



Learning Alternatives Programs
550 Seventh Street
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Thursday, December 17, 2020

Learning Alternatives Families,

Our staff wanted to send each of you our warmest holiday wishes. Students and staff also wanted to showcase our latest holiday video for your viewing pleasure. Here's the link:

<https://drive.google.com/file/d/1WSFTRXnyCwTEbihLSOL-sWGaiaYytn67/view?usp=sharing>

This holiday break will be like no other and Island Health has shared reminders on how we can help reduce the transmission of the virus and ensure a safe return for all students and staff this January:

- Only hold gatherings with those in your immediate household.
- Masks must be worn in all indoor public settings such as retail stores and restaurants.
- Travel should be limited to essential travel only, which includes work within your region, medical appointments and hospital visits.
- Wash your hands often – an easy and effective way to prevent the spread.
- Limit time in public places to essential trips for things like groceries and medications.
- If you're feeling sick at all, please stay home, self-isolate and visit [BC Thrive Health](#) or Island Health's [website](#) to determine your next steps.

From Dr. Bonnie Henry:

- A reminder that restrictions on get-togethers are in place until January 8, 2021.
- “Let's do our part to bend the curve back down.”
- “There is light ahead, and that light is shining a little brighter. I think we can all be thankful for that.” (following vaccine roll out announcement)

Here are some tips we can all use to boost our mental health and wellness (from Dr. Heather Fulton, Psychologist, Burnaby Centre for Mental Health and Addictions):

- **Give yourself time and space for self-care activities.** Go for a walk or practice mindfulness.
- **Maintain a healthy routine.** Eat healthy, stay active and get a good night's sleep.



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- **Be aware of how you talk to yourself.** It can be helpful to replace the word should with “I would prefer it if.” Shoulds can make us feel beaten down or out of control.
- **Set boundaries.** Set limits and practice saying no. Remember when you say yes to one thing, you’re saying no to something else.

I consider you all family and there is nothing I will not do for family. On behalf of all staff at Learning Alternatives, please know that we all wholeheartedly believe that every student can, and will, have success with our school. We will never stop trying to provide dignity, purpose and options to all. Happy Holidays!

With Love,

Brett Hancock

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