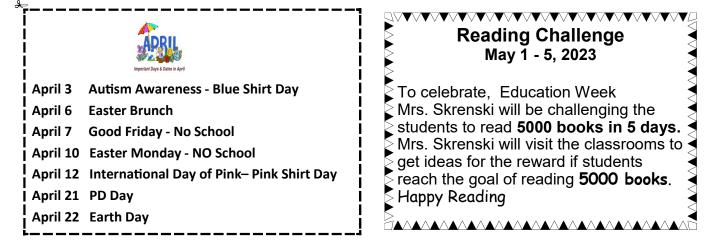


North Star Community School April 2023 This month's Character Trait is "Fairness" "Mannaaji'iwewin"







To create accessible spaces for everyone, we ask that students refrain from wearing scented products, such as perfume/ colognes, hair products, cosmetics, and scented lotions, while

attending class. Please also avoid using scented soaps, shampoos, and detergents prior to class. These products can cause serious health issues for those with fragrance allergies and/or chemical sensitivities.





We are in need of volunteers to cook pancakes for our Easter Brunch. Please call the school if you can help @ 597-6640.

April is Dental Health Month!

Teeth love healthy drinks:

- Choose Milk it helps build strong teeth.
- Choose Water it's natures way of preventing decay especially when it contains fluoride.
- Choose Less Sugar high sugar drinks cause cavities.



Wet Playground

Please send boots, mitts and splash pants for your child to wear at recess. Extra mitts, socks, and pants would be great to have available in your child's pack.



Mental Health Memo Eating Disorders...if you think it's about food, think again

Eating disorders are complex mental health illnesses with serious physical complications. Several factors, including genetics, individual personality traits, mental health history, social pressures, exposure to trauma, and cultural expectations, intersect and contribute to the development of these potentially life-threatening conditions.

Research by the Canadian Pediatric Surveillance Program indicates that:

- \cdot Adolescents and young adults are at higher risk for developing eating disorders
- \cdot In Canada, between 12% and 30% of girls and 9% and 25% of boys aged 10-14 report dieting to lose weight
- The incidence of Eating Disorders in Canadian children are estimated to be 2 to 4 times greater than Type 2 Diabetes
- · Eating disorders have the highest overall mortality rate of any mental illness, estimated between 10-15%

Parents are key to encouraging youth struggling with an eating disorder to seek help. While eating disorders are serious and can have life-threatening complications, they are also treatable illnesses. Recovery requires professional help, and chances for success are improved the sooner a person begins treatment.

For more information on how to support a loved one you suspect may be struggling with an eating disorder, follow this link to the National Eating Disorders Association TOOLKIT for parents: <u>https://www.nationaleatingdisorders.org/parent-toolkit</u>



For more information, please contact the Mental Health and Addictions Nurse: joleen.hogan@hccontario.ca

thought exchange



PLEASE SHARE YOUR THOUGHTS WITH US.

As we plan for the 2023-2024 school year, what are the most important things our Board needs to think about in order to support all students?



To share your thoughts, use the QR code or visit: <u>https://tejoin.com/scroll/731858841</u>

The exchange will be open until April 28, 2023