Interior Health

# Content for Parent Newsletters

## HEALTH PROMOTING SCHOOLS

November 2026

## COMMUNICABLE DISEASE

Influenza, commonly known as the flu, is an infection of the respiratory system caused by the influenza A and B viruses. Every year, influenza spreads in our communities, generally in the late fall and winter months.

Registration with the Get Vaccinated system ensures timely notifications for influenza immunizations. If you have already registered, you will be notified when you are eligible to book your next influenza appointment. If not, you can register yourself or a family member (such as a parent, grandparent or child) using your Personal Health Number. Please note registration is only required once. Learn more about fall immunizations from the Government of British Columbia.

## DENTAL

**Protecting our Mouths during Physical Activity**

Parents play an important role in injury prevention by encouraging use of mouthguards during sports and physical activities. A properly fitted mouthguard can help protect the teeth, lips, cheeks and tongue.

Mouthguards should be worn for any sport that has head-to-head contact or risk of falling. The Canadian Dental Association recommends a custom fit mouthguard be fabricated by a dental professional as it has the best fit. Specialized mouthguards can also be made to fit over braces.

There are other types of mouthguards that can be bought at the store such as stock and boil-and-bite. Refer to the Canadian Dental Hygienists Association Sports Mouthguards Q&A for guidance about mouthguard fit and use.



**Supportive Resources and Videos**

- Sports Mouthguards
- Promoting Health of Children & Youth in School | Interior Health
- Dental Emergencies

For more information, contact the Interior Health Allied Health Early Childhood Development Dental Program.

## INJURY PREVENTION

**Do you know how to recognize a concussion?**




Concussions can happen to anyone, anywhere, anytime. From sports and playground falls to everyday activities, anyone can be injured and symptoms are not always obvious. In fact, only 11% of surveyed British Columbians felt very confident that they could recognize a concussion.

The Concussion Awareness Training Tool (https://cattonline.com; CATT) is a free, evidence-based, up-to-date online resource offering concussion education materials tailored for parents/caregivers, and youth. https://cattonline.com/course/concussion-awareness-training-tool-for-parents-and-caregivers

## FOOD LITERACY

As a parent or caregiver, you play an important role in shaping your children's eating habits. Check out this article on Parents' Influence on Children's Eating Habits (UnlockFood.ca) to learn how to positively influence your children's eating habits by creating a positive eating environment and being a good role model.

## MENTAL HEALTH

**Emotion Regulation online discussion for parents**
https://keltymentalhealth.ca/event/2026/11/emotion-regulation

When kids frequently have big emotions, parenting can be overwhelming and tiring. Discover some strategies and skills that can make it easier for your kids and you, and the critical role that parents and caregivers play to create positive change for young people. Learn about emotion regulation and dysregulation from Nicole Allen, Registered Clinical Counsellor. Kelty Mental Health invites families to a supportive space to watch a video and share strategies to help navigate those hard moments, and focus on strengthening our understanding and connection with our kids. This inclusive, supported discussion is gently facilitated by a FamilySmart Family Peer Support Worker who understands the challenges we face as parents.

BC Children's Hospital
Provincial Health Services Authority
Kelty Mental Health Resource Centre

Sessions available:
November 10, 2026 | 6:30 pm - 8:00 pm PST
November 17, 2026 | 6:30 pm - 8:00 pm PST