

# HEALTH PROMOTING SCHOOLS NEWSLETTER

JUNE 2026

## COMMUNICABLE DISEASES

### Molluscum contagiosum

Molluscum contagiosum is a viral skin infection that causes small skin coloured bumps. This infection is most common in children. But teens and adults can also get it, often from taking part in sports like wrestling and gymnastics or from sexual contact. And it can occur in people with a weak immune system. The virus can spread from one part of a person's body to another part. Or it can spread to other people, such as among children at daycare or school. It can be spread through skin-to-skin contact, touching objects that have the virus on them, or through sexual contact. The virus is easily spread but **is not harmful**. The infection is contagious until the bumps are gone.

#### How can you prevent it?

To prevent molluscum contagiosum from spreading:

- Wash your hands.
- Try not to touch, scratch, or pick at the bumps.
- Cover the bumps with a bandage, medical tape, or clothing when around other people.
- Don't share towels or face cloths.
- If the bumps are on your face, don't shave.
- If the bumps are in your genital area, avoid sexual contact

For more information, visit [HealthLinkBC File #08i Molluscum contagiosum](#), or visit [BC Centre for Disease Control: Molluscum Contagiosum](#).

## OUTDOOR LEARNING

### Learning by Nature (BC Parks Foundation)



[Learning by Nature](#) is a national movement of students, teachers, and school communities enhancing and caring for nature on their school grounds. Your free [registration](#) includes tools and resources to support health and learning outcomes at school, funding opportunities for student-led climate and biodiversity projects, and professional development for teachers.

## INJURY PREVENTION

### Safe Kids Week – Parachute



[Parachute Safe Kids Week](#) is an annual awareness campaign designed to bring attention to predictable and preventable injuries in children. Safe Kids Week is from June 1 to June 7, 2026, with the theme of #SafeSpeedsForKids. Did you know that transport incidents, such as motor vehicle collisions, are the **leading cause** of injury-related death and **third-leading cause** of injury hospitalizations and emergency department visits in children from birth to age 14? June has the highest number of child bicyclist injuries

and deaths. Generally, these injuries happen in spring and summer when children are riding most often.

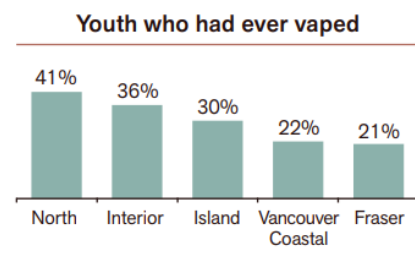
Everyone has a role to play in keeping kids safe on our roads. Creating safer roads for kids means slowing down, staying alert, and being especially cautious in places where children live, learn and play. Check out [Safe Kids Week](#) for ideas on how to incorporate Safe Kids Week at your school or in your community.

## LEGAL SUBSTANCES

### Nicotine Use

McCreary has released their newest report, [Nicotine use among BC youth](#).

This report focuses on vaping and smoking among the 38,277 BC youth in Grades 7 to 12 (aged 12–18) who filled out the 2023 BC Adolescent Health Survey, as well as the use of other tobacco products such as chewing tobacco. It looks at recent and regular nicotine use, potential health risks associated with regular use, as well as supports that reduce the likelihood that young people will vape or smoke tobacco.



The report, along with posters sharing findings from each of BC's five health regions and an infographic created by McCreary's Youth Advisory & Action Council, are available for download [on the website](#).

## UPCOMING EDUCATIONAL WEBINAR

### Children in the Middle Years: Trends in Well-being & Community Connections



An engaging webinar exploring **trends in data collected through the Middle Years Development Instrument (MDI)** and **examples of moving the data to action in BC**. Dr. Eva Oberle will discuss trends in well-being and how children spend their out-of-school time in the neighbourhood, on screens, outdoors and more. Showcasing a partnership that started over 15 years ago, Trisha Dulku will share how the United Way has used MDI data to strengthen out-of-school and connectedness opportunities for middle years children in province. Learn about the United Way's School's Out program, offered in partnership in over 100 BC schools and communities, and how they are engaging youth about their experiences with the programs.

This webinar takes place **June 9 2-3:30pm PST**

Sign up here: [Registration](#)

## FOOD LITERACY

### New Resource!



Check out the new educators resource from Northern Health focused on:

[Exploring Canada's Food Guide \(Grades 9-12\)](#)

Co-created by BC educators and health professionals, this unit invites students to explore the question: *Why are historical, cultural, and personal contexts important when understanding and interpreting Canada's Food Guide?*

### Survey

#### [Being Me, Being Us Survey](#) (deadline June 12<sup>th</sup>)

[Being Me, Being Us](#) is an online resource designed to support educators to create body-inclusive classrooms and schools throughout British Columbia. This survey gathers feedback on the resource.

- **Who:** Educators (Grades 4-7), administrators, support staff, and community partners
- **Time:** 10-15 minutes
- **Link:** [Being Me, Being Us Survey](#)

**No prior knowledge or use of the resource is required**—new perspectives are welcome. Participation is voluntary and anonymous. Participants may enter to win one of two \$100 gift cards.

Your input is valuable in helping strengthen resources for educators and support healthier, more inclusive school environments.

**The Interior Health Public Health Dietitian team** is available to support school district's food and nutrition literacy efforts and to create and support healthy school food environments.

For questions email [schoolnutrition@interiorhealth.ca](mailto:schoolnutrition@interiorhealth.ca)

## HARM REDUCTION

### Just the facts

Interior Health's Youth Harm Reduction team has launched an awareness campaign called **Real Facts. For Real.** Watch for ads on social media, including Facebook, Instagram, Snapchat and Spotify. Please share as we work to build stigma-free knowledge about drugs and alcohol. A community partner toolkit is also in the works. Learn more at <https://www.interiorhealth.ca/information-for/youth/get-to-know-more-about-drugs>

### No more 'just say no'

Read about the increased concerns with substance use among students, and a soon-to-be launched evidence-informed substance use prevention framework explained by Dr. Emily Jenkins and Dr. Tonje Mari Molyneux at UBC's Wellstream: The Canadian Centre for Innovation in Child and Youth Mental Health and Substance Use.

<https://theconversation.com/no-more-just-say-no-canadian-schools-will-soon-have-a-roadmap-to-address-student-substance-use-280336>

## RESOURCES

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

### Healthy Schools BC Website – UPDATE!

Starting March 30, 2026, **the Healthy Schools BC website is now hosted and maintained by HealthLink BC under the Ministry of Health.** It will now be easier to access provincial school health promotion information and resources under one location alongside other evidence-based health information currently located on HealthLink BC.

**The new Healthy Schools URL is:** <http://www.healthLinkBC.ca/healthyschoolsbc>

### School Districts Healthy Schools Information

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 8](#), [SD 19](#), [SD 23](#), [SD 53](#), [SD 73](#), [SD 83](#)

### Harm Reduction Resources

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

To connect with a Harm Reduction Coordinator email: [YHRC@interiorhealth.ca](mailto: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](mailto:LegalSubstances@interiorhealth.ca)

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