

For Administrators & Educators:

Parachute Safe Kids Week is a national awareness campaign developed to bring attention to predictable and preventable injuries in children. This year, Parachute Safe Kids Week takes place **June 3-9, 2019** and focuses on awareness of **preventing harm from children's' falls in the home or at play**. For more information or a free community roll-out kit visit: <https://shop.parachutecanada.org/shop/parachute-safe-kids-week-2019-toolkit-ontario> or follow social media at #FallProofYourHome.

Teachers have Stress Too. Teaching and guiding students on how to identify and manage stress is not only done through the curriculum but is something, as teachers, you do every day. To be an effective role model for students, it is important for you to reduce and manage your own stress too. Tips for reducing your own stress:

- **Take a break:** take time for yourself and incorporate positive stress management techniques
- **Shift your perspective:** keep a positive attitude and realize that you cannot control everything in the classroom
- **Get enough sleep**
- **Prioritize to avoid feeling overwhelmed**
- **Eat well:** fuel your body with a variety of healthy foods to help you feel your best
- **Be active regularly:** endorphin production following physical activity makes this a great stress management strategy. Take it outside! Being active in nature is good for your body and mind.
- **Write down three things you are thankful for each week, even if you find it hard**
- **Create a strong support system**

For more tips and information visit <https://healthunit.org/for-professionals/educators/mental-health-well-being/> or call 1-800-660-5853

For Families:

Get ready for summer with these helpful parenting tips:

1. Be careful of becoming the “entertainment director”. Make a bucket list of activities with your kids or teens. Aim for at least half of the ideas to be free!
2. Set ground rules for screen times. Balance indoor activities with enjoying the great outdoors!
3. It's easier to stay calm with your family when your own needs are met. Find some personal “me-time” to enjoy.

For additional strategies, visit www.triplep-parenting.ca, call 1-800-660-5853, or email triplep@healthunit.org Parenting Matters!

E-cigarettes and vaping – they seem to be everywhere, but where are the facts? Health Canada has some youth-specific information on vaping that will help to inform current and future choices.

<https://www.canada.ca/en/services/health/campaigns/vaping.html>