



## **HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER PARENT VERSION SEPTEMBER 2020**

### **DASH RESOURCES**



Resources are available on the [Healthy at Home](#) page for educators and parents.  
Resources can be sorted by grade level and topic area.

### **GOVERNMENT GRANTS AVAILABLE TO FAMILIES**

[Future Bright](#) is a free program funded by Employment & Social Development Canada that provides assistance to middle and low income families to access grants for their children's post-secondary education. Although operated out of Elizabeth Fry Society of Greater Vancouver, this program is available to families across Canada, and anyone in IH can sign-up online or by phone. Many families are not aware of the \$3,200 in free grants available to them by the Federal and Provincial Governments. Future Bright is launching an awareness campaign to promote this program with families and organizations to get the word out. Families can sign-up for free at: [my.smartfuture.org](http://my.smartfuture.org)

The Future bright facilitators are available to give presentations to groups and organizations, and provide posters and handouts. They can be reached at [futurebright@elizabethfry.com](mailto:futurebright@elizabethfry.com) or 1-604-520-1166.

When a family registers, they will be connected with a Future bright registration Facilitator and they will:

- Get unbiased information about the different government grants available for a child's education and how to access them.
- Assist families in opening a no-cost and \$0 fee RESP account.
- Support in acquiring missing documentations like SIN, BCID or Birth Certificates. We also cover the cost of obtaining these documents.
- Support in breaking down any barriers preventing families from accessing the grants.
- Get reminders about important dates, incentives or opportunities that may benefit the parents and their children.
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## INJURY PREVENTION

### Speed Danger Focus of Teen Driver Safety Week



This year's **National Teen Driver Safety Week** is focusing on showing the negative consequences of speeding on our roads, a particularly relevant topic given the resurgence of stunt and speed driving in 2020 as roadways were less-busy due to COVID-19-related reductions in traffic. Because of COVID-19 public health restrictions on large public gatherings, we're taking our campaign virtual this year, rather than encouraging school assemblies and Positive Ticketing activities. We're still providing social media guides, key messages and other resources for partners to promote and use. Help us spread the messages!

[Read more about National Teen Driver Safety Week's key messages and activities.](#)

## MENTAL WELLNESS

### Stigma-Free COVID-19 Youth Wellness Toolkit

The [Toolkit](#) includes information, videos and downloadable resources for youth (grades 4-12), parents and educators to promote mental wellness.



### Enhanced Mental Health Programs Support a Safe Return to School

As families, teachers and staff prepare for a school year that looks very different, help is available if worries begin to feel unmanageable. Free and low-cost counselling services are available online, by video and phone through programs such as BounceBack, Living Life to the Full, Here2Talk, Foundry's virtual services and more, for anyone who needs someone to talk to. For more information see these resources:

[Free and low-cost mental health supports during COVID-19](#)

[Here2Talk](#) connects students with mental health support when they need it

[Foundry Virtual](#) – Get Support Online

[Find a Child and Youth Mental Health walk-in intake clinic nearby](#)

Erase services and resources for students, parents and teachers: [www.erase.gov.bc.ca](http://www.erase.gov.bc.ca)

## **TOBACCO AND VAPOR PRODUCTS**

### **Covid-19: Vaping and Youth Survey**

To gain a better understanding of youth vaping during the COVID-19 pandemic, youth aged 12-19 have an opportunity to complete an online survey. The survey asks about their experiences with vaping (including if they have never vaped). Young people's involvement is voluntary and anonymous. Once they complete their survey, they can choose to enter a draw to win one of six \$50 e-gift cards (of their choice). The survey takes around 5–10 minutes to complete and is available until the end of September 2020. A link to the survey can be found here: [form.simplesurvey.com/f/l/YouthVaping2](https://form.simplesurvey.com/f/l/YouthVaping2)

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

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