

Family and Children's Newsletter

Northern Lights in Prince George

NEWSLETTER WRITTEN BY ELLEN WOOKEY

The northern lights are beautiful dancing waves of light. The northern lights are created from a collision between electrically charged particles from the sun that enter the atmosphere of the earth. These lights can be seen above the magnetic poles in the northern or southern hemisphere. In the northern hemisphere, they are called the northern lights or Aurora borealis. In the southern hemisphere, they are called the southern lights or Aurora australis. The aurora display can appear to be dancing in the sky in shades of red, yellow, green, blue and violet. The glow can also take many forms like small patches, clouds of colour, rippling curtains and ribbons.

Want to check out the northern lights? Clear nights make for prime viewing conditions, as well as reduced light pollution. Those early hours of the morning, typically between 11pm and 5 am are your best opportunities during the months of mid-August to mid-March to see them. Although they can be seen year-round under the right conditions. The farther north you go, the better your chances of seeing it.

Listed are some places around Prince George that you can visit to view the northern lights: PG Airport, Salmon Valley, Mitchell Road (Huble Homestead), Prince George Astrological Society's Observatory, Ness Lake, and Cottonwood Island Park.

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Photography by: Ellen Wookey

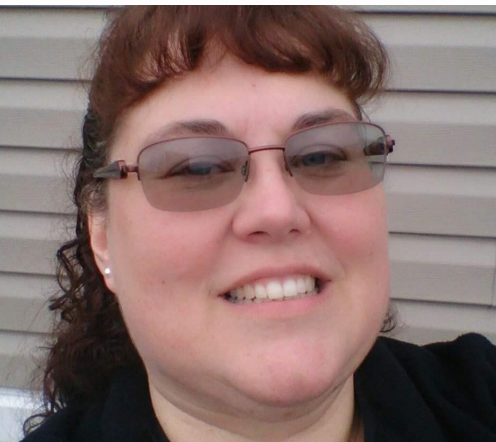


UPCOMING CITY EVENTS

- Sept 1st:** Sunflower Festival by Northern Lights Estate Winery
Sept 4th: Prince George Road Runners – Labour Day Classic
Sept 4th: Huble Homestead Potato Festival
Sept 5th: Labour Day
Sept 6th: Prince George Virtual Job Fair by Diversity X
Sept 7th: Trivia at Nancy O's
Sept 9th: Movie Night in the Orchard
Sept 9th – 10th: Johnny Reid National Tour
Sept 10th: Pops in the Park
Sept 10th: Alice in Wonderland Prince George
Sept 11th: Prince George Red Dress Campaign (Lheidli T'enneh Memorial Park)
Sept 11th: Prince George Autocross
Sept 11th: Pidherny Jump Jam
Sept 11th: Great Northwest Fibre Fest
Sept 17th: Trenchtoberfest
Sept 25th: Canine First Aid
Sept 28th: DIVAS in Prince George
Sept 30th: National Day for Truth and Reconciliation

BACK TO SCHOOL TIPS

1. Remember that you don't need to wait until the first day of class to ask for help. Over the summer schools are open to address any concerns a parent or child might have, including the specific needs of a child. The best time to get help might be one to two weeks before school opens.
2. Consider starting your child on their school sleep/wake schedule a week or so ahead of time so that time change is not a factor on their first couple of days at school.
3. Many children get nervous about new situations, including changing to a new school, classroom or teacher. This may happen at any age. If your child seems nervous, it can be helpful to rehearse heading into the new situation. Take them to visit the new school or classroom before the first day of school.
4. Talk enthusiastically to your children about the new school year, reminding them of the fun they will have with friends and the exciting new things they will learn.
5. Practice a safe route to and from school with your children.
6. Studies show that children who eat a nutritious breakfast function better. They do better in school, and have better concentration and more energy.
7. Create an environment that is homework-friendly starting at a young age. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.
8. Be available to answer questions and offer assistance, but never do a child's homework.



To the left is Maureen Hoff, a member of the Family Support team at AiMHi. She would like to remind everyone the health benefits of taking a break/vacation: improved physical health, improved mental health, greater well-being, increased mental motivation, improved family relationships, decreased burnout and boosted happiness.

NATIONAL DAY FOR TRUTH AND RECONCILIATION



Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30th. This day fulfills the Truth and Reconciliation Commission's Call-to-Action #80 and will serve as a day of remembrance, reflection, action and learning.

Call-to-Action #80: We call upon the federal government, in collaboration with Aboriginal peoples, to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour Survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process.

A reconciliation is a meaningful action that moves reconciliation forward. Reconciliations aim to bring Indigenous and non-Indigenous people together in the spirit of reconciliation to create awareness, share, and learn. The day honours the lost children and Survivors of residential schools, their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Since 2013, September 30th has been known as Orange Shirt Day, a day to recognize the tragic history and long-standing effects of residential schools. Orange Shirt Day is an Indigenous-led grassroots commemorative day that honours the children who survived residential schools and remembers those who did not. This day relates to the experience of Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.

On September 30th, it is encouraged that all Canadians wear orange to raise awareness of the very tragic legacy of residential schools, and to honour the thousands of Survivors. September 30th, 2022 marks the second National Day for Truth and Reconciliation.



ORANGE SHIRT DAY

Every Child Matters

RESOURCES WORTH CHECKING OUT

Special Olympics

SOBC – Prince George offers 16 programs, including 5-pin and 10-pin bowling, athletics, basketball, cross country skiing, curling, golf, powerlifting, rhythmic gymnastics, snowshoeing, soccer, swimming, floor hockey, Club Fit, and Fit Families and Friends.

Visit <https://www.specialolympics.ca/> for more information.

Walk Tall

Walk Tall program offers afterschool programming for youth ages 8-18. Junior Walk Tall groups are comprised of youth ages 8-12 years, and senior Walk Tall is 13-18 years. The goal of each group is to provide a safe and supportive place where youth can experience new opportunities (through culture, recreation, leadership and development, prevention and education), build positive relationships, overcome barriers, and learn about Carrier Culture. The group is guided by Carrier values and customs.

Visit <https://www.csfs.org/services/youth-services> for more information.

Therapeutic Riding Association

The purpose of Prince George Therapeutic Riding Association is to focus on abilities of people with disabilities. To provide recreational riding and strive for the highest standard of safety and instruction.

Visit <https://www.therapeuticridingpg.com/> for more information.

BACK TO SCHOOL WISDOM:

Nº 01

**“YOU’RE OFF TO GREAT PLACES.
TODAY IS YOUR DAY!
YOUR MOUNTAIN IS WAITING,
SO GET ON YOUR WAY!”**

DR. SEUSS

UPCOMING FAMILY AND CHILDREN'S GROUPS

Learning How to Use Your Pecs

September 15th: 7pm – 8pm
with Maureen @ AiMHi

RSVP maureen.hoff@aimhi.ca

Create A Vision Board

September 27th: 6:30pm – 7:30pm
with Marisa and Ellen @ AiMHi

RSVP marisa.shamroukh@aimhi.ca

Sensory Activity Group: Sensory Bins

September 29th: 6:30pm – 7:30pm
with Marisa and Ellen @ AiMHi

RSVP marisa.shamroukh@aimhi.ca

To the right is Faith Young, a member of the Children's Life Skills team at AiMHi. She would like to leave you with a quote by Ashleigh Warner (Psychologist): Beneath every behaviour is a feeling. And beneath every feeling is a need. And when we meet that need rather than focusing on the behaviour, we begin to deal with the cause of the symptom.





“It’s one thing to run across Canada, but now, people are really going to know what cancer is.” – Terry Fox

Terry Fox lost his leg to osteogenic sarcoma at age 18, underwent 16 months of treatment and found he could not ignore the suffering he witnessed in the cancer wards. Terry decided to run across Canada to raise money for cancer research in a Marathon of Hope. He wasn’t doing the run to become famous; he wanted to create change and fund a cure for all cancers.

Terry died on June 28, 1981 at the age 22 but not before becoming the youngest person ever to be awarded the Order of Canada. Two-and-a-half months after his death, the first Terry Fox Run was held on Sept. 13, 1981. More than 300,000 Canadians took part in the event at 760 sites across the country. The run raised \$3.5 million.

This bold and courageous Canadian was gone, but his legacy was just beginning. Today, hundreds of millions of dollars have been raised for cancer research through the Terry Fox Run held in thirty countries around the world. With this funding, the Terry Fox Foundation continues Terry’s work, supporting cure-oriented, biomedical cancer research worldwide. Forty years later, Terry’s Marathon of Hope continues to inspire others with his message that everyone has the ability to make a difference.

Zones of Regulation

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

Tired	Proud	Upset	Frustrated
Focused	Worried	Silly	Excited
Calm	Sad	Angry	Happy
Red	Yellow	Green	Blue

Frozen Fruity Yoghurt Bites



Ingredients

- 200g natural yoghurt
- Handful blueberries
- Handful raspberries

Method

Put 12 cupcake cases onto a small baking tray.

Use a spoon to drop some yoghurt into each case.

Put a few pieces of fruit into each cup and press them into the yoghurt with your fingers.

Freeze for 2 hours or until solid.

Pop out of the cases and serve.

Eats Amazing
www.eatsamazing.co.uk

With every book, you go back to school. You become a student.
You become an investigative reporter. You spend a little time
learning what it's like to live in someone else's shoes.