

HEALTH PROMOTING SCHOOLS NEWSLETTER

MARCH 2026

FOOD LITERACY

March is Nutrition Month!

This year's theme, Nourish to Flourish, reminds us that food supports more than just physical health, it also connects us socially, culturally, and emotionally.

To celebrate, we're highlighting food literacy resources and sharing ways that educators can bring food literacy activities into the classroom.

Food Literacy in the Classroom

Food Exploration

- [Teach Food First lessons](#) (Grades K-8) includes activities for students to explore, celebrate and share foods.
- [Hands-on Food](#) (Grades 4-7) provides hands-on activities to teach about food skills and the food system.

Indigenous Knowledge & Perspectives

- [Teach Food First: Foundational Knowledge](#) – Principles for inclusive, non-judgmental food teaching.
- [Teach Food First: Traditional Foods Lessons](#) – Explores Indigenous foods, culture, and land connections.

Connect with your district's Indigenous Advocates or Education team to apply [BC's First Peoples' Principles of Learning](#) and [First Nations Perspective on Health and Wellness](#).

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



DIGITAL LITERACY

Beyond the likes: Social media use among BC youth – Report & Webinar



McCreary Centre Society (MCS) is excited to share that a new report, ***Beyond the likes: Social media use among BC youth***, will be released on Wednesday, March 4th.

This report takes an in-depth look at the role of social media in the lives of male, female, and non-binary youth in BC. Using data from the 2023 BC Adolescent Health Survey completed by around 38,500 students in Grades 7-12, ***Beyond the likes*** explores BC youth's experiences using social media, links between its use and their health and well-being, and what may support young people needing help for their social media use. **Please join MCS for a webinar presentation of the results:**

- Wednesday, March 4th | 9am-10am PST: [Webinar link](#)
- Wednesday, March 4th | 2pm-3pm PST: [Webinar link](#)
- Thursday, March 5th | 2pm-3pm: [Webinar link](#)
- Friday, March 6th | 9am-10am: [Webinar link](#)
- Tuesday, March 10th | 10am-11am PST: [Webinar link](#)

For copy of the report when it is released, please email mccreary@mcs.bc.ca. The report will also be available on their website at mcs.bc.ca.

PHYSICAL LITERACY

Learn Through Active Play

Learn Through Active Play is a **fully funded, high-quality professional development program** that you can access as a leader in the early learning and child care sector (centre directors, administrators, post secondary instructors, etc.) or individually as an early childhood educator or child care professional. For more information on the program or to check out additional resources click [here](#).



HARM REDUCTION & LEGAL SUBSTANCES



iMinds Gambling Literacy Curriculum

iMinds is a collection of resources for schools related to substance use and gambling. The lesson ideas fit within the scope of BC's K-12 curriculum, emphasizing core and curricular competencies. The collection of lesson ideas include specific competencies for gambling literacy that help teachers see multiple possibilities and opportunities to address health and well-being. Click here to access the [iMinds Website](#).

DENTAL HEALTH

Ready – Set – Smile Preparing for Oral Health Month

It's time to start organizing for Oral Health Month which happens every year in April. Fun celebration activities and contests are common themes. To boost participation and engagement for these Tooth-tastic opportunities early reminders are found here:

- **British Columbia Dental Associations:** “Brush 2 Win Contest” for kindergarten to grade 3 students. [Oral Health Month - BCDA Public Site](#)
- **Canadian Dental Hygienists Association:** Colouring contest for children up to 13 years of age. [Celebrate National Dental Hygienists Week](#)



RESOURCES

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: [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 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

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](#)