

# Parent Newsletters

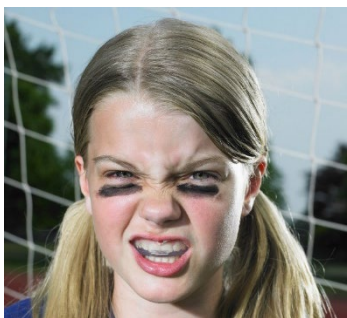
## HEALTH PROMOTING SCHOOLS

June 2025

### DENTAL HEALTH

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#### Protect Your Game Face!



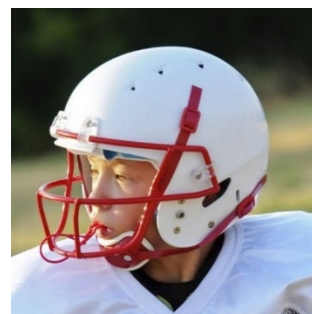
Athletic mouthguards are a must-have for any contact sport or sports that have a potential risk of falling.

Encouraging **mouth guard** use in sports is a shared responsibility. Teachers, coaches, parents and players all play a role in influencing regular mouthguard use. The [Canadian Dental Association](#) recommends mouth guards for more than 30 sports. When enjoying sports on the field, the court, or the mat – the mouth also requires **protective gear**.

Mouth guards perform as a shock absorber helping to prevent the following injuries:

- Chipped or knocked-out teeth
- Lip and tongue injuries
- Jaw damage
- Costly dental emergencies

For more information see: [MouthHealthy - Mouth Guards](#)



### MENTAL HEALTH

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#### FamilySmart – Online Webinar for Parents and Caregivers

[Mental Health and Preparing for the Transition to Post Secondary](#)

June 11 at 6:30 pm - 8:00 pm PDT



#### ADDitude – Live Webinar for Education Staff, Parents and Caregivers

[Big Kids, Big Emotions: Helping Teens with ADHD and Rejection Sensitivity Improve Emotional Regulation](#)

June 11, 2025 at 10:00 AM PDT

#### Language Matters! Understanding Mental Health and Substance Use: A Resource for Families and School Communities is now available!

The resource was developed to help parents, guardians and caregivers learn more about mental health and substance use, and to help create a common language and shared understanding in school communities. The guide includes information about:

- Defining and understanding mental health and substance use
- The role that school communities play in supporting child and youth mental health
- How families can support their child or youth's mental health and well-being

[Language Matters! Understanding Mental Health and Substance Use: A Resource for Families and School Communities](#) was developed by the Ministry of Education and Child Care in partnership with the BC Children's Kelty Mental Health Resource Centre.