



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER JUNE 2021

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 19](#), [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 like COVID-19 Information, Dental and Oral Health, Hand Hygiene, Positive Mental Health, and Substance Use.

DASH UPDATES AND RESOURCES



Teaching and Learning

New Resources



DASH has been adding a variety of activities and lesson plans to the Healthy at School & Home Resource bank, which can be found [here](#). The new curriculum-connected resources include Little Food Scientists, Self-Compassion, Taking Action Against Bullying, A Classroom Gratitude Experiment, and Teaching Mental Well-Being Through Art.

Community Partnerships

2020/2021 Certified Healthy Schools

Many BC schools worked hard to complete DASH's Healthy School Communities certification over the past year and 10 schools were successful in becoming certified healthy schools! The participating schools completed a 6-step process to help them select a priority health topic, and then plan and implement activities to address their chosen topic. Join us in celebrating the hard work and commitment of these schools to enhancing the health and well-being of their school community. Learn more about this initiative on the [DASH website](#).



COVID-19 QUESTIONS

Teaching and Learning

BCCDC has added a [Parents and Students](#) Parents and Students page to their [K-12 Schools and COVID-19](#) website.



NUTRITION

Community Partnerships

Thinking ahead for the next school year: Grants for Food based Learning



For a list of funding opportunities for food based learning visit the [Healthy Schools BC's Grants page](#).

Teaching and Learning

Teaching Resources: Cooking and Food Skills

Primary grades:

[Several Shades of Smoothies \(4-7\): PHE Canada](#)

Middle and Secondary grades:

[Create a Recipe- Build your own salad dressing: Growing Chefs](#)

[Food Skills Expert \(7-12\): PHE Canada](#)

SEXUAL HEALTH EDUCATION RESOURCES

New Canadian Resource on Sexual Health Education from Sex Information & Education Council of Canada



A variety of Resources are available:

[SIECCAN Resources to Support Comprehensive Sexual Health Education in Canada](#)

The [New 2021 Promising Practices Portal](#) links users to curriculum documents from each Canadian province/territory, as well as teaching materials on a wide range of sexual health education topics.

Highlighting 2 new Fact sheets:

Friendships, Relationships & COVID-19:
Things to think About (Elementary Students)



Relationships, Sexual Health & COVID-19: What Do I need to Know? (Secondary Students)



TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

Information for Parents

Let's Talk!

Summer time is the perfect time to talk about what your children have learned about tobacco and vapour products.

Keep the conversations going over the summer.

Keep tobacco and vapes out of the hands of children.

Some tips to talk with your kids:

- ✓ Find time to talk and strike up a conversation
- ✓ Take advantage of learning moments that present themselves
- ✓ Ask your kids open ended questions about their experiences
- ✓ Use conversations to gauge your child's understanding
- ✓ Set a positive example by being tobacco and vapour free

To read more see:

Information for families:

https://bc.lung.ca/sites/default/files/Vaping_Parent%27sHandout_preview_May28.pdf

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](#)

