

# Niagara Region Public Health School Health Newsletter



For Parents

Niagara Parents



How to help my teen to practice self-care? 🔍

[niagararegion.ca/parents](http://niagararegion.ca/parents)

## Do you have questions about your teen's health?

Now you can:

- Call
- Email
- Live Chat (in 90 different languages!)
- Facebook Message

With a public health nurse at [Niagara Parents](http://Niagara Parents).

Living with a teen can be challenging. If you need advice or support around issues including:

- teenage rebellion
- mental health concerns
- substance misuse, or
- growth and development

You can connect with a public health nurse Monday – Friday from 8:30 a.m. – 4:00 p.m. We're with you every step of the way!



Connect with a public health nurse at Niagara Parents

📞 905-684-7555 or  
1-888-505-6074 ext. 7555

✉️ [parents@niagararegion.ca](mailto:parents@niagararegion.ca)

💬 Live Chat

🗨️ [niagararegion.ca/parents](http://niagararegion.ca/parents)

📘 Niagara Parents

Niagara Parents provides a variety of services to help you raise a happy and healthy family

Learn more about pregnancy and caring for babies, children, and teens at

[niagararegion.ca/parents](http://niagararegion.ca/parents)

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## How to Store a Reusable Mask Safely

Wearing a mask is just one of the ways we can protect both ourselves and those around us from COVID-19. They work by preventing the spread of your infectious respiratory droplets (like from a cough or sneeze). Masks may also protect you from the droplets of other people.

If you or your child are using a reusable mask, it is important that they are stored properly when not in use and are washed daily. For tips on how to safely store a reusable mask at school, check out this video from school nurse Stephanie <https://www.youtube.com/watch?v=N2YVBIm-9Tc>

Remember, wearing a mask alone will not prevent the spread of COVID-19. We must also clean our hands often, practice physical distancing (staying 2 metres apart from others) and stay home if we're sick.

## Supporting Online Learning and the Transition to In-Person

Returning to school after winter break can often be difficult. Now, before returning to in-person learning, students will be learning remotely to start the new year. It is important to set a routine and prepare your child for both virtual learning, and the return to in-person learning. Here are a few tips:

- Set expectations: Have a chat with your child and other family members to explain your expectations for the day.
- Create a routine: Creating a morning routine for your child will not only promote good habits, but it will also ease the transition back into in-person classes.
- Take breaks (and deep breaths) if needed: Encourage your child to exercise during their breaks while at home. Exercise has many benefits, especially when it comes to learning. It can help improve focus, thinking and problem-solving. Also, take time for a snack or a friendly chat.
- Listen to their fears: Some children may have anxiety about returning to school. Listen to their fears and validate their emotions. Keep information age-friendly and answer questions as factually as possible. Balance the facts with reassurance. Your child needs to know that they, and you, are safe.

This can be a stressful and anxious time for many of us. Visit [https://www.niagararegion.ca/living/health\\_wellness/mentalhealth/wellbeing/resources.aspx](https://www.niagararegion.ca/living/health_wellness/mentalhealth/wellbeing/resources.aspx) to check out mental health supports available for adults and youth.