



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER PARENT VERSION SEPTEMBER 2021

BACK TO SCHOOL INFORMATION



Health Link BC now has a Back to School Page

Now available from the [Back to School](#) Page are links to websites and health files on a variety of school related topics including: Bullying, Childhood Immunizations, Healthy Eating, Getting Enough Sleep, Managing Health Concerns at School, Mental Health, Physical Activity, Routine Check-ups, Sexual and Reproductive Health, Starting a New School, Staying Safe, Substance Use.

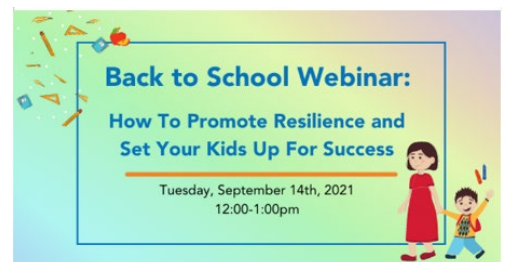
MENTAL WELLNESS

BC's Kelty Mental Health Resource Centre Back to School Webinar for Parents and Caregivers

Many families may be feeling worried or nervous about going back to school this year. While there is still a lot that is outside of our control with the COVID-19 pandemic, there are things we can do as caregivers to strengthen our children's resilience, and help them cope with the uncertainty, change and challenges going back to school may bring.

Join us for a free webinar on Sept. 14th from 12-1pm, in which Dr. Angela Low, will offer caregivers of elementary-aged children useful information and practical strategies for supporting their own and their children's emotional resilience that can set the stage for success and well-being in the new school year.

[Register here.](#)



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