

## *For Administrators & Educators:*

**No vaping, cannabis or tobacco smoking on school grounds.** New provincial legislation bans smoking cannabis and vaping of anything on school grounds, in addition to the tobacco smoking ban already in place, this includes parking lots and a new 20 meter public space buffer zone around school property. For more information on how the new rules affect schools visit:

[https://healthunit.org/wp-content/uploads/SFOA\\_Schools.pdf](https://healthunit.org/wp-content/uploads/SFOA_Schools.pdf)

Schools can now submit an incident report electronically (for either smoking/vaping in a prohibited area, or sale or supply of tobacco or vape products to someone under 19) by using this form: [School Incident Report](#)

MyView Youth Film Festival is back! Engage students in making a short video (5 minutes or less) on a topic of their choice for a chance to win great prizes, including a grand prize of \$1000 cash. Youth ages 10-24 can enter independently or as a group. It's an exciting way to encourage youth voices and creativity. The submission deadline is May 1<sup>st</sup>, 2019 and the Awards Ceremony (complete with Red Carpet event) is held early June. For more information on rules, conditions and judging criteria, visit [www.myviewfilmfest.ca](http://www.myviewfilmfest.ca) or email [info@myviewfilmfest.com](mailto:info@myviewfilmfest.com) for information on school workshops and promotional materials.

## *For Families:*

**The holiday season can be a stressful time for families.** There may be extra activities at school, work and home. There can be added financial stress to buy gifts or have family and friends over. There are many strategies to cope with stress. Plan ahead to avoid last minute rushing. Help your children know what to expect. Stick to your routines as much as possible. Don't forget to take care of yourself as a parent. This shows your children healthy ways to deal with stress. Try the following stress busters:

- Exercise, eat a balanced diet, and get plenty of sleep
- Ask for support from family and friends when needed
- Plan for child-free times
- Talk regularly with your co-parent

To register for a local Triple P Parenting session, visit <http://healthunit.org/clinics-classes/triple-p-parenting/> or call locally 1-800-660-5853. Parenting matters!

**Are you ready for Flu Season?** Influenza (flu) season in Canada usually starts in November and goes until April. The flu virus changes each year, so it is important to get a flu shot every fall. This is the best way to prevent getting the flu. It is important to remember that it takes two weeks for the vaccine to work. By getting the vaccine early, you'll protect your family and other people who are at risk. For more information, and to find out where you can get your flu shot, visit the Flu Facts page on Ministry of Health website: <https://www.ontario.ca/page/flu-facts>