

Niagara Region Public Health School Health Newsletter

January 2024

Wintertime Well-Being

As the weather changes and days get shorter, many people, including teens, may feel more anxious, depressed, or tired. It's essential to be mindful of our emotional well-being. Beat the winter blues and check out these simple activities to boost your and your teen's mood.

- [8 feel good tips to boost your mood](#)
- [100 Fun Activities to Boost Your Mood](#)
- [Stress relief activities for kids](#)

Snow Safety for Teens

Embrace the thrill of tobogganing this winter, but remember, safety comes first! Whether your teen is racing down the slopes or enjoying a leisurely ride, follow these snow safety tips to make the most of their winter adventures:

1. **Gear Up:** Wear appropriate winter gear such as gloves, and sturdy boots to provide protection from the cold.
2. **Choose Safe Hills:** Opt for designated tobogganing hills that are free from obstacles like trees, rocks, or traffic. Avoid hills with steep inclines or crowded areas.
3. **Follow Etiquette:** Be mindful of others on the hill, encourage your teen to choose a clear path to avoid collisions, and respect the space and safety of fellow tobogganers.
4. **Position Yourself Smartly:** Sit facing forward on the toboggan with their feet first. Remind tobogganers to hold on firmly and avoid standing or kneeling during the ride
5. **Stay Visible:** If tobogganing in the evening, ensure visibility. Wear bright colors and consider adding reflective elements to your clothing.
6. **Stay Substance-Free:** Ensure winter activities are enjoyable and safe by avoiding the use of substances. Ensure teens stay clear-headed and alert to make the most of their adventures.

Remember, tobogganing is all about having fun, but safety ensures that the enjoyment lasts throughout the winter season. So, bundle up, find a safe hill, and make lasting memories with your family and friends in the winter wonderland!

Visit [Niagara Families](#) for places your kids can toboggan.



Help Keep the Classroom Germ Free – Stay Home When Sick

Respiratory viruses like the flu, RSV (Respiratory Syncytial Virus) and COVID-19 are spreading in our community. Since these viruses can have similar symptoms, it can be hard to tell what you are infected with based on just symptoms alone.



If your child is sick, they should stay home from school until:

- ✓ They have no fever, without the use of fever reducing medication **and**
- ✓ Their symptoms have been improving for at least 24 hours or 48 hours if they have nausea, vomiting and / or diarrhea **and**
- ✓ They don't develop any new symptoms

By keeping your child home when sick, you help prevent them from spreading whatever infection they have to others.



Educational Resources

Mindfulness Awareness Stabilization Training



As teachers wrap up their final lessons amidst the excitement of the holiday season, holiday preparation becomes a hectic task. In the midst of this hustle, focusing on the present moment can be challenging. Unity Health Toronto presents [Mindful Awareness Stabilization Training \(MAST\)](#), a program designed to teach emotion regulation skills through psychoeducation and mindfulness practices. With easily accessible handouts and a collection of brief audio tracks, MAST aims to enhance mindfulness not only in individual educators but also within the classroom environment.

Jack.org's Mental Health Promotion

Introduce Mental Health Promotion to the Classroom with [Jack.org's Educator Hub \(edHUB\)](#) resource. This comprehensive and free resource library equips educators with teaching materials to integrate mental health promotion programming into their classrooms. Featuring curriculum-aligned activities, lessons, and a unit plan, this program supports educators by offering safe, youth-friendly, and evidence-informed mental health resources. It empowers educators to enhance their students' mental health literacy within a learning environment that fosters growth and well-being.

