



# Marauder News

May 1, 2020

**J. R. Robson High School**

5102 – 46 St.  
 Vermilion, AB  
 T9X 1G5

Phone: 780-853-4177  
 Fax: 780-853-2920

## Principal's Corner

As you know we have not been able to hold the past two parent advisory council meetings. In talking to the PAC chair, our hope is to host a PAC meeting via ZOOM May 25. If this can be arranged I will send out login information to parents just prior to that date. Stay tuned.

Mrs. Polishuk and Mrs. Hart have been busy registering students for courses for the 2020-21 school year. If your student has not yet returned their registration form, they need to do so asap as I will be

using the student course requests to start building the timetable for next year very soon.

I am happy to report that we now have all core and many elective courses up and going through Workspace and ZOOM. Teachers are using other forms of on-line technology to collect samples of student work for assessment as well, like See Saw. I really want to commend students, parents and teachers for the success we are seeing in the

*(Continued on page 2)*

## Around the School



**We miss you!**

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Included with this newsletter are the following 2 attachments:  
 AHS resource to support families in building resilience  
 Nutrition & COVID-19

**Website:**  
[jrrobson.btps.ca](http://jrrobson.btps.ca)  
**School Calendar**  
<http://jrrobson.btps.ca/Calendar.php>  
**Facebook:**  
<http://www.facebook.com/JR-Robson-School-613941298627779/>



## Principal's Corner Continued

daily instruction and learning that is happening. Well done to everyone for their commitment to continued learning.

I have been asked by many people about the status of graduation. With Dr. Hinshaw's announcement last week about no gatherings over 15 people continuing throughout the summer, it is looking like any form graduation will not occur until at least the fall. We will follow the direction of BTPS and I will communicate that out to parents and students when we receive an updated strategy for graduations in our school division. Obviously we will have to abide by the direction of our Chief Medical Officer. In addition to email communication we have been also posting COVID school information to our website. Please check there from time to time for any updated information that has been added.

## Pirate Crews

**Pirate Crews are still happening and points can still be gained.** You can be involved by sending Mrs. Polishuk an email to let her know you would like to be put on the email list, or follow on instagram at [jrpiratecrews](https://www.instagram.com/jrpiratecrews).

We have been doing some fun things for students and families to gain pirate points.



## Vermilion Food Bank

The Vermilion Food continues to be open during the COVID-19 pandemic.

Our hours of operation are Fridays from 1 pm to 3 pm. Please note that the Food Bank will be closed on April 10th). The location is the Holy Name Parish at 4620-53 Avenue, Vermilion.

Non-perishable food hampers are provided ensuring enough food for the number of people in the family for two weeks.

Distancing and cleaning protocols are in place to ensure public safety. If clients wish, they can register and then wait within their vehicles for the food hampers to be brought out.

Anyone wishing to make a donation to the food bank can do so online. Information for making a donation is available at <https://holyname.caedm.ca/vermilion-food-bank/>

## Community Education Service Webinars

Offered by Alberta Health Services. All sessions are offered at no cost.

To view selection of sessions and to register, please go to:

<http://community.hmhc.ca/sessions/>

Topics include 'Supporting Your Children to have Healthy Relationships during Physical Distancing', 'Understanding Teen Mental Health & Wellness', 'Kids Have Stress Too', 'Emotional Regulation Using Mindfulness' plus many more.

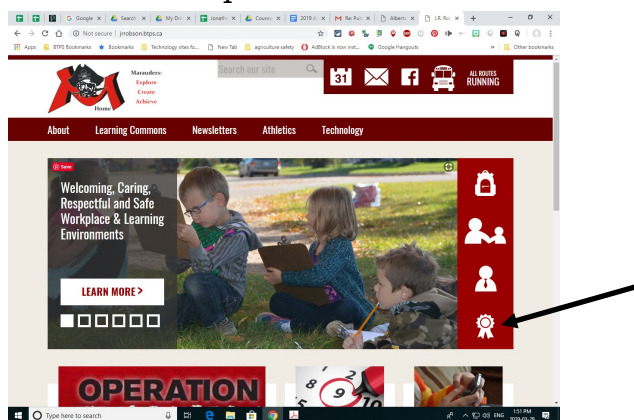


*Committed to providing information,  
resources and support to families*



## Counsellor's Corner

**For Grade 12 students, Student Loan applications are found online starting in early May.** Use this link to access the website: <https://studentaid.alberta.ca/>. **The Alexander Rutherford applications are also available on this website. In order to receive funding you must apply for the scholarship at least one month prior to your attendance at a post-secondary institution.** If you take a year or two off before attending post-secondary school, as long as you qualified, the funds are available, so make sure you apply. For information on how to apply use the above website. Students who have created an Apply Alberta login are encouraged to use a **PRIVATE email address** as your school address will disappear after September. The same login, password and email will be used to apply for your Rutherford Scholarship and Student Loan site, so use one that is familiar to you, hopefully you will remember the password. For Scholarships applications - please check on our school website. Use the **white first place ribbon** to access all of the scholarships we are aware of.



**Registration for Grade 10 and 11 students is nearing the completion stage.** Your registration for your next grade should now be completed and submitted online. **It Can't Happen to Me** is a program designed around distracted driving or driv-

ing under the influence of drugs and alcohol. It demonstrates the real life impacts a motor vehicle accident can have on a family, friends and community. It also showcases emergency staff in action, so students can observe qualities and skills involved in these career choices. Initially, grade 10's and 11 students were scheduled to attend a session in May but due to COVID19 the sessions have been rescheduled until September. At that time, we would hope to have all grade 10, 11 and 12 students attend a session in September. Many thanks to Western Institute of Emergency Education for organizing the event for our students.

**For students enrolled in Work Experience, RAP or Green Certificate,** please continue to submit your hours, any mid-term and final evaluations that you may have to complete. It is important to hand in your paperwork regularly to meet the required course requirements.

**The following tips for surviving this pandemic, have been taken from <https://kidshelpphone.ca/get-info/taking-care-of-yourself-while-sharing-space-during-covid-19/>**

Here are some ways you can take care of your mental, emotional, physical and spiritual health while sharing a living space during the coronavirus outbreak:

- ◇ create a schedule so everyone has a general idea of what to expect throughout the day
- ◇ talk to the people in your living space about your boundaries and set guidelines, if it's safe to do so (e.g. when I'm sitting on my chair, that means I'm having "me time," etc.). Encourage the people you're sharing space with to do the same.
- ◇ plan time to connect with people outside your living space (e.g. with a call, text, email, video chat, etc.)

*(Continued on page 4)*



## Counsellor's Corner

- ◇ find a quiet, private place where you can spend time on your own (if you can)
- ◇ switch things up by spending time in different areas of your living space
- ◇ spend time outside connecting with the lands, waters and wildlife (while practicing physical distancing)
- ◇ plan time to do things together (e.g. playing games, doing beadwork, watching a movie, sharing stories, etc.)
- ◇ try to be kind to yourself and allow yourself to feel your emotions rather than bottle them up (a tension release exercise can help you manage feelings of anxiety or stress)
- ◇ make a list of things you can do either together or on your own (e.g. learning a new skill/hobby, cooking/baking, reading, cleaning, arts/crafts, working out, etc.)
- ◇ write a letter to other young people sharing how you're feeling/encouraging thoughts (more details here!)
- ◇ adapt your safety plan to go virtual (if you're struggling with abuse, substance use or anything else, remember to connect with a safe adult)
- ◇ work together to protect yourselves from getting sick (e.g. by washing your hands often, coughing/sneezing into your elbow, etc.)

- ◇ remember this is a temporary situation — we can get through this together! Try to take things one day at a time.

*If you're struggling with the changes the COVID-19 pandemic is bringing to your daily life, you're not alone. There are things you can try to help make the situation better. It's important to talk about what's going on for you by reaching out to someone you trust.*

**Kids Help Phone** - Text TALK to 686868 or call 1-800-668-6868 to chat with a volunteer Crisis Responder 24/7.

Additional tips are available from Alberta Health Services: <https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-covid-19-and-your-mental-health.pdf>

**Stay Healthy and Safe.**

**A joke for you:**

**Q. How are English teachers like judges?**

**A. They both give sentences**



Learning Commons Facilitators, Mrs. Smith cleaning shelves and Mrs. Schroeder repairing books.



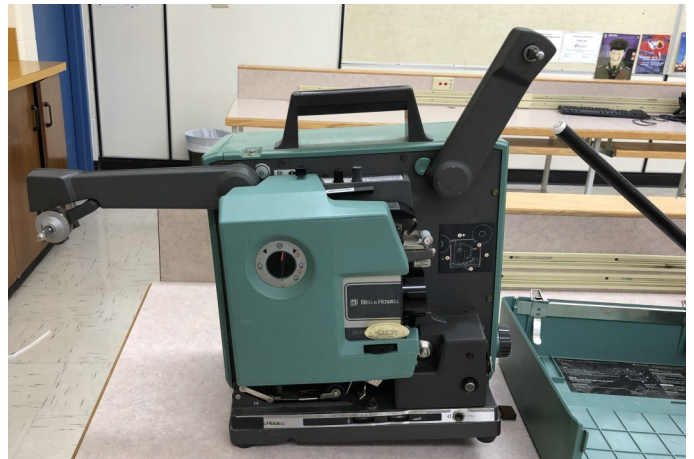
## A Message From Your School Mental Health Professional (MHP)

### Stigma

Having a mental disorder should not be any different than experiencing a physical illness, and it does not have to be; you can help make a difference. 1 and 5 young people suffer from a mental illness - that is 20% of our population! To help minimize the stigma surrounding mental illnesses, the school community continues to work towards improving mental health literacy. If you are experiencing a mental illness and you hit a closed door, do not be discouraged. The FSL program is able to support guardians in finding a helpful door and the next step. Information has been adapted from <http://teenmentalhealth.org/live/understanding-stigma/>. Please visit this website for more information.



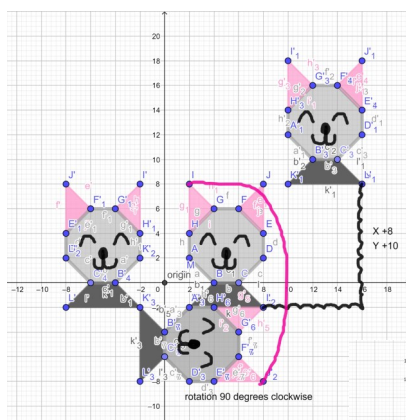
## Identify these objects



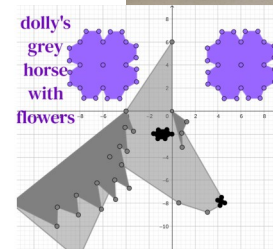
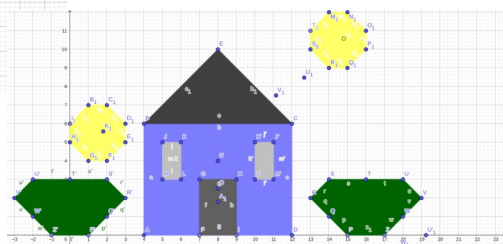
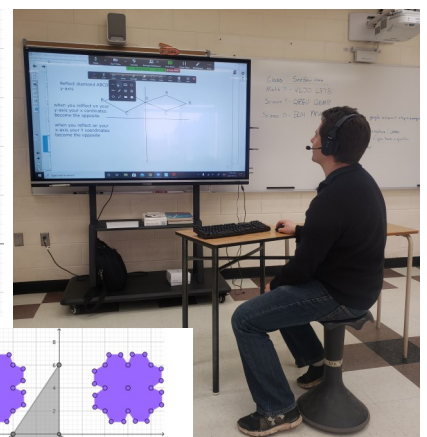
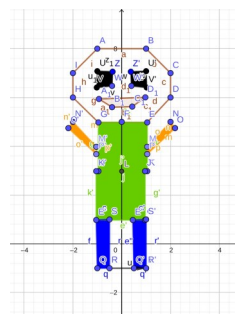
Nooks and crannies are getting cleaned out and we've been finding obsolete technology. Students, can you guess what these items are? Do your parents know?



## Grade 7 Math—Geometry Art



Geometric Art from Mr. Peterson's Math 7 students created as part of one of their online assignments





### Understanding Emotions

**Grief** is a normal and healthy reaction that occurs when you lose someone or something important.

Many children are experiencing the loss of school, celebrations, and time with friends due to COVID-19.

It is natural to have uncomfortable feelings when experiencing loss.

Help children understand that their feelings are normal.

### Am I experiencing feelings of grief and loss?

Feelings can be difficult to identify, and may be conflicting, such as sadness, anger, or confusion.

Activities may help stimulate thinking, deepen understanding and identify feelings. eg.) writing and drawing.

Remember to talk & write about what brings you joy and comfort.

Get the facts about COVID-19, talk with your children and answer their questions calmly and honestly.

**Visit: [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes)**

### Tips for Managing Emotions

It may be hard to accept your feelings. Simply acknowledge them.

Give yourself permission to express your feelings.

Be kind to yourself; your feelings may be unpredictable or uncomfortable.

Reach out and talk to someone you trust or connect with a health professional for assistance.

### Building Resilience during a Pandemic

- Practice gratitude. Share 3 things you are grateful for each day with a friend.
- Set goals in your daily routine.
- Stay connected to your family & friends.
- Be patient with yourself.
- Participate in activities that bring you joy.
- Eat healthy & be physically active.
- Stick with a sleep routine.

**[Text4Hope](#) provides daily, positive messages. To subscribe text COVID19HOPE to 393939**

**For more information visit:**

**[ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes)  
[myhealth.alberta.ca](https://myhealth.alberta.ca)**

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642



# Building Resilient Families by promoting Positive Mental and Physical Health



Families across Alberta are changing their routines and we all need to take steps to stay healthy at home. Dealing with this change can be stressful.

Routines can help parents and their children feel calmer and more comfortable. Consistency and structure are calming during times of stress. Take time with your family to bring some structure to your days and develop a routine. Below is a sample daily schedule to help you get started. Check out the attachments for ideas to:

[Move Your Body](#) [Practice Mindfulness](#) [Expand Your Mind](#) [Fuel Your Body](#)

It's important to be flexible and do what works for you and your children, so make adjustments as you see fit.

Time	Activity	Description & Ideas	*Tip: Wash your hands before and after <b>all</b> activities
7:00	Wake up & get ready <a href="#">Fuel Your Body ~ Breakfast</a>	<ul style="list-style-type: none"> <li>Brush teeth ~ Make bed ~ Get dressed</li> <li>Eat a healthy breakfast</li> </ul>	
7:30	Build your Mental Fitness	<ul style="list-style-type: none"> <li><a href="#">Practice Mindfulness</a> &amp; <a href="#">Expand Your Mind</a></li> </ul>	
8:00	Household Responsibilities	<ul style="list-style-type: none"> <li>Choose a chore to do around the house</li> </ul>	
8:30	Build Your Brain	<ul style="list-style-type: none"> <li>Work on assigned schoolwork</li> <li>Visit an educational website</li> <li>Listen to a podcast or watch an educational show and do a follow-up activity (i.e. writing activity or a verbal or written presentation about what you learned)</li> </ul>	
10:00	<a href="#">Fuel Your Body ~ Snack</a>	<ul style="list-style-type: none"> <li>Eat a healthy snack and meal prep for lunch or dinner</li> </ul>	
10:30	<a href="#">Move Your Body</a>	<ul style="list-style-type: none"> <li>Be active inside or outside</li> <li>Practice physical distancing if you go outdoors</li> </ul>	
11:00	Be Creative	<ul style="list-style-type: none"> <li>Do a creative activity that you enjoy (craft, artwork, science, write, Lego, music, etc)</li> </ul>	
11:30	Read for Pleasure		
12:00	<a href="#">Fuel Your Body ~ Lunch</a>		
12:30	<a href="#">Move Your Body</a>	<ul style="list-style-type: none"> <li>Be active inside or outside</li> <li>Practice physical distancing if you go outdoors</li> </ul>	
1:30	Build Your Brain	<ul style="list-style-type: none"> <li>See above</li> </ul>	
3:00	<a href="#">Fuel Your Body ~ Snack</a>	<ul style="list-style-type: none"> <li>Eat a healthy snack and food prep for dinner</li> </ul>	
4:00	Get your Groove On	<ul style="list-style-type: none"> <li>Listen to music you enjoy – try some new genres of music. Play an instrument.</li> <li>Dance</li> <li>Laugh</li> </ul>	
4:30	Free Play		
5:30	<a href="#">Fuel Your Body ~ Supper</a>	<ul style="list-style-type: none"> <li>Take time to talk about your day and how you are feeling</li> </ul>	
6:00	Household Responsibilities	<ul style="list-style-type: none"> <li>Choose a chore to do around the house</li> </ul>	
6:30	Free Play		
7:30	Bedtime Routine	<ul style="list-style-type: none"> <li><a href="#">Practice Mindfulness</a> &amp; <a href="#">Expand Your Mind</a></li> <li>Create a good bedtime routine to help kids have good sleep habits</li> </ul>	
9:00	Time for Parents	<ul style="list-style-type: none"> <li>Do something you enjoy</li> <li>Practice self-care, build your mental fitness, get your groove on</li> </ul>	

**Remember: Keep your family healthy and safe by washing your hands often, practicing physical distancing and following all Public Health guidelines in place.**



# Building Resilient Families by promoting Positive Mental and Physical Health

**Move your body every day to improve your family's mental, physical and social wellness.**



Research shows that physical activity is linked to positive mental health outcomes. Physical activity can improve mood and self-esteem, decrease stress and anxiety, and help with feelings of depression and grief. It is also important for learning, concentration and social connection.

Physical activity is equally important for a healthy physical body and can boost the immune system. During this time of physical distancing, it is important to get the whole family moving! Make movement fun and try some new creative ways to be active together. The goal is for children & youth to get 60 minutes of heart pumping physical activity each day.

Hey parents - you should join them! Adults are encouraged to get 150 mins of physical activity a week. Communities across Alberta are sharing ideas and opportunities to help individuals stay connected and active using technology. Check with your local municipality or favourite "activity provider" for information. Here are some resources to help you stay active together:



**Everything gets better when you get active.**



**Move your body everyday to improve your MOOD.**

Download the ParticipACTION app and get moving together as a family. Search family in the app for creative ideas. When you track your activity on the app you have a chance to win amazing prizes: <https://bit.ly/2JmJV4t>



**Move your body everyday to decrease your STRESS and improve your ENERGY.**

Dance PL3Y has amazing ways to dance away your worries. There are 16 free videos that will get you and your kids dancing and smiling!

16 Follow Along Dances from Dance PL3Y: <https://bit.ly/3dzwgVA>

For more information and resources, or if you would like to join a virtual community to get active you can visit the following websites:

- Physical activity guidelines, tips and ideas visit: [csepguidelines.ca/](http://csepguidelines.ca/)
- BOKS: Building our Kids Success - follow this link to receive access to home workouts and fun interactive games: [bokskids.ca/](http://bokskids.ca/)
- Ever Active Schools has free downloadable resources in their online store: <https://bit.ly/33OhCpd>. Ever Active Schools also has a [YouTube channel](#) with many videos on how to play some popular games.



# Building Resilient Families by promoting Positive Mental and Physical Health

## Simple ways to practice mindfulness

Mindfulness means paying attention on purpose to our thoughts, feelings, bodily sensations, or surrounding environment with an open, kind and curious mind. Being mindful can help us stay focused, it can help us take a pause or calm down when we are feeling angry or sad. It can even help us savour the good moments, so that they last a little longer. Mindfulness can help us be more kind to ourselves and to others. We can be more mindful by doing mindfulness practices and activities on a regular basis.

There are so many ways to practice mindfulness. We have provided 3 practices and encourage you to practice them daily to develop mastery.



### Belly Breathing

1. Sit comfortably with your spine upright so air can fill your lungs.
2. Place both hands on your belly.
3. When you breathe in, notice your belly push your hands gently apart.
4. When you breathe out, notice your belly sink back towards your spine.
5. You can imagine that your belly is a balloon. Fill it with air and then watch it deflate. Continue for 3-5 breaths.
6. Now notice - do you feel calmer and more relaxed?
7. Include belly breathing as a regular part of your child's routine, such as bedtime. With practice, it can become a familiar strategy that your child can use at any age.

A Mindful Breathing script is available here: <https://bit.ly/3aquRin>

Breathing is the heart of mindfulness. Breathing slowly and taking deeper breaths is a very effective tool to help lower symptoms of stress and anxiety, so you can be calmer and more relaxed.



Sending kind wishes to ourselves and to others helps us feel better when we are down & nurtures compassion

### Sending kind wishes and nurturing compassion

Let's practice sending kind thoughts to ourselves and others.

1. Find a comfortable sitting position. Take 3 mindful breaths.
2. You may wish to place your hands on your heart.
3. Think of someone who makes you feel happy. Imagine they are happy with a smile on their face doing something they enjoy.
4. Let your heart fill up with kindness, so full that it is about to burst. Now let's send kind wishes to that person.
5. Now take all that kindness and let's send the thoughts to them.

You can repeat these statements:

*May you be healthy and strong*

*May you be happy*

*May you be peaceful*

*May you ... (fill in the blank)*

6. Repeat this practice by sending those same wishes to yourself followed by a friend, family member, neighbour or someone you are not able to see at this time.
7. How did it make you feel to send kind wishes to others? Self?

Visit the Greater Good Science Centre for this practice and more:  
<https://bit.ly/2QRj30L>

Whether we have kind thoughts or are wishing happiness for ourselves or for a stranger, it is our own internal experience of happiness and kindness that ripples out to effect those around us.

## More simple ways to practice mindfulness



### The 5 Senses Mindfulness Practice

- Need help quieting a distracted mind?
- Tune into your environment through your 5 senses and restore a sense of calmness.
- Tuning into the senses gives a busy brain a much-needed break from focusing on thoughts.

Find a comfortable sitting position. Take 3 mindful breaths and then ask:

- What are 5 things I can see? Look around and become aware of the environment. Try to pick out something that isn't usually noticed.
- What are 4 things I can hear? Listen for and notice things in the background that aren't normally noticed. It could be the birds chirping outside or an appliance humming in the next room.
- What are 3 things I can feel? Bring attention to the current feeling, such as the texture of clothing or the smooth surface of the table.
- What are 2 things I can smell? Now shift attention to notice the smells of the environment such as food, trees or plants, books or paper. Closing eyes may help sharpen the attention.
- What is 1 thing I can taste? Notice an aftertaste of a previous drink or meal.

Think of these answers slowly, one sense at a time.

For more information and resources, or if you would like to join a virtual community to practice mindfulness, visit the following websites:

- Mindful Schools: <https://www.mindfulschools.org/>

Join Mindful Schools live online Tuesdays, Wednesdays and Thursdays at 11:00am for free mindfulness classes for kids. Connect here: <https://bit.ly/3apOwyU>

- Susan Kaiser Greenland website offers books, videos and activities. Visit here: <https://www.susankaisergreenland.com/>
- Listen to a podcast by Susan Kaiser Greenland called Parenting in a Pandemic. Listen here: <https://bit.ly/2WKij1j>



# Building Resilient Families by promoting Positive Mental and Physical Health

## Simple ways to expand your mind

There are many things you can do to expand your mind that will promote positive mental health, build resilience and create a healthy growth mindset. Building a strong brain includes understanding our feelings, thoughts, and behaviours and learning skills and strategies to cope through difficult times. Here are some simple ways you can help your children expand their mind and strengthen their mental health and resilience.



### Gratitude

A regular gratitude practice has shown to reduce levels of stress hormones in the body, improves our ability to cope with stress, and improves our overall mood.

Gratitude can involve people, places, things or experiences that we appreciate or are thankful to have.

### Here are some ideas on how to start a gratitude practice for your family:

- Gratitude Notebook: Celebrate the small, good things that happen each day. Regularly writing down what you are grateful for can rewire your brain to become more optimistic.
  - Write down 3 things for which you are grateful.
  - Think of 3 qualities you are grateful you have.
- Create a gratitude jar with your family.
  - Have each family member add one note daily stating what they are grateful for.
  - Review them weekly to remind your family of all the things you are grateful for.
- Set a time each day with your family to discuss the things you appreciate.
- Send messages to people for whom you are grateful.

## Understanding Emotions: Help build emotional skills in your children.



Putting feelings into words can help your child calm down when they feel mad or upset. It is easier to talk about feelings when your child can recognize and name emotions, connect emotions with body sensations, and show emotions in socially appropriate ways. Things to teach your child about emotions:

- Emotions are a natural and important part of life.
- Emotions aren't right or wrong or good or bad, they only tell you how you feel.
- Emotions can feel comfortable (happy) or uncomfortable (hurt, sad).
- Emotions can feel mild, moderate, or strong.
- All emotions are okay, but not all actions or behaviours are okay.
- You can control your actions and behaviours, even when your emotions feel strong.
- Strong emotions eventually go away; and feelings can change.
- You can have more than one emotion and your feelings may be mixed (nervous and excited).
- Emotions feel stronger when you're not at your best.
- People can experience different emotions about the same thing.

# Building Resilient Families by promoting Positive Mental and Physical Health

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## More simple ways to expand your mind

### Simple Connections, Stronger Families to help build your families resilience

Family resiliency is your family's ability to cope with life's challenges and to bounce forward from difficult times.

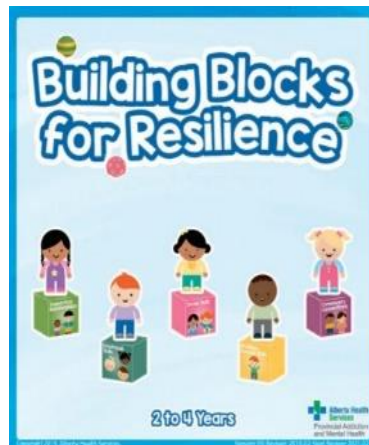
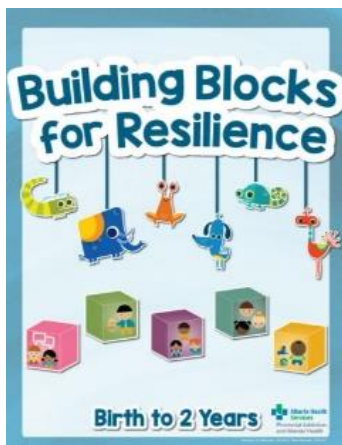
Research has shown that families who have gone through hardships don't just survive, they grow – they are stronger, more loving, have a sense of purpose and are better able to cope with future challenges. Check out the full toolkit including the coloring and activity pages to learn more ways to build your families resilience here: <https://bit.ly/2ytm1Rt>

Start here with some simple ideas on how your family can build a sense of togetherness:

- Eat together as a family whenever you can.
- Play a game together instead of watching a movie.
- Take turns planning a weekend family activity that includes physical distancing.
- Learn about your family's culture and traditions and practice them often.
- Daily rituals like bedtime stories are comforting.
- Take time to relax together.



**Building Blocks for Resilience** series has simple things you can do as a parent or caregiver to help build your child's resilience. They provide age appropriate information, tips and fun activities on topics like brain development, mental health, and resilience, plus much more. PDF copies of the series are available at: <https://www.birthisandbabies.com/> Click on the Services-Resources Tab and select Child Development.



### Emotion Draw: An activity to learn about feelings

Sometimes it's hard to put feelings into words. Being creative can help. Check out the Emotion Draw activity and many more age appropriate activities in the Building Blocks for Resilience books.

Big Life Journal has engaging resources that help kids develop a growth and resilient mindset so they can face life's challenges with confidence. Everyone LOVES the free weekly printables!

- Join here: [biglifejournal.com/](http://biglifejournal.com/)



# Building Resilient Families by promoting Positive Mental and Physical Health

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## Simple ways to fuel your body

Fuel your body with healthy foods to combat stress and help support your immune system and overall health. Creating a home that supports healthy eating habits is just as important as the foods you eat. You can be a role model for others in your household. Your healthy eating habits may encourage those around you to make healthy choices too (Canada's Food Guide).

Below are some ideas you can try with your family and links to the Canada Food Guide for more information.

## Importance of Sharing Family Meals



Mealtime is a great opportunity to bring the family together. Eating together as a family benefits everyone. It can help the whole family:

- share and connect with one another
- take time to enjoy and relax over a meal
- talk about events that occurred during their day

More ideas here: <https://bit.ly/2UFdKT7>

## Involve your kids in planning and preparing family meals and snacks



By involving kids in planning and preparing meals, you can:

- nurture healthy eating habits
- increase their self-confidence
- share cultural and family traditions
- give them hands-on learning experiences
- stay connected and spend quality time together
- encourage picky eaters to try foods they helped prepare
- set the foundation for children to learn and improve food skills

Have your kids make breakfast for the family. Talk about the importance of breakfast:

<https://bit.ly/3aqv590>

Discuss how to eat healthy on a budget:

<https://bit.ly/39p7IAI>

For more information, visit Canada's Food Guide: <http://food-guide.canada.ca/>

Simple ways here: <https://bit.ly/39ILJFp>

# Building Resilient Families by promoting Positive Mental and Physical Health

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## Resources to help parents talk to their children about COVID-19

- **Talking to children under 7 about COVID-19**
  - [COVIBOOK](#) is a helpful, child friendly resource.
- **Talking to older kids about COVID-19**
  - Visit, Anxiety Canada for the full article here: <https://bit.ly/39qAHic>
- **Mental Health: Coping and Connection for Children and Families During COVID-19**
  - Check out this helpful resource on how to calmly and confidently support your child: <https://bit.ly/2Ur8HXl>

## Where to go to learn about COVID-19 and access resources to support you and your family.

Trusted information and resources to help Albertans learn about preventing the spread of coronavirus (hand hygiene & social distancing), self-assessment, answers to Frequently Asked Questions and much more, checkout: [ahs.ca/covid](https://ahs.ca/covid)

For current and factual information about COVID-19 and to learn about the public health measures that are in place, check out the Alberta Government page: [alberta.ca/covid](https://alberta.ca/covid)

Alberta Health Services has resources and services, such as [Text4Hope](#), available to help you or someone you know. Remember, if you are struggling you are not alone. There are supports in place to help you. Visit: [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes)

### Places to connect for support:

- Alberta's [Mental Health Helpline](#) available 24/7 to connect you with community resources, call 1-877-303-2642
- [Addiction Helpline](#) – 1-866-332-2322
- [Kids Help Phone](#) – 1-800-668-6868
- [Family Violence – Find Supports](#) – 310-1818
- [Income Supports](#) – 1-866-644-5135
- [MyHealth.Alberta.ca: List of Important Numbers Toll Free Crisis Line / Distress Centres](#)



Free text messaging support during uncertain times

## Text4Hope

To subscribe: text COVID19HOPE to 393939

*Supporting Mental Health & Wellness  
in a Time of Stress & Isolation*

For more information visit [ahs.ca/text4hope](https://ahs.ca/text4hope)



# Nutrition and Covid-19 Messages

The following information has been prepared by Registered Dietitians in Alberta Health Services to help Albertans stay healthy during COVID-19. The information below is current as of April 2, 2020.

## Overall key messages:

1. Healthy eating is important for everyone during COVID-19 Pandemic. A healthy diet helps people be at their healthiest and protect against illness.
2. Eat a variety of healthy foods every day, including plenty of vegetables and fruits, whole grains, and protein foods.
3. There are no single nutrients, vitamins or minerals to fight against COVID-19. An overall healthy diet supports the immune system.
4. Proper hand hygiene and social/physical distancing are essential to fight against COVID-19.

## Key messages for everyone

- Healthy eating and staying hydrated is important to protect against illness, regardless of age.
- Eat a variety of nutritious foods to support health and immunity.
- No single food, vitamin, mineral or supplement can boost immunity or protect against COVID-19.
- Proper hand hygiene and social/physical distancing are the best ways to protect against COVID-19.
- Wash your hands frequently when preparing foods at home.
- Use the [Eat Well plate](#) to guide food choices: ½ plate vegetables and fruits, ¼ protein foods, ¼ whole grains.
- Enjoy meals with members of your household except if a family member is self-isolating.
- When eating together:  
Don't share snacks, like a family popcorn bowl  
Don't share drinks, cups or utensils  
Have one person use utensils to serve food to others

## Links to resources

### Food and Nutrition Resources:

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Eating Out the Healthy Way](#)
- [Eat More Vegetables and Fruits](#)
- [Choose Healthy Drinks](#)
- [Fibre Facts](#)
- [Eat Well Plate](#)

### Food Safety

- [General Food Safety](#)
- [Produce Safety](#)
- [Cleaning surfaces and sanitizing solution](#)

### Physical Distancing

- [Practice physical distancing](#)

## Key messages for everyone (continued)

- Disinfect surfaces daily. See guidance on cleaning surfaces and sanitizing solution.
- When family members are separated, consider eating together using video calling if possible.
- For grocery shopping, order online with curbside pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.
- When preparing fresh fruits and vegetables, wash or scrub them under cold, running, tap water before eating them.
- If ordering take-out or having home meal delivery on a regular basis use the Eat Well plate to help with choices. After you have unpackaged the food, wash your hands before you eat.

## Key messages for healthy families at home

- Cook together with people in your household. This is a way of children learning and developing life skills while spending time together. Even young children can participate, e.g. setting the table, washing vegetables.
- Any ill family member should be self-isolating and not be participating in family cooking activities or using common serving tools.

## Preparing and stocking your pantry

- Plan ahead for groceries and buy enough food to minimize unnecessary trips to the store
- Avoid stockpiling.
- For grocery shopping, order online with curbside pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.

## Links to resources

### Video and recipes

- [Raising Our Healthy Kids Video](#)
- [Inspiring Healthy Eating recipes](#)

## Links to resources

[Alberta Health has a list of emergency supplies if you are looking for ideas.](#)

[Health Canada information about being prepared](#)



## Information for seniors

- Eating healthy is important at any age or stage of life.
- For older adults it is important to maintain strength and immunity.
- Meals can be simple. Look to [Canada.ca/foodguide](https://Canada.ca/foodguide) for the Eat Well plate.
- Include foods with protein at each meal of the day.
- Examples of protein foods to add at meals: eggs, yogurt, cheese, lean meat, poultry or fish, beans (any type), milk or fortified soy beverage.
- For grocery shopping, order online with curbside pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again. If you live alone, try phoning or video calling a friend or family member and have a mealtime chat.
- If ordering take-out or having home meal delivery on a regular basis use the Eat Well plate to help with choices. After you have unpackaged the food, remember to wash your hands before eating the food.

## Cooking for one

- For grocery shopping, order online with curbside pick-up or delivery to prevent community exposures if possible.
- If grocery shopping in store: after you leave the grocery store, sanitize/wash your hands; put away all groceries at home, then wash your hands again.

## Links to resources

### Food and Nutrition

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Eating Out the Healthy Way](#)
- [Eat More Vegetables and Fruits](#)
- [Choose Healthy Drinks](#)
- [Fibre Facts](#)
- [Protein foods](#)
- [Cooking for one](#)

## Links to resources

### Food and Nutrition

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Cooking for one](#)
- [Canada's Food Guide](#)
- [Eat Well Plate](#)
- [Meal ideas](#)

## Information for people who are self-isolating

- Stay home and self-isolate.
- It is important to maintain good nutrition and hydration.
- Make sure you are eating and drinking regularly, even if you have a low appetite.
- No one food or vitamin/mineral or supplement can boost immunity or protect against COVID-19. At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to treat or protect against COVID-19.
- If you share a household with others, avoid sharing household items outlined in “How to self-isolate”.
- Arrange to have food and other items you need dropped off or delivered to your home or room you are isolating in.

## Links to resources

### Food and Nutrition

- [Quick and Easy Meals](#)
- [Wake up to Breakfast Every Day](#)
- [Choose Healthy Drinks](#)
- [Eating Out the Healthy Way](#)
- [Eat More Vegetables and Fruits](#)
- [Fibre Facts](#)
- [Canada's Food Guide](#)

### Self isolation

- [How to self-isolate](#)