



## SACRED HEART CATHOLIC SCHOOL

1411 Lecaron Avenue, Sarnia, ON, N7V 3J1

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Principal: Mr. Wm. Nelson

Secretaries: Mrs. T. Green; Mrs. J MacDonald

Director of Education: Mrs. D. Crawford Board Chair: Mr. J. Van Heck

Superintendent: Mrs. L. Demers Trustees: L. Ward / J. McCann



## Week at a Glance for Families

*February 11, 2019*

### Monday, February 11

- Senior Girls BB practice at lunch hour
- Senior Girls BB HOME game vs. St. Anne @3:15pm
- Senior Boys BB AWAY game @ St. Francois @ 2:30pm
- Chess Club at lunch recess
- Knitting Club at the church at lunch hour
- Monday Liturgy at 12:30pm

### Tuesday, February 12

- Lego League after school to 4:30pm
- Senior Boys' BB HOME game vs. St. Joseph 3:05 – 4:15pm
- Chess Club at lunch recess

### Wednesday, February 13

- Senior Boys BB practice at lunch hour
- Senior Boys BB HOME game vs. St. Francois at 3:15pm
- "Newsies" rehearsal after school to 4:30pm
- Chess Club at lunch recess
- Grade 8 students attending St. Pat's Open House 9:30am – 12:15pm
- St. Pat's OPEN HOUSE for all families. 6:00pm to 8:30pm

### Thursday, February 14 – HAPPY VALENTINE'S DAY!

- **RED and WHITE day**
- Mr. Wes Harding presenting to Grade 3 -8 students on the topic, "Know Your Passion." @ 9am
- Senior Boys BB practice at lunch hour
- Senior Girls BB practice after school to 4:10pm
- Chess Club at lunch recess

### Friday, February 15

- Lambton Visiting Artist– Grade 6/7 Mrs. Houle's class

### **Attachments:**

1. [Anxiety and Mindfulness](#)
2. [Spirit Wear order form](#) – if you are interested in ordering Sacred Heart Spirit Wear, please see attached form. **Due Feb.17<sup>th</sup>**. Thanks!

**Have a great weekend, everyone!**



# Anxiety and Mindfulness

Rae Jacobson is a writer and content engagement specialist at the Child Mind Institute.

*Renee Jain is a life coach and founder of the programs Go Strengths, and Go Zen! Jain has written about her own struggles with childhood anxiety, and sat down with me to talk about motherhood, anxiety, and mindfulness.*

**Rae: Let us dive right in! You have a compassionate, non-stigmatizing take on anxiety. You are not a failure as a parent because your child is anxious. That must be so relieving for parents to hear.**

Renee: I had bad anxiety as a kid, so I know how real a difficulty it can be. I remember it affecting the entire family. I know the pain that is associated with having a child with anxiety for everyone.

**Rae: So you can relate to both the kids and the parents.**

Renee: Absolutely. In the last couple of years, I have had babies. Having kids yourself you realize that you can read every book on the shelf, do as much research as you can, but when you're in the heat of the moment and a child comes to you in a panic, all that stuff gets thrown out the door.

I think in that moment you are providing short-term relief and that feels good to everyone at the time but it does not give kids the long-term relief that they need. Therefore, I focus a lot on changing those practices.

I will give you an example: My daughter is afraid of changing tables right now. I do not know why! She's two and she doesn't want to go on any changing table except the one in her room, but if I'm in the airport that's not really going to work

Now, it is much easier for me to avoid the situation because I know it will cause a meltdown. However, I know from a research-based perspective that avoiding the anxiety trigger is just going to make things worse. The point being is that it is hard to put the research into practice!

**Rae: You have written about the value of worry.**

Renee: I think there is this mindset that we should have zero anxiety, that we should live a stress-free life and it's just not rational. From an evolutionary perspective there is a purpose to stress, there is a purpose to worry. It can be a protective mechanism, and it can be a catalyst for change. A little bit of stress can actually benefit you.

I think just knowing that a little bit of worry is not bad for you—that is a HUGE win for a kid.  
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I think just knowing that a little bit of worry is not bad for you—that is a HUGE win for a kid. If they are sitting at a test and they are having an anxiety attack, just telling themselves that not only is that okay, but that a little bit of stress can actually motivate you to do well can make all the difference. I think we really need to change our perspective. A little bit of stress is ok.

**Rae: That brings me to the work you do bringing mindfulness into anxiety treatment...**

Renee: It is a practice that is effective which you can learn it in a quick manner. It is freely available and your child can learn it and learn it use it on their own. Kids and parents are going to face challenges throughout their lives, and these skills will always be useful.

**Rae: So how can you start developing the skills you need to use mindfulness to combat anxiety?**

Renee: A lot of the time, we are either thinking about the future or the past. It is interesting that anxiety is triggered by either thinking about the future or thinking about past things that have happened. You are much less likely to be anxious if you are focused on the present moment.

Therefore, there are a few very simple ways that you can bring yourself into the present moment. For example, just focusing on your senses—even for 60 seconds—on what you are feeling, what is it that you’re touching, what can you taste, what do you see. Going through your five senses does not take long, but it can bring you into the present moment. Again, it is a mental habit. Let us say you do that once a day, even when you are not anxious. You are building a skill you can use to help relax yourself when you are anxious.

**Rae: I like that it is something you can participate in without any kind of ritual. The idea of something you have to “practice” can feel like just another thing you have to do, but these are just habits you can incorporate into daily life.**

Renee: Exactly. Mindfulness is just part of the day. You do not have to beat yourself up for not being mindful. There are moments of being mindful every day. I will give you another simple one. We develop habits, and the reason we do that is so we can be efficient in our lives. It is just easier when basic tasks are automated, and we do them so often they do not require thought so it is easy for our minds to wander. Brushing your teeth for example, you probably brush your teeth with your dominant hand and never think twice about it. However, say you tried switching hands. It would be awkward probably, but that novelty would bring you into the present moment, because you have to think about it! So doing something different activates you and takes you off autopilot.

**Rae: So when it comes to anxious kids, do these strategies stay the same or do you need a completely new playbook?**

Renee: The thing about little kids is that they are naturally mindful. Children are never on autopilot—they are very engaged in the present moment. They are fascinated and excited about their environment. Maybe they smell something they have never smelled before or see something new and exciting, things that our adult minds have glossed over because we are so used to them—that’s mindfulness.

Therefore, they start out very mindful, but we sort of beat it out of them as they get older and go to school. So how do we help an anxious child? Like grown-ups, a lot of that will be coming from worries about the future or memories of bad experiences, so bringing them into the present is still helpful.

For kids you want to make things (A) fun and (B) quick. If a kid is feeling anxious, you can try a quick exercise that is fun. For example, I have used one I call the ninja walk, which is just what it sounds like. You have to walk around like a ninja for a minute, and ninjas are very quiet! Therefore, the kid is focusing on walking silently and sneaking around. It is fun and the concentration helps pull them into the present.

The thing about little kids is that they are very open. They are up for pretty much anything. It is easy to teach a kid to be mindful, because in the end you are just uncovering what is natural to them.

**Rae: It also sounds like by bringing mindfulness into your own day you can model that for your children.**

Renee: It is so funny, my daughter is two years old and she does deep breathing with me. It cracks me up because sometimes she breathes like a bull—not quite deep breathing—but I do it every morning and she does it with me! Therefore, absolutely, modeling is a great teaching mechanism. Moreover, there is a contagion effect to anxiety, so finding a way to be calm can help prevent your anxiety from spreading.

This is what I think. I think there are so many different tools that work for children in a variety of situations. There is no one-way. However, there are many little tools and techniques, which you can use to get through the day. and once you find something that works and start using it, it becomes a part of you and that is something you can fall back on for the rest of your life.



# SACRED HEART SCHOOL SARNIA – SPIRIT WEAR CLOTHING ORDER FORM

Name of Student: \_\_\_\_\_

Teacher/ Grade of Student: \_\_\_\_\_

Order Forms must be returned to school with information.

Clothing Item	Colour	Quantity	Size	Size	Price	Total
			Youth S, M, L, XL	Adult S, M, L, XL, 2 XL		
Hooded Sweatshirt	Black				\$45.00	
Hooded Sweatshirt	Red				\$45.00	
Gildan T-Shirt	Black				\$17.00	
Gildan T-Shirt	Red				\$17.00	
Gildan T-Shirt	Grey				\$17.00	
Gildan Track pants	Black				\$25.00	
Gildan Crewneck Sweatshirt	Black				\$40.00	
Baseball Cap	Black		One size	One size	\$15.00	
Toques	Black		One size		\$15.00	
Long Sleeve T-shirt	Black				\$20.00	
Long Sleeve T-shirt	Red				\$20.00	
Long Sleeve T-shirt	Grey				\$20.00	
Child's Name screened on back					\$5.00	
Child's Name embroidered on sleeve					\$5.00	
Child's name embroidered on hat back					\$5.00	
All payments please pay online			Receipt # _____		Subtotal:	
Due date to order - February 17, 2019. Please return this order form to the school indicating the size						
Prices are retail prices. This is not intended as a fundraiser for the school.			** All sales are final		Total	