



Hello SVCCS Families! I can't believe we are already halfway through December and Christmas is just a week away! We are definitely feeling the buzz of the holidays within our school! The students did a wonderful job (with the help of Miss. Filson) at putting on a spectacular holiday program. I am sure everyone is ready for the upcoming break, and time with family and friends over the holidays is the absolute "best medicine".

It is easy to become overwhelmed during the holiday season, even for young children. Often times our regular routines (meal times, bed time, play time, & quiet time) are disrupted. This can affect us physically, mentally and emotionally. Make sure you are accounting for this when you are planning all of your festivities. Children benefit from healthy routines and this can help ensure the holidays are fun for the whole family.

It is also important to make sure you are taking care of yourself. The best gift you can give to your family is your own personal health and wellness. So make sure that in this time of joyful chaos you are taking small moments to care for yourself. Simple tasks like exercising, taking a warm bath, meditating, praying, a quick nap, a brisk walk or even just a few minutes of alone time can have countless benefits for your health. Your children will benefit from watching you practice self-care. In addition to helping you be overall less stressed, practicing self-care models healthy habits for your children. They are learning by observing your behaviors, seeing you take care of yourself will emphasize the importance of doing the same for themselves. Additionally, they will learn to respect your needs and boundaries as well as help them discover and define their own. Take care of yourselves SVCCS families and enjoy your holidays!

Wishing you a very Merry Christmas,
Nurse Andi

