

# WELLNESS WEDNESDAY

ALTA VISTA ELEMENTARY SCHOOL  
NOVEMBER 14, 2018



## Spending Time with Family During the Holidays

### Strengthening Your Bond As a Family Can Improve Your Overall Well Being

Research shows that families who spend time together share stronger emotional bonds. Spending time as a family is associated with a sense of belonging and enhanced communication, particularly with children, who have higher academic performances and are less likely to have behavioral problems.

The holiday season is a favorite time of year for most friends and families to gather, reminisce about old memories, and making lots of new ones memories.

Amid the busyness of the season, it is essential to remember that the most important part of the holidays is spending quality time with those you love. It's a wonderful opportunity to disconnect with everyday stresses and reconnect with what life is really all about: friends, family, laughter, love, graciousness, gratitude and spreading warmth and smiles.

It's a season of softened edges, with the worldwide acceptance and anticipation that it is okay, if not completely expected, to be with those you love to enjoy well deserved and absolutely cherished family time. There are also many other notable and positive benefits of relaxing and spending time with those special people in your life who you can truly let your guard down around. to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint

or a stick of gum so you won't keep reaching for the chips.

### Your Health Reflects the Health of Who You Spend Time with

Have you ever noticed that your health and lifestyle choices often reflect those that you spend the most time with?

According to a global survey done by The Edelman Health Barometer in 2011, 46 percent of people cite their friends and family as having an impact on the state of their health, reported Huffington Post.

In the interview of 15,000 people, 36 percent of people stated that family and friends were the biggest influence when it came to their health.

31 percent of people surveyed stated that they want to distance themselves from loved ones who make negative health choices due to the impact it has on their personal health.

### Big Budgets and Complex Itineraries Not Necessary

Spending more time together and indulging in leisure activities strengthens the family bond. This holds true to all type of activities. They don't always need to be such that require a bigger sum of money.

Even home-based, low-cost activities such as playing a board game, gardening, camping, arts and crafts, cozying up

for a family movie or playing outdoors have a big impact on the health of a family.

They make everybody in the family feel closer emotionally to each other, which is always a good thing. These mundane everyday activities are known as a family's 'core' activities, whereas those that require more time, money and planning (special events, vacations) are called 'balance' activities. Both of these are deeply related to a family's ability to better adapt. The strengthening of family bonds is one of the important benefits of family time.

## Importance of Family Traditions

Almost every family tradition has its roots in necessity. Over time, that necessity becomes nostalgia, and eventually, it becomes a way for families to relate and connect with one another. In fact, as families evolve and change, those traditions once again become necessities, as they assume new meaning in the context of our need to communicate and understand our loved ones.

The holidays can provide a healthy reminder to let the world go on spinning while we connect with our families and engage in our heritage together.

As such, it is important to pass the torch of family traditions; this imparts a sense of continuity, bonding and more importantly, love. It is incumbent on each generation of parents to keep the family tradition up and running. Family traditions are valuable tools for raising kids, as they help to instill social values and contribute to creating close family ties.

## Sharing

Sharing is a key ingredient for creating quality moments. Traditions make sharing easy by offering a common ground of knowledge and experience. A favourite holiday cookie recipe is not simply a recipe, but an opportunity for a shared experience. For example, making the cookie, discussing special techniques and ingredients, decorating them a certain way, etc. There's a shared expectation of the time and method the tradition will take place and each role that will be played. There are also the shared memories from previous occurrences of each family tradition.

## Distinctive History

Family traditions make it possible for the family's distinctive history to pass down to the next generation, which often expands the family story. It can cultivate a special connection between family members and between generations. Each special family tradition creates warmth and closeness among family members and it will remain a special tie that binds them. Familiar and predictable family experience brought about by family traditions, fosters the feeling of safety and security. It gives each member something to look forward to and the assurance one needs.

-[www.woodhavencountrylodge.ca](http://www.woodhavencountrylodge.ca)

## RUNNING CLUB

RUNNING CLUB AT ALTA VISTA AT 7:45AM EVERY MORNING.

COME JOIN YOUR FELLOW WILDCATS EVERY MORNING AS THEY EMBARK ON MAINTAINING A HEALTHY LIFESTYLE AND ACHIEVING PERSONAL BEST GOALS.

## Blue Zones Recipe of the Week



BLUE ZONES  
PROJECT

### Split Pea Guacamole

High in potassium and low in salt, avocados may help reduce blood pressure and the risk of stroke. Ounce for ounce, an avocado contains 30 percent more potassium than a banana, a dietary staple for many people with high blood pressure. Make a variation of the ever-popular guacamole dip by adding in split peas!

[CLICK HERE FOR THE RECIPE](#)

## We Want to Hear From You! BCHD Parent Survey

Beach Cities Health District developed the Parent Survey in order to anonymously collect information from parents/caregivers on youth topics such as technology, substance use, mental health and social connection. Please complete the survey to the best of your ability. If you have any questions regarding the survey, please contact Tessa Garner (Tessa.Garner@bchd.org).

The Parent Survey can be found here:  
<https://www.surveymonkey.com/r/2FBJ3M9>.

## Upcoming Events in the Community

AS WE ENTER INTO THE HOLIDAY SEASON, WE WANT TO LET YOU KNOW HOW THANKFUL WE ARE TO HAVE YOU AS PART OF OUR ATHLETA @ THE POINT COMMUNITY!

NOV 18 @ 10:00AM - PILATESREMIX W/ BRAND AMBASSADOR HILLARY LEWIS

NOV 24 @ 9:00AM - YIN YOGA + GUIDED MEDITATION // ZEN DEN WEEKEND

NOV 25 @ 10:00AM - VINYASA FLOW + GUIDED MEDITATION W/ BRAND AMBASSADOR COURTNEY SATOW AND LAUR BERMAN // ZEN DEN WEEKEND

TORRANCE TURKEY TROT  
NOV. 22 @8AM

VILLAGE RUNNER IS A PROUD SPONSOR OF THE ANNUAL TORRANCE TURKEY TROT. SOME DETAILS ARE PROVIDED BELOW, BUT PLEASE BE SURE TO VISIT THE RACE'S OFFICIAL WEBSITE HERE FOR ADDITIONAL INFORMATION:  
[CLICK HERE FOR MORE INFORMATION](#)

"If you want your children to turn out well, spend twice as much time with them, and half as much money"  
-Abigail Van Buren