



May 2025 School Health E-Blast from Peel Public Health

What you'll find in this edition:

- World No Tobacco Day 2025
- Physical Activity and Brain Health

World No Tobacco Day 2025

May 31st marks **World No Tobacco Day**, a time to reflect on how the tobacco industry uses tactics to make their harmful products seem appealing - especially to youth.

- **Media Exposure:** Youth see smoking and vaping in movies, video games, and social media, where it's shown as "cool" and without any harmful consequences.
- **Colourful Packaging and Flavours:** Nicotine products like vapes come in bright colours and sweet flavours, such as fruit or candy. Tobacco companies insist that their products are made for adults, yet they are designed to attract young people.
- **Health Effects:** The industry has led people to believe that vaping is harmless, but it can lead to e-cigarette or vaping use-associated lung injury (EVALI), and the long-term effects of vaping are still being studied. It's **not** just harmless water vapour - vape products still have thousands of chemicals. E-cigarettes or vapes containing nicotine are just as addictive as regular cigarettes.



You can support youth who are vaping or smoking to quit.

- There are tools that can help youth quit smoking and vaping. Check out some quit apps at NotAnExperiment.ca/Quitting.
- The Canadian Cancer Society offers tools to help those who want to quit. You can use their online quit program on their website, get phone help by calling 811, or text iQuit to 123456. Learn more at SmokersHelpline.ca.
- Recommend that youth who are vaping should not modify or add any substances to a vaping device.

Physical Activity and Brain Health

Mental Health Awareness Week: May 5 - May 11

You play a crucial role in promoting positive mental health for your child. Your school has many resources to help you on your parenting journey. By working together—family, school, and community—we can significantly enhance your child's overall well-being.

Promoting Brain Health Through Physical Activity

Regular physical activity is essential for all children and youth, not only for physical health but also for improving cognition, brain function, and mental health.

Here are some additional benefits of physical activity:

- Reduction in symptoms of depression
- Decreased feelings of anxiety
- Improved stress response
- Enhanced self-esteem, self-concept and self-perception

Tips to Promote Brain Health:

- Encourage children and youth to meet the daily physical activity guidelines for their age and support them in their efforts.
- Promote age-appropriate outdoor play as a way of improving decision making, problem-solving and self-confidence.
- Encourage sport and physical activities to build skills and mastery.
- Play as a family. This encourages physical activity, togetherness, social support and connectedness, which are all important for good mental health.

Contact Us

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