

OUR VIRTUAL REALITY



BACK
TO
SCHOOL

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Editor's Note



Welcome back, residents! Hope back-to-school season is going well for everyone. Usually, this time of the year, we see hundreds of froshies rushing to their classes on St. George street! This year looks a bit different. However, thankfully we are able to continue our education virtually!

2020 has been quite challenging thus far, with so many ups and downs and we are all trying our best to come up with effective ways to navigate this unexpected situation.

This issue is dedicated to students going back-to-school and that includes both you and your kids, who are returning to a new school year with a lot of enthusiasm (and some apprehensions). Whatever happens next, we must stay in this together and be careful about protecting ourselves and each other.

The SFH staff misses you deeply and hope to see you once again. Till then, hopefully our newsletters and Zoom programs will keep us connected!

-Amynah Reimoo

HEALTH AND WELLNESS

4 FLOOR EXERCISES WITH PHYSICAL AND MENTAL HEALTH BENEFITS

By Britney Best

Hundreds



This is a pilates exercise that focusses on stabilizing the core and strengthening abdominal muscles. In this position, begin pumping your arms straight up and down while you inhale for 5 counts (pumps) and exhale for 5 counts (pumps)

Superman



Engage your abs and strengthen your back as you lift your arms and legs off of the ground as if you were flying. Hold for 5 seconds and then release. Breathe as you normally would while completing this exercise.

Bird dog



This simple core exercise uses a neutral spine, you should focus on forming a straight line from your hand to your foot while keeping your hips squared. Hold this position for 3-5 breaths and then release and repeat 2-3 times on each side.

Dead bug



Dead bug improves posture and alleviates lower back pain through strengthening core, spine and back muscles. Exhale and slowly lower your right arm and left leg until they're just above the floor. On an inhale, bring them back to the starting position. Repeat on the opposite side.



MAKING THE PERFECT Study Space

By Rosa Burke



As school starts up again, you might find yourself learning in a new environment from last year. Your class and school day will probably look pretty different - but you can still make the most of this year!

If you've noticed that it's harder to focus at home than in school, you're not alone! When you go to school, your brain knows you're there to learn. But since you also relax, eat, sleep, and hang out at home, your brain has a harder time concentrating on work in that environment. In other words, your brain has a hard time switching between "homework time" and "relaxing time".

One way to help remind your brain it's time to concentrate on work is to sit in the same place every time you do your schoolwork. That way, your brain will remember, "Oh yeah! Last time we sat here, we studied. I bet this time we're going to study too!"

If you can, try to make your study spot easy to use. Grab a comfortable chair, and set up everything you might need to do your homework - pencils, pens, your calculator, and your books. If almost everything you need is in the same place, you won't need to get up and find things, and so there will be less distractions.

This year might be a bit of a challenge, but remember - you can do it! And if you ever need help with homework, you can always stop by our free tutoring on Tuesdays and Thursdays! Email songsdailydropin@gmail.com to sign up!



Watch this YouTube [video](#) for more inspiration and ideas.

On-the-go

BREAKFAST IDEAS

It's back-to-school season and that means busier timetables and earlier mornings! If you are like me, you are not a fan of waking up in the morning and are constantly trying to find a way so you can sleep a few extra minutes in the morning. Over the years, I have come up with some super simple, on-to-go breakfast ideas that makes my mornings simpler and quicker. See below for two of my favourite breakfast options!



Chia seeds pudding

A very healthy and delicious breakfast option is a chia seed pudding. Chia seeds are a super food with numerous health benefits. Take a teaspoon of chia seeds and mix it well in a cup of flavoured yogurt. Add 1/4 cup milk to make it thinner. Store it in a mason jar overnight and wake up to a delicious pudding that is perfect to grab and go. Top it up with some frozen berries and/or almonds if you are feeling extra adventurous.

If you prefer savoury to sweet, you have to try your hands at avocado toasts. I usually take a multigrain toast and add some avacado slices to it. From here, add anything to make it your preferred concoction. I usually just add some lemon drops and season it with salt, pepper and chilli flakes. You can also layer your toast with cream cheese and add your avocado slices on top. The whole preparation takes 5 minutes but it keeps you full for hours!

These meals are really delicious and healthy and are ideal even if you are working from home. Hope you enjoy them as much as I do!



Cream cheese avocado toast

WHICH BIN DOES IT GO IN?

By Katherine Shackleton



Put your knowledge of recycling and waste disposal to the test
Can you place all the items below in the correct bin?



Banana Peel



Tin Foil



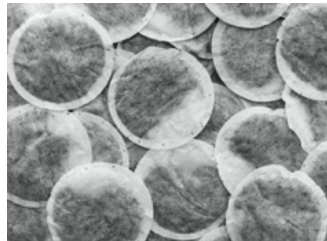
Empty Glass Jar



Aluminum Pie Plate



Coffee Cups



Tea Bags



Masks



Yogurt Container



Wax Candles



White Take-out Containers



Diapers



Black Take-out Containers



Cans



Flour Bag



Plastic Shopping Bags



Toothpicks

ANSWERS - Blue Bin: Glass Jar, Aluminum Pie Plate, Yogurt Container, White Take-out Containers, Cans, Plastic Shopping Bags Black Bin: Tin Foil, Coffee Cups, Masks, Wax Candles, Black Take-out containers, Toothpicks Green Bin: Banana Peel, Tea Bags, Diapers, Flour Ba

HEALTH & WELLNESS



Meet Britney, she is our health and wellness specialist at Student Family Housing.



Britney is a certified personal trainer with a passion for fitness and helping others reach a state of overall wellbeing.

Join Britney in her fitness programs and keep an eye out for instagram stories showcasing healthy recipes and lifestyle tips!

Healthy recipes for children and adults!



Featuring:

Seasonal recipes

Vegan recipes

Superfood Smoothies

Snack ideas for all ages

Find them in our newsletter, on Youtube and Instagram stories!

Virtual Fitness Programming
Register now for fitness programs delivered over Zoom!

Mondays 6:30pm-7:30pm
Adult Co-ed Fitness Level 1

Wednesdays 6:30pm-7:15pm
Kids Fitness
(including active games and fun activities for kids ages 7-13)

FALL 2020

Virtual Morning Programs

Starts week of September 28th, 2020



• **Monday • Song's Daily Drop-In on Facebook Live** – Join Song (Early Childhood Educator, ECE) on the Song's Daily Drop-In FB Page to stay connected with other families and share ideas to promote children's mental and physical health. Each week, new topics will be covered such as healthy eating, engaging children in hygienic practice and more. (For parents and 0-5 yrs old) @10:30 a.m.

• **Tuesday • Music & Movement on Zoom** – Make some noise and shake out those zoomies as you sing and dance along with Mar in this program! (0-5yrs old) @10:30 a.m.

• **Wednesday • Literacy Circle Time on Zoom** – Watch and listen to Kate tell stories through reading books, poems and other fun activities like puppet shows. (0-5yrs old) @10:30 a.m.

• **Thursday • Drama & Animals on Zoom** – We may not be able to go to the zoo, but we sure can act like animals in our own home! Join us for a fun animal-themed drama program. (0-5yrs old) @10:30 a.m.

• **Friday • Drop-In Circle Time on Zoom** – Let's gather, sing, dance and learn new songs together with Song. (0-5yrs old) @10:30 a.m.

• **Saturday • Active Kids Bootcamp on Zoom** – Get moving and grooving with our exciting kids exercise program! We'll be sure to get you on your feet. (0-6yrs old) @10:30 a.m.

Register: uoft.me/sfhevents

For any questions, please email: songsdailydropin@gmail.com

All programs will be held weekly at 10:30 a.m. online via Facebook or Zoom. Please register to get log in details.

