

For Administrators and Educators:

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 cash prizes of \$500, \$750 and \$1000! Youth ages 10-24 from Eastern Ontario can enter independently or as a group. It is an exciting way to encourage youth voices and creativity. The **submission deadline is May 1st, 2024** and the red carpet Awards Ceremony will be held at the Brockville Arts Centre on June 12th. For more information, visit www.myviewfilmfest.ca or email info@myviewfilmfest.com.

March is Nutrition Month! This year's theme is "We Are Dietitians". Did you know the Healthy Schools team has a dietitian that works with your school's Public Health Nurse? The dietitian supports all elementary and secondary schools in LGL by providing consultations related to teaching about nutrition. This includes recommending curriculum-linked lessons based on the most up-to-date evidence and providing training sessions to school staff and volunteers on teaching about nutrition, body image and self-esteem, and food literacy. Contact your school's Public Health Nurse for more information and to connect with our dietitian.

For Families:

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Heathy Smiles Ontario. Do you have a child 17 and under, who is in pain or you think has a cavity? If it would be a financial hardship to pay for dental care, call the Leeds, Grenville and Lanark District Health Unit to learn more about the free government-funded Healthy Smiles Ontario (HSO) dental program. Call 1-800-660-5853 ext 2456 or visit our website at <https://healthunit.org/health-information/oral-health/healthy-smiles-ontario/>.

Self-Care over the Winter Break: Ideas for Students. March break is just around the corner! While it is a break that many look forward to, the change in routine may cause many different emotions. Here are some self-care tips and tricks that you can discuss with your children/youth: <https://smho-smso.ca/self-care-over-the-winter-break-ideas-for-students/>.