



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER OCTOBER 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.



Please take note that the [COVID-19 Information](#) Toolkit has been recently updated.

DASH RESOURCES



Teaching and Learning

DASH is pleased to announce our new Outdoor Classroom Resource page and infographic. Visit our [website](#) to find equipment checklists, tips on how to prepare for teaching outdoors, lesson plan activities, and links to partner resources. This resource is a one-stop shop to help educators embark on their outdoor classroom journey. We are delighted to have our resource endorsed by Megan Zeni from [Room to Play](#).

Registration for [DASH's Healthy School Communities Certification](#) opens October 13th, 2020. The 6-step certification process is designed to build and support the capacity of schools to address a priority health topic. New this year are suggested activities for online and blended learning environments, more BC-specific resources and tools, and streamlined reporting.

HALLOWEEN SAFETY



Relationships and Environment

Celebrate less socially and trick-or-treat locally this Halloween!

The BC Centre for Disease Control has some tips for staying safe on Halloween this year:

- Wash your hands before you go out, when you get home, and before eating treats
- Keep to your local neighbourhood
- Trick-or-treat in a small social group, stick to six people
- Be more outside, than inside
- Skip Halloween parties
- Use tongs, a baking sheet or make a candy slide to give more space when handing out candy
- Wear a non-medical mask that covers your nose and mouth when handing out treats
- If you're unable to sit outside to hand out treats, [clean and disinfect](#) doorbells and knobs, handrails, and any other high touch surface often during the evening
- Turn off your porch light and stay at home if you are sick or self-isolating

For more details see: [BCCDC Halloween](#)

MENTAL WELLNESS

Teaching and Learning

Impact of School Closures During the COVID-19 Pandemic

The BC Centre for Disease Control recently released a report on the Impact of School Closures on Learning, Child and Family Well-Being During the COVID-19 Pandemic. Some of the findings include:

- BC families reported impaired learning, increased child stress, and decreased connection during COVID-19 school closures, while global data show increased loneliness and declining mental health, including anxiety and depression.
- The impact of school closures is likely to be experienced disproportionately by families subject to social inequities, and those with children with health conditions or special learning needs.
- Interrupted access to school-based resources, connections, and support compounds the broader societal impact of the pandemic. In particular, there are likely to be greater effects on single parent families, families in poverty, working mothers, and those with unstable employment and housing.
- This evidence review similarly finds that return to school, while posing some risk of COVID-19, offers greater societal and individual benefits than continuing to keep schools closed.
- Public health and schools will need to continue to work together to promptly and appropriately respond to cases, clusters, and outbreaks of COVID-19 to ensure schools remain at low risk for COVID-19 transmission.

To read the full report see: [Impact of School Closures on Learning, Child and Family Well-Being During the COVID-19 Pandemic.](#)

NUTRITION

Our School Policies

Meal Programs and Food Based Learning - Updated Guidance

The Provincial [Covid-19 Public Health Guidance for K-12 Settings](#) has been updated to include more information about school food service. Please refer to **pages 14 and 24** to find guidance about food based learning, food service and food distribution. **Schools can continue to include food preparation as part of learning and provide food services such as meal programs and salad bars.**

TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

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:

How to Spot a Vape

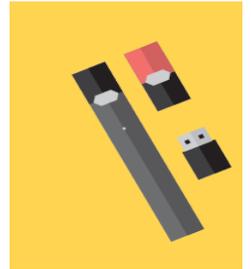
Electronic cigarettes (vapes) are devices that can look like USB computer flash drives. These devices can be easily hidden by children at home or at school.

These devices are unsafe for young people to use.

A popular device called the JUUL is easy to hide in the palm of your hand or shirt sleeve.

Some tips to talk with your kids:

- ✓ Talk to your kids about the risks of vaping among young people
- ✓ Learn to recognize the different sizes and types of devices
- ✓ Talk about how kids are using these inside and outside on school property
- ✓ Don't share the same vaping device with your friends
- ✓ Set a positive example by being tobacco and vapour free
- ✓ Encourage open supportive conversations



To read more see:

[What e-cigarettes can look like.](#)

and

[View video](#)

New Vaping Prevention Self-Paced Course for Students

Stanford Medicine has updated their vaping prevention toolkit to include more options for different methods of learning. It now includes a [self-paced module](#) for middle/high school students.

UBCO Study highlights link between advertising and uptick in youth vaping

A [new study](#) examining the powerful influence advertisements have on tapping into youth's reasons for vaping, most prominently a focus on relational aspects of vaping and product-related benefits.

Community Partnerships

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 or 1-855-744-6328 prompt #5

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

Or contact: valerie.pitman@interiorhealth.ca