

## *For Administrators and Educators:*

**April 8<sup>th</sup> Solar Eclipse:** The solar eclipse can be a great learning opportunity for students. Looking for activity ideas or lesson plans to teach about the eclipse? Check out these sites for inspiration:

<https://www.discovertheuniverse.ca/eclipse>; <https://www.queensu.ca/physics/news-events/2024-total-solar-eclipse/education-activities> .

**Good Food in Schools:** Join Kemptville Campus, The Table, and foodcoreLGL as they host the Good Food in Schools Forum on April 11, 2024! This one-day event will bring together those working on school food education and programs across Eastern Ontario to share their efforts to create healthy and positive school food environments. We will hear from leaders in the sector on best practices and innovative approaches, discuss shared challenges and opportunities, and identify areas for collaboration. For more information and to register, follow this link: [Good Food in Schools: Creating Positive School Food Environments Tickets, Thu, 11 Apr 2024 at 9:00 AM | Eventbrite](#)

## *For Families:*

**April 8<sup>th</sup> Solar Eclipse:** Planning to view the solar eclipse on April 8<sup>th</sup>? Check out this safety information first:

- Looking at the eclipse without proper eye protection could burn your retinas, blur your vision or cause you to lose your eyesight.
- Make sure you have undamaged, safe to use eclipse glasses (ISO Certified and meet ISO 12312-2 international safety standard). To find suppliers of these glasses visit: <https://eclipse.aas.org/eye-safety/viewers-filters> or check your municipality's website.
- Keep a watch on those you care for during the eclipse, particularly young children, and make sure they do not look at the sun without the right eye protection.
- It is not safe to view the eclipse through sunglasses, a homemade filter, camera/phone lens, telescope, binoculars, or any other optical device.
- If driving during the eclipse, turn on your headlights, watch out for pedestrians, and do not stop on the shoulder.
- If you experience any changes in your vision during or after the eclipse, call Health811, your health care provider or visit a virtual care clinic: [www.virtualcareontario.ca](http://www.virtualcareontario.ca) .

For more safety tips: <https://healthunit.org/health-information/emergency-preparedness/total-solar-eclipse/>

**April is Oral Health Month!** This year's theme is "We Are Stronger Together". The Leeds, Grenville & Lanark District Health Unit is encouraging families with children from JK to Grade 6 to participate in an Oral Health Month activity. We want to see what oral health means to children in our community. More details can be found in the attached poster. We look forward to your submission!

