



Calgary Board of Education

James Fowler High School

Summer 2016

My name is Jean Blackstock and I am the New School Nurse for James Fowler High School. I have been a School Nurse for many years and have been the School Nurse for Crescent Heights High School and St Mary's High School in the past. I work in Public Health out of the Thornhill District Office. I will be at the School one morning per week starting in the new school year. At present I am in the school Wednesday AM. I am very interested in starting a Health Committee at James Fowler and so if there are any Parents or Students who have ideas or concerns they would like to be addressed you can contact me at jean.blackstock@albertahealthservices.ca ; 403 944-7523 or through the school. I am really looking forward to working with Staff Students and Parents of James Fowler this upcoming year.
Jean Blackstock RN/BN

All Terrain Vehicle (ATV) Safety

Many Albertans take out their ATVs in the summertime. Riding an ATV can be a thrilling experience but it is important to remember that ATVs are not toys; they are fast, powerful machines that need strength and skill to operate safely. In Canada, 25% of all ATV-related deaths involved teens younger than 16. Experts at Alberta Health Services state that nobody younger than 16 years of age should ride an ATV anytime, anywhere, any size. This is because teens under 16 are not physically and mentally ready to handle an ATV, regardless of its size and are at higher risk for serious injury and death than those 16 years and older. When your teen is 16, they should take a [Smart Risk Approach](#) to manage the risks of ATVs. Here are a few Smart Risk tips to help keep them safe:

Look First. Make sure headlights, tail lights and the muffler work before riding. Follow posted signs and stay on the trails. Driving away from marked trails can result in encountering unexpected obstacles, like ditches, drop offs, cliffs, and trees.

Wear the Gear. Always wear an approved motorcycle or ATV helmet. Make sure it fits snugly and is securely buckled up to protect you from a head injury. Eye protection, like a helmet shield or riding goggles, boots and gloves will also help keep your teen safe.

Get Trained. Taking an ATV training course is the best way to understand and manage ATV risks. Riding an ATV safely requires skill and practice.

Drive Sober. Even one drink can impair your teen's judgement and pose dangerous, even fatal risks. It can also result in impaired driving charges. Your teen should never drink or use drugs and ATV.

These Smart Risk strategies will help your teen, 16 years or older, enjoy many summers of fun and safe ATVing. To learn more about ATV safety in Alberta, visit: <http://www.albertahealthservices.ca/injprev/Page4861.aspx>

To find an electronic copy of this newsletter, visit: www.albertahealthservices.ca/csh.asp

Electronic Cigarettes

What are e-cigarettes?

Electronic cigarettes, also known as e-cigarettes, are battery-operated devices that have cartridges with liquid chemicals in them. These liquid mixtures are commonly known as e-liquid, or e-juice. Many e-cigarettes look like regular cigarettes and they come in reusable and disposable varieties. Heat from a battery powered vapourizer turns the liquid chemicals from the cartridge into a vapour that the user inhales. This is called vaping.

What is in e-liquid?

It is hard to know what is in e-liquid because there are no standards or labelling requirements for e-cigarettes. This makes it hard to know exactly what is in the liquid. Common contents can include a mix of water and propylene glycol, a man made product used in anti-freeze and theatre fog. You can also get e-liquid with, or without nicotine. Many e-cigarettes also have flavoured chemicals added (like chocolate or strawberry) that give the vapour a flavour. The flavoured e-liquid may be the first entry to smoking which could eventually lead to smoking cigarettes.

Are they safe?

Although e-cigarettes are promoted as being safe, they haven't been tested to see if they are safe. Because chemicals in the cartridges vary, it is important to know what e-cigarette users - and the people around them - are breathing in. To sell their product, producers of e-cigarettes describe the vapour as water vapour. However, the U.S. Food and Drug Administration found cancer-causing chemicals in some of the cartridges.

Health Canada warns that e-cigarettes may cause nicotine poisoning and addiction, and remind people to keep the products away from children to prevent nicotine poisoning and choking.

Alberta Health Services recommends talking to your children about e-cigarettes and other tobacco-like products about the harm they can cause to their health and those around them.

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Childhood Mental Wellbeing

Childhood is an important time in the development of lifelong mental wellbeing. Mental wellbeing is more than just being happy. It is having self-esteem and self confidence, being connected to others and enjoying the good feelings that come from participating in and giving back to your community. When children develop the best possible mental wellbeing, it lessens the likelihood of future substance abuse or mental problems.

Mental illness and mental wellbeing are not opposites. Children with mental illness can enjoy good mental wellbeing, while children with no symptoms of mental illness can struggle with poor mental wellbeing. All children benefit when they connect with others, feel valued and learn important skills. Here are some ways to help your child develop good mental wellbeing.

Connect with others: Connecting with others increases self-worth and offers a source of support and encouragement during hard times. Help your child to build and grow relationships with people close to them and with the wider world. Connections can be made by joining teams, clubs and groups, volunteering and spending time together with family and friends.

Be active: The benefit of being active are not just physical. Activity causes chemical changes in the brain that make us feel good. Physical activity can also help children form relationships and learn new skills which build self-esteem.

Try new things: Encourage your child to try new things and be willing to do the same. Learning new things challenges us and setting/reaching goals makes us feel proud and capable.

Give to others: Small acts of kindness can give us a sense of purpose and improve self-worth. Children can be encouraged to give to others by saying thank you to someone who has helped them, phoning a relative or friend who needs support or offering a helping hand to others.



Health advice as easy as 8-1-1

Did you know you can get trusted health advice around the clock from a registered nurse by dialing Health Link at 8-1-1? Health Link is Alberta's free, 24/7 health information and advice line. They can help assess symptoms and help you decide if you need to seek medical attention.



The Cost of Dental Treatment

Fixing decayed teeth can be expensive. Think about fixing a problem earlier than later. A cavity (tooth decay) can quickly get bigger and increase the cost for treatment. But what really saves money is preventing the problem in the first place. Here's a look at how tooth decay happens and how you can prevent it.

- **Tooth decay happens when germs stick to teeth.** Prevent tooth decay by brushing two times a day.
- **Sugar and germs produce acid.** Prevent decay by reducing sweet and sticky snacks and limiting sweet drinks.
- **Acid weakens tooth enamel.** Prevent decay by drinking water with fluoride (when possible) and using fluoride toothpaste to strengthen teeth.
- **Some surfaces of teeth decay more easily.** Prevent decay by asking your dentist about dental sealants to protect teeth.

Some families may have access to children's free dental care through Alberta Child Health Benefit. For more information call 1-877-469-5437 or visit www.employment.alberta.ca/achb.

Hope You Have a Safe Happy and Healthy Summer!