

HEALTH PROMOTING SCHOOLS NEWSLETTER



FEBRUARY 2022

DASH UPDATES



Teaching and Learning

At this year's Okanagan Zonal Virtual Conference, on February 18, 2022, Comprehensive School Health Facilitator Dara DeMarce will be presenting DASH's 'Promoting Mental Well-Being: Creating Healthy School Communities'. During this workshop participants will learn how to use the comprehensive school health framework to promote mental well-being for the school community. Teachers will learn strategies to strengthen their personal mental well-being and mental well-being of students. If you would like this workshop at your school find out more [here](#).

DENTAL HEALTH

Teaching and Learning

Dental Health Math and Literacy Activities

Teach students math and literacy skills while also learning about dental health!

Find fun colour and count, crossword puzzles, word searches, and other printable activity sheets at [Dental Hygiene Canada](#), [The Canadian Dental Association](#), and [Mouthhealthy](#).



INDIGENOUS RESOURCES

Teaching and Learning

New Animated Video Highlights Respecting Traditional Tobacco, Quitting Commercial Tobacco



Made in partnership with Indigenous Story Studio, with the guidance from Elders at Tsow-Tun-Le-Lum Society and youth from around BC, this video highlights important teachings around culture, sacred tobacco and wellness. For more information see the news [article](#). You can watch the video [here](#).



MENTAL WELLNESS

Community Partnerships

Foundry Virtual BC

Foundry's provincial virtual services offer free drop-in and scheduled counselling & peer support, primary care, employment support and groups for young people aged 12-24 and their caregivers across BC.

All services are free and confidential. We offer video, audio and chat options.

For more information visit foundrybc.ca/virtual. If you don't have access to internet, call **1-833-308-6379** or email online@foundrybc.ca.

Download the App or
use in a browser

Hours: 7 days/week
1:00pm–9:00pm



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Drop-in services: Access same-day counselling and peer support.

Scheduled appointments: Book counselling or peer support appointments in advance.

Groups: Connect with peers, learn coping strategies and the skills.

Primary Care: Speak with a Nurse Practitioner about mental health, medication, gender affirming care or other medical/health-related concerns.

Employment services: Explore employment opportunities, educational/certification programs or discuss other job or school-related options.

Download the App or use in a browser
Hours: 7 days/week
1:00pm–9:00pm

Please note that we are not a crisis service.

Visit foundrybc.ca/virtual to learn more. If you don't have access to internet, call **1-833-308-6379** or email online@foundrybc.ca

NUTRITION

Teaching and Learning

Teaching Resources

[Teaching and Talking about to Students About Food and Nutrition](#) – have a look at this resource from the [Teach Food First Toolkit](#) for examples on using a food exploration approach to food and nutrition education.

Fresh Roots [Leavening Activity](#) – Students learn about what makes baked goods light and fluffy. (grades 3-7 lesson plan)



For Parents: Have a look at this informative resource [Kids in the Kitchen](#) for cooking skills and ideas by age.

TOBACCO AND VAPOUR PRODUCTS

Teaching and Learning

New Free Program to Help Youth Quit Smoking and Vaping!

Through the Quash app, website and facilitator training course, we want to empower young Canadians to live their best lives, smoke-free and vape-free. [Learn more about how you can become a Quash Facilitator](#). Our free certificate training equips adults to deliver the Quash smoking and vaping cessation program to youth in their communities. Empower Youth to Live Smoke-Free with Quash a judgement-free program to help teens and young people quit smoking or vaping. The Lung Health Foundation is the leading national charity dedicated to improving the lung health of Canadians.



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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 BC Website](#) is a great resource for teachers.

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 or 1-855-744-6328 prompt #5

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

