



## MARCH 2022

### DASH BC UPDATES

#### Relationships and Environment

##### Active Transport Pilot program

On March 1, tune in to DASH's [Facebook](#) and [Twitter](#) pages for a media release on the pilot project [Kid Commute \(A Walking School Bus\)](#)! Kid Commute was developed by Translink in response to the need for safer school zones, reduced emissions, and healthy children in K-8 communities in Vancouver and North Vancouver. For the 2021-22 school year, DASH has been piloting the program with plans to expand to other regions in 2023. If you would like more information about or to donate to the Kid Commute program, please contact Faye Willick at [fwillick@dashbc.ca](mailto:fwillick@dashbc.ca)



### DENTAL HEALTH

#### Community Partnerships

##### Kids Miss School due to Dental Problems

Each year kids miss valuable school days due to dental problems. Dental problems will interfere with a child's concentration in school and ability to enjoy extra-curricular activities. Research supports that children with good oral hygiene, and regular dental care, miss less school due to dental problems, and have better adult oral health.

Basic dental coverage is available for children through [The BC Healthy Kids Program](#). Eligibility criteria for the Healthy Kids Program is based on eligibility for Medical Services Plan (MSP) Supplementary Benefits. Children are eligible for up to a maximum of \$2,000 towards basic dental services every two years. This includes:

|          |             |
|----------|-------------|
| Exams    | Cleanings   |
| X-rays   | Fluoride    |
| Fillings | Extractions |



##### How to access services under the BC Healthy Kids Program?

To use services under the BC Healthy Kids Program the parent or student can show the student's BC CareCard or BC Services Card to the dental provider. The dental office will confirm coverage with the program before each appointment. Before any services begin, parents need to check with the provider to see if there will be additional charges over what the BC Healthy Kids program will cover. Further information about Healthy Kids Program can be found on the [Ministry's website](#).

## NUTRITION

### Teaching and Learning

#### Teaching Resources

March is Nutrition Month! The theme of this year's nutrition month is "Ingredients for a Healthier Tomorrow". Food Literacy is one of the ingredients needed to change our food system for a healthier tomorrow. Have a look at these resources on food literacy for the classroom:

[Little Green Thumbs](#) – Get students inspired about the food system by teaching activities related to growing food and learning about agriculture. (K-8).

[Spring Learning Activities](#) - Are you looking for some spring activities to do with your K-12 class this spring? Whether or not you have a growing space, there are plenty of BC curriculum-based activities to do with your students.

[School Garden Webinar Series](#) – 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 are revitalizing an existing school garden.



Have a look [here](#) for printing off nutrition month posters for the classroom.

#### For Parents

Are you in search for some new recipe ideas for snacks or dinner meals? Take a peak through the Dietitians of Canada [recipe book](#) for some inspiration. Also, have a look at this resource: [Tips on Reducing Food Waste at Home](#).

## HEALTHY LIVING

### Teaching and Learning

#### Live 5-2-1-0 App has Launched Version 2

The Live 5-2-1-0 App was designed and created to motivate children to adopt healthy behaviours around healthy eating, screen time and physical activity through simple goal setting and fun weekly challenges.

Watch this short [video](#) to learn more!

The app is tailored to better meet the needs of families and healthcare providers, with new features and customizability so that healthy goal setting is easier and more fun! This version includes a new category where children can work on habits outside of the Live 5-2-1-0 message like sleep, mindfulness, and self-compassion. It also features a special dashboard for healthcare providers, offering a quick glimpse of a patient's progress to support conversations with families at follow up appointments. Download the app for free from [Google Play](#) and the [App Store](#).

For more information about how schools can support healthy behaviors see [Live5210 - Schools](#) and the [Checklist of Ideas for Sharing & Supporting LIVE 5-2-1-0 in Schools](#).

Additional tools like posters, flyers, and a how-to guide are also available for download from the [Live 5-2-1-0 Resource Hub](#).



## TOBACCO AND VAPOUR PRODUCTS

### Teaching and Learning

**It's not straws or plastic bottles. The most common form of plastic pollution is cigarettes.**

Cigarette butts are the most abundant form of plastic waste in the world, accounting for over 766 million kilograms of toxic waste yearly. Cigarette filters break into smaller plastic substances leaching out some of the 7000 chemicals contained in a single cigarette which are especially harmful to water ecosystems. [The problem is so big](#) that it caught the attention of the United Nations Environment Programme ([UNEP](#)) and the World Health Organization (WHO), who [formed a partnership](#) to address the issue.

This [short video](#) by the WHO Framework Convention on Tobacco Control ([WHO FCTC](#)) Secretariat explains how cigarette butts are harming our ecosystems.

#### More on this:

Learn how the tobacco and vapour products industry is contributing to climate change: [Truth Initiative - Tobacco and the Environment](#)

Check out this interactive global assessment of marine litter and plastic pollution: [UNEP - From Pollution to Solution](#)

Watch other videos from on the topic: [WHO FCTC YouTube Channel](#)



## 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 5](#), [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](mailto:tobacco@interiorhealth.ca) or 1-855-744-6328 prompt #5

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

