

HEALTH PROMOTING SCHOOLS NEWSLETTER

JUNE 2025

DENTAL HEALTH

Teaching and Learning

Protect Your Game Face!



Athletic mouthguards are a must-have for any contact sport or sports that have a potential risk of falling. Encouraging **mouth guard** use in sports is a shared responsibility. Teachers, coaches, parents and players all play a role in influencing regular mouthguard use. The [Canadian Dental Association](#) recommends mouth guards for more than 30 sports. When enjoying sports on the field, the court, or the mat – the mouth also requires **protective gear**. Mouth guards perform as a shock absorber helping to prevent the following injuries:

- Chipped or knocked-out teeth
- Lip and tongue injuries
- Jaw damage
- Costly dental emergencies

Relationships and Environments

Ideas for building a culture of safety

Teachers and coaches can design a [sample policy](#) statement to promote wearing a mouth guard for practices and games. This will inspire and encourage young athletes to rethink mouthguards as a part of their uniform, remembering to gear up to guard their smiles.

Criteria to consider when fitting for a [Mouth Guard](#):

- Form fitted so that it does not misalign the teeth or jaws
- Lightweight
- Strong
- Easy to clean
- The proper size to cover the upper and/or lower teeth, gums, and braces if present

All protective gear experiences wear and tear with regular use. The mouth guard requires ongoing evaluation when in place for retention, comfort, the ability to speak, breathe, any tears and effective coverage of all teeth.

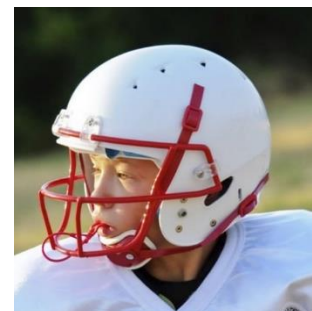
For more information:

[CDA: Prevention of Traumatic Oral/Maxillofacial Injuries](#)

[Dental Hygiene Canada - Mouthguards](#)

[MouthHealthy - Mouth Guards](#)

[Healthy Schools Toolkit Series IH Dental and Oral Health Toolkit](#)



FOOD LITERACY

Partnerships and Services

BC Farmers' Market Nutrition Coupon Program

The Farmers' Market Nutrition Coupon Program (FMNCP) is a healthy eating initiative that supports farmers' markets and strengthens food security across British Columbia.

Community partner organizations provide coupons to lower-income families, pregnant people and seniors. Coupons can be spent at all BCAFM member farmers' markets that participate in the FMNCP, and can be used to purchase vegetables, fruits, nuts, eggs, dairy, herbs, vegetable & fruit plants, honey, meat and fish.



School districts can use their Feeding Futures funding to purchase coupons from BC Association of Farmers' Markets. For more information, school districts can contact nutrition@bcfarmersmarket.org.

Low-income families can apply to receive coupons through our [local community partners](#).

For more information see:
[How It Works - Nutrition Coupon Program](#)

MENTAL HEALTH

Teaching and Learning



FamilySmart – Online Webinar for Parents and Caregivers

[Mental Health and Preparing for the Transition to Post Secondary](#)

June 11 at 6:30 pm - 8:00 pm PDT

ADDitude – Live Webinar for Education Staff, Parents and Caregivers

[Big Kids, Big Emotions: Helping Teens with ADHD and Rejection Sensitivity Improve Emotional Regulation](#)

June 11, 2025 at 10:00 AM PDT

Language Matters! Understanding Mental Health and Substance Use: A Resource for Families and School Communities is now available!

The resource was developed to help parents, guardians and caregivers learn more about mental health and substance use, and to help create a common language and shared understanding in school communities. The guide includes information about:

- Defining and understanding mental health and substance use
- The role that school communities play in supporting child and youth mental health
- How families can support their child or youth's mental health and well-being

[Language Matters! Understanding Mental Health and Substance Use: A Resource for Families and School Communities](#) was developed by the Ministry of Education and Child Care in partnership with the BC Children's Kelty Mental Health Resource Centre.

OUTDOOR CLASSROOM

Teaching and Learning

[2025 Take Me Outside Student Video Contest](#)

This is a chance to showcase the unique backyard of wherever you live. Tell a story, get creative, and dig into what it means for you to spend time outside, as an individual or in your class. Individual learners from kindergarten to grade 12 can enter within two categories (K-6 & 7-12) or it can be a class project. See the [Official Rules & Guidelines](#) for more information.



The Grand Prize is a three-day trip to Banff National Park for two people at the beginning of November 2025 and \$400 towards MEC! The winning short film will also be shared at the Banff Mountain Film Festival's Marketplace and across social media platforms.

Contest Closes: October 1, 2025

[Register now for Take Me Outside Day: October 22, 2025](#)

Take Me Outside Day is a FREE virtual event that raises awareness about the importance of outdoor learning by encouraging educators to take their learners beyond the classroom walls. **Taking place over an entire week (October 20-24)**, the event features inspiring speakers, engaging activities, and exciting prizes, all designed to support educators across grades and subjects. Programming is centred around three key themes: Indigenous Perspectives & Knowledge, Environmental Education & Climate Change, and Health & Wellbeing.

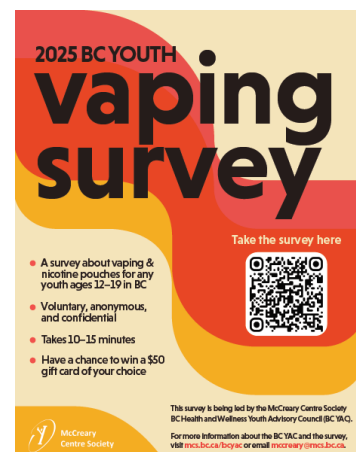
LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

Partnerships and Services

Youth survey on vaping and nicotine pouches

The McCreary Centre Society BC Youth Health & Wellness Advisory Council (BC YAC) is seeking youth feedback and perspectives on vaping and nicotine pouch use! The BC YAC has developed a survey which aims to give youth in grades 8-12 a chance to share their views and experiences with vaping and nicotine pouches, as well as have their voice heard about how schools and community services can better support young people in their local areas. For any youth that are interested in participating, they should know that the survey:

- Is about vaping and nicotine pouches
- Is for any youth ages 12-19 in B.C., including those who have and have not vaped/used nicotine pouches
- Is anonymous, confidential, and voluntary
- Takes about 10-15 minutes to complete



The deadline to complete the survey is **Tuesday, June 10**. All participants who complete the survey will be entered for a chance to win a \$50 gift card of their choice!

Teaching and Learning

NEW! Cannabis & impaired driving infographic

Check out [this new infographic](#) developed by the Legal Substances Team that debunks myths and shares real facts about cannabis and driving. This infographic reveals evidence-based information on the effects that cannabis can have on driving performance, as well as offers some harm reduction tips on how to stay safe if using cannabis products.

Understanding and Addressing Youth Vaping in School Communities: A Webinar and Panel Discussion

Vaping in schools is an increasing concern as it may affect both individual health and the school climate. Listen in on this recorded session from panelists Priscila Nabuco, Art Steinmann and Dr. Laura Struik to learn more about vaping, including its effects on health and learning, why youth vape, how to support students who are vaping, and how schools can address vaping that may be happening at school. [You can view the slides and recording from the webinar here.](#)

YOUTH DEVELOPMENT INSTRUMENT

Partnerships and Services

YDI is returning for the 2025–2026 school year

—refreshed and ready for the next wave of meaningful data collection. The [Youth Development Instrument \(YDI\)](#) is a school-based, self-report survey for students in Grades 10–12. It's designed to capture what truly matters to young people—highlighting the resources, opportunities, and practices that support their well-being and positive development. Led by Dr.

Hasina Samji and conducted by the Capturing Health and Resilience Trajectories ([CHART Lab](#)) at Simon Fraser University, the YDI gives students a direct voice in shaping the systems that serve them.



In 2025, we paused YDI implementation to strengthen and align it with our broader youth well-being program.

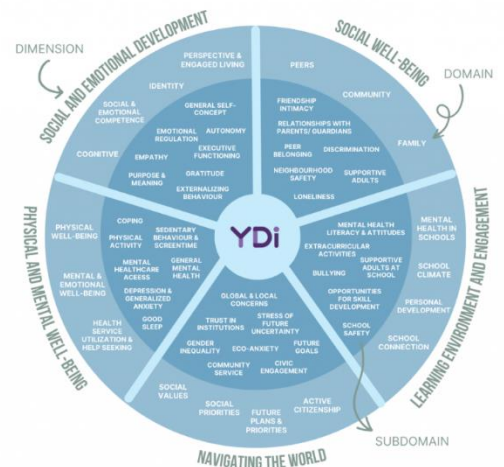
Now recruiting for the 2025-2026 YDI Survey

We are now recruiting for participation in the **2025-2026 YDI survey** and would appreciate your support. The survey will take place from January to March 2026, and we will be offering it at **no cost** to schools.

Seeking your input

As we finalize the core YDI, we're committed to aligning it with the needs of educators, public health professionals, and communities across the province. **Please take a moment to complete this [short form](#)** and share which topic areas would be most valuable to your work.

Please reach out if you have any questions at ydi@sfu.ca.



RESOURCES

Teaching and Learning

Interior Health Website

The [School Health](#) section of the Interior Health Public Website will take you to the following sections where you can find more information: [Information for School Staff](#), [Promoting Health of Children & Youth in School](#), and [Medical Conditions at School](#).

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 23](#), [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: YHRC@interiorhealth.ca

Legal Substances Program

For resources on tobacco, vaping or cannabis use, visit the Interior Health [Tobacco & Vaping Information for Schools webpage](#) or the [Cannabis Information for Youth webpage](#).

To connect with a Legal Substances Reduction Coordinator, email: LegalSubstances@interiorhealth.ca

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