



ΔΗΜΟΤΙΚΟ ΔΕΛΤΑ ΒΕΝΙΖΕΛΟΝ

EMBRACE LIFE COUNCIL

CONSEIL SAISIS LA VIE

2021

ΔΕΛΤΑ ΒΕΝΙΖΕΛΟΝ
ΔΕΛΤΑ ΒΕΝΙΖΕΛΟΝ

**HEALTHY
LIFESTYLE
CALENDAR**



2021

ርርሳዊ ልልዎቻል ገላጭ
ጋራጋሪ 13, ገርቢርራ

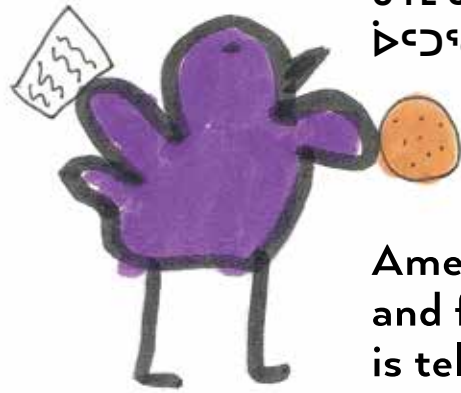
Lillian Angel Milton
Age 13, Pond Inlet

ጳጉሜ January

ካብርሳር Sunday	ዓካላት Monday	ሐረሳት Tuesday	ሊግሳት Wednesday	ገርባዊ Thursday	ርርባዊ Friday	ገደሳት Saturday
					1 ጋርሳ ጋራጋሪ New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 ሊግ ጋራጋሪ ጋራጋሪ Bell Let's Talk Day	29	30
31						

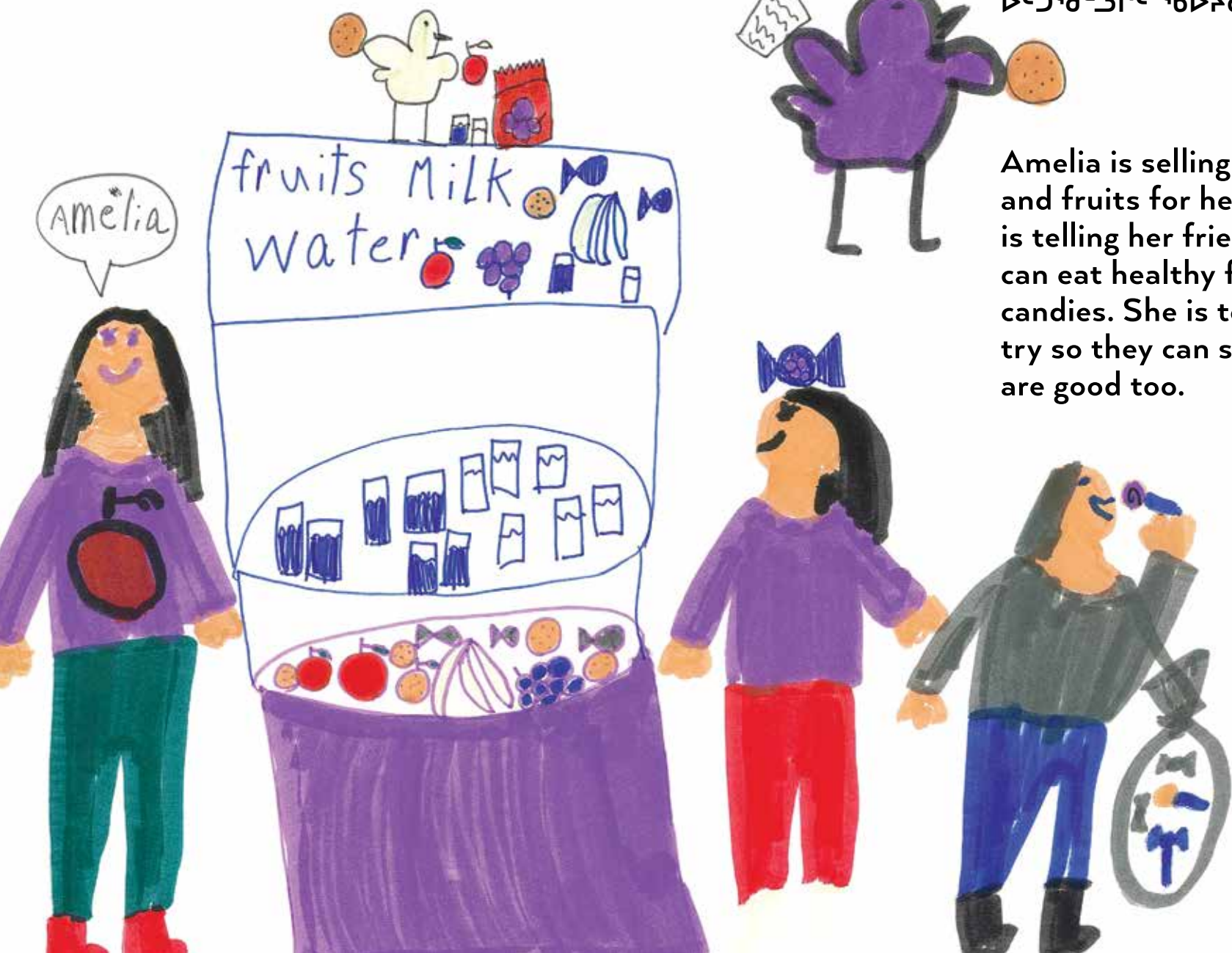
“

Վր՛ւ՛՛ ժժճճճճճճճճ ժճճճճճճ
 Նճճճճճճճ Նճճճճճճճ. Նճճճճճճ
 Ըճճճճճճճ ժճճճճճճճճճ
 ժճճճճճճճ ըճճճճճճճճճճճ.
 Ըճճճճճճճ ճճճճճճճճճ Նճճճճճճճ.



Amelia is selling healthy snacks and fruits for her friends. She is telling her friends that they can eat healthy food instead of candies. She is telling them to try so they can see that they are good too.

”



2021

ᐱᐅᐅᐅ ᐅᐅᐅᐅ
ᐅᐅᐅᐅ 7, ᐱᐅᐅᐅᐅᐅ

Amelia DeLong
Age 7, Iqaluit

ᐱᐅᐅᐅ February

ᐅᐅᐅᐅᐅ Sunday	ᐱᐅᐅᐅᐅ Monday	ᐱᐅᐅᐅᐅ Tuesday	ᐱᐅᐅᐅᐅ Wednesday	ᐅᐅᐅᐅᐅ Thursday	ᐅᐅᐅᐅᐅ Friday	ᐅᐅᐅᐅᐅ Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 ᐱᐅᐅᐅᐅᐅ Valentine's Day	15	16	17	18	19	20
21	22	23	24 ᐱᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅᐅ Pink Shirt Day	25	26	27
28						

2021

ᐅᐱᐱᐅᑦ ᐱᐱᑦᐅᐅᑦᐅᐅᑦ
ᐅᐅᐅᑦᐅ 10, ᑦᐅᐅᑦᐅᐅᐅᐅᑦ

Ryan Aliqatuqtuq
Age 10, Qikiqtarjuaq

ᐱᐱᐅ March

ᐅᐅᐅᐅᐅ Sunday	ᐅᐅᐅᐅᐅ Monday	ᐅᐅᐅᐅᐅ Tuesday	ᐅᐅᐅᐅᐅ Wednesday	ᐅᐅᐅᐅᐅ Thursday	ᐅᐅᐅᐅᐅ Friday	ᐅᐅᐅᐅᐅ Saturday
	1	2	3	4	5	6
7	8 ᐅᐅᐅᐅᐅᐅ ᐅᐅᐅᐅᐅᐅᐅ International Women's Day	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

2021

ᑭᑭᑦ ᑭᑭᑦᑭᑦ ᑭᑭᑦᑭᑦ
ᑭᑭᑦᑭᑦ 11, ᑭᑭᑦᑭᑦᑭᑦ

Jayna Kigusiuq Kingunkotok
Age 11, Baker Lake



April

ᑭᑭᑦᑭᑦ
Sunday

ᑭᑭᑦᑭᑦ
Monday

ᑭᑭᑦᑭᑦ
Tuesday

ᑭᑭᑦᑭᑦ
Wednesday

ᑭᑭᑦᑭᑦ
Thursday

ᑭᑭᑦᑭᑦ
Friday

ᑭᑭᑦᑭᑦ
Saturday

ᑭᑭᑦᑭᑦ Sunday	ᑭᑭᑦᑭᑦ Monday	ᑭᑭᑦᑭᑦ Tuesday	ᑭᑭᑦᑭᑦ Wednesday	ᑭᑭᑦᑭᑦ Thursday	ᑭᑭᑦᑭᑦ Friday	ᑭᑭᑦᑭᑦ Saturday
				1	2 ᑭᑭᑦᑭᑦᑭᑦ Good Friday	3
4	5 ᑭᑭᑦᑭᑦ Easter Monday	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2021

ΔΓΗΛ ΔΨ<Δ>β ΔΔβ
ΔΔΔΨ 9, ΔΨΔΔ

Elizabeth Aqqakuluk Arcand
Age 9, Arviat

↶ Δ July

ΔΨΔΔΓ Sunday	ΔΨΔΨΔ Monday	ΔΔΨΔΨ Tuesday	ΔΨΔΨΔ Wednesday	ΔΨΔΔΔ Thursday	ΔΨΔΔΔ Friday	ΔΨΔΨΔ Saturday
				1 ba.CΔΨ ΔΨΔΨ Canada Day	2	3
4	5	6	7	8	9 ΔΔΨΔ ΔΨΔΨ Nunavut Day	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 ΔΔΨΔΔΔ ΔΔΔ bLΨΔΔΔΔΔ ΔΨΔΨ International Self-Care Day
25	26	27	28	29	30	31

2021

ᐱᐃᓃ ᓂᓂᐃᐃᐃ
ᐅᓂᐅᐃᐃ 5, ᐃᐃᐃᐃᐃ

Aiden Stevenson
Age 5, Iqaluit

ᐅᐃᐃᐃ

August

ᐃᐃᐃᐃᐃ Sunday	ᐃᐃᐃᐃᐃ Monday	ᐱᐃᐃᐃᐃ Tuesday	ᐃᐃᐃᐃᐃ Wednesday	ᐃᐃᐃᐃᐃ Thursday	ᐃᐃᐃᐃᐃ Friday	ᐃᐃᐃᐃᐃ Saturday
1	2 ᐃᐃᐃᐃᐃ ᐅᐃᐃᐃᐃᐃᐃᐃᐃ Civic Holiday	3	4	5	6	7
8	9	10	11	12 ᐃᐃᐃᐃᐃᐃᐃ ᐃᐃᐃᐃᐃᐃ ᐅᐃᐃᐃᐃ International Youth Day	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 ᐃᐃᐃᐃᐃᐃᐃ ᐃᐃᐃᐃᐃᐃᐃᐃ ᐃᐃᐃᐃᐃᐃᐃᐃ ᐅᐃᐃᐃᐃᐃ International Friendship Day	31				

“

Հ՞մար հետ ընկերներով
համարյա հաճախ է պիկնիկ
ընելու համար հարմար է
համարյա հաճախ է պիկնիկ
ընելու համար հարմար է

It is fun to pick berries with your friends.
Berries are healthy and delicious to eat.

”





“ ԺճՎԻՆԻՎԻՆ ՎԵՐԼՆՆԻՐԻՆ ԲՎՈՆԻՐԼԻՆ
 ԸՆԳՉԻՉԻՆ. ԲՅՈՆՈՎԸՎԻՆԻՉԻՆ ԿՂԼԻՏԻ.
 ԵՎՉԸԼԻՆ ԲՅՈՒՇՎԻՆԸՎԻՆԻՉԻՆ. ԴԿԻՆ
 ԲՅՈՂԵՈՂԹԻՆ ՎԸՇԻՒՂԸ ԴՐԻՆԻՆ. ԲՅՈՒՐԸ
 ՎԵՏԻՆ. ՁԵՆՆ ԿԺճՎԻՆԻՉԻՆ ԲՅՈՂԵՈՂԹԻՆ
 ԴՐԻՆԸ.”

The girl with the pink shirt is looking at herself in the mirror. She has nice clean teeth. She brushes her teeth everyday. The boy is throwing his toothbrush in the garbage. He has cavities. His big sister is not happy because he's putting his toothbrush in the garbage.



“ ԴԿԻՆ ՎԸՇԻՒՂԻՆ ԵՎԻՆԻՐԻՆ
 ՎԸՇԸԴՉ ԺԵՂԸ ԵՇՆԻՆԻՐԸ. ԿՐԼԳԸՆԻՆ
 ՎԵԵՎԻՆԻՐԸՄԸՂ ՎԸՇԸՏԸ ՈՅԸՉՉՏ
 ՎԸՇԸՎՂՎՈՂԻՆ.”

The boy is pushing the garbage and the litter is falling on the ground. The little puppy does not like it so he's picking up the garbage and put them in the bin.





Kid's Help phone
Text "connect"
to 686868

Kids Help
phone "connect"
to 686868

There's
HELP
out there

3 days
of crying

I'm alone

“ קיז'ס העזרה בטלפון יוצא לך עזרה ל-686868. אם את צריכה עזרה כלשהי, קיז'ס העזרה בטלפון יוצא לך עזרה ל-686868. ”

Kids Help phone connect to 686868.
There's Help out there if you need any help.

2021

ᐁᐃᑦ ᐱᑕᑭᑦᑕᑲᑲ
ᐅᐱᐅᑲᑲ 14, ᑲᑲᐅᑭᐃᑦᑕᑲᑲ

Nate Atagootak
Age 14, Resolute Bay

ᐅᐃᐱᐱᐱ November

ᑲᐁᑦᑕᐃᑦ Sunday	ᐁᑲᑲᑲᑲᑲ Monday	ᐱᐃᑦᐱᑲᑲ Tuesday	ᐱᑲᑲᑦᑭᑲᑲ Wednesday	ᑭᑕᑲᑭᐅᑦ Thursday	ᑕᑦᑕᑲᑭᐅᑦ Friday	ᑭᑦᑕᑦᐱᑲᑲ Saturday
	1	2	3	4	5	6
7 ᐁᐁᑦᐱᑕᑭᑦ ᐃᐁᐃᑦ ᐅᑦᑕᑲᑲ International Inuit Day	8	9	10	11 ᐃᑲᑲᐅᑲᑲᐁᑲᑲ ᐅᑦᑕᑲᑲ Remembrance Day	12	13
14	15	16	17	18	19 ᐁᐁᑦᐱᑕᑭᑦ ᐱᑲᑲᑲᑲᑲ ᐅᑦᑕᑲᑲ International Men's Day	20 ᑲᐁᑕᑭᑦ ᐁᑕᑕᑲᑕᑦ ᐅᑦᑕᑲᑲ National Child Day
21	22	23	24	25	26	27
28	29	30				

The way we
could be healthy
we could
wash our hands and
brush our teeth.



Always brush our
teeth so we will
get healthy teeth.



and end
up in the
hospital
or in a
wheel chair.



Be very
careful when
you're skidding
or else
you will end
up with a broken
bone.



Keep the environment
clean please!



We could eat sea
animals but we can't
catch too much at
once.



Stay healthy!
Don't get cavities!

I good!

Hey! How
are you?

Hi Mr. tooth



Surgey no! healthy
food yes!

I don't like
Surgey.



The end!
Stay safe!

2021

ᓃᐱᐸᓐ ᓃᐱᓐ
ᐅᐅᐅᓐᓐ 10, ᐱᓐᓃᓃᐱᐸ

Jaydan Lewis
Age 10, Iqaluit

ᐅᐅᐅᐅ December

ᓃᐱᐸᐱᐸ Sunday	ᐱᓐᓐᓐᓐ Monday	ᐱᐸᐸᐸᐸ Tuesday	ᐱᓐᓐᓐᓐ Wednesday	ᓃᐱᐸᐱᐸ Thursday	ᐱᐸᐸᐸᐸ Friday	ᓃᐱᐸᐱᐸ Saturday
			1	2	3	4
5	6 ᐸᓐᓐᓐᓐᓐᓐᓐᓐ ᐱᓐᓐᓐᓐᓐ ᐱᓐᓐᓐᓐᓐᓐᓐᓐ ᐱᓐᓐᓐᓐᓐᓐᓐ ᐱᓐᓐᓐᓐᓐᓐᓐᓐᓐ National Day of Remembrance and Action on Violence Against Women	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25 ᐱᓐᓐᓐᓐ Christmas Day
26 ᓐᓐᓐᓐᓐᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐ ᐱᓐᓐᓐᓐ Boxing Day	27	28	29	30	31 ᐅᐅᐅᐅᐅ ᓐᓐᓐᓐᓐ ᓐᓐᓐᓐᓐ ᐅᐅᐅᐅᐅᐅᐅ New Year's Eve	

