

Home and School News, February 2025

Screentime Guidelines

New screentime draft guidelines are now available to help encourage healthy screen use behaviours in Island schools. Following the ministerial directive on restricting cell phone use in schools, these [draft guidelines](#), developed in collaboration with health expert Dr. Travis Saunders, provide educators with best practices on screen use that enhance student health, engagement and academic success while minimizing social and physical harm.

“While screens are present everywhere in our lives, it is our responsibility to help young people develop smart screen use behaviours that positively benefit their learning and wellbeing.

Providing

our educators with best practices as well as tips and tricks will give them the knowledge and flexibility

to choose when and how they use screens in the classroom. Technology can be a powerful learning tool, and we want to ensure that young people are equipped to make healthy, balanced decisions.”

- Minister of Education and Early Years Rob Lantz

PEI residents can review the guidelines and send their feedback to educationpolicy@gov.pe.ca until **February 6, 2025**. Comments received will help inform the development of future resources for parents, guardians and students to apply similar approaches outside the classroom.

****Presidents' Annual Reports****

Each Home and School President is requested to write and submit their Annual Report to the Federation office by February 28. Please involve your executive team in helping you with the content. All reports will be included in the 72nd Annual Book of Reports. In your report, include activities from this school year, starting in September and ending in June. You can find tips on how to write your report by reviewing last year's 2024 Book of Reports at:

<https://peihsf.ca/agm/>. If you need assistance, please contact Jeana MacIsaac at the PEIHSF office at info@peihsf.ca or 902-620-3187.

Teacher/Staff Appreciation Week

Teacher/Staff Appreciation Week is from February 10-14, 2025. Home and School Associations are planning ways to thank school staff during this week. Start brainstorming ideas now to express your gratitude to the staff.

Volunteer & Life Member Awards

The Federation's Volunteer of the Year Award recognizes one volunteer's significant contributions to helping volunteers in their local school communities. The Life Member

acknowledges service to the provincial Federation. Associations may nominate Home and School volunteers for these awards by the deadline: **March 2**. Criteria and Form are online at: <https://peihsf.ca/awards/>

AGM coming in April

The P.E.I. Home and School Federation's **Annual General Meeting** will be on **April 12, 2025**, at the Rodd Charlottetown Hotel. The Federation office will mail the AGM package to presidents and information will be posted at: <https://peihsf.ca/agm/> Plan to register 2-5 delegates to represent your school.

What do you know about the harms of youth vaping?

The Chief Public Health Officer has developed a Smoking/Vaping presentation for junior and senior high students. The Tobacco Enforcement Officer (TEO), Kelly Campbell, has been actively trying to combat youth smoking/vaping in various ways and has presented to several intermediate-level classes. This presentation, aimed at parents/adults, highlights associated with electronic smoking devices (ESDs). The high-level topics addressed include:

- Terminology/Types of Electronic Smoking Devices
- Nicotine Replacement Therapies
- What is in a Vape
- Effects of Social Media
- Nicotine Content of Vapes
- PEI Examples of Confiscated Products (from schools)
- Ways to Hide Vapes (e.g. highlighter, sharpie, etc.)
- Safe Disposal
- Fire Safety Concerns
- Resources

I urge all Junior and Senior High Home and School/Parent Council groups to schedule a time for Kelly to speak to parents during your local school meetings. The goal is to equip adults with comprehensive information so they can effectively discuss the harms of vaping with their children and be more aware of the products available and their potential health effects. He wants to present to every school community in Prince Edward Island. Please contact him directly at kdcampbell@ihis.org.

Pink Shirt Day Canada 2025 “Choose kindness!”

Join in the national celebration on February 26th and help to eliminate bullying and discrimination in all its forms.

For more information go to: <https://pinkshirtdaycanada.ca/>