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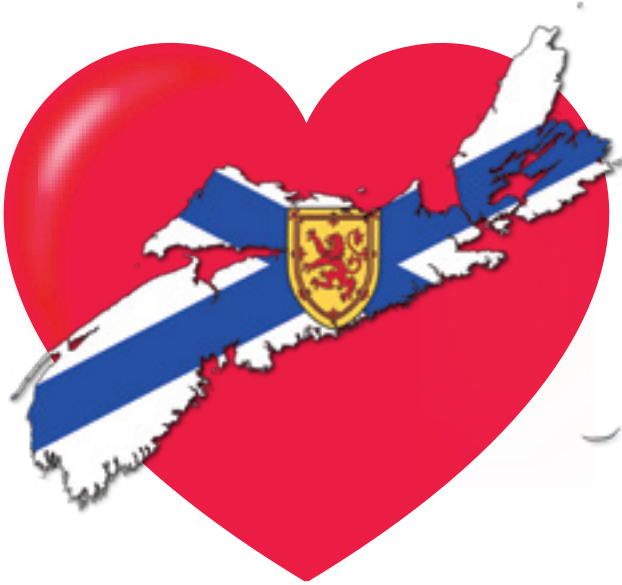


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Supporting Yourself & Your Kids Back to School

By Carol M. Shirley, Registered Psychologist, with ENIGMA

I know we have all been talking about a "new normal", but my truth is I don't think we have seen a "normal" yet. Everyone is adjusting on a daily basis with circumstances and conditions as they happen.

It's been and continues to be challenging to plan, to comfort ourselves and others in this climate of uncertainty. The decision to re-open schools I'm sure was not an easy one to make. Some people (teachers, parents and children) are relieved and happy while others are afraid. No one solution will work for everyone.

I believe it is paramount to find a way of looking at your situation that will support your behavior. Asking or requiring your child to go to school and being afraid to send them is not a balanced approach. Our children look to us for guidance and will find comfort or discomfort in our confidence or lack there of.

They have their own fears, talk to them about their fears and brainstorm solutions to help them feel some control. If they are excited and looking forward to school, embrace that for them. Telling our children our fears is not helpful. Children will be well informed about the rules and regulations in place in the schools when they get there. People big and little are afraid of the unknown, assure them they will learn what they need to know from their teachers.

Expect some separation anxiety, especially if they have been home with you every day since March. Lots of understanding, compassion, patience and gentle guidance is most helpful. Sometimes it's useful to tell them what your day will look like while they are at school. Tell them if you will be picking them up or be at home when they get back. Rather than telling "they have to wear a mask" and leaving them feeling forced, tell them it's a rule in a matter of fact way; offer no choices or options other than which mask they would like to wear. It's important to affirm them by saying things like "I know you don't want to wear the mask on the bus, it's really uncomfortable: no one really wants to but I like that you do and that you are protecting yourself and your friends. Encourage in a gentle yet confident manner.

If you are too anxious to send your children to school, learn what your options are. Be kind and educate yourself on your choices and options and behave accordingly. Be kind and be flexible to continued change, one day we will have a new normal but for now we are still in transition.

For more information go to www.carol-shirley.ca or phone 902-495-3181.



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HRM MLAs and MPs Working Hard for YOU!

Back to School

By Darrell Samson, the Member of Parliament for Sackville-Preston-Chezzetcook

It's hard to believe we're already planning for students to go back to school. For many families, that means sending young ones off to pre-primary or elementary school; maybe for the first time. For other families, it's older students who will be off to high school or university. Regardless of their age, what is usually an exciting and sometimes stressful time for students will be a lot different this year due to the pandemic.

Wearing masks in public places, social distancing, and washing our hands more frequently are part of "the new normal" during these times. These health and safety protocols will be in effect for schools too, and probably harder for younger students to follow. However, there are several tips online for making things a bit easier, like having your child wear a lanyard around their neck clipped to their mask so they don't drop it or misplace it. To help them get used to wearing their mask, younger kids can also be told to wear their mask during screen time at home; if they want the screen time, they practice wearing their mask.

Please remember that this is all very different and new for teachers and school staff as well. They haven't been in the classroom since before March Break either and never had to deal with the new health protocols before. The more parents do to teach the importance of these steps to their children, the easier it will be for everyone to make this transition a successful one.

Youth Council

In the fall, we will be reaching out to high school students from across the riding to participate in our Youth

Council. It has been inspiring to see so many of our youth getting more involved in issues over the past year. Whether it's the environment—from reducing pollution to green technology—or engagement in the Black Lives Matter movement, there are more young voices being heard today, and that's exciting!

By giving a group of students the opportunity to share ideas and participate in meaningful discussion on topics they choose, we will enable them to be more civic minded and make a collective difference in our



DARRELL SAMSON
Member of Parliament • Député
Sackville-Preston-Chezzetcook

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communities. I look forward to announcing a new approach to our Youth Council in the next issue.



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Summer Update from Rafah Di Costanzo, MLA for Clayton Park West

I hope all my constituents, and all Nova Scotians, are enjoying their summer so far; we are halfway through—the time sure does fly!

Firstly, I would like to share with you an exciting announcement the province released on July 22nd, regarding education and our local schools. School students across the province will return to class on **Tuesday, Sept 8th, 2020**.

The plan put forth is attributed to the support of public health, the IWK Health Centre and many of our education partners.

A survey was conducted, and feedback was given from more than 28,000 students and parents.

Within the plan, there is a detailed outline of public health guidelines and thorough safety measures, as well as student learning; this was a major priority for parents, and we took their suggestions with great seriousness.

At-home learning was successful, and all those involved worked tremendously hard to make sure our children were still receiving quality education—though we were aware of the obstacles (i.e. access to technology and equipment from home).

For this reason, the province invested \$4 million to secure 14,000 computers to assist student learning for students

with limited or no access to technology.

Come September, the members of our education family can expect:

- **Enhanced cleaning**
- **Physical distancing**
- **Classrooms reorganized to increase distance**
- **Thorough cleaning on transportation**
- **Bus drivers & riders to wear masks**

Moving along, our litter prevention campaign: **MLA Challenge, Let's Stop Littering**, has been at full speed since May.

We started this idea back in January 2019, as an MLA office initiative to find ways to solve the increasing amounts of litter in our riding. We were able to attract caring community members, and it soon after turned into a Clayton Park West community challenge. We established the **Litter Prevention Committee (LPC)** in September 2019 with 5 to 6 members; I am happy to say that we now have 25 active members.

We also appointed two Litter Prevention leads: **Michele Di Quinzio**, summer student, and **Jayne Hawkins**, a volunteer and devoted community member.

So far, we have had two summer clean-ups; one on June 27th, and the other on July 25th. There were over 30 vol-



unteers for each event, and I have personally observed that the litter in the riding has significantly decreased since last year.

We encourage all constituents to join the Litter Prevention Committee to receive updates on future clean-up events, and information on how we plan to educate the youth and adults in our community! If you would like to become a member of the **LPC**, please email Michele or Jayne at: litterpreventioncommittee@gmail.com. You can also visit and 'like' our **Clayton Park West Litter Prevention Committee** page on Facebook.

And remember, my door is always open! My Constituency Assistant, Zeina Klayme, and I are happy to assist you should you need it by calling: 902-443-8318, or by emailing: Rafah@RafahDicostanzo.com.

Sincerely,

Rafah

Students Returning To School With Safe and Flexible Plan in Place

By Hon. Lena Metlege Diab, MLA Halifax Armdale

Nova Scotia has announced a return-to-school plan that will see all public school students across the province return to class on Tuesday, September 8. The back to school plan is supported by public health, the IWK Health Centre and various education partners. It's also informed by clear evidence of the overwhelming importance of school-based education on the proper development of our children. School fulfills educational and social needs, and safely returning our kids to the setting where they're set up to learn best is critical.

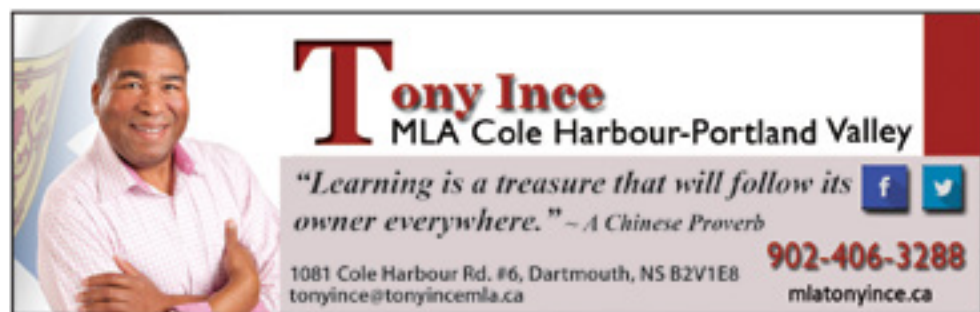
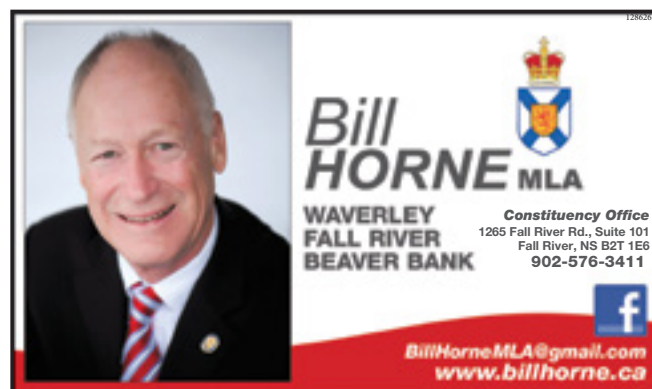
The back-to-school plan was developed with survey feedback from more than 28,000 parents and students, and input from union and education partners. It outlines public health guidelines and enhanced safety measures for both students and staff. It also includes measures to enhance student learning. Importantly, the plan offers flexibility so that individual schools, communities, and regions can transition to a blended model of classroom and at-home learning, or fully at-home learning, if cases of COVID-19 are identified.

I'm grateful there were learning at-home options for our students during the spring that went well. However, we did recognize there were some challenges, like access to

technology. As a result, the province has invested \$4 million to secure 14,000 computers to support student learning for those with limited or no access to technology. This will ensure students are able to continue learning alongside all of their peers should there be a need to switch away from the fully in-class model of learning.

In September, students, families and staff can expect plans to support enhanced cleaning, physical distancing and situations specific to schools in their area, classrooms to be reorganized to increase spacing, treating a class as a bubble to minimize contact with other students, enhanced cleaning on school buses as well as all school bus riders and drivers being required to wear a mask - and much more. I strongly encourage all families to review the full plan before the school year begins, so that everyone can understand the protocols in place and the changes that we've had to make to our "normal" school routines.

You can read the full back-to-school plan by visiting novascotia.ca/coronavirus/docs/back-to-school-plan.pdf. As always, if you have questions, comments, or concerns, my constituency office can be reached at (902) 455-1610 or lena@metlegediab.ca.



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The Return to School

By Claudia Chender, MLA Dartmouth South



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At the time of writing, it's August 2020. In the context of the COVID-19 pandemic, things are changing so rapidly that the world may look very different by the time you read this. What I can say without the benefit of a crystal ball is that this school year will be unlike any other.

As a legislator and a parent, my focus has been on doing everything I can to ensure that my children, their families, and their teachers are as safe as possible when school starts. With no community spread in Nova Scotia, I believe that sending kids back to school is the right decision, but of course, many parents and educators are anxious. Anxious about how the pandemic will affect children's education, how school can reopen safely, and how to balance

education, family, and work. It is a stressful time for everyone, and parents are certainly feeling this weight.

I am hopeful that, like many other jurisdictions across the world including Switzerland and Denmark, our children will be able to continue to have the public education to which they are entitled, and that scores of parents will not have to make the difficult choice between caring for (and educating) their kids or putting food on the table. Nova Scotians are both cautious and resilient; and in this scenario, these are two very good traits!

I wish everyone a safe and enriching fall.



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Eat your vegetables!

By Pete Cullen, Executive Director, Ross Farm Museum



Do vegetables get a bad rap? These days that we are all worried about Covid we need to pay attention to what we eat more than ever—especially our vegetables.

Vegetables come in all sizes, shapes, colours and FLAVOURS. There is really something for everyone. Add tomatoes, lettuce, onions, beans or peas to lunch and dinner every day to add some colour and some crunch to meals. Vegetables also add the vitamins and minerals we need to stay healthy. As well, things like salad, beans, peas and other legumes add the fibre we need for our guts to stay healthy. Healthy gut bacteria means you don't feel bloated, over-heated and sleepy since it keeps the food digesting and not fermenting as it passes on through. Did you know that there are slightly more bacterial cells in your body than there are human cells! Very important to keep those little guys happy!

Vegetables also tell a

story. You can cultivate them yourself. If you live in an apartment, plant a window box with tomatoes or herbs. When you do this, you are taking part in a tradition that stretches back 10,000 years—agriculture! You share part of the life experience of people who

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Education

A New Attitude For School This Year

Submitted by Oxford Learning

It's back to school time again! This year—more than ever before—back-to-school time will be one that parents, students and educators alike will be paying special attention to.

Students have been away from formal education since mid-March; with the Covid-19 virus still requiring that everyone take precautions, it's not at all abnormal for students to be a little apprehensive or concerned about what back to school is going to be like this year.

Beyond the regular concerns about which classmates will be in their classroom, what teacher they will have, or whether or not they will be safe while they are in class, students and parents should be equally concerned about how well students are going to readjust to a formal learning environment after five months away from school.

One thing that we know about breaks from learning is that any interruption affects not only school skills such as math and reading, but also negatively impacts student motivation.

Beyond reestablishing habits and routines that will prepare students to be

in a classroom for six hours a day and be ready to deal with homework at night, the one skill students need for back to school is the motivation and desire to do their best and sustain it, whether they are learning in-class or online.

How can we ensure that students have the drive and motivation to succeed without pushing them?

As much as parents and educators alike may want to coach the child to become motivated to do well in school, the reality is that no one can develop motivation for a child. Motivation comes from within. Children motivate themselves when they discover that school is offering them something they want.

Whether it's learning a new dance on Tik Tok or reaching a new level of a video game, students of all ages are already motivated to do the things that they feel are important or of value to them.

Motivation is a result of action taken to achieve goals. Action comes first; motivation follows. That is why at the start of a new school year, it's important to get a plan of action into place



not only for your household, but for each child.

Whether it's in-class or online, parents play an important role in helping students tap into what motivates them and in setting the pace for the school year ahead. For the first few months of every new school year, parents can support their children by establishing a school plan, helping them get and stay organized, and making sure they know how to start every assignment or homework piece.

Just like the first day of school is the first step in a new school year, having a plan of action in place is the first step in helping students discover improved motivation for the school year ahead.

Whether it's staying focused in class or completing an online or remote

learning assignment independently, tapping into learning motivation to stay on-task and complete the work is a skill that will serve students well this year and for years to come.

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Health & Wellness

What's so Great about Eight?



By Dr. Sarah Davidson DDS, MSc (Ortho) FRCD (C),
Halifax Orthodontic Specialist Group

My brother and his wife recently welcomed their son into the world. Watching these first-time parents navigate through uncharted waters, I was reminded of how overwhelming

all of those "firsts" are. New parents face such a challenge when trying to make sure all of the appropriate steps are taken to ensure their child's health. Eye tests, ear tests and vaccinations abound. Most parents won't think about the development of the jaw and bite and whether all of the teeth are forming properly. "Braces" are a far-off burden to be contended with, like school tuition or driving lessons. But long before my nephew requires braces, he needs to be seen by an Orthodontist. So, when is the right time and why is it so important?

My own children are young, however I continuously assess them as their little jaws grow. I want to be sure I give them the absolute best treatment to ensure they have a healthy and functioning bite and a beautiful smile now and for the future. I understand the benefit of interceptive treatment in some cases and that often orthodontic treatment is preventative to avoid problems later on. I know that it all starts with early monitoring and proper timing of treatment. All too often I see a child for their first visit in their teenage years. Some of these kids end up needing jaw surgery that could have been avoided with early interceptive treatment. It is amazing what can be done with early intervention. It makes it easier for everyone, child, parent and the Orthodontist. If you are not sure, contact an Orthodontist, and we will happily answer your questions. Whether it is for your young child, teenager or yourself, it is important to understand the benefits of Orthodontics for your own or your loved one's health and well-being.

Although some Dentists perform limited orthodontic work, an Orthodontist is a Board-certified Specialist

who is a Dentist first, who then completes a 3-year residency and Master's Degree in Orthodontics following their dental training. Orthodontics was the first specialty in Dentistry as it is such an important part of overall dental health. Many people are surprised that we do not do fillings, extractions, cleanings or root canals. An Orthodontic specialist is focused solely on the growth and development of the jaw and alignment and movement mechanics of the teeth. Essentially we do braces and Invisalign treatment all day every day! The easiest way to verify if a Dentist is an Orthodontist is to ask if they are a member of the Canadian Association of Orthodontists.

So when do your need to start thinking about a visit with the Orthodontist? Both the Canadian and American Orthodontic Associations recommend that all children have an orthodontic check-up by age 7 or 8. Although there are many baby teeth present at this age, the foundation for the bite is already in place and this is the optimal age to have an orthodontic screening. An early exam is an important step in your child's healthcare as early detection of some problems can be treated to avoid surgery later on. Your Orthodontist can also give you a bit of a prediction, much like a weather forecast, of what may lie ahead. As we all know, a forecast is not always perfectly accurate, but it does help us plan for big storms so that we aren't caught off-guard. Although the bites of my own kids aren't perfect, I've got a plan in place that offers them the best end result. Regardless of being an orthodontist, as a parent, I find that comforting and I think you will too.

Dr. Sarah Davidson is a Board-Certified Orthodontic Specialist with the Halifax Orthodontic Specialist Group. She is a co-owner of The Brace Space in Bedford (Larry Uteck) and The Brace Space, Sackville and Stuart & Davidson Orthodontics in Dartmouth, offering conventional braces and Invisalign for children, teens and adults. For more information, contact 902 455-7222.



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Seniors' Living Care

Tackling a Pandemic from all Angles

Submitted by The Berkeley

Lately, my conversations are often pandemic-related. Some wonder how we fared, but most comment on how well we have managed at The Berkeley. And, it's true, we handled the pandemic exceptionally well because we took the threat of COVID-19 very seriously.

Our leadership team mobilized quickly. Guided by our commitment to ensure the safety of both residents and employees, we put a no visitor policy in place on March 14th and we followed the advice of Public Health very closely. We mirrored all recommended protocols and communicated regularly with employees, residents, and their families.

During a crisis, leadership is important, but so too is the strength of the entire team. Remaining cohesive involved all employees feeling safe and valued for their everyday contribution. We recognized their efforts often and applauded their dedication. Creating a sense of confidence and maintaining positive energy in our buildings was an equally important part of the puzzle for everyone involved.

With our safety measures in place, we turned our focus to keeping residents upbeat and physically active. We maintained their routines, continued with daily activities, and kept our dining rooms open so they were not impacted by a sense of isolation and loss. We made changes to allow for physical distancing, of course, but recognized the critical importance of their overall health and wellness. We wanted to limit the impact of COVID-19 on our residents in every possible way.

We all missed seeing family and friends and longed for life as usual, coming and going as we pleased. As the restrictions lift, we feel a sense of relief and are enjoying newfound freedoms and some semblance of normalcy. However, we cannot let down our guard just yet because the threat

still exists. At The Berkeley, we have lifted many restrictions with continued reminders to practice regular hand hygiene, physical distancing, and the wearing of masks. We have kept some measures in place like our no visitor policy. It is important that we continue to control our environment for now, especially with concern around a second wave.

I stand in awe of our entire team. We could never have had such great success without excellent leadership, regular communication, and consistent team cohesiveness. The experience of this pandemic has left me feeling fortunate to work with such amazing people whose collective human spirit is remarkable. What they say is true, there really is no 'I' in team.

For more information and to book a tour, call Jenn at (902) 802-0346 or email her at jenn.walker@theberkeley.com.

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Parent-Child Guide

DON'T MISS OUT ON OUR FALL EDITION

featuring Fun Places To Go, Health & Wellness, Education, Seniors' Living Care and More!

Printing on October 21, running to December 16, 2020

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FOR THE LOVE OF PETS



When Is It an Emergency?

Most pet "parents" have been in a situation like this: Buster slipped on the way down the stairs and now he's walking with a limp. It's 11:00 at night—should you call your veterinarian, or are you just being a worrywart?

You are never wrong to call. If you are concerned about your pet, you should never feel embarrassed about calling a veterinarian. Veterinarians are used to emergencies and they prepare for them.

The year 2020 has posed many new challenges for veterinarians providing vet care and as a pet owner, recognize that your veterinary provider may be altering hours of operation frequently, and will have various stages of COVID protocol in place as the year progresses. Check their Facebook, web page and Twitter feeds often so that you are aware of their status.

Here in HRM, we are fortunate to have the Metro Animal Emergency Center which provides emergency service to the community.

Modeled after emergency clinics in other centers, this was the first of its kind here in Atlantic Canada and established as a joint venture of the Metro veterinarians in 1997. It is now open 24 hours every day of the week. With the limitations many veterinary clinics are experiencing in 2020, we are extremely grateful for their service.

Remember, you know your pet better than anyone else. If you notice your pet behaving in a way that's unusual for her, or if something just doesn't seem right, you may have picked up on a subtle sign of a real problem. To find out, call the emergency center or your veterinarian. By asking a few questions over the phone, an emergency veterinarian should be able to tell you whether you should bring your pet in right away, or whether you can wait for an examination during your hospital's normal office hours. Even if you find out nothing's wrong, you'll be glad to have your mind at ease.

There are some times, however, when you won't need

to call first. If you notice any of the following problems, bring your pet in immediately for emergency care.

Your pet has been experienced some kind of trauma, such as being hit by a car or a blunt object or falling more than a few feet.

- Your pet isn't breathing or you can't feel a heartbeat. (See Pet CPR.)
- Your pet is unconscious and won't wake up.
- Your pet has been vomiting or has had diarrhea for more than 24 hours, or she is vomiting blood.
- You suspect any broken bones.
- Your pet is having trouble breathing or has something stuck in her throat.
- Your pet has had or is having a seizure.
- Your pet is bleeding from the eyes, nose, or mouth, or there is blood in her urine or feces.
- You think your pet might have ingested something

toxic, such as antifreeze, rat poison, any kind of medication that wasn't prescribed to her, or household cleansers.

- Your pet, particularly your male cat, is straining to urinate, or is unable to.
- Your pet shows signs of extreme pain, such as whining, shaking, and refusing to socialize.
- Your pet collapses or suddenly can't stand up.
- Your pet begins bumping into things or suddenly becomes disoriented.
- You can see irritation or injury to your pet's eyes, or she suddenly seems to become blind.
- Your pet's abdomen is swollen and hard to the touch, and/or she's gagging and trying to vomit.
- You see symptoms of heatstroke.
- Your pregnant dog or cat has gone more than three to four hours between delivering puppies or kittens.

What to do if it's an emergency

Once you decide to bring your pet in for emergency treatment, make sure you know where you are going and how to get your pet there safely. If you have any questions about directions or how to move your ill or injured pet, call the hospital and ask.

If going directly to the emergency center, be prepared for protocols in place for the safety of clients, staff, and pets.

Be prepared

The best way to deal with pet emergencies is to prepare for them, just in case. The next time you bring your pet in for a checkup; ask your veterinarian what you should do in case of emergency. Find out whether your animal hospital is open 24 hours, or whether they refer emergency cases. If they refer, get the name, address, and phone number of the emergency facility

they refer to.

Keep your veterinarian's name and number on an emergency sheet near the phone, as well as the emergency clinic, right next to the numbers for your doctor, fire department, and poison-control hotline. You may also want to have a list of pet first aid tips easily accessible, along with guidelines for human first aid.

Most important, remember to trust your instincts. You know and love your pet, and you have the right to be worried if something seems wrong. Emergency veterinary professionals are there for you—never be afraid to call.

This and other useful information can be obtained online at www.healthypet.com, a service of the American Animal Hospital Association. Provided by hospital member Carnegie Animal Hospital in Halifax, Nova Scotia.

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CRAFT CORNER

Simply... Fire Cider

By Jenny Joan Larisey

Craft Consultant for Maritime Hobbies Crafts

Tinctures, tonics and teas. These are some of the things that inspire me to grow herbs. Another is to make an annual supply of fire cider. Those who embrace natural medicine call upon this spicy and tangy tonic to stay healthy during the winter months and cold season.

Simply put, fire cider is a vinegar based health tonic also known as an oxymel. Made with healing plant ingredients and infused into raw apple cider vinegar to create a powerful immune boosting, anti-inflammatory, anti-bacterial, anti-viral, decongestant, circulation and digestion system boosting beverage.

Rosemary Gladstar coined this herbal tonic in the 1970's using just 7 core ingredients. However, you can be creative and mix all sorts of beneficial and tasty additions. More so than with regular cooking I try to use all organic ingredients with ferments and infusions for the cleanest results.

To start off you will need a glass jar, garlic, onion, fresh horseradish, fresh ginger, apple cider vinegar (raw and unpasteurized), honey and

cayenne pepper. Optional ingredients that I have deemed essential in my "Jenny Fire" recipe are; citrus, fresh turmeric, black pepper corns, jalapeño (or any other hot pepper) for a spicy batch, and as many herbs from my garden that I can get into the jar. Use as much or as little of the ingredients as you like depending on how you want it to taste.

To start you want to chop and grate the ingredients described above. The smaller the pieces, the better it will all infuse.

Add all the goodies into your glass container (with the exception of honey and cayenne pepper that will be added later), 2/3 to 3/4 full leaving room to cover the mixture by a few inches. Slowly pour in the apple cider vinegar making sure to knock out any air bubbles. Cover the jar with a plastic lid or if using a standard jar lid, add a piece of waxed parchment paper on top before putting the lid on. This is so the acidic nature of the vinegar won't corrode the metal lid.

Store the infusion at room



temperature, somewhere that you will see it and remember to give it a daily shake. You want to shake it up well to not only increase the steeping action, but also to prevent any mold growth by keeping the contents submerged and moving. You do not want to let the same ingredients float on top for multiple days. Keeping them moving and mixed decreases the chance for mold to grow.

After a minimum of 3-4 weeks, your fire cider will pack a punch but you can keep infusing it for much longer if you like. When you're ready, strain out the liquid using a mesh strainer and cheesecloth.

Lastly, add honey and cayenne pepper to taste. To help the honey blend, soak the jar in a hot water bath to melt a bit, and then use a whisk to rapidly stir.

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Your tonic should stay good well up to a year or longer. I store what I think I will need for the year in the fridge and in a cool dark cupboard and give the rest away as gifts.

Please note: Omit any of these

ingredients as needed for health reasons or otherwise. The best thing about making Fire Cider is that you can adjust the ingredients according to taste and wellness support that you are looking for. With fire cider, a recipe is merely a

suggestion.

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Ways to help your child with anxiousness on the first day of school

By Aileen Sullivan, Assistant Director, Inclusion Coordinator

As many of you know, the first day of primary for children can be difficult and a little stressful for both your child and yourself. Here are some ways you can minimize the anxiousness in your child and help them prepare for their first day of "big school".

Read a story book to them about starting their first day at a new school. It may comfort your child to know that most children are nervous about starting primary in a new place. Some books to read to your child are: *The Kissing Hand*, *First Day Jitters* and *First Day of School*.

Try to minimise your own anxiousness. It is perfectly normal for both you and your child to feel

anxious about going to a new and bigger school. Always remember, your child will adjust to their new classroom. It may take a little longer for some children, but remember to be patient.

Make a special goodbye. Come up with a way for you and your child to say good-bye in a special way. This could be either a special handshake or a different hug. Remind your child that you will do this every drop off for as long as the child needs.

Trust in your child's teacher. Your child will not be the only one in their classroom who is experiencing anxiousness. Teachers have been helping with this each year with both the parents and the child. Teachers will have everything planned

out for your child when they arrive on their first day. They may have many fun activities for the children to do, whether it be songs or fun activities to adjust to a routine.

Before you know it, your child will look forward to going to school and seeing their new friends and teachers.

Aileen is currently the Assistant Director at The Growing Place (Pleasant Street location). She also serves as Resource Coordinator where she specializes in supporting children with special needs as well as offering support, and advice to parents on a variety of child, and family related issues. For more information please visit our website at www.thegrowingplace.ca

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