



HEALTH PROMOTING SCHOOLS NEWSLETTER

JUNE 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.

DASH UPDATES

Teaching and Learning

Healthy at Home Resources

Don't forget to check out [DASH BC's Healthy at Home Resources](#). We have over 40 resources so far and it is continuously growing. Plus, we have videos on "How to Grow Pocket Pants" and "Building Physical Literacy in Small Spaces."

You can also check out our partners [WITS](#), as they have created a Home Activity kit with fun activities for kids learning at home. It is designed with positive messages of kindness and inclusion; the Home Activity Kit includes books and a variety of indoor and outdoor activities that focus on creativity and Social and Emotional Learning.

Healthy School Communities Certification Pilot

Eleven BC schools from across the province took part in DASH's Healthy School Certification Pilot Project. Two of these schools were in the Interior Health Region. DASH is pleased to report that both Big Lake Elementary in SD 27 and Oyama Traditional School in SD 23 were certified as Healthy School Communities this year.

To find out more about DASH's Healthy School Communities Certification initiative and how you can get your schools involved for the 2020/2021 school year, please contact ksmeltzer@dashbc.ca

PHYSICAL LITERACY



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Sport for Life

Even if it feels like the world has come to a standstill, that doesn't mean you should. We've always believed in the power of movement and a healthy lifestyle. Now that many of us find ourselves isolated at home, cut off from each other and more sedentary than usual, movement has become more important than ever. Sport for Life has developed a series of short videos called [Physical Literacy at Home](#) that help support parents and guardians and kids to develop physical literacy at home during the COVID-19 pandemic. For more information see:

[Sport for Life- Facing COVID-19 together](#)

Summer Institute at UBC Online

The Summer Institute "Elementary Physical and Health Education" is being offered through UBC online July 6-10, 2020. The course introduced teachers to Elementary PHE curriculum, content knowledge, pedagogical content knowledge, practical experiences, and professional responsibilities of a successful elementary school teacher. For more information on the Summer Institute see the [poster](#). The course is part of The School Physical Activity and Physical Literacy project - a multicomponent school-based health promotion initiative for B.C. elementary school educators. The project will provide both in-person and online professional development opportunities to build the capacity of B.C. elementary school educators to increase their confidence and competence in delivering quality physical activity and physical literacy opportunities at school and support links to mental well-being. For more information on the project contact spapl@sportforlife.ca or visit www.schoolpapl.ca (coming mid-June 2020).

TOBACCO AND VAPOR PRODUCTS

Community Partnerships

IH Integrated 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

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

Or contact: valerie.pitman@interiorhealth.ca