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September 29, 2023

Dear BEST Families,

The students thoroughly enjoyed our annual Rivers Day event on September 28th. Thank you to our staff and community partners for planning this wonderful learning experience. Today we acknowledged the National Day for Truth and Reconciliation. Our students and staff gathered today in honour of this day and learned about the meaning behind this day. Please find our October newsletter attached.

Monday, October 2nd - National Day of Truth and Reconciliation (School Closed)
Wednesday, October 4th - Unsworth/Wood at McQueen Lake, PAC Meeting 6pm
PAC Minute Meetings can be found here...

https://ic10.esolg.ca/11140350_BertEdwardsScienceandTechnology/en/parents-students-support-help/parent-advisory-council--pac-.aspx

Parent Engagement Session: October 25, 2023 @ 6:00-7:00pm via ZOOM

Title: Vaping and Youth: Why Connections Matter

Presenters: Krista Lussier RN, MSN, CCNE & TRU Second Year Bachelor of Science in Nursing Students

Vaping among youth is widely recognized as a major public health concern that poses well documented health risks, most notably respiratory health concerns. The Canadian Tobacco and Nicotine Survey outlined that an increased number of adolescents aged 15 to 19 reported vaping to reduce stress than in previous years. Coping with stress is the main reason for vaping by youth today (StatsCan, 2021). In this 1-hour session, we will share some tips and tricks for talking to young people about vaping. We will then outline healthy and unhealthy coping and discuss how to support young people in developing healthy coping strategies and in building connections.

Register here to receive the ZOOM link: [Vaping-and-Youth-Why-Connections-Matter](#)

KIM EDSTROM
Principal