

Parent Newsletter

HEALTH PROMOTING SCHOOLS

March 2024

LEGAL SUBSTANCES

Did you know that **National Poison Prevention Week** (NPPW) is March 17 to 23 in 2024? This annual campaign aims to draw attention to the causes of accidental poisonings and how to prevent them from occurring. Edible cannabis products in particular are a considerable cause for concern because they are manufactured to taste good and can look identical to regular candy or other treats. For this reason, the [#HighAndLocked campaign](#) was launched as a complimentary piece to NPPW in order to raise awareness of the importance of properly storing cannabis edibles so children don't inadvertently consume them. You can learn more about the campaign itself, cannabis safety, what to do in case of an emergency and exposure prevention tips by clicking [here](#).

The Legal Substances Program has also developed a new [Cannabis Information Hub](#), where individuals, youth and families can learn more about the health impacts of cannabis use and safer cannabis use tips and tricks. Check it out!



MENTAL HEALTH

Teaching and Learning

Webinar for Caregivers Supporting a Child with Anxiety- March 5 at 6:00pm PST

This one hour presentation, on Mar 5, 2024 at 06:00 pm PST will discuss 10 strategies for supporting a child with anxiety. These strategies are informed by evidence based intervention with an emphasis on Cognitive Behaviour Therapy (CBT) techniques. Although geared towards caregivers supporting a child between the ages of 6-12, the information will hold relevancy for caregivers of older children and teens, as well as people of all ages. There will be a 20 minute question and answer period after the presentation.



To sign up for this session and receive the log in details see:

[Matters of the Mind: Top 10 Strategies for Caregivers Supporting a Child with Anxiety](#)

NUTRITION

March is Nutrition Month!

Are you in search of a new meal planning tool? Take a peak through the Dietitians of Canada [Cookspiration](#) meal planner tool to get you started.



RADON AWARENESS

Contest Deadline Extended to March 31, 2024

To raise awareness about radon and its health risks, Interior Health in collaboration with the BC Lung Foundation has launched a **Student Radon Skill Testing Contest**. The contest is open until March 31, 2024 for Grades 4 through 12 and provides an opportunity for students to learn about radon with prizes to be won. For contest rules and details, please visit the [Student Radon Skill Testing Contest Webpage](#). If you have questions, please contact the Healthy Schools team at: HealthySchools@interiorhealth.ca.

