

HEALTH PROMOTING SCHOOLS NEWSLETTER

MAY 2026

COMMUNICABLE DISEASES

Pertussis



Pertussis, also known as whooping cough, is **currently circulating in the Interior Health region**. It is contagious and can spread easily through coughing or sneezing, or through close contact such as sharing food or drinks, cigarettes or vapes, or kissing.

Pertussis is identified through testing by a healthcare provider and can be treated with antibiotics to decrease the time a person is contagious. **All positive cases are followed up by Interior Health**, and the follow up aims to reduce the transmission risk to close contacts who may be at higher risk.

Immunization remains the most effective way to prevent pertussis or reduce the severity of illness. **At school, routine cleaning and sanitizing of surfaces continues, and these standard procedures are effective as part of overall infection-prevention practices.**

Should you receive questions or have parents reporting pertussis, please review the [Quick Guide to Common Childhood Diseases](#), page 32, to help guide any conversations you may have with parents.

If you have space in any newsletters to parents, to help spread awareness of this disease, please consider including a link to [Pertussis \(whooping cough\) | HealthLink BC](#).

SEXUAL HEALTH

Indigenous Health Resources: Let's talk about sex series



The Indigenous Health Knowledge Translation Working Group from the BC Centre for Disease Control (BCCDC) has put together **sexual health resources to support Indigenous peoples and communities in B.C.**

The Let's talk about sex series is a collection of resources that provide answers to common questions about STBBIs and sexual health. The series includes:

- General STI information
- STI testing
- Chlamydia
- Gonorrhea
- Syphilis
- Consent

See the Let's talk about sex series and other Indigenous Health Resources [here](#).

FOOD LITERACY

Body Image & Media Literacy

Educating about body image and body diversity helps create inclusive classrooms. The following resources offer tools for teachers to help students develop a positive body image and critically engaging with media messages.

- [Being Me, Being Us \(Grades 4–7\)](#) – Supports body diversity and inclusion. Developed by researchers, educators, and health professionals, this resource shares practices for creating school environments where all bodies feel welcome.
- [Beyond Images \(Grades 4–8\)](#) – Builds critical thinking about media and appearance ideals. Includes activities that help address appearance-based bullying and explore issues related to body image, self-esteem, and media messaging.
- [Weight Bias and Stigma in Schools \(All Ages\)](#) – Explains the harms of weight bias and offers guidance on creating weight-inclusive school environments.
- [Embody BC](#) – Provides resources for teachers to support positive body image among children and youth.



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

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

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](#)