

## E-Bits September 2018

### *For Administrators & Educators:*

**Fresh from the Farm Fundraiser** Fresh from the Farm is an exciting opportunity for Ontario schools to fundraise by selling Ontario-grown fruit and vegetables. Schools can enroll now; fundraising begins September 4th. This is an excellent way to support the Food Charter; take a look at the [foodcoreLGL school toolkit](#). Submit your orders by October 15th and deliveries will arrive at the schools between November 5th and December 30th. To learn more, visit: <http://www.freshfromfarm.ca/About.aspx>

**Let's talk about education.** Education, in early childhood, elementary, secondary and post-secondary, is part of your overall health and well-being. Education and literacy is a social determinant of health and valuable investment for all communities. Being able to read, write and communicate your needs is an important part of our realizing our own potential. [www.healthunit.org](http://www.healthunit.org) or call 1-800-660-5853.

**Rowan's Day: Sept 26** Rowan's day and Rowan's Law are named after Rowan Stringer, a 17-year-old Ottawa rugby player who died from a head injury. Legislation and resources have been created in honor of Rowan and to prevent others from suffering the same tragedy. The law establishes removal-from-sport and return-to-sport protocols when concussion is suspected. Parachute Canada has a number of [resources for schools](#) to recognize and respond to a concussion as well as for parents. [Concussion guide for parents and caregivers](#) Watch for new [Ontario Physical education Safety Guidelines](#) coming in September 2018

### *For Families:*

**Where does your child dream of working one day?** The Government of Canada wants to support the dreams of children across Canada through the Canada Learning Bond. Even if you do not add any money your child could be eligible for an RESP to kick start their dreams after high school. Go to [www.StartMyRESP.ca/LeedsGrenville](http://www.StartMyRESP.ca/LeedsGrenville) to find out more and see what is possible.

**Parenting matters!** Every parent has questions from time to time and can use a helping hand. Whether you've got toddlers, teens or in-betweens, Triple P can help. Look for our weekly parenting tip every Wednesday afternoon on Twitter @everykidinlg or Facebook @everykidlg or subscribe to receive them via email at [www.healthunit.org](http://www.healthunit.org). Want more than just a parenting tip? Sign up for a Triple P parenting session at [www.healthunit.org](http://www.healthunit.org) or call 1-800-660-5853.

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