

Community Coming Together

MONTHLY NEWSLETTER
JANUARY 2017

New Year's Resolutions: Setting SMART Goals

With 2017 freshly upon us, it's no surprise that New Year's Resolutions are on everyone's minds – including our kids! Plans get made, we vow to do better and still it can seem like an impossible battle to win at making the changes we so desperately want (or so desperately want our kids to want!). To help stop this vicious cycle in its path, we've got a few helpful tips for you and yours to make your 2017 resolutions stick. Best of all, all you have to do is remember to be S.M.A.R.T!

BE S.M.A.R.T.

TIPS FOR SETTING GOALS

EVERY GOAL SHOULD BE:

Specific-

EXACTLY WHAT IS IT YOU WANT TO ACCOMPLISH? THE MORE DETAILED AND SPECIFIC, THE BETTER THE GOAL.

Measurable-

IN WHAT WAYS CAN YOU MEASURE YOUR GOAL SO THAT YOU KNOW YOU'RE MAKING PROGRESS? THAT YOU'VE SUCCEEDED?

Attainable-

IS THIS GOAL SOMETHING YOU KNOW YOU CAN ACTUALLY ACCOMPLISH?

Realistic-

DO YOU HAVE THE CAPABILITIES, RESOURCES AND PHYSICAL ABILITIES TO REACH YOUR GOAL? REALLY?

Time-bound-

HOW MUCH TIME WILL YOU ALLOW YOURSELF TO ACCOMPLISH THIS GOAL?

Upcoming Events

- Kelso's Choice: A Parents Workshop
- Awareness and Safety in Cyberspace: A Parents Workshop
- April 30 Move 4 Mental Health: Run/Walk and Fun Fest



Community Coming Together

Mindfulness in Play

This past month at St. Louis, St. Pat's and Notre Dame the students were learning about mindfulness. Mindfulness is used as a way to calm the mind and body. Each student was given a container of play-doh and with no talking they spent ten minutes creating how they felt in that moment. They were asked how it sounded, felt, smelt and made them feel. After the ten minutes they then created a type of food that they enjoy out of the play-doh.

~Ashley Fisher

CALM
is a super power

*Although no one can go back
And make a brand new start,
Anyone can start from now
And make a brand new ending.
~Carl Bard*

A FRESH START!

Many of us take the change in calendar years as an opportunity to rededicate ourselves to goals in our lives, but each day can be an opportunity to make small changes to the habits, attitudes and behaviours that we aren't fully satisfied with.

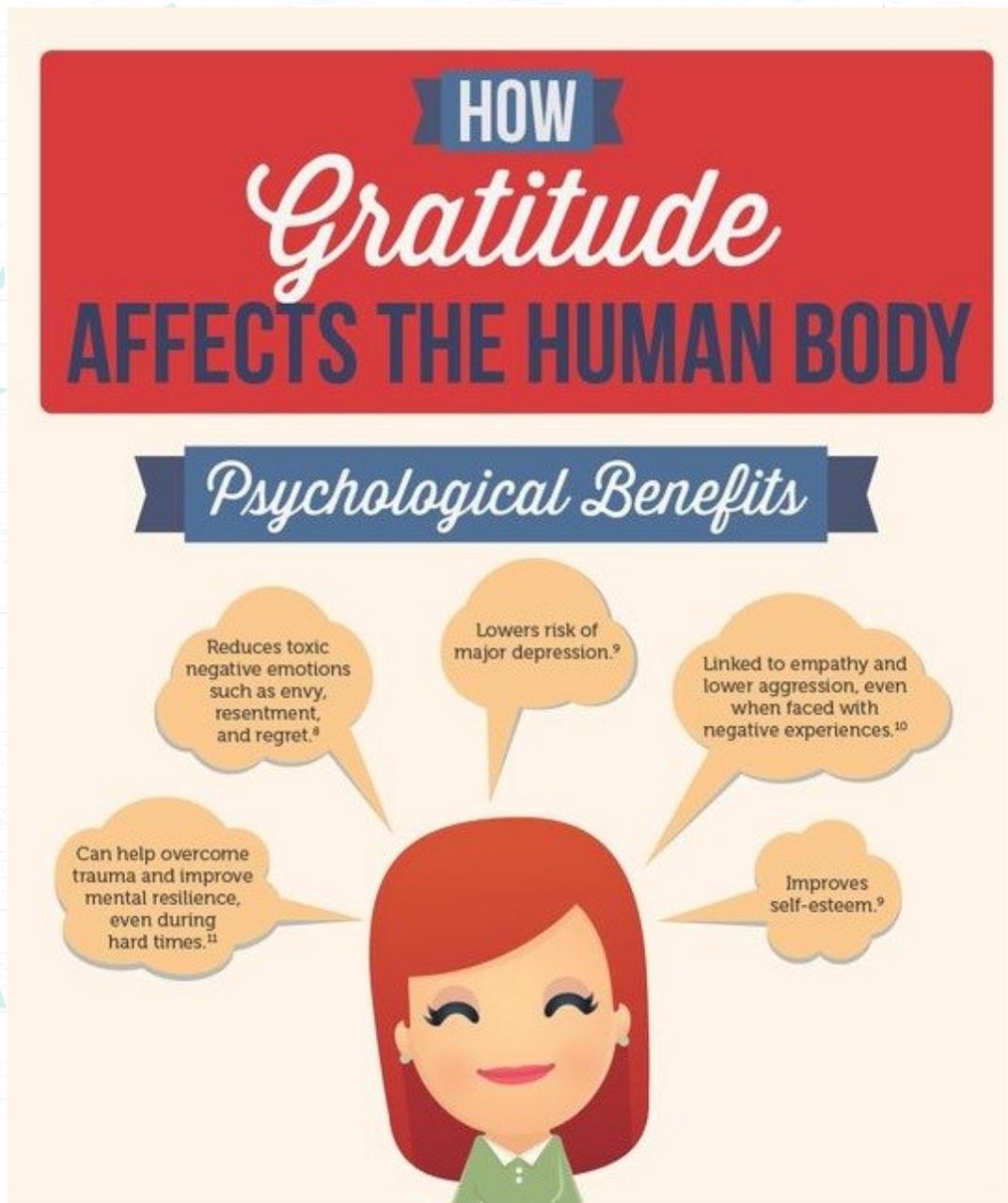
Each day we can recommit ourselves to being a little bit better, a little bit stronger and a little bit happier. We will probably slip and fall along the way, but that doesn't mean that we aren't succeeding in achieving our goals and becoming the people that we want to be. Be happy with your progress, love yourself where you are at and continue along your journey.



A Mindful Moment: Gratitude

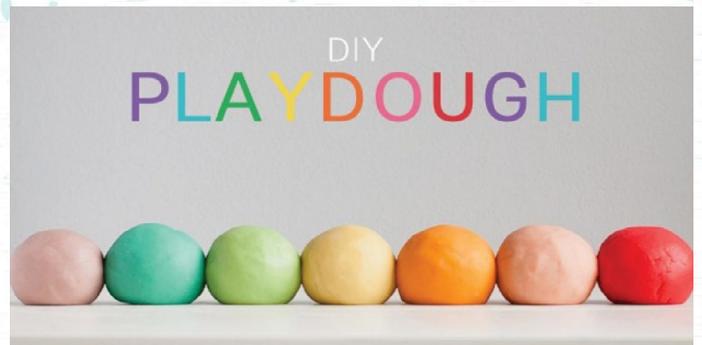
Gratitude. It's a simple word but it's one that in our increasingly busy world we seem to forget. Lost in the shuffle of ballet recitals, soccer games, homework and more it's no wonder that parents and kids alike don't have time to savor the small things in life anymore. However, being grateful for all the small things is what can give us a big boost in our day! Seeing first-hand in our classroom presentations what a moment of gratitude can do – and we'd love to extend the gratitude challenge to all our families so everyone can reap the rewards too!

To start your own mindful moment movement (say that 10x fast!) simply take a minute before your family eats supper/ goes to bed/gets dropped off at school and each share a handful of things you're grateful for. Stick with it for just for a week and we bet you'll be so hooked you won't know how your family functioned before!



Family Fun: DIY Playdough

Learning through play is one of our favorite methods of teaching – and when we came across this recipe from our friends at ModernParentsMessyKids.com we knew we had a winner! Super simple and cheap to make, we love playdough for it's never ending number of uses. From building imagination and artistic prowess to helping relieve stress, playdough is a versatile toy and tool for any home and for any age! Get creative this month and whip up a batch or more together with the simple recipe below!



Super Soft Jell-O Playdough Recipe

You will need:

- ~ 1 cup of white flour
- ~ 1 cup of warm water
- ~ 2 tbsp of salt
- ~ 2 tbsp of cream of tartar
- ~ 2 tbsp of cooking oil
- ~ 13 oz pack of Jell-O

Instructions:

1. Mix all of the ingredients together in a small saucepan until most of the lumps are gone.
2. Cook over medium heat, stirring continuously until it thickens into a ball of dough.
3. Place the dough onto a floured cutting board and wait for it to cool.
4. Once it is cool (at least 20-30 minutes) let the little ones knead it, adding in flour until it is no longer sticky (about 1/2 cup).

CCT Team

Program Coordinator: Patti Wagman

Wellness Facilitators:

Ashley Fisher - Notre Dame, St. Patrick's, St. Louis

Jaycene Mock - McCoy, St. Francis, St. Michael's

Lana Walton - St. Mary's, Mother Teresa, St. Thomas

Heather Woodward - Community & Family

www.communitycomingtogether.weebly.com

