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Weather



TODAY:
ISOLATED
SHOWERS

HIGH OF 25
LOW OF 13



TUESDAY:
MIX OF SUN
AND CLOUD

HIGH OF 24
LOW OF 10



WEDNESDAY:
MIX OF SUN
AND CLOUD

HIGH OF 18
LOW OF 5



THURSDAY:
SUNNY

HIGH OF 20
LOW OF 8



FRIDAY:
CLOUDY
PERIODS

HIGH OF 21
LOW OF 10

Back to school with high hopes and a smile



THE SCOOP MABLE HASTINGS

Going back to school can be a challenge in the best of times and summer's end has always brought a reality check to most youth that routine and education go hand in hand. Returning back to school after two years of COVID-19 is likely to be even harder. Understandably, the rhythm is off for most and routine has a new definition more likely defined as "what will be, will be."

Six (soon to be 7)-year-old, Peyton Johnson returned to school this week and she and her mom, Jessie-lee, like many parents made the return a joyous one celebrating the first day back with photos and fun. Peyton attends the Baluchon French elementary school in Pottton and she really enjoyed "bubble fest" her first day back, where the teacher set up tables with lots of bubbles, showing the kids different ways to blow the bubbles with straws and strings...

"Needless to say, she came home with her spare t-shirt that day," shared her mom. "She was so excited to tell me about her day!"

When asked what she liked most about school, Peyton was quick to respond.

"My favourite subject is physical education because I really like doing exercises," she said. "I'm happy to be with my friends again and I really like my teacher," she added.

Kids need school for both obvious and maybe less obvious reasons. The Pandemic has certainly robbed us all of in person social contact and even with the necessary health precautions put in place at any given time, it is vital for most of us to have contact with others for our own mental well-being. Kids are certainly no exception to this need.

While I am no expert and this article

is truly just a sharing of someone who raised three boys long ago when Covid was unheard of as well as someone who spent over 30 years working with children, I wanted to throw my oar in the water so to speak with a few tips that may be useful to some.

Talk to your child(ren) about the benefits of structure and routine and make them a part of their own "back to school plan or school-year schedule." Routines can be the key to success and the recipe to a positive outcome. The increase in screen time as a means of staying connected and feeding on "life" in the outside world during the pandemic has, in my viewpoint certainly affected the youth. Screen curfew and downtime is likely going to have to be a new rule or one with tighter parameters. Bedtime is vital for all of us not just our children. Explain the benefits and necessity of sleep and throw in the expression "beauty sleep" as most young girls a hip to beauty tips. Good nutrition and cutting down on unhealthy snacks or those that can lead to skin issues is another topic for discussion. A half hour of physical exercise each evening prior to homework whether shooting hoops,

taking a bike ride or going for a family walk might be beneficial.

The all important schedule that your young person should be involved in writing up must include ample homework time, social and friend time, family time and personal time. These are great discussion topics for parents and their children to have and will build commitment and respect especially if the contents of the schedule has been discussed with the youth taking his or her thoughts into consideration. During Covid we must emphasize the old adage, "We are all in this together."

As parents returning to work likely you feel that necessity for more sleep and in reading this can easily compare your child's needs to your own needs as an adult so the realization that the next month is going to be an adjustment period for all is likely clear. One thing Covid has taught most of us is that health and wellness is vital for all.

To all of the youth out there returning to school, don't be too hard on yourself and talk to your parents. When things seem discouraging, blow bubbles...according to little Peyton Johnson, this will work wonders for your morale!



COURTESY

Ben by Daniel Shelton

