

# HEALTH PROMOTING SCHOOLS NEWSLETTER



DECEMBER 2021

## MENTAL WELLNESS

### Teaching and Learning

#### Free Programming for Educators that work with Indigenous Communities

[Strong Minds Strong Kids Psychology Canada](#) has partnered with RBC to offer Kids have Stress Too programming for FREE to 300 educators that work with Indigenous communities in BC. Kids have Stress too is an evidence-based program that helps students learn stress management skills and build emotional resiliency. In addition to the free training educators will receive a guidebook with step-by-step lesson plans, skill-based activities and more. This training equips educators with the tools and knowledge they need to help their students manage stress. Register for the training [here](#).

### Teaching and Learning

#### Jessie's Legacy Free Prevention Presentations

Jessie's legacy is now offering free, gender-inclusive virtual presentations for school staff and students from grade 4 to 12.

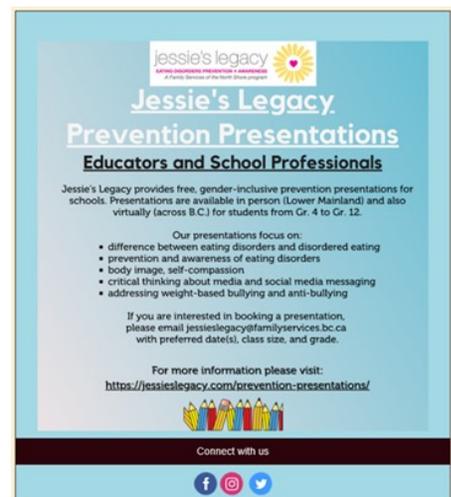
Presentations include tailored content for grade groups and include the below topics in one session:

- The difference between eating disorders and disordered eating
- Prevention and awareness of eating disorders
- Body image, self-compassion
- Critical thinking about media and social media messaging
- Addressing weight-based bullying and anti-bullying

Presentations are offered by MA-level psychology practicum students. Sessions run for approximately 60 minutes with time for Q&A. Presentation lengths can be tailored to need.

For more information see: [Jessie's Legacy Education Events](#).

If your school or group is interested, contact Elvira Chan at Family Services of the North Shore at [jessieslegacy@familyservices.bc.ca](mailto:jessieslegacy@familyservices.bc.ca) or call 778-686-9583 and ask for Elvira.



## Teaching and Learning

### Student Mental Health Lesson Plans and Resources

The Student Mental Health Toolkit from [Stigma-Free Society](#) includes downloadable resources and lesson plans aligned with the BC Curriculum. Designed for students in grades 4 to 7, the activities in the toolkit can be used to teach students about a variety of mental well-being topics including stigma, emotions, empathy and conflict resolution. [Find out more.](#)



## NUTRITION

### Teaching and Learning

#### Teaching Resources

#### [Teach Food First Toolkit \(K-8\)](#)



This toolkit encourages educators to use food exploration as a teaching tool. “Teach Food First” supports educators with best-practice approaches, resources, and grade specific lesson plans for exploring Canada's food guide in the classroom. This toolkit was developed in partnership with BC dietitians, Indigenous Knowledge Keepers and tested by BC teachers.

#### [Spotlight Series on Hazelnuts \(secondary grades\)](#)

Students can learn about BC Hazelnuts from farm to table with the new BC Agriculture in the Classroom learning series on hazelnuts. Have a look at the [toolkit](#) for an educational video, curriculum-linked activities and recipe ideas.



## OUTDOOR LEARNING

### Teaching and Learning

#### Learning from the Land: Resources and stories from K-12 schools engaging with Indigenous plants and pedagogy

This toolkit is a written compilation of resources and stories highlighting programs related to Indigenous plants and pedagogy within schools. It reflects projects supported by the F2SBC community animators and dozens of Indigenous and non-Indigenous stakeholders. For more information see [Farm to School BC.](#)



## TOBACCO AND VAPOR PRODUCTS

### Teaching and Learning

#### Guess who's behind Canada's Vapers' Protest Movement?

While the focus was mostly on activities in Europe, the report also spotlighted connections between the Canadian Rights4Vapers group and tobacco and other business interests. They demonstrated that these activities were executed with the participation of anti-regulatory think tanks like the Consumer Choice Centre, Students for Liberty and the Taxpayers Protection Alliance. Further, they dug up the financial connection between tobacco companies and the libertarian Koch funders to these think tanks and non-profits. Just follow the money....

Read more at: [Physicians for a Smoke-free Canada-November 8, 2021](#)

#### Tobacco Company Invests in Pharmaceuticals & NRT Products

Recently the major transnational tobacco companies have invested in products such as non-electronic inhalers for nicotine and cannabis and, most controversially, for the delivery of medicines to treat lung disease. These interests are detailed in this article:

[Tobacco Company Investments in Pharmaceutical & NRT Products](#)

#### Health Canada Study following Vapers over 2 years found no Reduction in Tobacco Smoking

The federal government recently released its most recent consumer research report on Canadian vaping behaviour. The results show that among a group of Canadian vapers, there was no overall decrease in smoking behaviour over the past two-years.

Read more at: [Physicians for a Smoke-free Canada- November 2, 2021](#)

## 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 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 6](#), [SD 8](#), [SD 19](#), [SD 53](#), [SD 73](#), [SD 83](#)

### 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](mailto:tobacco@interiorhealth.ca) or 1-855-744-6328 prompt #5

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

