



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.



What's for Snack and Lunch? Looking for Ideas? [Healthy Snacks - Tips and Tricks](#)

Sleep - Is Your Child Getting Enough?

Be Active. Every Step Counts.

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 MOODS AND CONCENTRATION
- BETTER ACADEMIC PERFORMANCE

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

IN GRADE 10:
75% of boys and 62% of girls report they are **TIRE**d 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.

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:** Consider walking, raving or biking to school instead. No need to fit in a workout when your commute is active!
- SAVE YOUR BUS MONEY:** Can't find an exercise class you like? Start your own with the help of a local rec centre, youth organization, or gym.
- DO YOUR OWN THING:** Stressed from working on that essay for hours? A short 15-minute walk can boost productivity and reduce stress.
- KEEP TRACK:** Use a smartphone, pedometer or wearable device to keep track of your steps. Aim for at least 10,000 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:** 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 activity like skating, mini-golf, or biking.
- SLEEP:** Sleep and wake at the same times each day. Make a bedtime routine—take a bath, listen to music, or read.
- 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:** Avoid screens at least 20 minutes before bedtime. Keep phones, computers, T.V.s and games out of your bedroom.

participACTION.com

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



[Parachute](#) is Canada's leader in injury prevention focusing on unintentional injuries in the home, at play, sports and on the move.

Check out their new podcast [Popping the Bubble Wrap](#). This focuses on the "household safety officer" the person in a family who worries about safety."

Protect Your Brain—You Only Have One

Helmets are for EVERYONE of all ages! A brain injury can permanently change the way someone walks, talks, plays and thinks for life.

Helmets need to be correctly fitted and secured to work properly. Did you know there are different helmets for different activities?

Check this out to find out [what helmet is right for what activity](#).

multi-impact helmets such as hockey or skateboard helmets and are designed to protect against more than one impact, but must be replaced when you see damage.

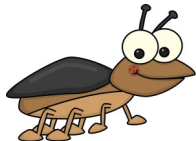


[Parachute Canada concussion](#)

Communicable Diseases Questions ?

Need any information on a communicable disease such as [Influenza](#), [chicken pox](#), [whooping cough](#) ([pertussis](#)) and lots more. When does my child need to stay home from school? Check out the Family Resources tab and Health Topics on the ASD-S website for lots of helpful information [Communicable Disease Resource for Educators and Parents](#)

COVID-19 information may be found on the GNB website [Living with COVID-19](#)



Things That Might Bug You - [Insects and Mites](#)

Lice, scabies, and bed bugs usually do not cause any serious health risk but they can be a nuisance. Head lice and scabies live on the human body. Bed bugs do not stay on a person for any length of time but can be found living in homes and other buildings.

Note: **If your child has an undiagnosed rash or skin condition, they should be evaluated by a healthcare provider before returning to school.

- [Head lice](#) - can be challenging to manage. Click [here](#) for a useful calendar tool to help you keep track of lice treatment. No exclusion from school is required.
- [Scabies](#) - is caused by tiny insects called mites. The mites dig into the skin and lay eggs which causes small, red, raised spots usually between the fingers and/or toes, in the groin area, around wrists or elbows but can be anywhere on the body. This rash usually causes itchiness that is worse at night. Before returning to school scabies needs to be treated with a cream or lotion that you can get at a pharmacy.
- [Bed bugs](#) - cannot fly or jump. They are typically found where people sleep and can be carried into a home on objects such as furniture, clothing or luggage. Bed bug bites typically appear in a straight row of 2 or 3 bites. Check out this [FAQ](#).

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.](#)

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.

Social Media Tips

With easy access to social media it is now part of your child's daily life. Technology and apps are constantly changing therefore, it is important to stay up to date with the influences in your child's life. There are plenty of good things about social media but also things to avoid. It is important to discuss good use of social media and help them to find a balance. Check [here](#) to find out more.

Relationships: What's Healthy What's Not?

Healthy Relationship	Unhealthy Relationship
Both people have power in the decision making and direction of the relationship	One person tries to overpower and control the other person
Both people have respect for each others' boundaries	Do not respect each others' rights and boundaries
Nonviolent	May include verbal, emotional, physical or sexual abuse or threats
Feels safe, trusting and supportive	Creates feelings of worry, stress or fear
Respectful, open communication	Aggressive or hurtful one-sided communication

ASD-S: We are Allergy Aware. Our schools and buses are peanut/nut free.

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



Saint John Public Health healthy Learners in School Program
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