



MAY 2022

## DASH BC UPDATES

## Relationships and Environment

DASH welcomes Tina Pan as the new Administrative Assistant. Tina graduated from the University of Victoria where she studied history and sociology. You can contact her at [info@dashbc.ca](mailto:info@dashbc.ca)

This year's Healthy School Communities Certification deadline is May 6, 2022 at 9am PDT. If you want to participate next year to become a certified Healthy School Community, please contact Dara [ddemarce@dashbc.ca](mailto:ddemarce@dashbc.ca) or Rebecca [rkennedy@dashbc.ca](mailto:rkennedy@dashbc.ca).



## HEALTHY LIFESTYLE

## Teaching and Learning

## Promoting the '1' – New Live 5-2-1-0 Tip Sheet for Families!

Being active every day can help children build strong bones, increase cardio fitness, and improve mental-wellbeing and self-esteem.

In response to feedback from community partners, the [Live5210 - 1 Tip Sheet for Families](#) was created to share simple ideas to help families work towards the 1-hour-or-more of active play each day, and offer suggestions on how to overcome some of the common barriers to being active.

The '1' Tip Sheet is available to download from the [Live 5-2-1-0 Resource Hub](#).

Be sure to also check out the other Tip Sheets in the series for guidelines '5' and '2' and stay tuned for the '0' Tip Sheet coming soon!

Tips for Families

Live 5 2 1 0

Play actively—  
at least ONE hour each day

Physical activity is important for children's healthy growth and development. An active lifestyle helps children build strong bones, keeps their heart and lungs fit, and improves their mental well-being and self-esteem. The Canadian Paediatric Society recommends that children 5 to 12 years old get at least 60 minutes of active play every day including some activities that make them "huff and puff".

## Tips to Reach 1 Hour-a-Day

Consider these ideas to help your family make active play part of your daily routine:

- ✓ **Make it a family priority.** Include physical activity time in your schedule for the day or for the week—plan a trip to the swimming pool, a family walk after dinner, or free outside playtime after school.
- ✓ **Build it into your day.** Add movement into your daily activities—walk or bike instead of drive to school or for errands, play music while you're cooking to encourage dancing, or include activity breaks during commercials when watching tv.
- ✓ **Keep it fun!** Encourage kids to try different activities including a mix of organized sports and free play—it will help to keep them engaged and to figure out what they enjoy.
- ✓ **Invite along some friends.** Organize active meet-ups—join another family for a weekend hike, get together at a local playground or ice rink, or have game ideas and equipment ready to make play dates active.
- ✓ **Encourage creativity.** Show your child that you can be active anywhere—use items such as rocks and sticks to create games like long jump, or do a running race from tree to tree.
- ✓ **Be a good role model.** Set a good example by making physical activity a part of your regular routine and join in with your kids for active play!

## MENTAL HEALTH

### Teaching and Learning

#### National Child and Youth Mental Health Day

May 7th is about building caring connections between young people and the caring adults in their lives. We know having caring, connected conversations can have a big impact on the mental health of children and youth.

As Founders of National Child & Youth Mental Health day in 2007, FamilySmart has been leading May 7th and creating opportunities for home, schools, communities and organizations to connect around our "I care about you" message. We hope you will join us this year.

See: [Family Smart Resources for Educators](#)

For information on virtual events on May 2-4 see: [Virtual Events for Parents & Caring Adults](#)



## NUTRITION

### Teaching and Learning

#### Teaching Resources: Body Image



Are you searching for resources on the topic of Body Image?

[Teach Body Image: Portal for Teachers and Parents](#) aims to promote a healthy body image by providing teachers with the knowledge and tools to encourage and support students in making healthy body positive life choices.

They have specific body image lesson plans for developmental stages: [K-3](#), [grades 4-6](#) and [grades 7-8](#)!

Check out this resource on [Strategies for Promoting Healthy Body Image](#) by DASH for helpful strategies to encourage positive body image in your classroom.

## 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](#)

## SAFETY

### Relationships and Environment

**Parachute Safe Kids Week is May 30 to June 5, 2022.**



Safe Kids Week is an annual campaign to raise public awareness of child safety issues in Canada, encouraging community involvement as part of the solution. The topic of 2022's Safe Kids Week digital campaign is safe and active transportation for children: We are encouraging them to **#WalkBikeAndWheel**.

Keeping our roads safe is a shared responsibility. We encourage drivers, communities, municipalities and other levels of government to support children and their families in creating environments that can help them engage in active and safe transportation.

For more information including a backgrounder, tip sheet, social media guide, and the event guide for "Anything But A Car Day" see: [Safe Kids Week – Parachute](#).

## TOBACCO AND VAPOUR PRODUCTS

### Teaching and Learning

#### World no Tobacco Day 2022 - Tobacco: Threat to our environment

Since 1988, May 31 is [World No Tobacco Day](#), a date to promote awareness on the dangers of using commercial tobacco, the business practices of tobacco companies, and the ways we can all get involved in advocacy for our healthy living rights. This year's celebration focuses on ways in which commercial tobacco affects our environment. It is a great opportunity for educators to approach the ways in which tobacco and vaping use affects more than one's health.



#### Some important facts

- It takes a whole tree to produce enough paper for [15 packs](#) of cigarettes.
- The production of commercial tobacco accounts for about [5% of global deforestation](#)
- The tobacco supply chain generates some [84 million tonnes](#) of carbon dioxide equivalents annually, accelerating climate change
- Tobacco production uses [5.3 million hectares of land and more than 22 billion tonnes](#) of water per year
- Cigarette butts are the [most abundant](#) form of plastic waste in the world, accounting for over 766 million kilograms of toxic waste yearly
- Vaping waste is [potentially more dangerous](#) because it contains metals, circuitry, batteries and toxic chemicals in the liquids. It also contributes to plastic waste with single use products and cartridges.
- Although smoking and littering of cigarette butts is very harmful to our environment and water systems, it represents [only 0.9%](#) of the whole tobacco supply chain impact on climate change
- Tobacco companies "green initiatives" focus on consumer behavior and distracts the public from all the impacts that commercial tobacco production has on the environment, like Phillip Morris International "[Our World is Not an Ashtray](#)" campaign.
- In BC, 11% of outdoor fires were caused by smoker's materials [from 2012-2015](#). Cigarettes made up 84% of all outdoor smoking fire losses in 2015.

#### Learn more:

[Tobacco and the environment factsheet](#) - Truth Initiative

[A toxic, plastic problem: E-cigarette waste and the environment](#) - Truth Initiative

[Articles on the Environment Impacts of Tobacco and Vaping](#) - Tobacco Free CA

[Facts - tobacco, vapor products and the environment](#) - Truth

[Environmental Impacts of Vaping](#) - UC Davis

[Tips for Safe Disposal of E-Cigarettes and Nicotine Waste](#) - FDA Center for Tobacco Products

**Stay tuned for more World No Tobacco Day content through IH social media:**



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