

# SCHOOL BASED SERVICES

## STUDENT ASSISTANCE PROGRAM

and

## PREVENTION

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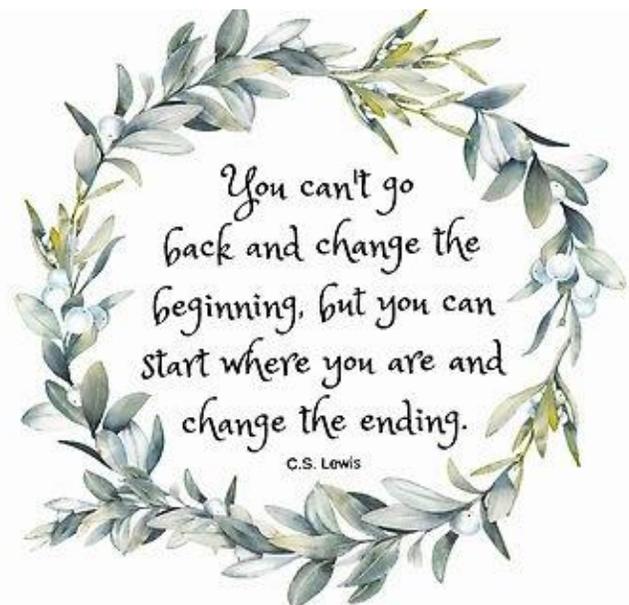
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Welcome to the January 2024 issue of the Devereux TCV School Based Services Newsletter! I want to first wish you all a Happy and Healthy New Year in 2024. We wish you all the best. Please look out for our satisfaction surveys in your email in the next couple weeks. This will give you the chance to tell us how we're doing in your buildings. These will be sent via a Google link so please take the time to fill it out. As always please let us know if there is anything you need. I continue to offer SAP Refresher trainings if needed. We can also offer trauma based trainings. Best of luck to everyone as we begin the second half of the school year!

Jim Phillips      412-862-5565  
Manager of School Based Services



# Tips to a Healthy Start to 2024

## 4 WEEKS to HEALTHIER HABITS

HEART HEALTH INITIATIVE

Getting healthy starts small, one step at a time.



By adding a new habit each week, you can build on the great lifestyle choices you've already established, while supporting total wellness.

### WEEK 1: EAT WELL

Clear your kitchen of foods containing the following: high sodium content, solid fats, trans fatty acids (especially partially-hydrogenated oils), refined grain, and added sugar.

When shopping, fill a third of your cart with fresh foods.



### WEEK 2: GET MOVING

Take a walk every day. Mark your calendar to help remind and encourage yourself.

Start with 10 minutes, and add one minute each day.

By the end of week 4, that's 24 minutes per day! Keep at it until you reach or surpass 30 minutes, then work to increase the intensity of activity.



### WEEK 3: FIND BALANCE

Locate a quiet place where you can be alone and free from distraction, and sit quietly.

Breathe in slowly through your nose and out through your mouth.

Continue for five minutes or longer, depending on how much "calm" time you need to counterbalance your day, every day.



### WEEK 4: SLEEP MORE

Turn down lights and "disconnect" from screens (television, computer, phone) 30 minutes before bedtime.

Practice the deep breathing you started in week 3 to calm down before turning in.

Go to bed 15 minutes earlier, and do so each day until you wake up feeling energized and refreshed.



## 5 Tips To Make Habits Stick



Determine your WHY



Celebrate small WINS



Develop a pre-commitment (if-then plan)

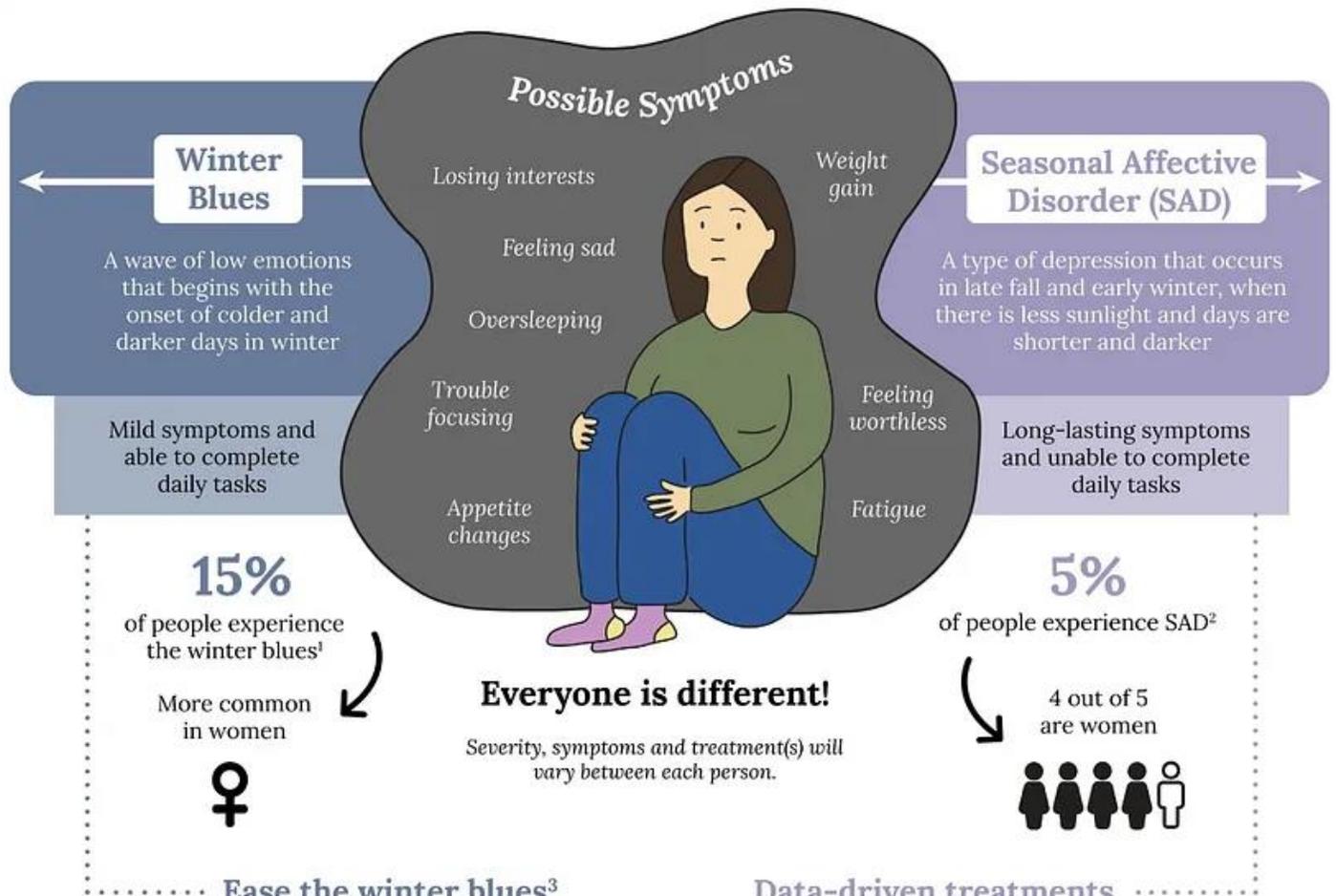


Be Flexible



Design your environment

# Finding **light** in winter's darkness



## Ease the winter blues<sup>3</sup>



### Morning activities

Plan to do outdoor activities in the morning after sunrise to benefit from the sunlight.



### Exercise

Stay active through winter sports or indoor exercises like yoga, which can help reduce symptoms of depression.



### Routine

Develop a routine to stay active and social to fight the fatigue.



### Medications

Similar to other depressions, SAD can be treated with antidepressants. Some can be taken early in the season to prevent frequent seasonal depressive episodes.<sup>4</sup>



### Bright Light Therapy

Typically done in the morning, and monitored by a health professional, artificial light is used to replace the reduced sunlight received.<sup>5</sup>



### Cognitive-Behavioural Therapy

A talk therapy focused on improving negative thoughts during the winter, which may have long lasting benefits compared to light therapy alone.<sup>6</sup>

# OPERATION PREVENTION

Discover • Connect • Prevent

## SCHOOL RESOURCES



### OPIOIDS AND PRESCRIPTION DRUGS

Equip students in grades 3-12 with the knowledge and refusal skills they need to make smart decisions and manage stress the healthy way.

<https://www.operationprevention.com/opioid-and-prescription-drugs>

# New Year's Word Search

J A N U A R Y F R I E N A C E  
 F R I E N D S Y A S R I L A H  
 N E Y S E R T I E M O W B L C  
 B S I L Y F A E N E I Y A E O  
 N O C R N V N V E Y D L B N U  
 A L D C L O C K L T I E Y D N  
 R U V E W M I D N I G H T A T  
 V T O A S T W S N O L Y I R D  
 G I A N I N G S E V E U A R O  
 C O N F E T T I T M I N G S W  
 R N O L C E L E B R A T I O N  
 A J A N U E L V E I M K E R A  
 Y P A R T Y H A A P Y S E V W  
 N E W Y E A R C L O K S O R Y  
 S H A P P Y E B A L L R E S O

BABY

BALL

CALENDAR

CELEBRATION

CLOCK

CONFETTI

COUNTDOWN

EVE

FAMILY

FRIENDS

HAPPY

JANUARY

MIDNIGHT

NEW YEAR

NOISEMAKER

PARTY

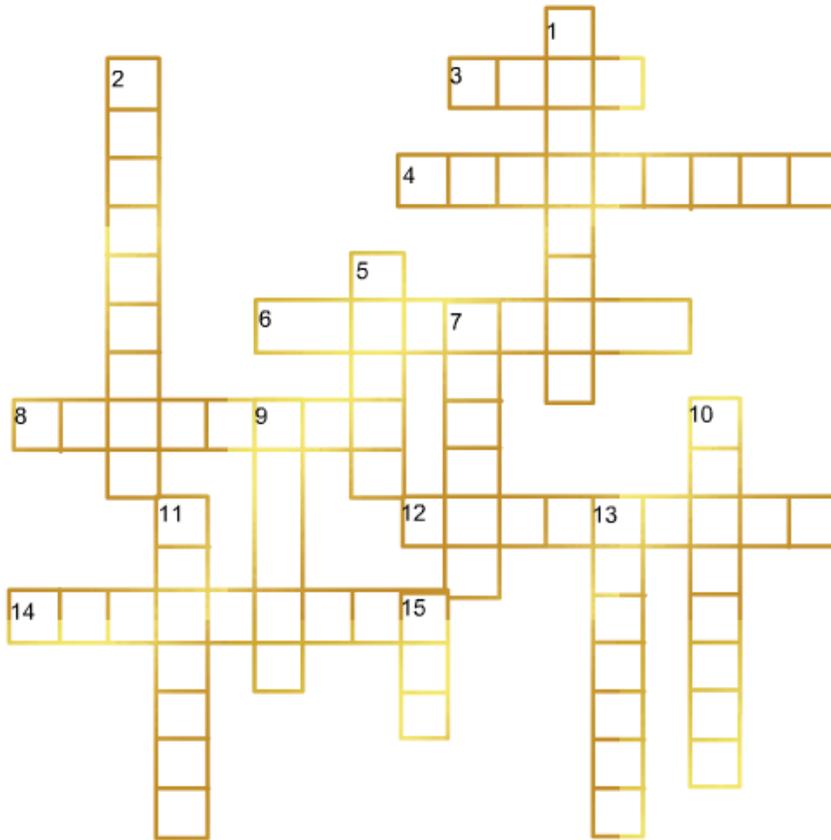
RESOLUTION

TOAST



CRAYONSANDCRAVINGS.COM

# New Year Crossword Puzzle



**Down:**

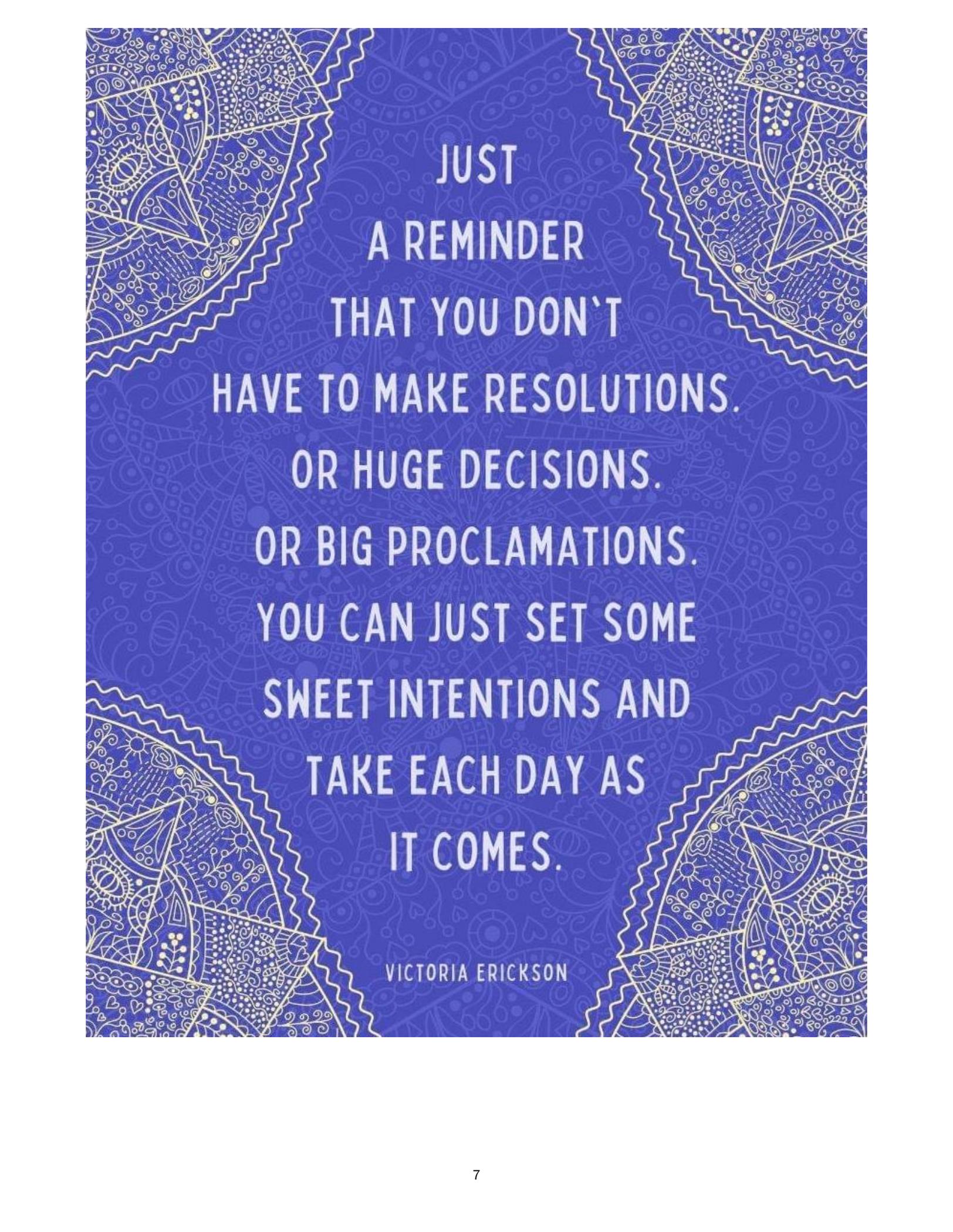
- 1. a chart with days weeks and months
- 2. a white sparkling wine
- 5. beautiful vocal instrumental or combined sound
- 7. a drinking glass with a foot and a stem
- 9. a man's dinner jacket.
- 10. a handheld firework that emits sparks.
- 11. the first month of the year
- 13. round rubber bag that is inflated with the air
- 12. observe and used as decoration or a toy.
- 14. an act of counting numerals in reverse order
- 15. opposite of old to zero

**Across:**

- 3. the period of 365 days
- 4. a device containing gunpowder and other combustible chemicals which causes spectacular effects and explosions when ignited
- 6. a timing device with two connected glass bulbs containing sand
- 8. small bits of paper usually colored
- 12. observe
- 14. an act of counting numerals in reverse order



[www.MyPartyGames.com](http://www.MyPartyGames.com)



JUST  
A REMINDER  
THAT YOU DON'T  
HAVE TO MAKE RESOLUTIONS.  
OR HUGE DECISIONS.  
OR BIG PROCLAMATIONS.  
YOU CAN JUST SET SOME  
SWEET INTENTIONS AND  
TAKE EACH DAY AS  
IT COMES.

VICTORIA ERICKSON