

# HAPPY NEW YEAR!



## GRATITUDE

Research in positive psychology indicates that those who practice gratitude have lower self-reported levels of depression and stress, and they're more satisfied with their social relationships. People who regularly practice gratitude by taking time to notice

and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. Not only that, but the effects can be long-lasting.

**SOMETHING TO THINK ABOUT...** KIDS IMITATE WHAT THEY SEE. IF THEY HEAR YOU BEING THANKFUL FOR THE BLUE SKY, GREEN GRASS, THE FOOD THAT YOU HAVE TO EAT, YOUR HOME, AND YOUR CLOTHES, THEY WILL BEGIN TO BE THANKFUL FOR THOSE SAME THINGS AND EVEN MORE. DURING A MEAL, HAVING EACH FAMILY MEMBER SHARE WHAT THEY ARE THANKFUL FOR, IS A WONDERFUL FAMILY PRACTICE. CHALLENGE CHILDREN TO THINK OF SOMETHING NEW EACH TIME. BELOW IS ALSO A TEMPLATE TO HAVE FAMILY MEMBERS FILL OUT TO REFLECT AND SHOW WHAT THEY ARE GRATEFUL FOR.

## Talking to Your Child About Vaping

### BEFORE THE TALK: GET THE FACTS

#### Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective vaping products (especially batteries) may catch fire or explode, leading to burns and injuries.

## Parent Resource Link

Click above to access more information for parent community resources and supports.

**School Counsellor**  
Christy Magill

**Family School Enhancement Counsellor**  
Julie Masson

(403) 347-7830

### Did you know?

- > Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > Vaping devices may also be used for other substances like cannabis.
- > Vaping products can be difficult to recognize:
  - Devices come in a variety of shapes and sizes, and some resemble a USB flash drive;
  - Liquids can have high levels of nicotine and come in a variety of flavours;
  - Vaping may not leave a lingering identifiable smell; and,
  - Add-ons like vinyl "skins" or wraps can also make these items harder to recognize.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.

## Why I'm Grateful



I am grateful for my family because... \_\_\_\_\_

\_\_\_\_\_



Something good that happened this week... \_\_\_\_\_

\_\_\_\_\_



I am grateful for my friendship with... \_\_\_\_\_ because... \_\_\_\_\_

\_\_\_\_\_



I am grateful for who I am because... \_\_\_\_\_

\_\_\_\_\_



Something silly that I am grateful for... \_\_\_\_\_

\_\_\_\_\_



Something else I am grateful for... \_\_\_\_\_

\_\_\_\_\_