

Content for Parent Newsletters

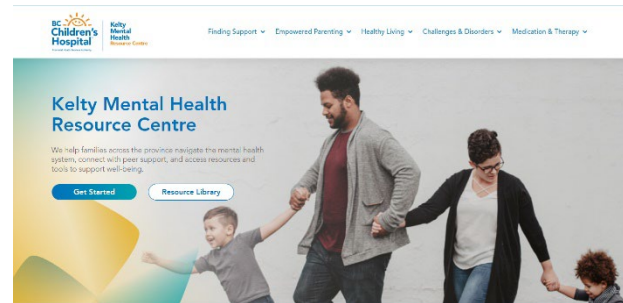
HEALTH PROMOTING SCHOOLS

June 2024

MENTAL HEALTH

Introducing The Refreshed Kelty Mental Health Website!

The [Kelty Mental Health website](#) has been updated with some new features that include a new design to improve experience and accessibility, guides in the resource library to help you get started on some of their most popular topics, and an updated Ask Kelty Mental Health tool for common questions about supports and services in B.C.



SLEEP

Sleep

Sleep is important for our mental and physical health. Good sleep patterns can affect how you feel and how you perform during the day. Check out [Sleep: The Basics - Foundry BC](#) to learn more about why sleep is important and if your child is not sleeping well see [How to Get a Better Sleep - Foundry BC](#).



In this [podcast](#), guests – parent Andrea Bell and child Psychiatrist Dr. Smita Naidoo – discuss the relationship between sleep and mental and physical health, how technology affects sleep and how to tackle this in your family, and helpful sleep strategies for your child or youth.

