

# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

January 2025

### MENTAL HEALTH

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#### The Voices of Siblings Webinar Now Available



It is common to get questions on how we can best support siblings in our families and respond to questions that they ask. In this webinar, we discuss the role of children and youth who have a sibling living with mental health challenges and some strategies for parents and caregivers to support them. [Watch Now](#).

#### Understanding Disordered Eating: How to Support Youth

February is Eating Disorder Awareness Month and [Embody](#) is hosting a **free** event on **Saturday, February 1<sup>st</sup> at 10:30**.



Learn from our panel of youth with lived experiences and our moderator, Carmen Kaufmann, an eating disorder specialist. This free event is open to parents, caregivers, youth, professionals, family, and friends. [Get your ticket](#) today.

Through this event you will:

- Understand the factors that influence disordered eating
- Learn how to identify warning signs for disordered eating
- Hear how youth cope with social media, fat shaming, diet culture and more
- Learn how to support and start the conversation about disordered eating and body image

For more information, contact our Embody team directly at [embody@familyservices.bc.ca](mailto:embody@familyservices.bc.ca), or go to [embodybc.com](http://embodybc.com).

## PHYSICAL LITERACY

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### Active Play Club

The BC Alliance for Healthy Living has a new project underway: the Active Play Club. The goal of this program is to provide a unique opportunity for elementary and middle school children to engage in unstructured play on their school grounds after classes are done for the day. Under light supervision of an adult, children are free to explore, create, and interact, fostering their physical, social, and emotional development.

The program is in its pilot phase and includes an Active Play Grant to assist with the initial setup and ongoing operations of the club for the pilot period.



The Active Play Club program partners with school districts and PACs across British Columbia to establish and supervise the Clubs. After all, school playgrounds are the ideal space for children to play. To find out more about joining our pilot program and apply for a grant check the [Join the Active Play Club](#) and the [Contact Us](#) pages.

Learn more about the [Active Play Club](#) and other resources on [the program website](#).