

LET'S CHAT!



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Consent: ONLY YOU DECIDE

Consent is a topic that we often do not talk about enough.

Consent is about PERMISSION and AGREEMENT to engage in something, often with someone. Consent extends beyond intimate relationships and includes any type of engagement with others. This can include physical contact, verbal communication, sharing of information and is involved in all types of relationships.



In the context of any type of sexual or intimate activity, one cannot give consent if under the influence of alcohol, drugs or any substance that alters decision-making capacity.

Consent applies to each and every time an activity occurs. CONSENT cannot be automatically assumed simply because you are in a relationship with someone. You can say no at any time. Your "no" needs to be respected. If it is not, this is a crime.

Children under the age of 12 cannot legally consent to sexual activity. There are laws about consent based on age and context of the relationship between the two individuals. *For more info:* <https://www.gov.mb.ca/youarenotalone/consent.html>

No one can give consent for you. You can withdraw consent at any time, even if initially you said yes. You can change your mind. You get to make the choice each time about what is right for you and your body at that moment. You can consent one time and say no the next. This needs to be respected.

Consent to one form of intimate or sexual contact, does not mean you consent to ANY OTHER form of intimate or sexual contact.

You are the only one the decides what is okay and permissible for you and your body.

Let's make consent a part of regular conversation. It matters. You matter!

- Contributed by: Shauna Doerksen, Vicki Fehr & Lisa Savoie, Divisional School Social Work Clinicians

Welcome Christy and Brenda - Nurse Practitioner's

The SRSS Health Clinic is pleased to announce the hiring of Christy Seniuk & Brenda Schoenborn Nurse Practitioner's (NP).

Christy Seniuk has been a nurse for 28 years and has been a Nurse Practitioner for the past 16 years, spending her career working at various medical facilities such as the Bethesda Hospital ER Department, Quick Care Clinic and Primary Care. She brings extensive knowledge and experience from her field to the SRSS Health Clinic, and is looking forward to providing care to all SRSS and Hanover School Division students.

Brenda Schoenborn has been a nurse for over 30 years and has been a Nurse Practitioner for the past 12 years working at the Quick Care Clinic, Open Health Niverville and more recently at Roseau River First Nations. Brenda has always had a passion for working with high school students, and is looking forward to providing care to the SRSS and HSD students.

The SRSS Health Clinic is a partnership between Hanover School Division, Southern Health Santé-Sud and Steinbach Family Medical. The Nurse Practitioners, employed by Southern Health Santé- Sud serve students at Steinbach Regional Secondary School as well as all schools in the Hanover School Division. The NP's work collaboratively alongside the school's teacher support specialists, public health nurse, youth substance use counselor, dietitians, and mental health workers. Through this innovative approach, the SRSS Health Clinic provides students with a single point of access to a team of health care professionals. By providing accessible care in school, health related absences are minimized. The NP's facilitate a wide range of basic health care services that include, but are not limited to: complete physicals and checkups, treatment of minor/acute injuries and illness, minor procedures, blood work and specimen collection, diagnostic testing, mental health help and information, prescriptions and referrals to other health professionals or specialists.

Appointments with Nurse Practitioner's Christy and Brenda can be booked through the SRSS Health Clinic by calling 204-326-6426 ext. 5338, texting 204-392-0282 or emailing healthclinic@hsd.ca.



SRSS HEALTH CLINIC

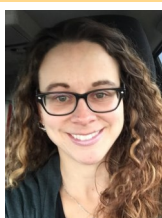
Email: healthclinic@hsd.ca
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Brenda Schoenborn
Nurse Practitioner



Christy Seniuk
Nurse Practitioner



Shauna Doerksen
School Social Worker



Vicki Fehr
School Social Worker



Lisa Savoie
School Social Worker



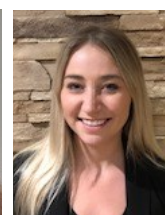
Andrea Gingerich
Public Health Nurse



Shannon Paterson
AFM Worker



Rebecca Rempel
Registered Dietitian



Janell Pearson
Registered Dietitian



Laura Kehler
Reception

Fall In Love with Fall!

- Go for a leaf watching road trip
- Watch the Geese fly South
- Carve a pumpkin
- Collect colorful leaves and press them in books
- Make a pinecone birdfeeder
- Bake a sweet "Fall" pumpkin treat
- Sip apple cider
- Write down what you're thankful for
- Make a leaf pile and jump in
- Build a bonfire in your backyard and roast marshmallows
- Start a gratefulness journal

Adapted from realsimple.com



Brain Business - Strategies for Anxiety

Welcome back to school! This is an exciting time, but for some it may be stressful and cause anxiety. Teens want to fit in. This could be through their language, the clothes they wear, their hairstyle, the courses they choose and the friends they hang out with. Add social media to the mix and the pressure increases! It is important to recognize that feeling anxious can be normal. If some of these different aspects of self and life are causing you to feel anxious, having strategies to help calm that anxiety can help.

Here are some quick tips and strategies!

- 1) **Get enough sleep.** Leave your phone out of site and not in arms reach. It is a big distractor of good sleep! And good sleep is very important.
- 2) **Eat!** Breakfast is important and helps set you up for the day ahead. Having protein as part of your breakfast meal will keep you fueled and energized until lunch time. Peanut butter, eggs and yogurt are examples.
- 3) **Talk to someone.** If you have feelings of anxiety, tell someone - your parents, a good friend, the school clinic, counsellor or teacher.
- 4) **Exercise!** Getting your heart rate up and moving has so many benefits for your mind.
- 5) **Think Positive!** Find a positive thought every day.
- 6) **Breathe.** Feeling anxious? Take a step back and take time to breath slowly and try to clear your busy mind.

Stress and Breath - How to help you relax!

Stress is a normal reaction to situations or events that are perceived to be challenges, threats or even opportunities. It is our perception of these situations, rather than the situations themselves that cause stress.

Stress can either be helpful (eustress) or harmful (distress). Helpful stressor typically motivate us and encourage positive reactions (eg: start homework). In contrast, too much stress, or a strong negative response to stress can be harmful.

Learning to identify and manage your stressors is important for improving your overall health and wellness. One of the most important factors in learning to relax and/or to control anxiety or stress is finding ways to control your breathing.

Abdominal breathing is a technique that focuses on using your diaphragm to make sure that your lungs are fully expanding, and that you are not just using the top part of your lungs to breathe. Singers use this technique to get maximum air volume. Put one hand on your upper chest and the other on your abdomen. Breathe in deeply. Which hand moved out?

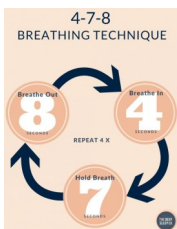
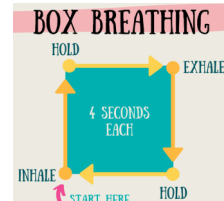
If you are breathing properly your lower hand should have moved out, as the muscle below your lungs (your diaphragm) moves out expanding your lungs.

“Box” Breathing

“Box breathing is a technique used for helping people with panic attacks to control their breathing and stop or minimize the extent of their panic. When people become anxious they usually do one of two things; they hold their breath, or they breathe too fast.

For this reason, start by breathing all the way out, so that their lungs are relatively empty to start the exercise. The next part of the exercise involves breathing in a controlled manner, in this case by breathing in and out slowly, and maintaining a pattern to the breathing.

*Breathe in slowly for a count of 4 - hold your breath in for a count of 4
Breathe out slowly for a count of 4 - Hold your breath out for a count of 4
Repeat - breathe in for a 4/ hold for 4/ breathe out for 4/ hold for 4 and repeat...*



4-7-8 Breathing

This common yet effective breathing technique is used to manage stress, anxiety and to help fall asleep. The 4 - 7 - 8 breaching technique is:

*Breathe in for a count of 4. Hold the breath for 7 counts and breath out for 8 counts.
Repeat 4 times at least 2 times a day, or when you are having trouble falling asleep.*

- Adapted from AFM Reducing the Risk Program



Recipe - Pumpkin Crème Cheese Muffins

Ingredients:

- 1½ cups all purpose flour
- ¾ cup granulated sugar
- 1 tsp baking powder
- 1 tsp pumpkin pie spice
- ¼ tsp salt
- 1½ cups pumpkin puree
- 1 egg
- ¼ cup melted butter
- 1 tsp vanilla extract

For the Cream Cheese Filling:

- 4 oz cream cheese, room temp.
- 2 tbsp granulated sugar
- 1 tsp all-purpose flour
- 1 tsp milk
- ½ tsp vanilla extract

Directions:

- Preheat oven to 350°F
- Add flour, granulated sugar, baking powder, baking soda, pumpkin pie spice and salt to a large bowl. Mix until combined. Set aside.
- In another bowl, whisk together pumpkin puree, egg, butter (cooled) and vanilla extract until combined. Add wet ingredients to the dry ingredients. Mix until just combined. Don't over-mix the batter.
- Grease the muffin tin with non-stick cooking spray or line with paper liners. Scoop the batter into the prepared muffin tin. Fill each liner about ¾ full. Set aside.
- Prepare the cream cheese filling. In a bowl, whisk together softened cream cheese, sugar, flour, milk and vanilla extract until combined. Transfer the cream cheese mixture into a piping bag. Fill each muffin with the cream cheese filling; dip the cut tip of the pastry bag into the centre of the batter and slowly add the filling. You need to add about 1 tbsp of cream cheese filling to each muffin.
- Bake for 15 - 20 minutes or until ready. Check readiness using a toothpick inserted in the part without the filling, if it comes out clean, the muffins are ready.



Did You Know?

Fall was known as “harvest” and is also known as “autumn”, so how did “fall” become the dominant term?

In the early 1600s, people started moving into cities, and use of the term “harvest” lessened. They started saying “fall of the leaf” to refer to the third season of the year, because the leaves would fall from the trees. Over time, “fall of the leaf” was shortened to “fall,” and it stuck. So take some time this season to watch the “fall of the leaves” and enjoy their different colors!

Adapted from redbookmag.com

