

HEALTH PROMOTING SCHOOLS NEWSLETTER



JANUARY 2022

DASH UPDATES

Community Partnerships



New Staff member for Indigenous Relations

[DASH](#) would like to introduce Kyra as the new Comprehensive School Health Facilitator with Indigenous Relations. Kyra has a BA in Health Community Services from the University of Victoria and focused on Indigenous Health within this program. You can contact her at kbohlken-hern@dashbc.ca

CANNABIS EDUCATION

Teaching and Learning



Free Education Session on Cannabis and the Adolescent Brain

YMCA's Youth Cannabis Awareness Program (YCAP) is hosting a free education session on January 31, 2022.

YCAP is a free program, funded by Health Canada and implemented across all provinces in Canada. Their mandate is to increase awareness about recreational cannabis use among youth 12-24 in Canada. YCAP takes a non-judgemental, evidence-informed and harm-reduction approach to cannabis education.

This presentation will touch on the effects of cannabis to the human body and will explore how cannabis use can impact the development of the human brain.

This is an open-invite to any teachers or youth leaders who would want to supplement their lesson planning and programming with an engaging session addressing topics related to Mental health, Substance use, Healthy living, and the Human Nervous System. If you and your class or youth group could benefit from this learning opportunity, [click here to register](#).

The YMCA is committed to an environment that is barrier free. If a youth or any participant needs additional information or an alternate way to join, please contact ycap@ymcagta.org or andres.ariza@ymcagta.org

MENTAL WELLNESS

Teaching and Learning

BC's New Mental Health and Addictions "Wellbeing" Website

Find out more about wellbeing, mental health, and substance use tools, resources, and services at Wellbeing.gov.bc.ca. The site is managed by the Ministry of Mental Health and Addictions.



Ministry of
Mental Health
and Addictions

Teaching and Learning

Free Stress Management Training for Preschool and Kindergarten Educators

Psychology Canada is offering a Free Preschool and Kindergarten educator stress management program for child serving professionals in British Columbia who work with indigenous children and youth. Kids Have Stress Too! Preschool, Kindergarten and Parent Training will prepare educators to incorporate these programs into their classrooms and lessons. The program provides a comprehensive introduction to key aspects of early childhood and brain development and the crucial role that early childhood educators play in teaching children effective stress- management. Register for March 4th or March 25th [Here](#).

NUTRITION

Teaching and Learning

School Garden Mentorship Program

From January to October 2022, Farm to School BC is offering a free mentorship program for K-12 educators in BC who are in the initial stages of creating a school garden or revitalizing an existing school garden. The program includes a series of monthly online workshops on topics related to school gardening. Find out more: [School Garden Mentorship Program - Farm to School BC](#)



Have a look at the following resources to support food literacy in the classroom:

[The Learning from the Land Toolkit](#) – is a compilation of resources and stories highlighting programs related to indigenous plans and pedagogy within schools in BC (K-12).



Reminder: the [Teach Food First Toolkit](#) is available! Have a look through this resource for ways to explore Canada's Food Guide with K-8 students. To learn more about the guiding principles and the new Physical Health Education curriculum elaborations, watch this available [webinar](#).

POSTER CONTEST GRADE 6

Community Partnerships

Grade 6 Poster Contest. Infectious Disease & Climate Change: Awareness & prevention in your community

The Canadian Public Health Association's Grade 6 infectious disease and climate change poster contest is back! Students across Canada can submit a hand drawn poster to bring attention to a climate sensitive infectious disease such as Lyme disease or West Nile virus for a chance to win a Chromebook and other great prizes. Deadline for submissions is March 31, 2022. For more information on teacher resources and contest details, visit www.cpha.ca/contest.

CLASSROOM RESOURCES



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](#)

