

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS NEWSLETTER

September 2023

BACK TO SCHOOL RESOURCES



HealthLinkBC has created a list of resource that may be helpful for families as they transition back to school routines. For more information see: [Back to School \(healthlinkbc.ca\)](https://healthlinkbc.ca)

Back-to-School: How to Promote Resilience and Set Your Kids Up for Success

And just like that, another school year is upon us! To help you start the school year strong, Dr. Angela Low shares practical tips and strategies that help you strengthen your and your child's emotional resilience. To read or hear more connect on the [Kelty Mental Health Resource Centre Website](https://keltymentalhealth.ca).

For more information and resources see the: keltymentalhealth.ca

Sign up [here](#) for the Kelty Mental Health newsletter to get the latest on resources, news and events.



INJURY PREVENTION

BC Concussion Awareness Week is Sept 24 to 30, 2023

School professionals, parents/caregivers, youth, coaches and athletes are encouraged to check their knowledge about how to prevent, recognize, respond to and manage them appropriately.

Concussions are a serious brain injury that require immediate medical attention. They are an “invisible injury” that can happen to anyone, anytime, anywhere. Visit www.cattonline.com for e-learning courses, a Concussion Awareness Week campaign toolkit, and to learn more about BC’s concussion education activities. The online education modules are free and specific to a person’s role.



In a 2022 survey of British Columbians,

- Only 11% said they felt very confident that they could recognize a concussion when it occurs.
- Almost two-thirds (62%) were not aware that a person with a potential concussion does not need to be woken up every two hours.
- Only three-quarters of respondents (76%) knew that you can get a concussion even without a hit to the head.
- Three-quarters (75%) of respondents did not know that too much rest can delay concussion recovery.

Return to School Strategy resource link: Learn how to recognize a concussion and implement a gradual return to school [Return to School Strategy](#)

- Students suffering from a concussion may find it hard to concentrate in class, get a worse headache, or feel sick.
- It can take up to 7 days for symptoms of a concussion to appear.
- Only 44% and 28% of parents correctly identified agitated behaviours and difficulty sleeping, respectively, as signs or symptoms of a concussion.
- Only 37% of physicians who treated pediatric concussion correctly applied graduated return to play guidelines.

Check out the module for you!

- CATT for School Professionals: <https://cattonline.com/school-professional>
- CATT for Parents and Caregivers: <https://cattonline.com/parent-caregiver>
- CATT for Athletes: <https://cattonline.com/athlete/>
- CATT for Coaches: <https://cattonline.com/coach>
- CATT for Workers and Workplaces: <https://cattonline.com/workers-workplaces>
- CATT for Youth: <https://cattonline.com/youth>

MENTAL HEALTH

NEW Empowered Parenting content on the Kelty Website

As a parent or caregiver, you know your child best and already have what you need to promote their development and well-being. In our new [Empowered Parenting](#) section, you can learn more about what empowered parenting may look like for you, whether you're supporting your child's development, discovering compassion, taking care of yourself, or building community.



The aim of empowered parenting is to help build resilience, strengthen relationships with love and connection, and make space for emotions and communication. These skills start in childhood but can support your child throughout their life.

PHYSICAL ACTIVITY/LITERACY

Community Partnerships

Everyone Rides- Cycling Education for Grade 4-5 students

The Everyone Rides Grade 4-5 program provides British Columbia elementary students with skills, confidence and the opportunity to learn to ride their bikes to and from school. Cycling education for elementary students helps:

- reach goals related to [Vision Zero](#), climate action, active transportation, and healthy communities
- provide a safer way for students to get daily physical exercise and move within their community during the COVID-19 pandemic
- to raise a generation of sustainable transportation users and safe road users



The Everyone Rides Grade 4-5 program is heading into its 4th year with the goal of reaching 60 public schools and over 6,000 grade 4 and 5 students in Metro Vancouver, the Capital Regional District, Kelowna, Nelson, Rossland, Prince George and surrounding areas in Spring 2023.

Interested in the Everyone Rides Grade 4-5 program...? Contact us at everyonerides@bikehub.ca to see what funding and resources are available in your community.

For more information see: [Everyone Rides](#)