

# HEALTH PROMOTING SCHOOLS NEWSLETTER

May 2023

## INJURY PREVENTION

### Community Partnerships

**Save the date! Parachute Safe Kids Week is May 29 to June 4, 2023, with the theme of child passenger safety.**

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 2023's Safe Kids Week digital campaign is child passenger safety. For more information see: [Social media guide – Parachute Safe Kids Week 2023 – Parachute](#).

For additional information on safety see: other Parachute [Programs](#).

Our Safe Kids Week 2023 partners include: [IWK Child Safety Link](#). Safety information for children 0-16 years of age available by age and topic.



## MENTAL HEALTH

### Teaching and Learning

**New Compass Toolkit: *Self-injurious behaviours in children and youth with Autism & Intellectual Impairments***

Do you support children or youth with self-injurious behaviour (SIB)? Do these children and youth also have neurodevelopmental conditions such as autism and intellectual impairment? Check out the new Compass [SIB toolkit](#) for assessment tools and management strategies for self-injurious behaviours. If you would like to speak with an experienced child and youth mental health clinician about a child or youth in your clinical practice who has these concerns, call Compass at 1-855-702-7272 or visit [compassbc.ca](#)



## NUTRITION



### Teaching and Learning

**[Teach Food First Traditional Food Resources](#)** – Looking for ways to teach about traditional foods? Check out the Teach Food First traditional food lessons developed by a team from the homelands of the Coast Salish, Nuu-chah-nulth and Kawkwakaw'aka Families (also known as Vancouver Island). Consider connecting with your school districts Indigenous Education team for more support.

**[Teach Food First – Water and Other Beverages](#)** – Take a look through the Teach Food First resources to find lesson plans on the importance of water and other beverages:

- [Exploring Our Drinks](#) (K-2)
- [Exploring the Role of Water](#) (grades 3-5)
- [Water in the Media](#) – (grades 6-8)

**[Hands on Food](#)** – Looking for an engaging way to teach food literacy? Where food comes from, how to grow it, different methods of preparation and more. Have a look through this new resource for teaching nutrition, food skills and food systems through experiential learning.



**[School Gardens](#)** – Check out Farm to School BC's website for a list of resources to support schools gardens.

## SUBSTANCE USE EDUCATION

### Teaching and Learning

Interior Health's Youth Harm Reduction Program is excited to launch two new resources to support secondary school teachers and youth program staff to deliver substance use education to youth that is evidenced-based.

**Safety First: Real Drug Education for Teens [Lesson Plans](#)** Most lessons are approximately 45-50 minutes long and include student worksheets and extension assignments for further learning. To assist educators in assessing student knowledge, each lesson includes a grading rubric. Aligns with BC PHE [Curricular Competencies](#)

**Safer Partying Workbook** can be downloaded [here as a PDF](#). This workbook has been adapted by the Interior Health Youth Harm Reduction Team with permission from BYTE Empowering Youth in Whitehorse, Yukon.



Just a reminder that Interior Health's Youth Harm Reduction Coordinators are here to support all the amazing people out there who work with youth. Contact them here: [harmreduction.coordinator@interiorhealth.ca](mailto:harmreduction.coordinator@interiorhealth.ca)

They offer:

- training for service providers
- substance use policy consultation
- consultation of substance use education approaches, program recommendations and resources
- access to harm reduction services and supplies for youth including naloxone programs, safer sex and substance use supplies and drug checking services

Looking for credible harm reduction information, resources and tools specific to youth? Check out our [TOOLKIT!](#)

Harm reduction is an important part of a comprehensive school health approach to address substance use and is a recommended health best practice in Health Canada's [Blue Print for Action](#)

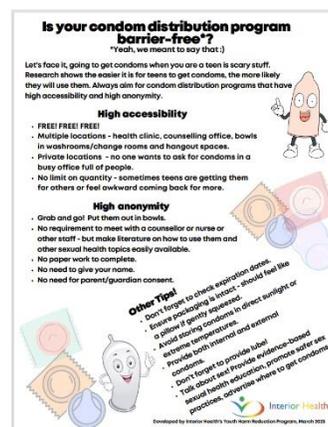
## SEXUAL HEALTH

### Teaching and Learning

#### New Resources

The following new resources are now on the IH Public website on the [School Staff](#) page under Health Promotion Resources.

The [condoms poster](#) and the [Condom Distribution Best Practices](#) poster are also posted on the [Harm Reduction Partner Information page](#) under Other Resources.



## TOBACCO AND VAPOR PRODUCTS

### Teaching and Learning

#### Smoking/Vaping Cessation Support

[Quash](#) – looking for a way to quash your cravings? The Quash app is here to help you quit smoking or vaping – the way you want! This evidence-based app is designed for youth and young adults aged 14-30 who are interested in quitting smoking or vaping. Set realistic goals on your own quit timeline, find online support, and track your progress all in one place, Quash is dedicated to helping you achieve your ultimate quit goals! Download the app on the [Apple](#) or [Google Play](#) store today, or contact the Tobacco and Vapour Reduction Team for more information [tobaccoandvape@interiorhealth.ca](mailto:tobaccoandvape@interiorhealth.ca) on other available cessation resources.



Powered by  
LUNG HEALTH FOUNDATION

## 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

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 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: [harmreduction.coordinator@interiorhealth.ca](mailto:harmreduction.coordinator@interiorhealth.ca)

#### Tobacco and Vapour Prevention and Control

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

To connect with a Tobacco Reduction Coordinator email: [tobaccoandvape@interiorhealth.ca](mailto:tobaccoandvape@interiorhealth.ca).

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