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## Straight Talk - Get to Bed, Will Ya!

### Supporting Healthy Sleep Habits

As a teenager, your sleep habits and scheduling might be a little wonky from time to time. Balancing friends, school, family, hobbies or even work can have a big impact on the amount of sleep you get daily. Have you noticed how a shortage of sleep may impact other aspects of your daily life?

**Research indicates that teenagers need 8 to 10 hours of sleep nightly in order to feel good, have the capacity to learn, and manage with the daily stresses of life.** For teenagers, chronic or ongoing sleep deprivation can create the following effects:

- Concentration difficulties and memory impairment
- Poor decision making and risk taking behaviors
- Mood swings, symptoms of depression or even aggression
- Shortened attention span
- Reduced sporting and academic performance
- Irregular eating habits
- Negative impacts on relationships

(<https://www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-sleep>)



Much of the information around healthy sleep for teens suggests that the developing teenage brain needs a healthy sleep routine, although many teens get less than the recommended amount of sleep, sometimes as little as 4 hours on a regular basis. There are many things that can get in the way of healthy sleep habits and some that you may not even be aware of. Some sleep interrupters include: smartphone usage, engaging with social media, video gaming, stress, lighting and room temperature, and hormonal changes. We have more control over some of the things that get in the way of sleep compared to others.

**There is good news! There are a number of things that can support healthy sleep habits and help you to feel your best.**

Reducing sleep interrupters can have the most immediate impact on improving your quality of sleep, these include:

1. **Limiting screen time for at least an hour before bed**
2. **Creating regular and relaxing bedtime routines**
3. **Going to bed and waking at the same time daily**
4. **Limiting caffeine or other stimulants (including energy drinks)**
5. **Building regular physical activity into your day**

Challenge yourself to notice your sleep habits over the next week, maybe even writing it down and learning what habits you need to improve and what things are getting in the way of healthy sleep. As you notice your sleep habits, you may also note your mood, energy and overall level of well-being. You may be surprised that you notice some connections between sleep and how you feel!

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SRSS HEALTH CLINIC

Email: [healthclinic@hsd.ca](mailto:healthclinic@hsd.ca)  
Text: 204-392-0282  
Phone: 204-326-6426 Ext. 5338



## FAQ's!

### Q: How can I book an appointment at the Health Clinic?

A: Appointments can be booked in person with by phone 204-326-6426 Ext. 5338, text 204-392-0282 or email: [healthclinic@hsd.ca](mailto:healthclinic@hsd.ca).

### Q: Are appointments kept confidential?

A: Yes, all appointments are confidential. The security of health information collected and maintained by health care providers at the SRSS Health Clinic is of great importance. Only those providing direct care to the students may have access to health records.

### Q: Can parent/guardian have the option to book and attend an appointment with their child?

A: Yes. If it is the student's wish to have a parent/guardian present, they are welcome to book and attend the appointment with their child.



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# How Healthy Is Your Relationship?



Our lives are full of all sorts of different relationships, and our past relationship experiences shape our future relationship expectations. **All people deserve healthy relationships**, but at times it can be difficult to determine what is healthy vs unhealthy, especially if you have experienced an unhealthy relationship in your past.

## Healthy Relationship Qualities:

- Mutual trust, respect and support between partners
- Open and honest communication
- Safety for both partners
- Freedom to have friends and hobbies outside of the relationship
- Equal fulfillment of partners needs
- Respect for each partners feelings and opinions
- Resolving disagreements in a respectful and calm way

**Everyone has the right to be in a healthy and safe relationship, free of violence and abuse.**

## Unhealthy Relationship Qualities:

- Unequal division of power and control within the relationship
- Name calling, blaming, yelling or physical fights when disagreements arise
- Jealousy, one partner does not allow interactions with other friends or other guys and girls
- Pressure from a partner to do things or not do things you enjoy or prefer not to do
- Not caring about a partners opinion, feelings or needs
- Placing one partners needs, opinions and power above the other partners
- Feeling unsafe or afraid of your partner

If you have any concerns about your relationships use the links

below for more information, connect with someone you trust, or come see us at the SRSS Health Clinic.

[https://www.gov.mb.ca/stoptheviolence/youth\\_healthy\\_relationships.html](https://www.gov.mb.ca/stoptheviolence/youth_healthy_relationships.html) or <https://serc.mb.ca/sexual-health-info/relationships/communication/>

## Vaccine Information

Routinely provided vaccines currently available in Canada can protect your child against 15 serious disease. Most of these childhood vaccines provide over 90% protection against the disease.

Vaccines are safe, but like any medication or supplement, they can have possible side effects.

While most children develop strong immunity following vaccination, some children may only develop partial protection. In rare cases, those who have developed partial protection.

In rare cases, those who have developed only partial immunity after vaccination can become infected and develop disease. However, vaccination helps prevent severe illness and serious outcomes, including death.

If you are not sure if you or your child are up to date on vaccinations, please contact your local Public Health Office or connect with Andrea - SRSS Public Health Nurse at 204-346-6253 or 204-326-6426 x5338.

<https://www.canada.ca/en/public-health/services/vaccination-children.html>

[https://caringforkids.cps.ca/handouts/immunization/immunization\\_information\\_on\\_the\\_internet](https://caringforkids.cps.ca/handouts/immunization/immunization_information_on_the_internet)

DISEASE	CASES THEN*	CASES NOW**	DECREASE
WHOOPING COUGH	17,777	2,332	87%
MEASLES	53,584	292	99%
MUMPS	36,101	103	99%
RUBELLA	14,974	1	99%
DIPHTHERIA	8,142	1	99%
POLIO	2,545	0	100%

## Recipe - Holiday Chex Mix

### Ingredients:

- 3 cups Corn Chex
- 3 cups Rice Chex
- 2 cups Whole Wheat Chex
- 2 cups mixed nuts
- 2 cups bite-size pretzels
- 2 cups garlic flavoured bite-size bagel chips or regular bagel chips
- ¾ cup salted butter, melted
- 4 tbsp Worcestershire sauce
- 2 tsp seasoned salt
- ¾ tsp garlic powder
- ½ tsp onion powder
- pinch of pepper

### Directions:

- Preheat oven to 250°F
- In a large bowl, mix the Chex cereals, mixed nuts, pretzels and bagel chips. Set aside.
- Melt the butter in a bowl and mix in the Worcestershire sauce, seasoned salt, garlic powder, onion powder and a good pinch of pepper. Pour the butter over the cereal mixture, tossing well for 3 - 5 minutes or until the cereal mixture is evenly coated.
- Bake for 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes.
- Store in airtight container.



## Surprising Facts about Snow

Whether you love frolicking in the white stuff at the first sign of a snowflake or prefer bundling up and hibernating until the spring thaw, or even if you've only ever dreamed of touching a snowball, here's a blizzard of brilliant snow-driven facts...

1. **Snow is not white.** What?? Yup, it is actually translucent.
2. **Snow affects sound.** Freshly fallen snow absorbs sound waves, giving everything a seemingly hushed quieter ambience.
3. **Snow on Mars.** According to NASA's simulations, during the summer in the north of Mars, there may be violent snowstorms.
4. **Too much snow isn't good for you.** Spend too much time on the slopes and you could suffer from piblokto or "Arctic hysteria".
5. **A yodel won't cause an avalanche.** There are a number of factors that can trigger an avalanche, but noise isn't one of them.
6. **Snow warms you up.** Because snow is comprised of 90 to 95 percent trapped air, it means it's a great insulator.

For more fun snow facts check out: <https://www.bbcearth.com/news/17-surprising-facts-about-snow>

From all of us here at the Health Clinic, may the *spirit* of Christmas bring you **PEACE**, the *gladness* of Christmas give you **HOPE** and the *warmth* of Christmas grant you **LOVE!**