



LIZA JACKSON PREPARATORY SCHOOL



School Counselor's Winter Newsletter

Happy Holidays

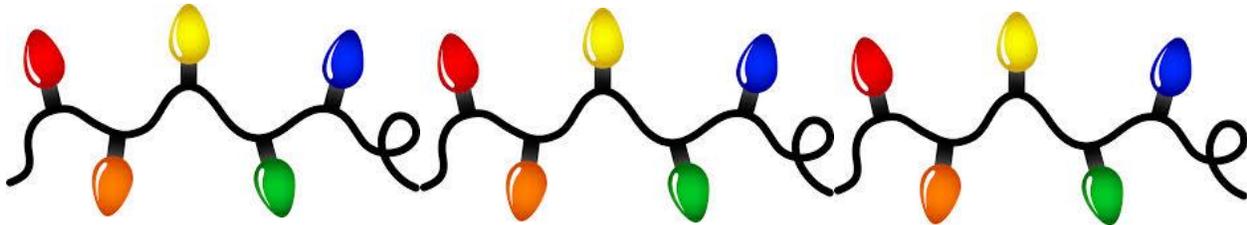
The holiday season is a time of joy and cheer for most of us. It's a time to relax and eat; a time to catch up with family and friends; a time to exchange gifts and make new memories. For some students and their families, the holidays can also be a time of high anxiety and stress due to various reasons. I want to ensure all families know about and have supports in place during Winter Break to help reduce anxiety and stress. Below are some available resources that can help.

<http://www.bridgewaycenter.org>

<https://www.elakeviewcenter.org>

<https://www.myflfamilies.com>

I wish and hope everyone has a wonderful, fun filled Winter Break. Just in case you need some ideas to spark that fun... Check out the Snowball Fight and Hit The Snooze on Winter Blues ideas w/ links listed below. I'm so excited to see what 2022 has in store for the LIZA LIONS. Happy Holidays, Ms. Mann, LIPS School Counselor



SNOWBALL FIGHT

No snow? No problem! Ball up clean, white socks to create "snowballs." One player hides. The other players pretend to ice-skate, ski, or play in the snow. The hidden player shouts "Snowball Fight!" and starts throwing the "snowballs" at the other players. The non-hidden players must make it to the safe zone without being hit by a "snowball." If one of the non-hidden players get hit then they become the new hidden player.
Source: Kid Activities

HIT THE SNOOZE ON WINTER BLUES

During winter, the days are shorter and the nights are longer. Do not let the seasonal changes get you down. Here are some things you can do to keep you and your family smiling through the winter season:

- Make a [coffee filter snowflake](#). Draw on a coffee filter with washable markers. Use an eye dropper or small measuring spoon to drip water on the coffee filter. Let dry. Cut out your snowflake design.
- Eat a balanced diet. Winter can cause cravings.
- Tell your brain it's time to wake up. Turn on bright lights first thing in the morning.
- Go ice skating. [Baytowne Wharf](#) sets up an ice-skating rink each winter.
- Limit screen time to 2 hours or less each day.
- Spend time with family.
- Write a letter to a loved one.
- Give someone a gift.
- Play board games
- We live in Florida! Go to the beach!