CENTRAL PEACE HEALTH & WELLNESS COALITION

VOL 117– September 2026

COMMUNITY CONNECT

Stay active and safe while heading back to school

Back-to-school is right around the corner for many families across the province. Parents and caregivers are encouraged to talk with their kids and teens about active and safe ways to travel to school. Active travel can boost physical health, build independence and encourage kids and teens to spend time outside.
Here are some practical ideas to get kids and teens safely active this school year.

Help your child plan for active travel.

Talk with your child or teen about ways they can walk or wheel to school such as riding a bike, scooter or skateboard.

For younger children, map out the route and practice it together.

For older children and teens, help them think through the details, such as the route they'll use, and the time it will take to get there. They may need your advice to avoid busy, high-speed roads.

Keep safety top-of-mind.

Talk with your child or teen about gear, such as bright reflective clothing, that will help them stay safe when they're wheeling to school.

Help them make sure their helmet fits properly. For a how-to checklist, go to MyHealth.Alberta.ca and search "bike helmet yes test."

Talk with your child or teen about staying alert when walking or wheeling to school. Remind them to put their phones and ear buds away so they can be aware of what is going on around them.

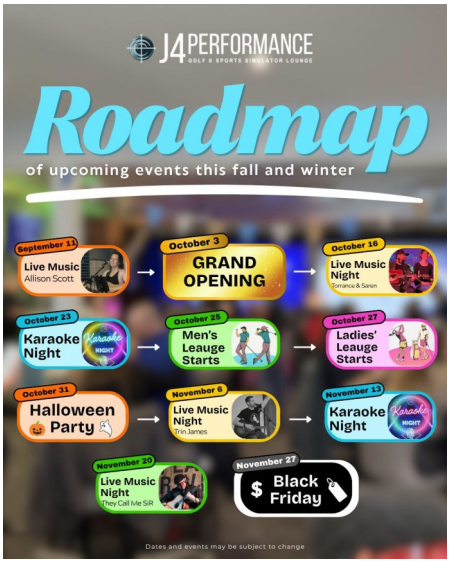
Monthly Events

- BOOK CLUB @ Spirit River Library on Tues September 1 & October 6 at 7:30 pm

- STITCH BY STITCH @ Spirit River Library Wednesdays starting at 7:00 pm

- WRITER'S GROUP @ Spirit River Library second Thursday of the month at 6:30 pm

- ANCESTRY CORNER @ Rycroft Library - by appointment only, contact 780-765-3973



Office - 587-771-3567
Cell - 780-864-5698

Central Peace FCSS News

fcss@townofspiritriver.ca

4201 50th Street

Service Canada—**Sept 9 from 10-3 pm** First come first serve at the Central Peace Medical Clinic

Craving Change- Sept 18,25 and Oct 2 1-3pm Ross Room Spirit River. Come learn from a Dietitian about the craving you have and how to change your diet.

Home Alone Course – Saturday September 19; 10 am to 3 pm; for ages 9 to 12; Pre-registration by contacting office; $20.00

Babysitting Basics – Saturday September 30; 9 am to 4 pm; for ages 11+; Pre-registration by contacting the office—limited space; $60.00

Pen Pal Program If you like to write letters or draw pictures please drop them off at the office and we will distribute them to isolated individuals to brighten their day. If you would like to receive a letter or picture, please call the office 587 771 3567 to be placed on the list.

MEALS ON WHEELS Meals on Wheels is hot meals delivered to your door; Delivered Monday, Wednesdays and Fridays.

Next FCSS board meeting is Sept 9, 2026, at 6:30 at the Peace Wapiti Sub Office.

This newsletter is a community project supported by the Central Peace Health & Wellness Coalition and the Town of Spirit River. We welcome your ideas and submissions, please email by the 20th of the month to: cphawc2.connect@outlook.com.

Visit Central Peace Health And Wellness Coalition (CPHAWC) Facebook page.

If you would like to receive the newsletter via email, please send an email to cphawc1@outlook.com requesting to be added to the list.