aspx>



HEAD LICE IN SCHOOLS

Head Lice and How to Treat Them

Quick Facts

- Anyone who has hair can get head lice—they're not caused by being dirty. Head lice don't spread illness or disease.
- They're spread mainly by touching heads with someone who has head lice. They can sometimes be spread by sharing items such as hats, hairbrushes, and combs that were used by someone who has head lice.
- If 1 person in the family has lice, then someone else likely does too. It's important to check everyone in the family.
- It's a good idea for parents to check their younger school-aged children every week for head lice (see detection combing).
- These tiny insects can cause a lot of stress and create a lot of work!



About Head Lice

- Head lice:
 - are tiny insects that can range from the size of a head of a pin up to about the size of a sesame seed
 - can vary in colour from tan, brown, dark grey, to greyish-white
 - crawl very quickly, which can make them hard to see. They don't jump, fly, or swim.
 - live only on the human head and can make the scalp itchy. They're found anywhere on the head, but especially behind the ears and the base of the scalp (neck area).
 - don't live on and aren't spread by family pets
- Adult head lice lay about 8 eggs (called nits) every day. The nits are stuck to the hair near the scalp. They're hard to see and are sometimes mistaken for dandruff or hairspray droplets. After the nits hatch, their empty shell stays stuck to the hair.
- You can't get rid of lice with a hair brush or with a hair dryer.

Treating Head Lice

Only treat when you find live head lice. If you have questions, ask the pharmacist.

Head lice shampoos, cream rinses, and sprays have been tested and are safe and effective treatments for head lice. You can buy them at any pharmacy and don't need a prescription. If you're not sure which one is best for your needs, speak with the pharmacist.

Read and follow the directions on the head lice shampoo, cream rinse or spray,

Washing Items

Wash any items that were in contact with the head of the person who has lice (e.g., combs, brushes, bedding, hats).

- Washable items can be machine-washed, soaked in hot water, or put in the dryer on hot heat.
- Put non-washable items in a sealed plastic bag for 2 weeks. Lice can't live this long away from the human head.

To learn more about cleaning lice from items, go to MyHealth.Alberta.ca and search "lice cleaning".

How can I learn more?

To learn more about head lice, you can:

- speak with your pharmacist or family doctor
- visit your public health office
- call Health Link at 811



ONLINE REGISTRATION/VERIFICATION

Opens February 3, 2020 for the 2020-2021 School Year

Parkland School Division's annual online registration/verification process is now available. All Pre-Kindergarten to Grade 12 registrations for both new and returning students will be conducted online through the PowerRegistration portal for the 2020-2021 school year. All parents will be required to complete this online process each school year.



RETURNING STUDENTS - Parents/guardians can verify returning student information by following instructions sent to them via email from "PowerSchool Registration Support" <noreply@noreply.psr.support.com>

A 'Returning Student' is someone who has attended school in Parkland School Division, or a student from another partner school division in the Regional Transportation system who has ridden on a PSD bus before. We already have data on file for these students from the 2019-2020 school year, but this data will have to be verified (and updated, if necessary) before these students can register for the 2020-2021 school year. If you did not receive an email, please check your "spam" or "junk" folder.

All parents are required to complete the registration process by 4:30pm on March 20, 2020. This deadline allows us to determine the eligibility of bus pass applicants, the routing of buses, bus pass production and data verification before the summer break while schools are still operating.

Complete information on the registration process can be found on our [Registration page](#). More information regarding the 2020-2021 registration process will be added as it becomes available.

COMMUNITY RESOURCES

ALBERTA PARENTING FOR THE FUTURE ASSOCIATION / PARENT LINK

Alberta Parenting for the Future Association offers a wide range of programs, services, and special events that are free to all families throughout the Tri-Community Region. They offer positive parenting tools, strategies, information, support and opportunities to connect with other parents and caregivers of infants, toddlers, preschoolers and teens. They provide fun, active and engaging opportunities to play, enhance early childhood development, and strengthen family connections.



Alberta Parenting
for the
Future Association

Most of the programming is done out of The Family Connection Centre in Stony Plain, a non-profit community centre providing multiple services under one roof for members of the community. They now have a 2nd Parent Link Centre in Spruce Grove located in the Beaverbrook Wellness Centre beside the Prescott Learning Centre.

COMMUNITY RESOURCES

FCSS

Spruce Grove FCSS is a great community partner. Spruce Grove Family and Community Support Services is a partnership between the City of Spruce Grove, Parkland County and the Province of Alberta. The mandate of FCSS is to provide locally-driven, preventative social initiatives to enhance the well-being of individuals, families and the community. They offer programs for youth, adults and families. Some programs require registration and others are drop-in. Take a look at the City of Spruce Grove website, or at the latest edition of the "City Pulse" magazine for information on upcoming programs and activities.



- <https://www.sprucegrove.org/communi.../programs/fcss-programs/>
- <https://www.sprucegrove.org/me.../3645/citypulse-fall-2019.pdf>

ALBERTA MENTAL HEALTH ASSOCIATION (EDMONTON)

*211



You may not be aware of the Canadian Mental Health Association - Edmonton 211* services. 211 is a free, confidential service that provides information and referral to a wide range of community, social and government services. Their certified community resource specialists are trained to help you navigate the complex network of social services.

They can help you find:

- basic needs (food, clothing, shelter and financial support)
- employment resources-parenting support
- counselling/support groups
- health care-legal services
- and MUCH more!

<https://edmonton.cmha.ca/pro.../211-alberta-edmonton-and-area/>

COMMUNITY COMPASS

You might not be aware of this local organization dedicated to building and supporting the community. Visit their website for more information at:

<https://parklandcc.ca/>

Who are "Community Compass? "We are people who love this community. We help connect and support others who also want to continue making our community a friendly, caring place to live, work and play. The Community Compass is our online navigation tool built to strengthen relationships in this area."



ALBERTA HEALTH SERVICES

IMMUNIZATIONS

Children who are eligible for Grade 6 and 9 immunizations may be immunized in the school setting with parental consent. Please check your child's school bag for a package which contains information about the vaccines, along with a consent form for each vaccine. In order for your child to be immunized, each consent form must be signed and returned to your child's school by the date indicated on the envelope. For tips on preparing your child for immunizations, please refer to: <https://www.immunize.ca/pain-management-children>

The immunization round dates for **Grade 6** at Greystone School are as follows:
 Round 1: 26 November 2019
 Round 2: 21 January 2020 (catchups)
 Round 3: 26 May 2020

The immunization round dates for **Grade 9** at Greystone School are as follows:
 Round 1: 21 January 2020
 Round 2: 26 May 2020 (catchups)

**If your child is not present on the round dates they may receive immunizations on other dates throughout the school year.

**If you are new to Alberta OR if your child has been immunized at your doctor's office or pharmacy, AHS Public Health may not have a record of your child's immunizations.



To ensure your child is up to date with all recommended immunizations refer to the schedule at <https://www.alberta.ca/immunization-routine-schedule.aspx>

To provide an up to date immunization record or if you have any questions you may contact the nurse assigned to your child's school at 780-968-3784 or 780-968-4268

ALBERTA HEALTH SERVICES

If you have health related concerns or questions please head to MyHealthAlberta, or call the Health Link at 811

- <https://myhealth.alberta.ca/>
- <https://www.albertahealthservices.ca/>

COMMON SCHOOL HEALTH QUESTIONS

When Should I Keep My Child Home From School?



To avoid spreading germs and amplifying illness, very sick children should recover at home where they will be most comfortable. If your child has a fever, they should stay at home until they have been fever-free for at least 25 hours. If your child has a serious cough or sore throat, then home is the best place for them to be until they are feeling better. Usually with a sore throat and cough they also aren't sleeping well, and need extra rest. If your child has vomiting or diarrhea, they should remain at home. Remind your children to always practice good handwashing techniques, that's one of the best ways to stay healthy!

ALBERTA HEALTH SERVICES

Healthy Teens



Early Specialization in Sport

Sport is an important aspect of school life. The benefits of being active and participating on a team, or as an individual, are widespread. From increased positive mental and physical health, to greater social skills, athletes can gain a lot from participating in sport. However, even with so many benefits, there can be too much of a good thing. If an athlete spends too much time and energy in one sport, isolating them from friends and other opportunities, it can decrease their social and psychological growth.

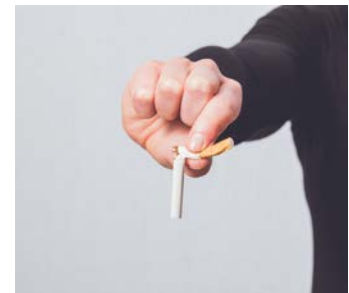
In regards to physical health, specializing in one sport too early can limit the range of skills an athlete possesses and their overall motor skill development. This lack of skills and, often, a

lack of confidence, can potentially affect lifelong involvement in physical activity by discouraging the athlete from participating in other activities.

Lastly, early specialization in sport can actually change the way an athlete's body grows and develops because of increased stress on the body and repetitive injuries.

If your teen chooses to specialize early, pay attention to signs of burnout and isolation and talk with your teen and their coach about opportunities for cross training. Remember that having fun is an important factor to being active for life!

➤ For more information visit <http://canadiansportforlife.ca/parents>



One of the most common things that people identify as a benefit of smoking is stress relief. But did you know that many studies show that smoking can actually increase stress? What smoking does is relieve nicotine withdrawal symptoms, which can be stressful, but this is only short term.

Quitting is hard, but it is easier with help. You can call AlbertaQuits at 1-866-710-QUIT or visit www.AlbertaQuits.ca



ALBERTA HEALTH SERVICES

Healthy Teens

Developmental Assets

Given the enormous responsibility that parents and caregivers have as major influences in a child's life it's normal to sometimes feel uncertain when it comes to raising your teens. The Search Institute has identified a list of 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. Below are examples of some developmental assets for you as a parent to consider and discuss with your teen.



- Supporting and loving your child – Do you and your teen communicate positively? Does your teen receive support from other non-parent adults?
- Empowering your child – Is your teen given useful roles in the community?
- Setting clear and realistic boundaries – Does your family have clear rules and consequences?
- Helping your teen use her or his time in meaningful, constructive ways – Does

your teen spend 3 or more hours per week in extra-curricular activities?

- Encouraging your teen to develop a lifetime commitment to learning – Does your teen want to do well in school?
- Instilling positive values in your teen – Does your teen place high value on helping other people? Does your teen tell the truth even when it's not easy?
- Developing social competencies in your teen – Does your teen know how

to plan ahead and make choices? Can they resist negative peer pressure and dangerous situations?

- Encouraging your teen to form a positive identity– Does your teen feel good about themselves?

➤ **For the full list of developmental assets and to learn more visit www.search-institute.org**