

Quest for Rest and the ZZZPower Program is a children's book and accompanying sleep literacy program geared to supporting young children with their mental health and sleep. The goal of this program is to help children benefit from the positive effects of healthy sleep as sleep helps children in their emotional, physical and mental development. This program focusses on teaching about the importance of sleep as a pillar of mental health as well as providing opportunities for families to engage in dialogue about mental health.

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ght, Nick Christofides, District Vice-Principal, Safe and Caring Schools, will share
of the important lessons