

Hi everyone! We are a group of 4th year nursing students from the University of Saskatchewan here at BJM on Thursday and Friday until December 4th. We are here to support the staff and students at BJM with education (e.g., lessons in class), health promotion (upstream approach), counselling, connecting to resources, and supporting the school nurse, Sarah.

We aim to support the staff and students through multiple avenues: In the community by connecting families with local resources and through policy & advocacy by speaking up for better healthcare rules, safer school environments, and community programs that benefit all children.

Our approach is centered around an upstream approach, which follows the river metaphor: instead of just pulling people out of the water when they fall in (downstream approach), we go “upstream” to fix the broken bridge, so no one falls in at all. Through an upstream approach, we can make sure kids have clean air, safe parks to play in, healthy food, and strong community support so they don't get sick in the first place.

Feel free to reach out to us!

- **Ask Us Questions:** we are here to listen, guide, and explain medical care in clear, easy terms.
- **Share Your Needs:** Tell us what challenges your family faces outside the school so we can help find solutions.
- **Join the Effort:** Together, we can advocate for safer, healthier environments for our kids to grow up in.

Food and Hygiene Drive

We are planning a school-wide food and hygiene drive on October 15th and 16th during parent teacher interviews!

As a part of our community initiative, we are collecting non-perishable, individually packaged, nutritious food items, such as:

- Granola bars
- Crackers
- Fruit cups
- Cereal
- Noodle cups
- Juice boxes
- Any other individually packaged shelf stable items

We are also collecting hygiene products, including:

- Shampoo
- Toothbrushes
- Toothpaste

- Floss
- Combs
- Hairbrushes
- Deodorant
- Lotion
- Nail clippers
- Hand sanitizer
- Body/Face Soap (liquid or bars)

Your generosity will help ensure that students in our community have access to a reliable source of food and essential personal-care products. Many students rely on this food pantry every day and continuing to keep it stocked and accessible is a priority. Continued community support is essential to keeping this resource available.