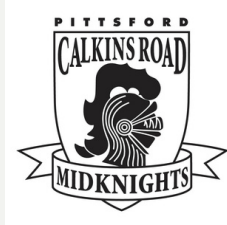


If you have any feedback, or any topics you'd like to learn more about in this newsletter, please reach out via email.

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Here are a few articles and videos you might find helpful this month:

8 Strategies to Handle Peer Pressure

How to Help Kid Who are Too Hard on Themselves

How to Set Healthy Limits on Video Games

### Wellness Wheel



A "wellness wheel" is a way to visualize different components of a healthy, balanced lifestyle. Every person's wheel will look different based on their unique interests, needs, experiences, etc.

Consider encouraging your children to create one of their own and reflect on how balanced the sections of the wheel are. Are there certain areas where they feel "off" and might need to direct a little more energy or attention? What activities or habits could they include to take good care of themselves?



Come to our **Pittsford Power Hour** all about anxiety and worry on **Monday, December 5th**, in the CRMS Commons. We hope to see you there!



We hope you and your families are looking forward to some rest and relaxation during our December break!

Here is a brief article with some tips to help teens have a great holiday season.

