



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER PARENT VERSION FEBRUARY 2021

ABORIGINAL HEALTH RESOURCES



Youth and COVID-19 Wellness Campaign

The First Nations Health Authority collaborated with youth to create a COVID-19 Wellness Campaign. It features videos from Indigenous youth discussing how they have supported their well-being during the pandemic and how they are staying connected with others. These videos, along with the extensive list of resources on the webpage, were created with the goal of supporting the mental and emotional health of youth during COVID-19. [Find out more.](#)

INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE

Join us virtually as we celebrate International Day of Women and Girls in Science!

Thursday, February 11, 2021
7 - 9 p.m.



At BC Children's Hospital Research Institute, we are proud to support our inspiring female leaders who are making ground-breaking discoveries and innovations in research. At this unique event, we will be showcasing the important contributions of women who are paving the way for research in health sciences and will have an open panel discussion.

Participation is open to high school students, university students, health care professionals and members of the general public. As space is limited, [please register here](#).

The 2021 faculty includes:

- Amy Inkster, Graduate Student, Robinson Research Team, BCCHR
- Dr. Bhavi Modi, Research Associate, Turvey Lab, BCCHR
- [Dr. Gina Ogilvie](#), Investigator, BCCHR; Physician, BC Women's Hospital & Health Centre; Assistant Director, WHRI; Senior Public Health Scientist, BCCDC; Professor, School of Population & Public Health, UBC
- [Dr. Patricia Spittal](#), Investigator, BCCHR; Head & Professor, Division of Health in Populations, School of Population and Public Health, UBC; Associate Director for Research, Centre for Excellence in Indigenous Health
- [Dr. Cynthia Verchere](#), Investigator, BCCHR; Head & Clinical Professor, Division of Plastic Surgery, UBC

Moderated by: [Dr. Allison Eddy](#), Investigator, BCCHR; Head & Professor, Department of Pediatrics, UBC
For more information, please visit our [website](#) or contact reseduc@bcchr.ca.

MENTAL WELLNESS



The poster features a blue header with the text 'ADHD Webinar Series FOR PARENTS & CAREGIVERS'. Below this, it states 'brought to you in collaboration with the BC Children's Hospital Provincial ADHD Program' and provides the website 'keltymentalhealth.ca/ADHDWebinarSeries2021'. A list of dates and topics is provided: January 27th - Practical Self-Regulation Tools; February 3rd - ADHD Basics; February 10th - ADHD Treatment in Children & Youth; February 24th - Parenting a Child with ADHD; March 3rd - ADHD Goes to School. It also notes 'All webinars are 12:00-1:00pm'. The BC Children's Hospital and Kelty Mental Health Resource Centre logos are at the top and bottom. The background is a collage of colorful LEGO bricks.

**ADHD
Webinar Series
FOR PARENTS & CAREGIVERS**

*brought to you in collaboration with the BC Children's
Hospital Provincial ADHD Program*

keltymentalhealth.ca/ADHDWebinarSeries2021

January 27th - Practical Self-Regulation Tools
February 3rd - ADHD Basics
February 10th - ADHD Treatment in Children & Youth
February 24th - Parenting a Child with ADHD
March 3rd - ADHD Goes to School

All webinars are 12:00-1:00pm

BC Children's Hospital | Kelty Mental Health Resource Centre

For more information see: [ADHD Webinar Series for Parents and Caregivers](#)

TOBACCO AND VAPOR PRODUCTS

To learn about **the ABC's of tobacco and vaping** visit:
[ABC's of Tobacco and Vaping article](#) best viewed in the Chrome web browser.

Nicotine and other dangers

Vancouver Whitecaps Captain, Canadian International, and McCreary Centre Society Board member discusses COVID-19, youth vaping, sports, and supporting youth to succeed. [View video here.](#)

Brain Health and Kids

A child's brain keeps developing until about age 25. Tobacco and many vapour products contain nicotine that is harmful to brain health. Nicotine is a highly addictive substance. Nicotine can affect memory, concentration and mood and harm the developing brain.

Some tips to talk with your kids:

- ✓ Talk to your kids about products that contain nicotine
- ✓ Discover what your child knows about being “hooked” or addicted
- ✓ Chat about healthy activities
- ✓ Encourage open supportive conversations

To read more see: [Risks of nicotine for children and youth](#)



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

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