

HEALTH PROMOTING SCHOOLS NEWSLETTER



NOVEMBER 2021

DASH UPDATES AND RESOURCES

Community Partnerships



November 2021 DASH Updates:

DASH welcomes Dara DeMarce as the new Comprehensive School Health Facilitator for the Island and Interior (South) Regions. Dara has a Degree in Human Kinetics with a concentration in health promotion, from the University of British Columbia Okanagan. You can contact Dara at ddemarce@dashbc.ca

INJURY PREVENTION

Teaching and Learning

Guard Your Mouth

Sports mouthguard use is influenced by the attitudes of players, coaches, and parents. Research shows that orofacial injury in sports is prevalent but preventable. Studies evaluating the effectiveness of sports mouthguards have shown the overall risk of injury is 1.5 to two times greater when a sports mouthguard is not worn during athletic activity. Mouthguards are a cost-effective investment in protection. Read about the [benefits of mouthguards](#) and other important information. Help spread the word to protect teeth by including mouthguards in educational health promotion and injury prevention discussions.



NUTRITION

Teaching and Learning

Teaching Resources: School Food Environment

The food environment includes foods that are offered at school, as well students' eating experiences. Students do best when they have positive role models, and when foods offered both in and outside classrooms are in line with healthy eating messages. Have a look at the following resource for tips on creating a healthy food environment in the classroom:

[Nurturing Health Eaters in the Classroom.](#)

- Respect all foods students bring from home. Families may face barriers to accessing healthy foods, and the term "healthy" holds different meanings for families.
- Pressuring students to eat certain amounts or types of foods can backfire, and makes it harder for children to learn to accept new foods. Instead, trust that children naturally know how much food their bodies need. Follow the [Division of reasonability in feeding](#): students decide how much, in what order, and whether to eat from the foods adults have provided.

For parents:

[Talking to Kids About Food](#)

[Vegetables: A kid-friendly approach](#)

PHYSICAL LITERACY

Community Partnerships

Active School Travel Pilot Program

BC Healthy Communities is excited to announce that the 2022 Active School Travel Pilot Program is now accepting applications. The goal of the Pilot is to support more students to walk, bike and scoot to and from school. The pilot will test adapted materials from existing evidence-based Active School Travel Programs in a small cohort of B.C. school communities from January to December 2022. With guidance and support, selected schools will implement plans and activities using a range of tools, resources, and templates provided by BC Healthy Communities. For more information see:

[Active School Travel Pilot Program - BC Healthy Communities](#)



SUBSTANCE USE PREVENTION

Teaching and Learning



Government
of Canada

Gouvernement
du Canada

New resources for preventing substance-related harms among youth are now available

The Public Health Agency of Canada developed [The Blueprint for Action: Preventing substance-related harms among youth through a Comprehensive School Approach](#) and accompanying [policy paper](#) for administrators, school board officials, teachers, guidance counsellors, healthcare professionals and community organizations that support youth.

The Blueprint combines evidence-based prevention and intervention approaches with the Comprehensive School Health framework, an internationally recognized approach to building healthy school communities. It includes:

[Resources page](#)

[Summary](#)

[Interactive webpage](#)

Interactive training workshops to help school community members implement the Blueprint locally are offered through a partnership with PHAC and the Students Commission of Canada. Email: info@studentscommission.ca for more information or to register for these workshops.

TOBACCO AND VAPOUR PRODUCTS

Teaching and Learning



Drug History Timeline

Canadian Institute of Substance Use Research at the University of Victoria, as part of their Helping Schools resources, has created a [Drug History interactive timeline](#) from 8000 BCE to today. A great resource for school projects.

RESOURCES

Teaching and Learning

Public Health News– Information for Schools Updated for 2021-22

An updated version of the annual [Public Health News– Information for Schools](#) has been posted on the Interior Health Public Website. This document provides easy access for school principals and teachers to access health information including medical alerts training, immunization, sexual health resources, head lice information and much more!



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 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 6](#), [SD 8](#), [SD 19](#), [SD 53](#), [SD 73](#), [SD 83](#)

[Healthy Schools BC Website](#) is a great resource for teachers.

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 or 1-855-744-6328 prompt #5

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