



HEALTH PROMOTING SCHOOLS NEWSLETTER

MAY 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.

HEALTH RESOURCES FOR FAMILIES AT HOME

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Resources to support the wellbeing of learners and families

DASH BC has put together a variety of resources to support the wellbeing of learners and families at home. For more information see: [DASH BC Healthy at Home](#).

MENTAL WELLNESS

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Parenting During COVID-19: Resources for Parents

Parenting at any time can be challenging; parenting during COVID-19 can be even more stressful. The following resource provides tips for talking to children about COVID-19; strategies for supporting children's mental health during COVID-19; and information on taking care of yourself during this difficult time. For more information see: [Parenting During COVID-19](#)



The Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice has created the resource [Managing Anxiety & Stress in Families with Children and Youth During the COVID-19 Outbreak](#).

See the section: Tools and Supports - For Families & Children section which includes the [7 Tips for Talking to Kids about COVID-19](#).

NUTRITION

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Growing and Cooking

It is finally Spring and time to think about growing! Whether you are a teacher or parent looking to grow or cook food with children, check out the list of [resources](#) compiled by [Farm to School BC](#).

Included is the new **Canada's Food Guide - Toolkit for Educators** put together by the Interior Health Dietitians. The toolkit contains links to resources that support educators to learn more about the new food guide and to help use key messages in lessons. The Canada's Food Guide Toolkit for Educators can also be found on the Interior Health [School Nutrition](#) webpage.

Need more inspiration? The recorded webinars and resources from the Farm to School BC [Webinar Wednesdays](#) series, are now ready for viewing. The webinars feature inspirational champions across the province!



Community Partnerships

[The Kitchen Hacks Challenge](#) invites families across BC to share a short video hack, explaining how you make family meals happen in your homes. This could be a go-to recipe or prep-cipe, or tip that makes it easier for your family to sit down and eat together.

We encourage BC families to share their best hacks (i.e. recipe tips or tricks) for making family meals happen in their homes. Many are spending more time at home these days, and we can never have too many hacks!

For every entry received, BC dairy farmers will donate \$100 to local food banks in BC. The contest is open from April 22nd to May 22nd (ending at noon PST). Great [prizes](#) to be won, including a \$1000 Grand Prize!

PHYSICAL LITERACY

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Physical activity is essential for the health and well-being of all members of the family. In fact, you can Family Better with physical activity!

[Recipe for an Active Year](#)

TOBACCO AND VAPOR PRODUCTS

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BCCDC and Smoking

The BCCDC released information on [vaping, smoking](#) and Covid-19.

Covid-19: Vaping and Smoking

Smoking or vaping could make you more vulnerable to a severe infection with the novel coronavirus, some experts say. To read more view [Scientific American](#) article.

The **Canadian Cancer Society** is taking action by advocating to increase the minimum age to 21 to reduce smoking and vaping. We can't afford to have another generation addicted to smoking. Governments need to do more: Increasing the minimum age to 21 is a strong start. Check out the video: [Taking action](#).

CTANS

The [Canadian Tobacco and Nicotine Survey \(CTANS\)](#) results for 2019 were released today. Here is some partial information from The Daily, a publication of Statistics Canada related to e-cigarette use. The Canadian Tobacco, Alcohol and Drugs Survey (CTADS) has been discontinued and replaced by CTANS.

Cigarette Waste

The world's most littered plastic items are cigarette filters. Check out [The Story of Plastic](#) in this National Geographic video.

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