



Healthy Learners in School Nurses: Promoting Health and Wellness

Welcome to the 2022-2023 school year!

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!

Tips to Help Your Teen Rise and Shine All Day

Start the day off right with an easy, quick, healthy breakfast. It helps boost brain power and gives energy. There's lots of options - fruit, yogurt with fresh or frozen fruit, whole grain toast, [eggs any style](#), last night leftovers and more. Click on the images for quick, easy recipes.



Be Active. Every Step Counts. Why Should I Care?



Being active can lead to a better mood, increase concentration and help your teen feel better overall. Adding more physical activity to your day improves your health and it's fun. Tips to get active.

Find some great trails at [Hiking NB](#)

24-HOUR MOVEMENT TIPS

IDEAS TO GET TEENS STARTED

- SWEAT:** SAVE YOUR BUS MONEY. Consider walking, rolling or biking to school instead. No need to fit in a workout when your commute is active!
- DO YOUR OWN THING.** Can't find an exercise class you like? Start your own with the help of a local rec. centre, youth organization, or gym.
- STEP:** KEEP TRACK. Use a smartphone, pedometer or wearable device to keep track of your steps. Aim for at least 16,500 steps every day.
- SHAKE IT OFF.** Stressed from working on that essay for hours? A short 15-minute walk can boost productivity and reduce stress.
- SIT:** STAND UP. Take breaks from sitting every 20 minutes, and avoid sitting for over two hours.
- TAKE TECH BREAKS.** Avoid spending more than two recreational hours per day on screens.
- STAY ACTIVE.** Swap your movie date for an actively like skating, mini golf, or biking.
- SLEEP:** BE CONSISTENT. Sleep and wake at the same times each day. Make a bedtime routine—take a bath, listen to music, or read!
- LIMIT SCREEN TIME.** Limit screens at least 20 minutes before bedtime. Keep phones, computers, TVs and games out of your bedroom.

participACTION.com

Sleep - Is Your Teen getting Enough?

MAKING SLEEP COUNT FOR YOUTH

Sufficient duration and quality of sleep is important for good physical and mental health.

SUFFICIENT SLEEP CONTRIBUTES TO:

- HEALTHY GROWTH AND DEVELOPMENT
- IMPROVED MOOD AND CONCENTRATION
- BETTER ACADEMIC PERFORMANCE

IN GRADE 6: 47% of boys and 44% of girls report they are **Tired** when going to school in the morning.

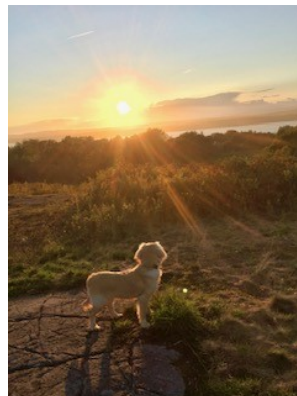
IN GRADE 10: 75% of boys and 62% of girls report they are **Tired** when going to school in the morning.

WAYS TO IMPROVE SLEEP:

- Practice relaxation and mindfulness-based stress reduction techniques.
- Exercise regularly.
- Avoid caffeine before bed, e.g. energy drinks, and coffee.
- Maintain a regular bedtime/waketime.

Read our report *Health Behaviour in School-aged Children (HBSC) in Canada: Focus on Relationships* to learn more. Visit [Canada.ca/Health](#) and search for HBSC.

Check out this [link](#) for sleep tips

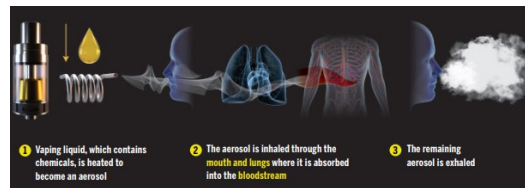
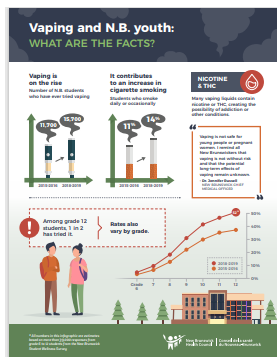


Do you remember the challenges and pressures of being a teenager?



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

Is Your Teen Aware? Are You? Know More: Get the Facts.



Socializing is an important part in a teens life. There may be times when someone drinks too much alcohol or ingests a substance that may lead to an emergency. Everyone should be aware of the warning signs and what to do. Check out the information below to help you and your teen be more prepared to know what to do in an emergency.

HEY, ARE YOU OK?

Too many alcohol overdoses aren't addressed because the difference between being really drunk and an overdose can sometimes be hard to identify.



If your friend or someone around you is experiencing any of these symptoms, they may need immediate medical attention.

Remember: if you ask for help and you have other drugs on you, you can be protected by the Good Samaritan Law.



WHAT TO DO

1. Check in with the person by talking to them or gently shaking them.
2. If they are not responsive, call for help (campus services, security, 911).
3. Sit them down, or if they are unable to sit up, lay them on their side in the recovery position* to prevent choking.
4. Do not leave them alone.
5. Try to find out if they've taken other substances and how much.

KNOW MORE

DRUGS: GET THE FACTS. KNOW THE RISKS.

Opioid Overdoses: What To Do

How can opioids cause an overdose?
Opioids affect how your brain controls your breathing. If you take more opioids than your body can handle, you will start to show signs and symptoms of an overdose, such as:

- Slow, weak or no breathing
- Blue lips or nails
- Dizziness and confusion
- Can't be woken up
- Choking, gurgling or snoring sounds
- Overdoses or difficulty staying awake

Suspect an overdose? CALL, STAY, HELP!

Overdoses can happen if you take:

- an opioid not prescribed for you
- more opioids than prescribed for you, such as a higher dose
- an opioid with alcohol or other drugs (e.g., anxiety medication, muscle relaxants, or sleeping pills)
- an opioid that has been tampered with (e.g., broken or crushed)
- illegally produced or obtained opioids

If you have stopped taking opioids for a while and start taking them again, you can be at risk of an overdose because your body is not used to the drug anymore.

If you suspect an opioid overdose, you should:

- Call 9-1-1 (or your local emergency help line) and stay at the scene
- Give naloxone, if you have it
- Know that the Good Samaritan Drug Overdose Act protects you from simple drug possession charges

KNOW MORE
ENJOY. GET THE FACTS. KNOW THE RISKS.

Get the facts at [Canada.ca/Opioids](#)

Injuries - more than 90% are predictable and preventable. To reduce risks of injury look first, buckle up, drive sober, and wear the gear. Parachute



Driving should take 100% of our attention. Remind teens to:

- Set music, (playlist) before starting to drive
- Plan for enough time to get to their destination and factor in possible delays like road construction
- Put phone away - no talking, no texting
- Avoid eating, drinking, putting on make-up, etc while driving

Parachute is Canada’s leader in injury prevention focusing on unintentional injuries in the home, at play, sports and on the move. For reliable information about [concussions](#) , [all-terrain vehicles](#) and more.



[Parachute Canada concussion](#)

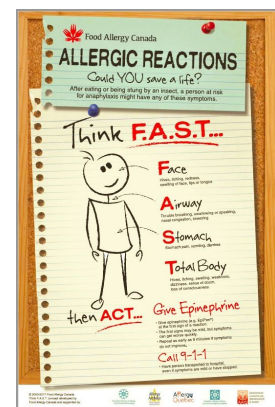
Stress verse Anxiety—What’s the Difference?

Can stress or anxiety be good for your teen? Wondering what is the difference between stress and anxiety? Why not watch brief video together to help understand how your body is affected by stress and/or anxiety. Check out this [video](#) .

Kids Help Phone

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.

Please help us have a safe, inclusive learning and working environment for all.



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