

HEALTH PROMOTING SCHOOLS NEWSLETTER

October 2023

DENTAL

Teaching and Learning

Promoting Healthy Smiles in the Classroom: A Back-to-School Guide for Teachers

As the students settle in to a new school year, we have an excellent opportunity to foster healthy habits, and one crucial aspect of their well-being is oral health. By incorporating oral health into your lesson plans, we can help children develop good habits that will benefit them for a lifetime.

Here are some practical tips and resources to make oral health education engaging and fun:

1. Create Interactive Lesson Plans: Design oral health lesson plans that are interactive and age-appropriate. For younger students, consider activities like creating a morning routine checklist that includes brushing and flossing. For older students, you can dive into the science of teeth and explore the impact of diet on oral health. Explore ideas for lesson plans here: [Healthy-schools-toolkit-dental-and-oral-health.pdf \(interiorhealth.ca\)](#)

2. Brushing Charts: Provide students with brushing charts they can take home. Encourage them to track their daily brushing and flossing habits. You can even turn it into a friendly classroom challenge! Find brushing charts here: [Download a 12-Month Brushing Calendar | MouthHealthy - Oral Health Information from the ADA](#)

3. Colgate Classroom Kits: Consider ordering Colgate Classroom Kits for K-2 students. These kits come with toothbrushes and educational materials that can make learning about oral health more exciting. Learn more about Colgate Classroom Kits here: [K-1 Classroom Kit | Colgate®](#)

4. Reach Out for Support: Don't hesitate to contact your local IHA Dental Program. They can provide you with valuable information that can make oral health education more engaging. Find contact information for IHA Dental Health Services here: [Services - Location listing page | Interior Health](#)

By incorporating these ideas into your lesson plans, you'll not only help students develop good oral health habits but also contribute to their overall well-being. Healthy smiles are not just about appearance; they are a reflection of good health.

Wishing you a fantastic and tooth-friendly school year ahead!



INJURY PREVENTION

Community Partnerships



Nominate your crossing guard starting Sept. 25

Our national contest honouring the best crossing guards in Canada opens for nominations from Sept. 25 to Nov. 17, thanks to support from **Desjardins Insurance**.

Three exceptional school crossing guards will be chosen as winners, recognizing their extraordinary contributions to their communities. The winning crossing guards receive \$500 and the contest winner's schools also receive \$500.

Anyone - whether a parent, community member, teacher student or school staff member - can nominate their crossing guard. Just fill in the information required on the online nomination form. Entries can also include up to four attachments, such as photos or a scan of a child's drawing, to further illustrate the guard's impact on the community.

[Read more about Canada's Favourite Crossing Guard contest](#)

National Teen Driver Safety Week 2023 focuses on youth empowerment

This year's awareness campaign, supported by Desjardins Insurance, runs Oct. 15 to 21 and is designed to build public awareness of teen driver safety issues and encourage communities to be part of the solution.

As part of NTDSW this year, Parachute has launched the [Youth Road Safety Grant Program](#). It will enable youth to take the lead on road safety education and advocacy by funding local, engaging, youth-initiated, youth-led projects. These projects will educate young people and community members on pressing road safety issues and safe driving behaviour or advocate for proven measures in their communities.



Applicants must be a young person or group of young people aged 15 to 24 years old in Canada (i.e., Canadian citizens, permanent residents, or granted refugee status) who are interested in promoting road safety and are committed to creating positive change in their communities. Activities must be youth-led and conducted in Canada.

As well, members of Parachute's [Canadian Youth Road Safety Council](#) are creating short social media videos that will be promoted on social media to share peer-to-peer messaging with other youth across Canada. The campaign will run using the hashtags #NTDSW2023 and #OurFutureRoads.

[Apply for a Youth Road Safety Grant](#)

[Read more about National Teen Driver Safety Week and check out our partner resources](#)

MENTAL HEALTH

Teaching and Learning

Resources

The [BC Children's Hospital Healthy Living](#) landing page allows easy access to [Live 5-2-1-0](#), [Back-to-School Wellness Toolkit](#) and other health topics for children.

[FamilySmart](#) offers parent peer support, monthly events, resources and workshops to support the mental health of children, youth and families. They also offer a variety of videos for families and caregivers on mental health and/or substance use topics. This latest video [Working Together: Families and Schools](#) focus on the relationship between schools and families in supporting child wellbeing and success.



NUTRITION

Teaching and Learning

Teaching Resources

Fall Activities

Have a look through SPECs (Society Promoting Environmental Conservation) [Neighborhood Nature School](#) page with links to a [Fall Scavenger Hunt](#), [All About Pumpkins](#) lesson (K-4), and more.

Body Image

Are you searching for information and teaching resources on Body Image? Check out [Promoting Positive Body Image – A Resource for Educators](#) developed by [Jesse's Legacy](#) and Vancouver Coastal Health.



Promoting Positive Body Image – A Resource for Educators



This resource supports school staff and others with promoting positive body image and relationships with food for children and youth. It also offers tips and resources to guide staff with addressing weight-based bullying and what to do if they are concerned about a student's eating.

Grants

[Farm to School Grants](#) open October 3rd- November 15th. Farm to School BC (F2SBC) funds a broad range of education projects to help student develop food literacy skills, strengthen the local food system and enhance school and community connectedness. Check out the [Grant Writing Workshop](#) on October 25th for support with the application process.

PHYSICAL ACTIVITY/LITERACY

Community Partnerships

Bike Walk Roll Week October 16 - 20, 2023

With funding from Infrastructure Canada's National Active Transportation Fund, [Green Communities Canada](#) (GCC) is conducting the first-ever National School Travel Data Collection pilot, being tested in [British Columbia](#) and [Ontario](#).

This pilot aims to collect important school travel data through two research methods:

- **Hands-Up Surveys (October 16-20):** Elementary and middle schools are encouraged to participate by conducting hands-up surveys using [BikeWalkRoll.org](#), a quick and easy-to-use surveying tool.
- **Household Travel Surveys (October 1-31):** Parents and caregivers are encouraged to complete a short [survey](#) to share information about their child's travel mode, as well as barriers and motivators for active school journeys.

As a key actor in student transportation, we are asking for your support in **spreading the word** with your networks. You can do so by:

- Visiting [SchoolTravel.ca](#) for more information and promotional materials;
- Forwarding this email to colleagues;
- Amplifying our social media messages (follow GCC on [Facebook](#), [Twitter \(X\)](#), [Instagram](#), and [LinkedIn](#)); and/or
- Creating social media posts

If you have any questions or concerns, please get in touch by email at: data@greencommunitiescanada.org

RADON AWARENESS

Community Partnerships

Interior Health Pilot Project Testing for Radon in Schools

Radon is a radioactive gas that is formed naturally in the ground. It has no colour, odour, or taste and can accumulate indoors, particularly in basements and ground floors. Radon is the second leading cause of lung cancer in Canada after smoking. Spending long periods of time in rooms where radon is present can increase the chance of developing lung cancer. The only way to know radon levels is to test for it, and testing is best done in the winter months.

Take Action on Radon (TAOR) is working with 30 COMMUNITIES across Canada providing at least 100 free radon test kits per community and increasing radon awareness. Check out the list [here](#) to find out which communities have been confirmed and where they are at in the progress of launching their programs for the TAOR 100-Kit Challenge

For more information and resources about radon in BC and to order a long-term test kit visit:

- [Interior Health's Radon Information Page](#) - Radon Overview and Resources
- [BC Centre for Disease Control](#) - Radon Overview and BC Mapping Information
- [BC Lung Foundation](#) - Long-Term Test Kit Information and Radon Projects in BC

Teaching and Learning

Student Radon Skill Testing Contest

To raise awareness about radon and its health risks, Interior Health in collaboration with the BC Lung Foundation has launched a Student Radon Skill Testing Contest to coincide with November National Radon Action Month. The contest is open for Grades 4 through 12 and provides an opportunity for students to learn about radon with prizes to be won. For contest rules and details, please visit the [Student Radon Skill Testing Contest Webpage](#).



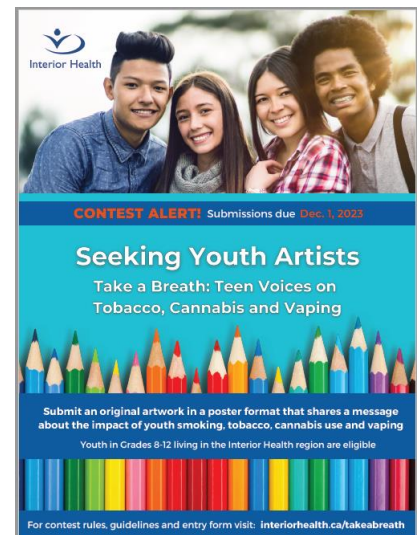
If you have questions, please contact the Healthy Schools team at: HealthySchools@interiorhealth.ca.

TOBACCO AND VAPOUR

Community Partnerships

Cannabis & Vaping Poster Contest

The Tobacco and Vapour Reduction program is hosting their second-annual **Take a Breath: Teen Voices on Tobacco, Cannabis & Vaping** poster contest. This contest invites teens in grades 8-12 from across the IH region to share their view on the impacts of tobacco, cannabis use and vaping through an original artwork. The contest opens **October 15, 2023**, and will only be accepting submissions until **December 1, 2023**. It is important for us to hear youth voices and perspectives on how tobacco, cannabis and/or vaping impacts their friends, family, school, community and themselves. Plus, the winning submissions will receive a gift card valued at \$150! For more contest details and FAQ's, please visit the [Take a Breath Contest: Teen Voices on Tobacco, Cannabis & Vaping](#) webpage, or email tobaccoandvape@interiorhealth.ca.



RESOURCES

Teaching and Learning

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.

Healthy Schools BC Website

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the “Classroom and School Resources” and “Teach Food First”.



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 53](#), [SD 73](#), [SD 83](#)

Community Partnerships

Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: harmreduction.coordinator@interiorhealth.ca

Tobacco and Vapour Prevention and Control

For resources visit the [Interior Health Website](#).

To connect with a Tobacco Reduction Coordinator email: tobaccoandvape@interiorhealth.ca.

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