



# STILLWATER PUBLIC SCHOOLS FAMILY WELLNESS NEWSLETTER



It is our goal to support families in their overall wellness. Parents and families have a powerful role in supporting children's learning and emotional wellness at home and at school. When caregivers are engaged in their children's school activities, children get better grades, choose healthier behaviors, and have better social skills. We hope this wellness newsletter will give you additional tools you can use to support your child's wellness in school and at home.

## Holidays and Stress for Kids

The holiday season can be stressful for kids and understanding that this can occur is the first step in making sure they are emotionally ready for the holidays. Here is a short list of why the holidays can be stressful:

- The holidays can be a time of sensory overload.
- There are many high expectations attached to the holiday seasons, and kids may be prone to feeling let down if their expectations don't match the reality.
- Routines are often disrupted and kids may also become sleep deprived during the holidays.
- Kids may pick up on parents' holiday stress.
- Poor eating habits, a sedentary lifestyle, lack of fresh air, and busy schedules can also contribute to heightened stress.

Here are a few ways to support kids emotional well being during the holidays:

- Keep your own stress in check as much as possible
- Adjust expectations - the holidays are not about excess and perfection
- Routines! - try to keep to normal mealtimes and sleep schedules as much as possible
- Try not to overschedule events - schedule downtime during the day when kids can relax at home

### Winter Holidays Around the World

Stillwater is fortunate to be home to many rich traditions and cultures from all around the world. Whether you celebrate Hanukkah, Christmas, Yule, or Kwanzaa, learning about everyone's different traditions is always special. We wish all of our Stillwater families a Happy Holidays and a very Happy New Years!



# UPCOMING EVENTS:

HERE ARE JUST A FEW OF THE MANY FAMILY FRIENDLY EVENTS COMING UP. GO TO [VISITISTILLWATEROK.COM](http://VISITISTILLWATEROK.COM) FOR AN UP TO DATE EVENT CALENDAR.

**Lights on the Lake** is back at Lake McMurtry for 2023! Who doesn't love to go look at holiday light displays with their family? We have both a walk-through light display and a drive through display, so everyone can enjoy! Lights on the Lake takes place December 1st - 17th, Friday through Sunday from 5pm - 9pm at the East Recreation Area. Entrance is \$6 per vehicle.

## Irving Berlin's White Christmas at Town and Gown Theater

Dec. 6 - 10 & 13 - 17, 2023

Wednesday - Saturday at 7:30 PM

Sunday at 2:30 PM

For more information and tickets go to [townandgown.org](http://townandgown.org)

## Stillwater Parade of Lights and Christmas Tree Lighting

December 7th at 6:30 pm - Downtown Stillwater

**Modella Art Gallery Holiday Market Small Works**- Nov. 16-Dec. 29--Artful gifts for the holiday season by Oklahoma artists. Shop and support local. Thursday & Friday: 11:00am-6:00pm Saturday: 10:00am-3:00pm  
721 S Main Street

## Holiday Cookies & Trains at the Botanic Garden at OSU

Bring the family out to the garden for an evening of holiday music, cookies and hot chocolate or coffee along with a crackling campfire. Enjoy watching the special G-scale holiday train chug along the track.

This event is free and open to the public.

Thursday, Dec. 14th 4-6pm

## Stillwater Community Band Holiday Concert

Friday, December 15th 7pm

Stillwater Community Center

**Parkview Estates Luminarias** - Saturday, Dec. 16 and Sunday, Dec. 17, from 6 to 9 p.m.

See Santa, The Grinch and Cindy Lou Who on Saturday and Sunday from 6 to 9 p.m. on Davis Ct. The Christmas Crew will be passing out candy canes to kids of all ages. Don't forget to bring your phone and have your photo taken, too.

## Stillwater Community Free Christmas Dinner

Stillwater Community Center

December 25 - 11am -2pm

## Winter Break

Please remember that there is no school from Wednesday, December 20 - Wednesday, January 3. We will see you back in school on January 4th! Enjoy your winter break!



# Red Ribbon Week Contest Winners

