

Health Information for Teachers, School Staff, Parents and Students!

Winter Wonderland Activities for the Kids



Nelson Nordic School Outreach Program fun!!
skiprogramming@gmail.com for info or booking

Funding Opportunities

[Healthy Living](#) Activity Grant (\$200) and Healthy Living Inquiry Grant, (\$500), until March 1st, 2014
CBT [Youth Action Grants](#), (\$3000) 15-19 yr, monthly



Salmo Students doing Wild Voices program
<http://cbeen.org/wvfk> for information

MEND (Mind, Exercise Nutrition, Do It)

There is still room in the MEND program in Nelson beginning Jan 27th. Fun, free 10 week program for families with 7-13 yr olds above a healthy weight. Contact
cpotkins@rdck.bc.ca



Staff Training

Register at <https://sd8learns.sd8.bc.ca/eventlisting/>
Feb 7th – **Boy Smarts** with Barry MacDonald at LVR
Apr 7th – **Be Safe** – Violence and Neglect Prevention
K to Gr 3 at Rosemont Elementary School

Parents' Night Out Events

[Social Media and Digital Literacy](#)

with Tamara Malloff

January 15th – Trafalgar Library, 6:30-8pm

[Boy Smarts](#) with Barry MacDonald

February 6 – LVR, 7-8:30pm

[Eating Disorders](#) – with Deirdre McLaughlin

February TBA – Mount Sentinel Secondary School

[Parenting Matters](#) – coming in Spring



Friends for Life/Fun Friends – Order your workbooks through Louise Poole hsc@sd8.bc.ca
Plan ahead as no orders are filled after March break

Reminders

Action Schools Workshops

Book staff or student leadership workshops! Contact Marion Hunter marionhunter13@gmail.com

For inserts in your parent newsletters home use:

[Healthy Together January Newsletter](#)

[Healthy Together February Newsletter](#)



LVR Gr 9 boys run through drills at the firehall in Nelson – Getting into those suits in 1 minute is hard.

Share what your school is doing? Send health info and a picture if you have one.

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