



## HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER PARENT VERSION OCTOBER 2021

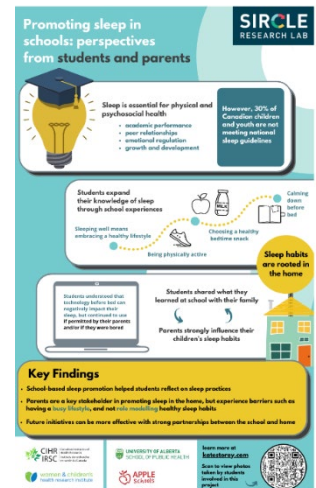
### NUTRITION

The food choices made at school can have an impact on a child's overall health. Learn how to plan, prepare and choose healthy school meals and snacks that everyone will enjoy! See more at [Healthy Eating at School](#).

### SLEEP

#### Tips for Promoting Sleep

Did you know that 30% of Canadian children and youth are not meeting national sleep guidelines? New research from the SIRCLE Research Lab highlights some important information about the sleep practices of students. For example, school-based health promotion can help students reflect on sleep practices and parents are especially important for promoting sleep in the home. Check out this [infographic](#) from SIRCLE Research Lab for more findings from their research.



### TOBACCO AND VAPOR PRODUCTS

#### Smoking, Vaping & COVID: do they affect each other?

With school back in and districts still trying to manage public health regulations, here is a great [5 minute video](#) from our friends at First Nations Health.

For previous newsletters: [Health Promoting Schools Newsletters](#)

