

### *For Administrators and Educators:*

**Let's talk about employment and working conditions.** We spend a lot of time in the workplace and it can affect our health. Where we work and the conditions we work in is a social determinant of health. High demands and long hours in the work place can lead to work stress, a loss of work-life balance and poor physical and mental health.

**What supports our local employment and working conditions?**

- Provincial legislation
- Employment resource centres
- Employee health benefits

For more information, visit [www.healthunit.org](http://www.healthunit.org) or call 1-800-660-5853.

**foodcoreLGL's School Tool Kit:** You played an important role! Educators, students and community supporters all had input into foodcoreLGL's [School Toolkit](#). Use it to get your students and school community excited about food-related lessons and projects. Healthy food not only serves to fuel your students, but the topic of food touches many areas of your curriculum. Use it too to illustrate all the terrific school-based, food-related activities currently happening in Leeds, Grenville and Lanark Counties' schools. See how you can support our local Food Charter! Thank you from [foodcoreLGL!](#)

**Save The Date:** March 28, 2018, the **2nd Annual Good Food in Schools Forum**, co-hosted by The Table CFC and foodcoreLGL, will be taking place in Smiths Falls. For more information click [here](#)

### *For Families:*

**Healthy Smiles Ontario:** Good oral health is important to overall health. As youth become more independent, parents may not be as actively involved in their daily brushing and flossing routines. If your teen does not have the opportunity to see a dental professional regularly, minor dental problems may go undetected until there is visible decay or pain. **The Healthy Smiles Ontario (HSO) Program** assists eligible low-income children and youth 17 years and younger access dental care at no cost. This may include dental treatment, and/or cleaning, fluoride, and sealants to keep the teeth and gums healthy. If your teen has an urgent condition that requires immediate treatment, Health Unit staff can help you apply quickly so that emergency care can be accessed as soon as possible. For more information call 1-800-660-5853 or [www.healthunit.org](http://www.healthunit.org)

**Triple P:** How is your juggling act? Finding the right mix between family, work and other activities can be tough for every parent. If you're struggling with how to make the most of the time you spend with your child or teenager, you're not alone! Consider spending short, meaningful times that occur more often with your family. It is the little things that add up and tell them that we are interested in their lives. To explore answers to more of your parenting questions, visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca) or call 1-800-660-5853 for local support in Lanark, Leeds and Grenville.

**foodcoreLGL's School Tool Kit:** Sure, it's important to [endorse your local Food Charter](#), and we hope you do. But making it a living document is as important. Check out foodcoreLGL's [School Toolkit](#). It was developed with input from attendees at the 2017 *Good Food in Schools Forum*. We hope you will use it to bring food to life in your school community. Visit us at [foodcoreLGL](#).