

### *For Families:*

**BrightBites** - Students need wholesome, tasty food and enjoyable eating experiences, but improving school nutrition can be challenging. BrightBites breaks this challenge down into fun, easy badges. Entire schools or individual classes/groups can sign up as teams. By earning badges, teams rise up in the BrightBites Hall of Fame and receive recognition on social media. BrightBites is a fun, modern way to boost student wellness — one bite at a time. Support your children's school by learning more about BrightBites. **For more information visit [www.BrightBites.ca](http://www.BrightBites.ca)**

**Beating the Bully** - Recent research suggests that about a third of victims rarely consider school a safe haven. Bullying can all lead to a significant loss of self-esteem. Children may become anxious and shy around other children, feel sick, and have sleep problems, or refuse to go to school. If the bullying is occurring at school, speak with your child's teacher. School boards in Ontario have anti-bullying programs in place to ensure all children understand bullying is not tolerated. Support is offered to the student who has experienced or observed bullying, to enhance coping strategies such as assertiveness, problem solving and self-confidence. For more information, visit [www.triplep-parenting.net](http://www.triplep-parenting.net) or call 1-800-660-5853.

**Fluoride Varnish Program** - The Oral Health Team will be offering the free fluoride varnish program for all Kindergarten students. Please keep your eyes peeled for an information package to arrive home, containing information about our fluoride varnish application process, and a basic medical questionnaire. The Oral Health Team will apply the fluoride varnish twice a year over the next two years. Please return the medical questionnaire indicating if you wish your child to participate or not. For more information visit, [www.healthunit.org/dental](http://www.healthunit.org/dental) or contact a member of the Oral Health Team directly @ 1-800-660-5853.