



## Team of the Week

The annual season-ending showcase for Halton Hills Synchro was sold out again recently and the theme for this year's extravaganza was FM Radio. Members of the club performed routines in various groups at the Georgetown Indoor Pool. At left, the local club's senior competitive group from gets ready to begin its routine during the club's showcase. Pictured, front, from left, are: Julia Joseph, Laura Findlay, Stephanie Leighton. Middle row: Hannah Jones, Paige Allen, Rachel Vieyra. Back row: Hadley Biehn, Olivia Heaton, Cassandra Steffens. Registration for the 2015-16 season will be held at the indoor pool, located within Georgetown District High School, on Sunday, Sept. 13 and new members are welcome. For more info visit the website [www.hhsynchro.com](http://www.hhsynchro.com)

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**Q:** I brush my teeth everyday, so why do I still get cavities?

**A:** Tooth decay occurs when food debris and bacteria have a friendly get-together on a tooth's surface for a prolonged period of time. It does not happen instantaneously, so removing food and plaque quickly is effective for prevention. When someone tells me they brush daily, I know it could mean anything from sticking a toothbrush in their mouth for 10 seconds every morning or brushing thoroughly for 2 minutes after breakfast and before bed. You can probably guess which method is more effective! A full 24 hours of co-mingling bacteria and food is time enough for those acid-spewing microbes to erode enamel and make a cozy-little hideout for future feasts. And a quickie brush, one that might miss some areas, will mean the bacteria and food-fuel will extend the party 48, 72 hours or more. So take your time and brush thoroughly twice a day. It is the first (but not only) step to a clear check-up. The other steps? The next one is a word that begins with 'F'. Can you guess what it is? I'll explain more next time.



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Ph.D., RP.

## Tips For Students Transitioning To College And University

We know that the transition to college and university can be a time of elevated stress. Consider the following 8 tips to help you transition effectively.

1. Practice making decisions independently, this is invaluable to become self-confident. Remember mistakes are learning opportunities.
2. Build a support system and reach out to them. Each person plays a different role: counsellor/coach to manage stress, friends to socialize and maintain balance, studying buddies and teaching assistants for academic success, and student health center for health care. The more resources you have the better.
3. Use technology to stay connected with home and friends.
4. Build a healthy routine with enough sleep/rest, exercise and eating well.
5. Ask for help if you are not clear on how to tackle a project. Break it down into small manageable steps. Create a time line to stay on track.
6. Work with a study group. Share notes. Each of you will capture different information. Talk about the material with each other. It will help you integrate it.
7. Keep in mind that recreational drugs and alcohol will negatively impact your ability to manage stress.
8. Distinguish fears from facts. Put reality into perspective. There is no problem that can't be solved. Take a step back and break it down into manageable components. Don't be afraid to ask for help. Create an action plan.

Coaching can be very effective in assisting transitioning students as they build emotional and behavioural strategies to face their new challenges. If you are interested in other ways to help a student manage stress, contact Manon Dulude at 905-873-9393. Keep in mind that coaching can be conducted via phone or Skype, easily bridging distances