

Content for Parent Newsletters

HEALTH PROMOTING SCHOOLS

APRIL 2026

DENTAL HEALTH

April is Oral Health Month!



Healthy smiles help children learn, grow, and feel their best.

Taking care of teeth and gums starts with simple daily habits like brushing twice a day with fluoride toothpaste, flossing daily, eating healthy foods, and visiting a dental professional regularly. Good oral health supports overall health and helps prevent problems before they start. This month is a great reminder for students and families to focus on the basics and keep smiles bright at every age. Click [here](#) for more dental health information.

LEGAL SUBSTANCES

Calling All Teens: Join the YOUTHWISE Advisory Group!

Interior Health is looking for youth ages **13–19** to join the **YOUTHWISE Advisory Group**. This team of young advisors helps improve health and wellness services for teens across our region.

Members meet **online every 6–8 weeks** and are **paid \$30/hour** for their participation. If you live in the Interior Health region, have internet access, and want to share your ideas to support youth health, this is a great opportunity to get involved.

To learn more or sign up:

LegalSubstances@interiorhealth.ca

Help shape a healthier future for youth in Interior Health!



WE NEED YOU!

The Interior Health **YOUTHWISE Advisory Group** is looking for teens who are interested in sharing their feedback, advice and experiences to help improve youth-focused health and wellbeing services in the region!

ARE YOU...

- A TEEN?** Eligible participants must be between 13-19 years old
- LIVING IN THE INTERIOR?** Teens residing in any part of the Interior Health region of BC are welcome and encouraged to join!
- ABLE TO ACCESS INTERNET?** Meetings take place every 6-8 weeks virtually via Zoom
- INTERESTED IN SHARING YOUR VOICE?** You can help support youth by providing your feedback on Interior Health's youth programs and strategies
- LOOKING FOR SOME EXTRA CASH?** Members are compensated **\$30/hour** for their participation

BECOME A YOUTHWISE ADVISOR AND HELP US CREATE A BETTER HEALTH SYSTEM FOR YOUTH

Interested? Connect with us!
LegalSubstances@interiorhealth.ca

MENTAL HEALTH

Podcast highlight: Supporting your Kids Through Trauma

When it comes to supporting children and youth through trauma there are things that parents can do to help. This podcast touches on what trauma is, how it can show up for kids, and its impact on mental health. This episode also outlines ways parents can support their child at home. Listen to the [podcast](#) or click here to [learn more about Trauma & PTSD](#)

Starting a Conversation About Bullying: Resources for Families

Bullying can significantly impact a young person's mental health and well-being. Families and educators can play an important role in intervening if bullying is suspected. [Check out tips](#) from Keltly Mental Health for parents and caregivers on how you can support your child if they are being bullied, or if they are bullying.