

Parent Newsletter

HEALTH PROMOTING SCHOOLS

MARCH 2026

HEALTHY EATING

March is Nutrition Month



This month, celebrate the power of healthy eating and the creativity that brings nutritious meals to life. To help families explore new ideas in the kitchen, we're excited to highlight the [2026 Member Cookbook](#) — a collection of favourite recipes contributed by dietitians from across Canada.

From quick weeknight meals to wholesome snacks, this cookbook showcases diverse flavours, practical ideas, and nutrition expertise from dietitians. It's a fun way to get kids involved in cooking, discover new favourites, and enjoy recipes that nourish and inspire.

Celebrate Nutrition Month by exploring delicious ways to fuel families! 🍲❤️

MENTAL HEALTH

Self Harm: There Is Always Help, There is Always Hope - Webinar

Realizing that your child is self-harming can be scary and confusing. Learn from Ciara, a young person with lived experience, and Kim Leifso, a therapist, as they talk about why some kids harm themselves and some healthy coping strategies for your child and you. Discover helpful ways to respond to your child. Join Kelty Mental Health and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

There are multiple sessions available:

March 3, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)

March 5, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)



Click [here](#) for more information

Parenting When Anxiety Shows Up As Anger - Webinar

Anxiety in kids can show up as anger, and that can make parenting extra challenging. Learn from Karen Peters, Registered Clinical Counsellor, to discover some strategies that can help before, during, and after these hard moments. Join Kelty Mental Health and other families for this video presentation and discussion that's facilitated by a FamilySmart Family Peer Support Worker.

There are multiple sessions available:

March 11, 2026 | 12:30pm-1:00pm Pacific Time (British Columbia)

March 25, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)

March 31, 2026 | 6:30pm-8:00pm Pacific Time (British Columbia)

Click [here](#) for more information

HARM REDUCTION & LEGAL SUBSTANCES

Supporting Teens: Understanding the Risks of Gambling

Gambling may seem harmless to teens—whether it's online games, sports betting, or friendly wagers—but it can quickly become risky without guidance. As parents and caregivers, staying informed and keeping conversations open is one of the best ways to help teens make healthy, responsible choices.

The Canadian Paediatric Society offers an excellent resource that explains what teen gambling looks like today, warning signs to watch for, and how to talk with your child about risk-taking behaviours. It also provides tips to help teens build decision-making skills and understand the consequences of gambling activities.



Learn more here:

Teen Gambling – Canadian Paediatric Society

<https://caringforkids.cps.ca/handouts/preteens-and-teens/teen-gambling>