



# HEALTH PROMOTING SCHOOLS NEWSLETTER

MARCH 2018

Information for Parents

## ABORIGINAL



### First Nations Parents Club

The key role of parents in ensuring the educational success of their children

[The First Nations Parents Club](#) resource acknowledges the key role that parents play in the educational success of their children. It also supports the encouragement of First Nations ways of knowing and First Nations languages, culture, history, experiences, values and beliefs into the classroom and school environment. The purpose of this resource is to provide an overview of educational terminology, the roles of various professionals who work within school communities and the rights of parents in the education system in order to support First Nations parents in taking an active role in their children's education. While the resource uses the term "parents" for convenience and simplicity, the information included in the resource is applicable to grandparents, family members, Elders, guardians, caregivers and all other adults who contribute to the lives of First Nations Children. The First Nations Parents Club resource was created by the [First Nations Education Steering Committee \(FNESC\)](#), and the [First Nations Schools Association \(FNSA\)](#).

# MENTAL HEALTH

## **Stress and Children**

Even very young children experience stress, and it is important for parents to recognize and help children learn to deal effectively with it. When we help children take control of their stress, they begin to build coping skills that will last a lifetime.

It starts with basics: helping children feel connected, providing a stable and happy home environment, modeling effective stress management, and comforting children when they are overloaded with stress.

For more information about the impact of stress on children and simple tools and strategies you can use to help children handle stress effectively, see the [Parenting for Life tip sheets](#) available in 8 different languages.

Additional resources on subjects from sleep to screen time can be found in the [Every Mind Matters Handouts](#), [Parenting for Life Booklets](#) and online at [The Psychology Foundation of Canada](#) .

## **Foundry**

[Foundry centres](#) like the one in Kelowna, provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. They provide safe, non-judgmental care, information and resources, and work to reach young people earlier – before health challenges become problematic. Foundry centres bring health and social services together in a single place to make it easier for young people to find the care, connection and support they need.

The [foundrybc.ca](#) website, supported by The BC Children’s Hospital, contains the following great resources for parents and teachers throughout BC:

### [Get Support](#)

### [Mental Health and Substance Use - Information and Tools](#)

### [Supporting Others](#)

# NUTRITION

## **Nutrition Month**

Nutrition Month 2018 is dedicated to helping Canadians unlock the potential of food. Check out the [Nutrition Month 2018 website](#) for more information and resources such as factsheets, recipes, etc., that can be used to promote Nutrition Month with parents, teachers and students.

## TOBACCO REDUCTION

### Smoking and Video Games

Smoking imagery is not confined to just films. To learn more visit: [truthinitiative.org](http://truthinitiative.org)

### VIDEO: How the vaping craze is putting the health of our teens at risk

Interior Health's own Cheryl Sidenberg sits down with *Kelowna Now* to discuss current vaping issues that are trending with our youth in the Interior.

Watch this 16 minute recording [here](#)

### First to 5% by 2035

Actions recommended to end tobacco-related deaths in BC and achieve the lowest smoking rate in Canada requires connecting with today's

biggest group of new tobacco users, 15 to 24-year olds. For more information see:

[cleanaircoalitionbc.com](http://cleanaircoalitionbc.com)

### Break It Off Contest

Test your knowledge on the reasons to break up with smoking for a chance to win 1 in 5 \$1000 Flight Centre gift cards! Hurry, contest ends March 9<sup>th</sup>. [breakitoff.ca](http://breakitoff.ca)

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

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