

Living Healthy

News



BRIDGE THE gAPP: A Mental Health Resource for Youth and Adults

Are you looking for a Mental Health resource to promote to family and friends? **Bridge the gAPP** is a new way to connect with guidance and support for mental health and addictions in Newfoundland and Labrador.

Bridge the gAPP is an online resource designed to support mental wellness and can be accessed from a computer, tablet or a cell phone. Content includes information that can provide advice, inspiration, assurance or direction for finding additional supports when you need it the most.

Bridge the gAPP services are available to youth (13-18) and adults (18+) through two separate age-appropriate platforms and are available via websites and apps.

Individuals can download through Google Play, the Apple Store or visit bridgethegapp.ca

The BreathingRoom Program is an online self-management program which assists people between the ages of 13 and 24 to manage stress, depression and anxiety. BreathingRoom is a clinically proven, award-winning program is available through the youth and adult Bridge the gAPP websites and apps.

Strongest Families Program provides care to families by teaching skills through a distance coaching approach over the phone and online. The award-winning program supports children and youth (ages 3-17) with:

- behavioural difficulties
- anxiety
- attention deficit hyperactivity disorder
- bullying behaviours
- other disruptive behaviours that can cause stress at school or at home

Anyone interested in accessing the Strongest Families Program can call their local mental health and addictions office. Contact information can be found under the service directory at bridgethegapp.ca

For more information visit:
bridgethegapp.ca



HIGH FIVE—Canada's Comprehensive Quality Standard for Children's Recreation and Sport Programs

HIGH FIVE is used by many organizations in Newfoundland and Labrador, including School Sports NL Participation Nation Program.

Through a partnership with the Promoting Relationships and Eliminating Violence Network (PREVNet), HIGH FIVE training also addresses bullying. HIGH FIVE and PREVNet have created a program that provides front line leaders working with children the expertise to mediate the negative effects of bullying. Leaders learn effective strategies focused on communication, consequences and building on children's strengths. They also gain the knowledge they need to create emotionally safe environments which help children build friendships and feel socially accepted.

HIGH FIVE's Principles of Healthy Child Development (PHCD) training also includes other modules on key areas such as conflict resolution, physical literacy, children's mental health and healthy competition. To learn more about HIGH FIVE Training contact:

Pam Mills

pammills@recreationnl.com

709-729-0569



The best way to play™

**You're only setting them up for
the rest of their lives.**

No pressure.

Research shows that positive and negative experiences in
kids aged 6 to 12 form lifetime habits.
That's why quality matters.

HIGH FIVE® is Canada's only comprehensive quality standard
for children's programs. Use it to ensure your programs are
meeting the needs of your most important customers. Kids.

HIGHFIVE.org/choose-quality



Authorized Provider
Recreation
Newfoundland & Labrador

HIGH FIVE® A quality standard for children's sport and recreation
Founded by Parks and Recreation Ontario



Food First^{NL}

Start a Conversation! Free Films for Community Groups

Food First NL, formerly known as the Food Security Network NL, aims to ensure access to healthy food for all. The organization supports food education initiatives across the province.

Food First NL has a lending library of food documentaries suitable for different age groups, on a variety of topics. Hosting a film screening and discussion can show how the food we eat connects to the environment, agriculture, health and our communities.

Our locally produced series, “All Around the Table”, interviews seniors in Eastern NL. This series shows how traditional food skills can build a way forward to a better food system in the province.

Several films in the library, such as “Nourish”, feature global perspectives on food from grow to throw. Some films are more topic specific like “And This is My Garden” and “Symphony of the Soil”.

To see all nine titles in our collection, including online previews and resources, please visit <http://rootcellarsrock.ca/fsn-film-library/>.

There is no charge for community groups to borrow and show these films. For help planning and hosting a film screening, contact Sarah Ferber at (709)237-4026 or email sarahferber@foodfirstnl.ca.



TUNA MELT RECIPE

Makes 6 Servings

INGREDIENTS:

1	1	can (170g) light tuna, drained
1 cup	250ml	grated cheese
½ cup	125 ml	finely chopped celery
¼ cup	60ml	finely chopped onion
2 Tbsp	30 ml	mayonnaise
6	6	slices of bread



DIRECTIONS

1. Turn on oven to 375 F (190C).
2. Mix tuna, cheese, celery, onion and mayonnaise in a medium bowl. Add pepper to taste.
3. Put bread slices on a baking sheet.
4. Put equal amounts of tuna mixture on each bread slice and spread out evenly.
5. Bake in oven until cheese is melted, about 10 minutes.
6. Cut each slice of bread into four pieces. Serve right away

NUTRITION INFORMATION PER SERVING:

Excellent source of niacin, vitamin B12
Good source of thiamine, folate, calcium

SOURCE: *The Basic Shelf Cookbook, Canadian Public Health Association, 2011 Edition.*

FOR MORE INFORMATION ABOUT THIS
NEWSLETTER, CONTACT:

Krista Manning
kristamanning@nlesd.ca
(Avalon East)

Peggy Orbasli
peggyorbasli@nlesd.ca
(Avalon West, Bruin,
Vista)