

HEALTH PROMOTING SCHOOLS NEWSLETTER

Content for Parent Newsletters

January 2023

INJURY PREVENTION

Vision Zero Road Safety Grants

The [British Columbia Vision Zero in Road Safety Grant Program](#) offers funding to local governments, Indigenous community governments and non-government organizations (School Districts, Parent Advisory Councils, road safety advocacy groups, Aboriginal Friendship Centres) to directly support road safety projects. The goal of the program is to prevent injuries for vulnerable road users such as people who walk, cycle or wheel in our communities. Indigenous community governments are invited to submit applications for the road safety projects that best suit their needs. Grant projects are funded between \$5,000 and \$20,000 depending on the project.

Application Deadline: January 16, 2023

PHYSICAL ACTIVITY/LITERACY

Heartbeat of the Earth: A Handbook on Connecting Children to Nature through Indigenous Teachings

This handbook is intended to inspire and excite parents, caregivers and educators to provide children with meaningful outdoor experiences interwoven with traditional Indigenous knowledge. This handbook has been released by [Rise Up](#), an Indigenous run, non-profit organization located in Salmon Arm. The book can be accessed by [emailing](#) the author, Launa Purcell to request a copy.

MENTAL HEALTH

Bell Let's Talk Day January 25th

[Tools to help everyone with mental health | Bell Let's Talk.](#)



TOBACCO AND VAPOR PRODUCTS

National Non-Smoking Week 2023 is almost here!

The [National Non-Smoking Week](#) (NNSW) will be celebrated from January 15-21 this year. The focus of this awareness week is to talk about the risks of smoking, prevent non-smokers from starting and help people quit.

