



## HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER DECEMBER 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 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, Hand Hygiene, Positive Mental Health, and Substance Use.

## ABORIGINAL RESOURCES

### Community Partnerships



#### First Nations Virtual Doctor of the Day

The First Nations Health Authority (FNHA) created the First Nations Virtual Doctor of the Day program to make primary health care easily accessible to First Nations people across British Columbia.

If you or your family members do not have access to a doctor, or have lost access because of the COVID-19 pandemic, call **1.855.344.3800** to book an appointment with the Virtual Doctor of the Day in your region.

All First Nations people who live in BC are eligible for this service – and so are their family members, even if those family members are not Indigenous. This service is available for all First Nations people on or off reserve. There are no age limits.

For more information see: [First Nations Virtual Doctor of the Day](#)

## NUTRITION



### Community Partnerships

[Farm to School BC grants](#) are now available! The submission **deadline is January 10, 2021**.

The Farm to School program empowers students and school communities to make informed food choices while contributing to vibrant, sustainable regional food systems that support the health of people, community and environment. Farm to school activities differ by school, but always include the following three elements: healthy, local food, hands on learning and, school and community connectedness.

## SLEEP



### Teaching and Learning

Sleep is important for our mental and physical health. Good sleep patterns can affect how we feel and how we perform during the day. Check out this section of the [Foundry BC website](#) to learn more about the importance of sleep and what to do when you can't get a good night's sleep.

Check out this:

The 4 minute [TEDTalk- Why is Sleep Important?](#) and [Six Tips for Getting a Good Night's Sleep](#).

## TOBACCO AND VAPOR PRODUCTS

### Teaching and Learning

#### Vaping, Smoking and COVID-19

Smokers and vapers are at higher risk of serious illness and complications if they get COVID-19. For more information visit the [BC Centre for Disease Control Website](#).

## Monthly Newsletter Inserts

The IH Public Website has [Newsletter Inserts](#) that can be included monthly in parent newsletters.  
See Topic: Tobacco. This month's highlight is:

### Tobacco Talk

Tobacco is still the number cause of preventable death and disease. Cigarettes contain nicotine which is one of the most addictive substances. A child can become addicted after smoking just a few times. Some children may be more at risk than others.

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

- ✓ It's never too early to talk to your child about the risks of smoking
- ✓ Have age appropriate conversations
- ✓ Encourage your child to participate in smoke free activities
- ✓ Talk with your child about peer pressure
- ✓ Encourage open supportive conversations



#### To read more see:

[Caring for kids](#)

[Talking with your kids](#)

## Community Partnerships

### Vaping Survey for Youth

To gain a better understanding of youth vaping during the COVID-19 pandemic, youth aged 12-19 have an opportunity to complete an online survey. The survey asks about their experiences with vaping (including if they have never vaped).

Young people's involvement is voluntary and anonymous. Once they complete their survey, they can choose to enter a draw to win one of six \$50 e-gift cards (of their choice).

The survey takes around 5–10 minutes to complete and is available until the end of December 2020.

To participate see this [link to the survey](#).

Youth may have completed similar surveys in June and/or September, but are still invited to complete this one because many of the questions are different and we would like to gain an understanding of youth's current experiences with vaping. The survey was developed by McCreary Centre Society in collaboration with the BC Ministry of Health, local experts in youth vaping and with young people across BC.

### 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](#)

Or contact: [valerie.pitman@interiorhealth.ca](mailto:valerie.pitman@interiorhealth.ca)