



## HEALTH PROMOTING SCHOOLS NEWSLETTER

MARCH 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 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.

## MENTAL WELLNESS



### Teaching and Learning

#### 10 Things You Can Say Instead of "You're so Smart!"

**"You're so smart!"**

**"You're lucky to be so smart!"**

**"Wow, what a smart kid you are!"**

These sound like nice compliments, right? Unfortunately, telling children that they are smart is damaging. It's counterintuitive for most of us – what's wrong with telling children something positive about themselves? Should it not build their confidence and sense of self, make them feel more capable of facing the challenges that life presents? What's the possible downside of that?

...As it turns out, there's a significant downside.

Read more about how to support a growth mindset in children on the [Kelty Mental Health Resource blog](#).

## Teaching and Learning

### UBC's Learning for Life Program- Digital Health Literacy

Digital health literacy is clearly important to a child's health. Having good digital health literacy means that a child is better able to find good quality health information from trustworthy online sources and that they can make informed decisions around whether to follow health advice. Such skills are important to mental wellbeing in a number of ways, including being able to access and benefit from good quality resources around mental health. In addition, these skills are important to being critical around media or advertising that may negatively impact mental health. The Learning for Life program, discusses how different aspects of health are interconnected – that means thinking about how your nutrition, physical activity, screen-time, stress levels, social connections, and sleep can affect each other!

Learning for Life is a program that teaches skills in healthy living and digital health literacy among students grades 4-7 in BC. This resource:

- Explores how technology can support students in being healthier by building skills in digital health literacy while balancing “screen-time” with healthy behaviours.
- Teaches skills around five healthy lifestyle behaviours: physical activity, healthy eating, sleep, stress management and social connectedness.

For more information see [UBC's Learning for Life Program](#).

## NUTRITION



### March is Nutrition Month

## Teaching and Learning

Celebrate Nutrition Month 2020, with resources and recipes at [nutritionmonth2020.ca](http://nutritionmonth2020.ca) and [Cookspiration](#). [Free posters](#) are also available to order.

In addition the Canada's Food Guide [Toolkit for Educators](#) compiled by Interior Health Public Health Dietitians can help implement some of Nutrition Month's key messages! The Toolkit can be found on the Interior Health [School Nutrition](#) webpage.

**Healthy eating is about so much more than food! How you eat is important too!**

Embrace and enjoy your own food culture and traditions and share with others this Nutrition Month!

## TOBACCO AND VAPOR PRODUCTS

### Teaching and Learning

#### Vaping Handouts for Parents and Teachers by BC Lung

You can [download BC Lung materials directly](#) or order printed copies through [QuitNow](#).

#### Should I talk to My Kid About Vaping?

Take a look at this [infographic](#) by the Physician Advocacy Network featuring Yes/No response pathways.



### Community Partnerships

#### IH Tobacco Contacts:

Do you need to reach the Interior Health Integrated Tobacco Program? 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)