

HEALTH PROMOTING SCHOOLS NEWSLETTER

January 2023

HARM REDUCTION

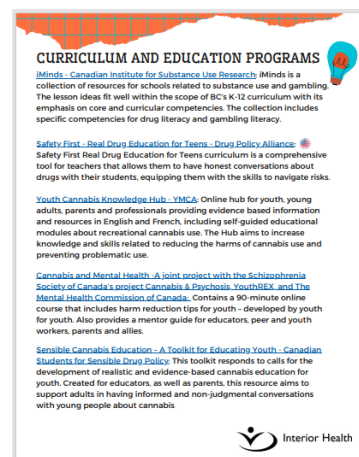
Community Partnerships

Youth Harm Reduction: a toolkit for service providers

The Youth Harm Reduction program is excited to announce that the [Youth Harm Reduction Toolkit](#) is live on the Interior Health website! This toolkit was designed to assist schools, community partners, Interior Health staff and others who work with youth to find credible harm reduction information, resources and tools to support them in the important work they do. The toolkit focuses primarily on substance use and includes information on topics such as:

- Information for Schools
- Curriculum and Education Programs
- Information for Parents and Caregivers
- Drug Poisoning (Overdose) Response
- Substances and Harm Reduction Tips
- Find Harm Reduction Services
- Legislation and Policies
- Guiding Documents
- Statistics and Reports
- Professional Development
- Diversity and Inclusion
- Other Related Toolkits

The team plans to add to the toolkit as new resources are developed or discovered. If you have questions about the Youth Harm Reduction Program, you can reach the team at harmreduction.coordinator@interiorhealth.ca



Naloxone Kits Available for Schools – Blue Kit Program

The Youth Harm Reduction Team is excited to announce the launch of the Naloxone Blue Kit program. The Naloxone Blue Kit program is an Interior Health program to help schools prepare to respond to an opioid drug poisoning (overdose) on site. The program provides free naloxone kits to schools who implement an overdose response plan. More information in this [program overview](#).



INJURY PREVENTION

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Vision Zero Road Safety Grants

The [British Columbia Vision Zero in Road Safety Grant Program](#) offers funding to local governments, Indigenous community governments and non-government organizations (School Districts, Parent Advisory Councils, road safety advocacy groups, Aboriginal Friendship Centres) to directly support road safety projects. The goal of the program is to prevent injuries for vulnerable road users such as people who walk, cycle or wheel in our communities. Indigenous community governments are invited to submit applications for the road safety projects that best suit their needs. Grant projects are funded between \$5,000 and \$20,000 depending on the project.

Application Deadline: January 16, 2023

PHYSICAL ACTIVITY/LITERACY

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Funding

Physical and Health Education (PHE) Canada Empowerment Grants

PHE Canada's Physical and Health Education (PHE) Empowerment Grants help to empower schools to provide every student with the knowledge, skills, and attitudes necessary to lead resilient, active, and healthy lives. There are two grant streams available:

- In-School Initiatives Stream
- Researcher Stream: Research Council Equity, Diversity, & Inclusion Graduate Student Research Scholarship

Application Deadline: Ongoing UNTIL January 15, 2023

Access to Action Grant Program: Increasing access to physical activity for Canadian students

Funded by the Government of Canada, Access to Action supports schools and equity-deserving children and youth in delivering and accessing high quality sport and physical activity programming before, during, and after school. Schools, school divisions, and community sport organizations working with schools supporting equity deserving populations are eligible to apply for grants of up to \$20,000 for projects taking place in the 2022-23 school year.

Application Deadline: ongoing UNTIL February 28, 2023

ISPARC RISE Grant

RISE Grants support all Children and Youth in and out of Care, who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment, and travel. There are also organizational grants available twice yearly. Please see attached handout for more information.

Application Deadline: Ongoing

Teaching and Learning

Heartbeat of the Earth: A Handbook on Connecting Children to Nature through Indigenous Teachings

This handbook is intended to inspire and excite parents, caregivers and educators to provide children with meaningful outdoor experiences interwoven with traditional Indigenous knowledge. This handbook has been released by [Rise Up](#), an Indigenous run, non-profit organization located in Salmon Arm. The book can be accessed by [emailing](#) the author, Launa Purcell to request a copy.

[Active School Travel 'Ideas Lab'](#)

Green Communities Canada presents the Ideas Lab on the new [SchoolTravel.ca](#) website! It is a searchable catalogue of 35 actions, such as family travel surveys, walkabouts, anti-idling campaigns, and much more. These items include a description of the activity, steps for implementation, and additional resources.

MENTAL HEALTH

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Bell Let's Talk Day January 25th



[Tools to help everyone with mental health | Bell Let's Talk](#) has many resources including: Tools for the Classroom. For more information check it out!

NUTRITION

Teaching and Learning

Teacher Resources

[Northern Indigenous Food Ways – Virtual Learning Circle Series](#) – Farm to School BC launched a circle series to support educators within the K-12 education system in gaining skills and knowledge to apply indigenous food ways and teachings within their food literacy curriculum.

[Winter Learning Activities](#) – Farm to School BC has put together a list of fun food-related activities for you to try with your students this winter.

[Farm Explorer BC](#) – BC Agriculture in the Classroom has launched a guide to over 400 farm and agriculture experiences throughout BC! Use the guide to discover agriculture experiences available to students in your area.



TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

National Non-Smoking Week 2023 is almost here!

The [National Non-Smoking Week](#) (NNSW) will be celebrated from January 15-21 this year. The focus of this awareness week is to talk about the risks of smoking, prevent non-smokers from starting and help people quit. It is a great opportunity for educators to engage students in the conversation about tobacco use and vaping.

Here are some activity ideas to bring NNSW to your classroom:

- Play the [“Tobacco Exposed” Kahoot](#) with your class
- Discuss the differences between [traditional and commercial uses of tobacco](#)
- Host a [“Principal for a day” workshop](#) on tobacco and vaping
- Talk to kids about the [marketing strategies of tobacco and vaping companies](#)
- Engage students with a lesson from the [Stanford’s Tobacco Prevention Toolkit](#)
- Share resources for those who need support like their health care provider, [Foundry](#), [QuitNow](#), [FNHA](#), [Quash](#) and your local substance use community partner.



Need more resources and inspiration? Check these out:

- [Vaping Toolkit for Schools](#)
- [Tobacco & Vaping Resources for Schools](#)

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

The [Healthy Schools BC Website](#) is a great resource for teachers. Look for the “Classroom and School Resources” and “Teach Food First”.



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

Community Partnerships

Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: harmreduction.coordinator@interiorhealth.ca

Tobacco and Vapour Prevention and Control

For resources visit the [Interior Health Website](#).

To connect with a Tobacco Reduction Coordinator email: tobaccoandvape@interiorhealth.ca.

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