



## HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER PARENT VERSION OCTOBER 2020

### DASH RESOURCES



Resources are available on the [Healthy at Home](#) page for educators and parents. Resources can be sorted by grade level and topic area.

### HALLOWEEN SAFETY



#### **Celebrate less socially and trick-or-treat locally this Halloween!**

The BC Centre for Disease Control has some tips for staying safe on Halloween this year:

- Wash your hands before you go out, when you get home, and before eating treats
- Keep to your local neighbourhood
- Trick-or-treat in a small social group, stick to six people
- Be more outside, than inside
- Skip Halloween parties
- Use tongs, a baking sheet or make a candy slide to give more space when handing out candy
- Wear a non-medical mask that covers your nose and mouth when handing out treats
- If you're unable to sit outside to hand out treats, [clean and disinfect](#) doorbells and knobs, handrails, and any other high touch surface often during the evening
- Turn off your porch light and stay at home if you are sick or self-isolating

For more details see: [BCCDC Halloween](#)

## TOBACCO AND VAPOR PRODUCTS

### How to Spot a Vape

Electronic cigarettes (vapes) are devices that can look like USB computer flash drives.

These devices can be easily hidden by children at home or at school.

These devices are unsafe for young people to use.

A popular device called the JUUL is easy to hide in the palm of your hand or shirt sleeve.

### Some tips to talk with your kids:

- ✓ Talk to your kids about the risks of vaping among young people
- ✓ Learn to recognize the different sizes and types of devices
- ✓ Talk about how kids are using these inside and outside on school property
- ✓ Don't share the same vaping device with your friends
- ✓ Set a positive example by being tobacco and vapour free
- ✓ Encourage open supportive conversations



### To read more see:

[What e-cigarettes can look like.](#)

and

[View video](#)

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