



## HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER MAY 2021

### Teaching and Learning

#### Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 6](#), [SD 8](#), [SD 19](#), [SD 22](#), [SD 27](#), [SD 53](#), [SD 73](#), [SD 83](#)

#### Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics like COVID-19 Information, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

## COVID-19 SCHOOL UPDATES FROM BCCDC

### Teaching and Learning

#### COVID-19 School Sector Updates

These bulletins provide regular updates about COVID-19 and K-12 schools for school partners.

The April 14 update is available at [COVID-19 School Sector Updates](#)



## Community Partnerships



BC Centre for Disease Control



### BC COVID-19 SPEAK Round 2 Survey

All British Columbians are invited to participate in the [BC COVID-19 SPEAK Round 2 Survey](#).

Now one year into the pandemic, this new survey will help us to examine how British Columbians have been affected and how these experiences may inform recovery and re-opening.

In May 2020 over 400,000 British Columbians participated in the first survey known as [BC COVID-19 SPEAK: Your story, Our future](#).

Some of the key highlights from the first round of the SPEAK survey included:

- Families with children were struggling the most and had significant concerns about their child's overall well-being with school closures and significantly reduced social connections.
- Young adults were disproportionately affected by the pandemic in relation to employment, financial insecurity and disruption to significant development and life goals.
- Societal impacts have not been distributed equitably during the pandemic and are compounded for those already experiencing the most stress and with the least resources.

We hope you will lend your voice to this important survey to help further our understanding on the priorities for British Columbians as we seek to recover from the pandemic. Please share it widely with your networks including friends, families, and colleagues.

## DASH UPDATES AND RESOURCES



## Community Partnerships



### Participation in a **Vaping Education Initiative**

DASH has recently launched a new initiative called Vaping: The More You Know! This three-part initiative seeks to empower youth to take more control over their well-being and behaviours related to vaping through the development of critical thinking skills. This initiative is currently being piloted in 4 schools across B.C and is already showing positive results. Student feedback indicates that this initiative is improving students' understanding regarding the health impacts of vaping, youth vaping statistics in BC, and strategies to reduce the harms of vaping. Furthermore, participating youth are gaining knowledge about where they can go to receive support for their mental health and for vaping reduction or cessation. Stay tuned for more information about the participating school in the Interior! If you're interested in having your school involved in this initiative next year, fill out the [Expression of Interest](#) form on the DASH website.

## MENTAL WELLNESS

### Teaching and Learning

**Canadian Mental Health Association  
Mental Health Week- May 3-9, 2021**



**#GetReal**  
about how you feel.

The Canadian Mental Health Association has developed [toolkits and images](#) to help you #GetReal about how you feel. Check out their School Toolkit for in-class and virtual activities. Use the ready-to-go posts and images to share how you're feeling and support #MentalHealthWeek on social media! When we name how we feel, it helps us understand and process our emotions—which is all a part of good mental health.

**McCreary Centre Society Youth Mental Health Webinar  
May 7th, 2021  
2:00 to 3:00PM**

In honour of **National Child and Youth Mental Health Day** on May 7th, McCreary will be hosting a webinar on youth mental health. The webinar will include two presentations. The first will share findings on youth mental health from the 2018 BC Adolescent Health Survey. In the second presentation, Suzanne Vardy (MEd RCC) will discuss how adults can support youth to manage stress.

Join the webinar on GoToMeeting:

- From your computer, tablet, or smartphone [here](#).
- Via phone: 1-888-455-1389 (Toll free). Access code: 283-669-373

## NUTRITION

### Teaching and Learning

#### **Teaching Resources: Local Food System**

Resources for learning and teaching students about where food comes from.

Primary grades:

[Invent A Bug](#): BC Agriculture in the Classroom. Students will learn to recognize bug and how their adaptations help them to adapt to their environment

[Every Egg Has a Story \(K-3\)](#): PHE Canada. Students will learn the process of farm to table.



Later middle and secondary grades: (8-12)

[BC at the table teacher resources, produce](#): BC Dairy Association (BCDA)  
[Food and Environment Lesson Plans](#)– FANlit (Food and Nutrition Literacy)

## Community Partnerships

### Grant Opportunities

#### **School Farm Grant**

Building the Farm in Farm to School BC – A School Farm Grant is for school districts that want to establish their first school farm. A School Farm Grant is for school districts that want to establish their first school farm.

Application Deadline: June 1st, 2021 [Find out more.](#)

#### **President's Choice School Nutrition Grant**

Applications are now open for the [School Nutrition Grant](#) from President's Choice Children's Charity. This nutrition grant is intended for schools who operate a daily meal program and can be used towards the costs associated with purchasing food or supplies. Eligible schools can apply between April 1st and May 14th, 2021. [Find out more.](#)

## SUN SAFETY

### Teaching and Learning

#### **Reduce Your Risk**

The best protection for your skin is the clothes that you wear! Protect your eyes too and wear a hat that protects your head and ears.

Many people's skin cancer started with childhood sunburns. Sun safety for kids is especially important.



BC Cancer Agency has more information on [reducing your risk.](#)

## TOBACCO AND VAPOR PRODUCTS

### Teaching and Learning

#### **May 31<sup>st</sup> is World No Tobacco Day**

The World Health Organization (WHO) has launched a campaign to support up to 100 million people worldwide as they join the movement and commit to quit tobacco use. If you do not use tobacco, help someone who does take that step. For more information, see their [Quitting Toolkit.](#)

In BC, British Columbian's can access free quit supports from [QuitNow.ca](http://QuitNow.ca) or connect with your local pharmacy for 12 weeks of free NRT. If you or someone you know is thinking about quitting or started their quit plan, check out the supports available.

### **Question Period about Vaping**

There is a lot of information on social media and in the news about vaping. It can be difficult to sort out the answers to questions you may have. It is important to get your information from trusted sources. Health Canada and BC Lung Association are two good places to start.

#### **Some tips to talk with your kids:**

- ✓ Find time to have a conversation about vapour products
- ✓ Address the questions your children may have
- ✓ Pictures may be useful to highlight the conversation
- ✓ Its ok to say you don't have all the answers



#### **To read more see:**

Frequently Asked Questions

[https://bc.lung.ca/sites/default/files/Vaping\\_FAQs\\_preview\\_May28.pdf](https://bc.lung.ca/sites/default/files/Vaping_FAQs_preview_May28.pdf)

Health Canada

<https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>

BC Lung: <https://bc.lung.ca/how-we-can-help/vaping>

### **Community Partnerships**

#### **Tobacco and Vapour Prevention and Control:**

Do you need to reach Interior Health Tobacco and Vapour Prevention and Control?

Contact us at [tobacco@interiorhealth.ca](mailto:tobacco@interiorhealth.ca) or 1-855-744-6328 prompt #5

**For previous newsletters:** [Health Promoting Schools Newsletters](#)