

HEALTH PROMOTING SCHOOLS NEWSLETTER

JUNE 2018

Information for Parents

INJURY PREVENTION

Safe Kids week



Safe Kids Week June 4 –10: Promoting Awareness of Concussion on the road, at home and at play.

For more information see these [FREE downloadable resources](#) .

Follow us on [Twitter](#), [Facebook](#) and [Instagram](#). #KidsAndConcussion.

MENTAL WELLNESS

Helping Students Manage Stress



THE PSYCHOLOGY
FOUNDATION
OF CANADA

LA FONDATION
DE PSYCHOLOGIE
DU CANADA

When children have the skills and strategies they need to cope with stressors in their lives, their overall mental health and well-being is improved and they're better able to focus on their learning. Read more at [Helping Students \(and Ourselves\) Manage Stress: Tools for Resilience and Good Mental Health](#).

Feeling stressed yourself?

www.stressstrategies.ca is an online interactive resource geared to helping people find strategies that help them manage what life throws at them.

NUTRITION

Hands on Cook-Off Contest Winners!

The [Hands On Cook-Off contest](#) is now closed. Check out this [this year's videos](#) for tasty recipes to try this summer.

Blueberry Quinoa Salad, Kale Sushi, and Cilantro Lemon Dill Potato Salad, yum!



Blueberry Quinoa Salad

TOBACCO REDUCTION

Vaping and Youth – Great Resource!

[Fraser Health's webpage](#) is a great place to start for parents and educators wanting more information on youth and vaping.

Childhood Poisonings – Tobacco, Cannabis, Alcohol and More

Childhood poisonings from addictive substances is a serious public health problem, and one more way that addictive substances put the lives of young children at risk. Check out this report issued by the [National Centre on Addiction and Substance Use](#).

For previous newsletters: [Health Promoting Schools Newsletters](#)

Or contact:

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