



HEALTHY HABITS OF EMOTIONAL WELL-BEING

Back 2 School Planner

Getting ready for “back to school” has a new meaning this year. When our routines are disrupted; unpredictability may lead to feelings of anxiety, agitation, and stress. You may feel overwhelmed but if you act calmly and confidently, children will follow your lead. Creating a schedule and maintaining healthy habits will promote wellbeing and support learning.

FAMILY ACTIVITIES

- Reward hard work with fun activities - plan a movie night with the family.
- Reach out to friends and family for support - ask grandparents, cousins, aunts and uncles to take part in regular video calls.
- Get regular fresh air - enjoy a family nature walk and remember to wash your hands!

ESTABLISH A ROUTINE



Start the day prepared: Have your children pick out their outfit for the day. Have a healthy breakfast and be ready to start on time!



Do meal prep on the weekends and plan meals for the week, this will allow more free time in the evening to engage in family activities.



Plan an activity to signify the end of the school day, such as a short walk. This allows the whole family to clear their heads.



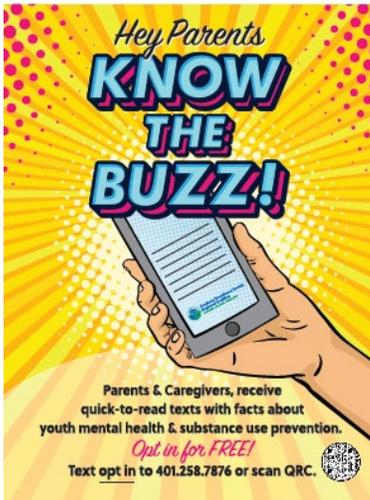
Prioritize your weekly and daily goals – these could include learning goals, such as reading each day, or household goals, such as creating a cleaning schedule.

REMINDERS

1. **B**E KIND TO YOURSELF.
It's Okay to not be Okay.
2. **D**O THE BEST THAT YOU CAN.
There is no one-size-fits way to schooling.
3. **R**EACH OUT whenever you need additional support and stay connected.

TO DO

- Set up a dedicated work space for each child. Have any school login codes and passwords clearly displayed.
- Encourage children to take responsibility for their work space, making sure the area stays clean, organized and sanitized.
- Set regular snack times and organize a snack basket with healthy parent-approved choices.
- Be intentional about maintaining a social calendar. Our kids need social interaction even if it is through a virtual setting.



DRUG TRENDS

What is a Glo Cart and can you overdose on it?

Glo sells cannabis oil and vapes on its website with “Flavors” retailing for between \$20 and \$30.

- Glo Carts (and black market offshoots) are THC vapes people can smoke to get high. On the official Glo website, the company states its manufacturers are “one of only a few companies that test their products for vitamin E acetate”.

- OD-ing on THC cartridges, or “greening out’ is possible, though uncommon. The slang term “to green out” is defined as consuming too much THC (via smoking, vaping or ingesting edibles) to the point where the body’s endocannabinoid systems (responsible for the “high” THC provides) becomes overwhelmed. The reaction is an all-body freak out.

- Physical symptoms can include nausea, dizziness, dry mouth, vomiting, increased heart rate and feeling weak. In some cases people feel like they are about to pass out.

- Psychological symptoms of “greening out” include paranoia, anxiety and spiraling thoughts. “Greening out” is not fatal and these symptoms pass on with time in most cases. Depending where the teens are located will determine if they are vaping or smoking. Vaping more in public places and smoking when it’s with friends or by themselves.



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