



HEALTH PROMOTING SCHOOLS NEWSLETTER

JANUARY 2020

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 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 53](#), [SD 73](#), [SD 83](#)

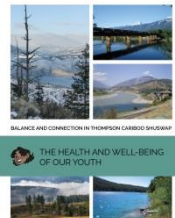
Teaching Toolkits

Interior Health has recently updated the [Teaching Toolkits](#) with resources for teachers on a variety of health related topics.

BC ADOLESCENT HEALTH SURVEY

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2018 BC Adolescent Health Survey Regional Reports



McCreary Centre Society has released the report ***Balance and Connection in Thompson Cariboo Shuswap: The health and well-being of our youth.***

It is one of 16 regional reports based on data provided by students in grades 7–12 from the 2018 BC Adolescent Health Survey.

Reports in the following health service delivery areas have also been released: **Northeast, Kootenay Boundary, Kootenay East, and Richmond.**

Click [HERE](#) to download the reports, PowerPoint presentations, and media releases.

INJURY PREVENTION



Community Partnerships

Parachute and Aviva launch Elementary Road Safety

Parachute and Aviva Canada have partnered to create **Elementary Road Safety**, a new program to bring safer school zones to communities across the country.

Over the next five years, 20 schools from across Canada will be selected to each receive \$10,000 and program support from Aviva Canada and Parachute, which will go to make tangible built environmental changes to improve road safety in their school zones.

There's also an online version of the Elementary Road Safety Program Guide available for all parent, school and other groups who are interested in making their school zone safer that includes a free downloadable toolkit.

For more information see:

[Read the news release about the program launch](#)

[Access the Elementary Road Safety Online Guide](#)

MENTAL WELLNESS

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Bell Let's Talk Day is January 29th, 2020

Bell Let's Talk Day is an annual campaign to increase awareness about mental health across Canada. It is structured around four primary pillars: ending stigma, increasing access to care, investing in research, and leading by example through positive mental health in the workplace. Join the movement on January 29th by starting a conversation about mental health in your classroom or with your colleagues. Don't know where to begin? Bell has created a toolkit including a conversation guide to help get you started. [Find out more.](#)

PHYSICAL LITERACY

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Healthy School Programs, Healthy Kids



Only one third of school-aged kids in Canada are meeting the Canadian 24-Hour-Movement Guidelines and the number of kids eating enough vegetables and fruit isn't much better. But two projects are working to change the current health landscape in schools. Please join the BC Alliance for Healthy Living on **Thursday, January 16th, 2020 from 9:00am- 10:00am** for our webinar featuring two exciting initiatives designed for healthier schools and kids.

Learn about **BC Recreation and Parks Association's** (BCRPA) province-wide 'before and after school recreation program grants'. These programs focus on physical activity, connecting to nature, outdoor play and engaging in culture, sports and the arts.

In addition to program funding, BCRPA also provides training on how to deal with challenging behaviours and support mental health, which creates safe, active environment for all.

Momentum is building for a National Healthy School Food Program. **The BC Chapter of the Coalition for Healthy School Food** leads the way as the first provincial chapter of this national coalition seeking federal investment in a Universal Healthy School Food Program to support the health, well-being and education of all Canadian children. Learn about how other countries are handling school food, as well as, the important work being done right here in BC and find out about potential policy hurdles as well as opportunities.

Be inspired on as we talk about two ways of making kids' lives healthier, by increasing kids' access to physical activity and healthy food! Please join us for this free webinar! [Register here](#)

TOBACCO AND VAPOR PRODUCTS

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National Non Smoking Week

January 18th - January 24th, 2020 is National Non Smoking Week! This is a great opportunity to raise awareness and promote tobacco and vapour free living. Consider adding information about vaping in your parent newsletter! Check out the [HealthLink BC](#) for some resources.

Proposed Changes to Vapour Product Legislation

Have your say – The Government of BC is currently accepting submissions on their proposed regulatory changes for vapour products. Changes include limiting flavours, reducing nicotine content and creating a social awareness campaign. Read the [Vapour Products Intention Paper](#) to see a list of intended changes.

Community Partnerships

Partner Up Grants – Extended January 15th

The Integrated Tobacco Program is offering a grant (up to \$500) for schools and community partners wishing to host a discussion on vaping. Applications may be received until January 15th. Contact tobacco@interiorhealth.ca for more details.

IH Tobacco Contacts:

Do you need to reach the Interior Health Integrated Tobacco Program? Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

WINTER ACTIVITY

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Dressing for the cold — Tips from AboutKidsHealth



Being outdoors in winter is safer and more enjoyable when everyone is dressed properly.

-Check the weather forecast. The chances of getting wet from snow or freezing rain increase when the temperature is just above or just below freezing. This is because the air holds more moisture at the freezing point than when the temperature is very cold.

-Consider activities of the day. This can help to determine how to dress to stay warm and dry. For example, if children will be very active, they should wear layers so they have the option of removing layers to avoid sweating. If there will be snow or freezing rain, outer layers should be waterproof.

-Staying dry is an important part of staying warm and preventing cold weather injuries because moisture can make the body lose heat more quickly. For more information see: [Dressing for the Cold](#)

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

Or contact:

Valerie Pitman, RN BN BScPsych

Population Health Program Specialist

Maternal, Child and Youth Health

email: valerie.pitman@interiorhealth.ca phone: 250-364-6221