



Healthy Learners in School Nurses: Promoting Health and Wellness

Celebrating Families

Spending time together is good for everyone. When playing outside remember to stay safe. Use this [link](#) for winter safety tips. Keep hydrated with water and wear sunscreen. Look [here](#) for more great winter sun safety advice



Hike NB
trails link



Play a game, read a book or do a puzzle. Use this [link](#) for other great day activities to do together

The Importance of Family Meals

Being together, preparing food and eating as a family, helps to build a foundation for a healthy family.

Families that eating together, develop healthy eating habits that will last a life time

This is a great time to talk and spend time with your teen

For more information on family meals check out this [link](#)



Cinnamon Apples

Ready in 5 minutes

1 apple, washed

Cinnamon to taste

Directions

Cut apples into slices or bite size chunks

Place apples in microwave safe bowl

Sprinkle with cinnamon and stir

Microwave on high 1 minute and stir.

Cook again until the apple pieces are tender

Serve



Healthy relationships vs. unhealthy relationships

No relationship is the same. All of us are unique and so are our relationships.

Use the [link](#) to help you recognize healthy and unhealthy signs of a relationships

How to keep your child safe and respectful online

Youth typically do not fully understand the consequences of their behaviors on or offline

Here are some reminders

- Online friends should be offline friends.
- Avoid posting personal information online.
- Act respectfully online just as you would in real life.



Be media smart

How to tell if something online is fake? This YouTube [video](#) shows you the steps to check to see if a story is real



Taking a break from technology can be a good thing from time to time and can be good for your physical and mental health. Here are some ways you can unplug from your devices (and still stay connected).

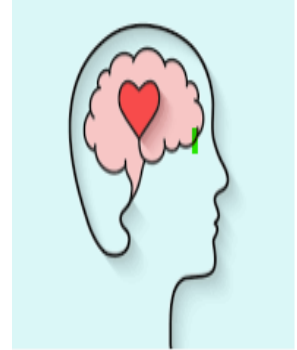
For more information visit this [link](#)



Mental health is part of overall health, we can't be truly healthy without it

Teens who have a positive adult role model, are involved in activities and who feel a sense of belonging are better prepared to handle the challenges and risks of everyday teenage life.

[tips for building a healthy relationship with your teen.](#)



Feeling overwhelmed .

This [video](#) from *Kids Help Phone* can be used in moments of feeling overwhelmed.



[Kids Help Phone](#) is Canada's only 24/7 e-mental health service offering free, confidential support to young people in English and French. Check out the website for a variety of resources.

Wellness Together Canada



Wellness is a journey, not a destination.

Every day, we can each take a step toward our own well-being. [Wellness Together Canada](#) is here to support you on that journey."

Wellness Together is funded by the Government of Canada.

You're experiencing a difficult situation? Do you need to find community resources . The Link Program is here for you.

The [Link Program](#) and the [helping tree](#) are tools that families can use to quickly find resources in their community





Vaping is Not Harmless

Vaping increases exposure to harmful chemicals and can lead to nicotine addiction. In youth, nicotine can alter brain development and affect memory and concentration. Younger users may become dependent on nicotine more rapidly than adults.

E-liquids contain **60 chemical compounds**.
E-Cigarette aerosol contains **47 compounds**



Looking for More Information on Tobacco Use?
Check out the [Truth Initiative](#) to learn more about vaping/ smoking risks and to obtain support for yourself or your child.

Young people who used e-cigarettes had 7X higher odds of becoming smokers one year later compared with those who had never vaped.

Did you know?
> Data from a recent Health Canada survey showed that 23% of students in grades 7-12 have tried an electronic cigarette.

TALKING WITH YOUR TEEN ABOUT VAPING
A TIP SHEET FOR PARENTS



Saint John Public Health healthy Learners in School Program

Hampton Education Centre - Ann Hogan BScN RN
Saint John Education Centre - Tracey Curtis RN BN
St. Stephen Education Centre - Kelly Harrell BN RN

Saint John Public Health and Anglophone South School District (ASD-S) work together to provide safe and healthy environments in our school communities. Every day schools provide opportunities for students and staff to make healthy choices! Find more about our program [here](#)