

LET'S CHAT!



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Welcome Back! Get Some Sleep!

As the weather is changing and you are settling into the school routine, you may notice feeling slow, tired, irritable or "sluggish". A lack of sleep can impact a person's ability to focus, their metabolism, and has a big impact on mood.

One key way to improve overall mental wellness is establishing a consistent sleep routine.

Life can sometimes hinder sleep, whether it's school, sports, work or friends. When things get busy, it's OK for sleep to fluctuate, as long as you're not constantly depriving yourself of a good night's rest. Getting the right amount of sleep gives your body time to process toxins and release important hormones to keep you balanced.

A good sleep environment is one that is quiet, comfortable, the right temperature, dark and safe. Having pictures of loved ones or meaningful mementos may help create a feeling of calm.

Here are some ideas to help yourself have a better rest:



Stick to a schedule. Go to bed and get up around the same time every day, even on weekends.



Move your body. Exercise can help improve sleep but try to avoid it a few hours before bedtime, so your body has enough time to wind down.



Avoid caffeine. Pop, coffee, tea and energy drinks in the afternoon can make it hard to fall asleep later!



Relax. Take a warm bath or listen to calming music. You can also try some mindful exercises or slow stretching.



Get Up. If you can't fall asleep after 20 minutes or so, get up and do something that will help you relax. Go back to bed when you're feeling sleepy.



Switch off. Try to avoid watching TV, playing video games, using a tablet or texting right before bed. These activities stimulate the mind instead of relaxing it.

If you notice an increased difficulty in getting enough sleep, look at your current schedule and notice if there is anything that may need to be tweaked. Talk to a parent/guardian, book with one of the Nurse Practitioners or your Primary Care Provider, or connect with your guidance counsellor, for further support and to see how they can help you work together to improve your sleep.

- Contributed by: SRSS School Social Work Clinicians

Looking to connect with a school Social Worker?

Contact your grade's guidance counselor to learn more about what services they provide and their new locations!



Did You Know? STI's On The Rise!

- ⇒ Prevention is key with any sexually transmitted infection. Abstinence is 100% protection or the use of a condom is close to 100%.
- ⇒ 50 - 60 % of cases of chlamydia and gonorrhea have **NO** symptoms
- ⇒ In 2020, 53% of total chlamydia cases were between the ages of 15-24 years old!
- ⇒ STI cases continue to climb. Between 2011 and 2019 there has been an increase in STI cases by 26%.
- ⇒ Recently there has been an alarming increase in reported rates of syphilis and HIV in youth, the greatest increase has been in heterosexual females
- ⇒ Testing for chlamydia and gonorrhea is as easy as providing a urine sample
- ⇒ The biggest barrier to being tested and treated is stigma.

If you have questions, or would like to get tested, book an appointment at the Health Clinic today!



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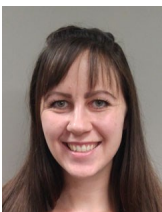
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Alcohol, Other Drugs & Impaired Driving - Dump The Myths!

Society, media, and friends can send mixed messages about drug and alcohol use and impaired driving.

Find out the truth below so you can make smart decisions.

Substance use is not legal for minors to use and this information is being shared not to encourage use, but to encourage harm reduction and safer use. The way to stay safest is to not use at all.

MYTHS

1. **MYTH:** Alcohol is not a drug and is safer to use than real drugs.
2. **MYTH:** Misuse of prescription and over-the-counter (OTC) drugs is less harmful than using other drugs like alcohol, marijuana, or cocaine.
3. **MYTH:** Using alcohol and drugs and driving impaired would affect just me, nobody else.
4. **MYTH:** Sleeping it off or vomiting are normal after you've been drinking and are nothing to worry about.
5. **MYTH:** Cold showers and black coffee can sober up a drunk person.

TRUTHS

1. **TRUTH:** Alcohol is a drug. The body reacts to alcohol just like it does to any other drug; to treat it like poison. Alcohol can damage the brain. Early and longtime use can cause addiction. Withdrawal can be painful and may lead to depression and thoughts of suicide.
2. **TRUTH:** Abuse of prescription and over-the-counter (OTC) drugs can be highly addictive and deadly. Using them while driving can be as fatal too.
3. **TRUTH:** Everything you do affects somebody else. We're all connected, our friends our family, even strangers we share the roads with. An impaired driving tragedy can happen to anyone, those who unwisely choose to use and drive, and everyone else on the road. What happens to you affects your family and friends too. When you're driving you have people's lives in your hands, so don't do it under the influence.
4. **TRUTH:** When you pass out or vomit after drinking, your body is trying to tell you it's had too much alcohol and it's trying to get rid of the toxin. Anyone who has passed out or vomited needs to be watched carefully and should never be left alone. Sometimes people die from drinking too much; it is called alcohol poisoning.
5. **TRUTH:** Cold showers, coffee and exercising will not sober up someone who's been drinking. Only time can make someone sober. The amount of time it takes depends on things like body weight and whether there is food in the stomach. Giving a cold shower and coffee to a person who's been drinking will just make that person cold, wet and awake - not sober!

Adapted from an article found at: courtinfo.ca.gov

Tummy Troubles?

**If your stomach ever hurts after eating a meal - do you think that is was something you ate?
If you feel nauseous before a test or exam - do you think that it was what you had for breakfast?**



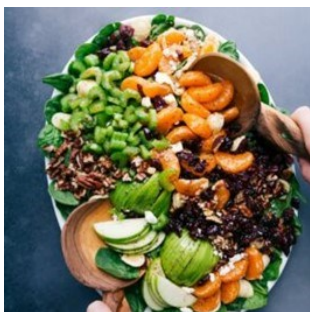
Sometimes we blame the food when really it is the stress that we are dealing with. If we are stressed and in flight or fight mode - we have more blood flow going to our arm and leg muscles instead of going to our intestines to help with digesting food.

Here's What Can help!

1. **Eat regular meals!** It helps to eat at regular times throughout the day instead of skipping meals. Eating regular meals give your body much needed energy and nutrients, and gives your intestines a steady manageable workload without causing stress.
2. **Wash your hands before eating.** This can help get rid of bacteria that might cause an upset stomach.
3. **Take your time to eat your meals and chew your food.** Instead of swallowing food in large chunks - do your stomach a favor and chew it first. Every stage of digestion is important your stomach is like a blender for our food but our teeth are the blades. Taking your time to eat a meal instead of rushing give your body peace.
4. **Drink from a cup not a straw.** Using a straw can lead to swallowing some air and for some people that can feel uncomfortable.

Recipe - Autumn Crunch Pasta Salad

<https://www.chelseasmessyapron.com/autumn-crunch-pasta-salad/>



Ingredients

- 6 cups fresh spinach
- 1½ cups dry orecchiette pasta
- ¾ cup chopped celery
- 1 large Granny Smith Apple thinly sliced or chopped
- 1 teaspoon lemon juice
- 1 can mandarin oranges drained
- ¾ cup dried cranberries
- 1/3 cup pecans coarsely chopped
- Optional: feta cheese

Dressing

- 2 tablespoons each: apple cider vinegar & white wine vinegar
- 2-4 tablespoons white sugar
- 1/8 teaspoon each: paprika & onion powder
- ¼ cup olive oil
- ½ tablespoon poppyseeds
- Fine sea salt and black pepper

Instructions:

1. **Cook Pasta:** Cook the pasta according to package directions to al dente. Make sure to generously salt the water; this is what will actually season the pasta! 1 teaspoon salt to every 4 cups of water.
2. **Dressing:** While the pasta is cooking, prepare the dressing. In a jar or bowl combine the apple cider and white wine vinegars, sugar (adjust to taste), paprika, onion powder, olive oil, poppyseeds, and salt and pepper. Shake the jar or stir in the bowl vigorously to combine.
3. **Finishing Pasta:** Drain the pasta once it's cooked through and immediately toss a few tablespoons of the dressing with the pasta. Chill the dressed pasta in the fridge.
4. **Remaining Ingredients:** Meanwhile, prep the other additions; thinly slice the celery, thinly slice (or chop) the apple and toss with the lemon juice, and drain oranges from the can.
5. **Assembly:** In a very large bowl, toss the completely cooled pasta with the spinach. Add in the celery, apple, oranges, dried cranberries and coarsely chopped pecans. Drizzle dressing over the salad and toss to combine. Add feta cheese to personal preference and enjoy immediately.
6. **Storage:** This salad isn't very great leftover. If you aren't eating this immediately, keep the ingredients separate from the dressing and only toss with the dressing right before eating. Top with pecans and feta after dressing the salad.