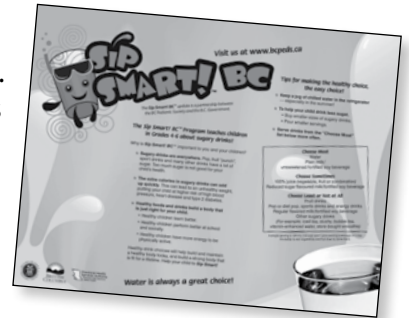

→ Home Connections

Home Connections offer resources for parents and caregivers that:

We strongly recommend distributing the material during the program as parents are a key factor in this learning process.

Sip Smart! BC™ Fact Sheet

- On our website you will find printable parent information in the form of a factsheet. We suggest that you send this sheet home after Lesson 1 to let parents and caregivers know what their children are learning in class, and give them tips for making healthy drink choices.
- Available in Chinese, English, Filipino, French, Hindi, Korean, Persian, Punjabi, Spanish, Tagalog and Vietnamese.



Sip Smart! BC™ Booklet

- Too much sugar is not good for a child's health. The extra calories in sugary drinks can add up quickly. This may lead to an unhealthy body weight, putting a child at higher risk for high blood pressure, heart disease, type 2 diabetes and cancer. **Sip Smart! BC™ Booklet** gives parents and caregivers all the important information that they need to support healthy drink choices.



First Set:

- Only 1 classroom set of **Sip Smart! BC™ Booklets** is included with each teacher resource package. They can be used in-class with the students or distributed out to students to take home to their parents with the understanding that they must be returned at a later date.
- We suggest that when you send booklets home, after Lesson 2, make sure to ask parents to return them after an appropriate period of time, so that they can be reused for teaching **Sip Smart! BC™** lessons in the future.

Second Set:

- You can download the **Sip Smart! BC™ Booklet** from our website. It is available online in 4 languages: Chinese, English, French and Punjabi.

Crossword Puzzle

- All the answers for the Crossword Puzzle are found in the **Sip Smart! BC™ Booklet**.
- You can send Handout 18: *Crossword Puzzle (page 52)* home after Lesson 2, together with the **Sip Smart! BC™ Booklet**. The intention is to encourage parents to read the information booklet and then talk with their children about healthy drink choices. Parents and students can fill in the puzzle together at home.
- Or, you can hand out the **Sip Smart! BC™ Booklets** to students and assign the crossword as in-class assignment, for example to wrap up the program, or for students who get work done quickly, etc.

Share the correct results and discuss other responses in class, using Handout 19: *Crossword Puzzle (Answer Key; page 53)* as an overhead.