

April is Cancer Awareness Month

We have all heard the statistics:

- Cancer is the leading cause of death in Canada, responsible for 30% of all deaths
- 2 out of 5 Canadians are expected to develop cancer during their lifetimes.
- 1 out of 4 Canadians are expected to die from cancer

Wow, these can be scary numbers, but there are many steps we can take to reduce our risk and improve our odds. Check out the [KPR Health and Wellbeing website](#) for some great tips on reducing your risk through lifestyle and prevention and screening. We have also provided resources for those recently diagnosed or have a family member recently diagnosed with cancer.



Mental Health Awareness Week is May 3-9, and KPR wants to hear from you!

Wanted: Your Mental Health & Well-being Tips!

Please send us your best tips for staying well mentally and physically. What works for you, to help you feel and be well? Please send us your brief - even one word! - entries until Friday, April 10th. **We'll draw names for prizes** and share best ideas during Mental Health Awareness Week.

#mindsmatter@kprdsb

Time is short so don't delay – you can submit to Healthandwellbeing@kprdsb.ca

Cancer Supports and Services:

[Cancer Care Ontario](#)

[Canadian Cancer Society](#)

[American Cancer Society](#)

[Wellspring](#)

*Stay tuned for our May Mental Health Challenge!
There will be prizes to be won!*

The winners of a \$50 gift certificate in the March February Kindness Bingo Challenge were:

- Jennifer Pym-Murray, Courtice North PS
- Donna Pass, ENSS
- Andrea Turcotte, Emily Stowe PS

A special thanks goes out to those staff who were also able to incorporate this challenge into their classrooms.

Great work KPR!

Congratulations go to Karen Pattison at Orono Public School. Karen is the winner of the \$100 Sobeys gift card for the March Nutrition Quiz.

Remember to follow us on:



Health & Wellbeing Conference:
[Click here](#)

Health & Wellbeing Website:
[Click here](#)



If you have any ideas or suggestions for challenges or programs you would like to see please contact any member of your committee. *Your Health and Wellbeing Committee members are:*

Kathy Bell	Marga Koetje
Scott Carl	Michael McGinn
David Crawford	Nancy O'Brien
Jennifer Deck	Sarah Rogers
Tracey Hughes	Christy Thompson
Marsha Jones	