

HEALTH PROMOTING SCHOOLS NEWSLETTER

NOVEMBER 2025

FOOD LITERACY

Teaching and Learning

New Secondary School Resource - Agriculture Education

Farm to School BC's [Cultivating Curiosity Toolkit](#) is a practical guide to strengthen agriculture education in secondary schools. This resource showcases examples of how agriculture concepts can be integrated into existing B.C. curriculum, provides guidance on developing Board Authority Authorized (BAA) courses, and offers opportunities to explore post-secondary and dual-credit pathways in agriculture.



Sharing Stories



Check out our Stories@IH [Fire Fridays at Senpaq'cin School](#) to see how students in Oliver are participating in a land-based learning program that connects them to syilx language, culture, and food sovereignty.

LEGAL SUBSTANCES AND YOUTH HARM REDUCTION

Partnerships and Services

Get to know more about drugs – honest drug information for youth



The Youth Harm Reduction and Legal Substances teams are excited to share our new youth-focused webpage: [Get to Know More About Drugs](#).

This page provides accurate, honest, and non-judgmental information about various substances. It covers topics such as the benefits of abstinence and

delaying use, the effects and risks of substances, strategies to reduce harm, and how to access support services, including treatment.

CONTEST ALERT: Seeking youth artists' views on tobacco, cannabis, vaping and alcohol!

Students in grades 6-12 are invited to submit an original form of artwork that shares their views on the impacts of tobacco, cannabis, vaping and alcohol use in this year's **Beyond the Buzz 2.0** – Youth's Voices on Substance Use poster contest.

The contest is **now accepting submissions up until Dec. 15, 2025**.

The winning artists will receive a prize of a \$150 gift card of their choice! Plus, their artwork will be shared on social media and displayed at schools and health care centres across the region.

Find out more at: [Beyond the Buzz 2.0 Youth Poster Contest](#)

You can also promote the contest in many ways:

- Share this information with educators and other professionals working with youth
- Display the [contest flyer](#) where youth can see it
- Encourage youth in your personal and professional circles to participate



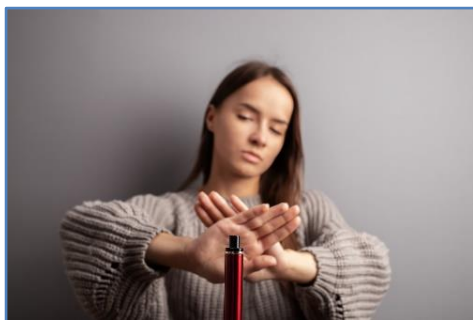
Additional Resources:

[Youth Information on Tobacco, Cannabis, Vaping and Alcohol](#)

[Youth Harm Reduction Toolkit](#)

[Teaching Toolkits](#)

Youth and Vaping: Bringing Awareness for Healthier Futures



Vaping is on the rise across BC. Teachers can be advocates by offering evidence-based information and fostering open dialogue with students and having engaging conversations. Teachers can empower students to make informed decisions for themselves.

Recent data shows that 41% of Grade 7–12 students have tried vaping, compared to 21% who have tried smoking. It's been estimated that teenagers make up 20% of all vapers in Canada.

Vaping affects lungs, heart health and has oral health implications such as dry mouth, saliva thickening, mouth sores/ulcers, cavities and gum disease.

Teachers can use vaping fact sheets to support classroom conversations:

- Dental Hygiene Canada Resource ([Vaping Resource](#))
- Vaping and Youth Factsheet ([Vaping and Youth Factsheet](#))
- Frequently Asked Questions: ([Vaping FAQs](#))

The BC Lung Foundation offers three interactive toolkits designed to engage youth and support educators. Empower your students with these resources and activities to foster healthy decision-making and reduce vaping uptake.

Toolkit	Target Grades	File Link
Vaping Toolkit for Schools (Part A)	5-7	Clearing the Cloud - Grades 5-7 Toolkit
Vaping Toolkit for Schools (Part B)	8-10	Exploring the Cloud - Grade 8-10 Toolkit
Educator Toolkit on Tobacco & Vaping	All grades	Vaping Info for Teachers

Ideas for Interactive Activities

- Host small-group discussions using case scenarios from the toolkits.
- Organize student-led research on local vaping trends and present findings.
- Incorporate myth-busting quizzes and peer-to-peer role-plays.

Access all toolkits and additional materials at: Tobacco, Vaping & Cannabis – BC Lung Foundation [Tobacco, Vaping & Cannabis – BC Lung Foundation](#)

Youth Vaping Campaign – Consider the Consequences

The [Consider the Consequences campaign](#) raises awareness about the risks of nicotine addiction among youth. It encourages them not to start vaping and encourages those who vape to quit. It runs from late October to early December 2025 and,

- Features three 15-second video segments from our [Teen Vaping and Nicotine](#) educational video
- Directs youth to the campaign website: [Canada.ca/vaping-info](#)

Reminder that the [Consider the Consequences of Vaping online self-led module](#) is available for use in classrooms and community settings to inform teens about the risks and harms of vaping. It features interactive content, engaging online activities, and videos. Information and resources on quitting vaping are also being added. The module is part of [Health Canada Experiences](#), an online portal where teens, parents, and teachers can learn and explore health topics.

Also available in French: Campagne de vapotage auprès des jeunes – [Considère les conséquences](#)

MENTAL HEALTH

Teaching and Learning

New Resources

BC Children's Health Bridge and BC Children's Kelty Mental Health Resource Centre have partnered with Our Kids' Health to create **culturally relevant, accessible mental health resources in multiple languages** to support diverse families, including Arabic, Cantonese, English, Mandarin, Punjabi, Spanish, Tagalog, Tamil, Ukrainian, and for Black communities.

Interested in promoting this content to families in your network? **Check out our [digital toolkit](#).**

New topic:

[How to Talk to Your Child About Cannabis.](#)

As your child grows, they may be exposed to cannabis. By having an open and curious conversation, **you can help guide your child to make informed, safer decisions.** Check out these new resources to explore some tips to help talk about it.



You can access all mental health videos and written posts [here](#).

Media Literacy & Body Image Lesson Plans

[*Beyond Images*](#) is a turn-key curriculum developed by the National Eating Disorder Information Centre (NEDIC). Written *by* teachers *for* teachers, this free media literacy-based curriculum is intended for use with students in grades 4-8 to support self-esteem and body image.

The resource contains 5 grade-specific learning units to explore key issues around body image and self-esteem as well as media messaging, while developing critical thinking skills on the following topics:

- Peer influences
- Social comparisons
- Lack of realism in media images of body ideals
- Costs of pursuing appearance ideals
- Ways to challenge appearance ideals



Beyond Images is also available in French as [*Au-delà de l'image*](#).

Partnerships and Services



November 4th, 2025 – Indigenous Youth Access of Support for Mental Health and Wellness with Dr. Melanie Nelson and Adam Williams-Fakhari

Indigenous youth navigate Western and Indigenous worlds, and draw from both to support their mental health and wellness. This session describes how youth from one Lower Mainland community support their wellness and will be followed by a Q&A session with the

researcher and a UBC student who is a youth from the community. [November 4th, 2025 – Indigenous Youth Access of Support for Mental Health and Wellness with Dr. Melanie Nelson and Adam Williams-Fakhari | UBC Learning Circle](#)

PHYSICAL LITERACY

Partnerships and Services

Get Kids Active at your School

Kids spend a lot of their time at school, making it one of the best places for them to fit in some of the recommended daily physical activity.

Check out [10 ways to get kids active at your school – Active For Life](#).



Active Outdoor Play

The [2025 Position Statement](#) on Active Outdoor Play has officially been released! Active outdoor play boosts physical activity, supports emotional well-being, reduces screen time, and improves sleep for children and adults. The statement serves as a celebration and extension of the 2015 Position Statement by being global

in scope and inclusive of all ages, while exploring the benefits of active outdoor play for people (of all ages, cultures and abilities), communities, environments, and the planet.

Grants and Funding

The [K-12 Education Grant](#) program provides funding for First Nation Kindergarten to Grade 12 classes to support learning environments that support them to aspire to and experience greater opportunities for higher educational outcomes.

The [Youth Grant](#) program empowers BC First Nations youth groups by providing funding for inclusive cultural, traditional, creative, and entrepreneurial activities.

See [First Nations - New Relationship Trust](#) for other granting opportunities.

Application Deadline: December 05, 2025 (or until funds are exhausted)

ISPARC [Call for Sport Camp/Clinic Host Applications](#)

I-SPARC invites First Nations, Métis Chartered Communities, Friendship Centres and other not-for-profit organizations serving Indigenous youth and communities from across the province to apply to host a youth sport development camp and/or a coach/leader or officials development clinic.

Applications are accepted on an ongoing basis.

[RISE Individual Grants](#)

RISE Grants support ALL Children and Youth in and out of Care (under the age of 27) who wish to participate in a sport, physical activity, recreation, and/or cultural program opportunity. Up to \$1000 per calendar year can be put towards program cost, equipment and travel.

Application Deadline: Ongoing (quarterly)

[KidSport Grants: Available to families](#)

KidSport supports children who need financial assistance with sport registration fees and equipment costs.

Applications are accepted on an ongoing basis.

SCREEN TIME

Teaching and Learning

The [Centre for Healthy Screen Use](#) at the Canadian Paediatric Society is a great resource that provides guidance for parents, policymakers, and health professionals when it comes to screen use for children and youth.

Explore the latest including webinars, parent guides, and more!



SEXUAL HEALTH

Teaching and Learning

Sexual Health Resources



The IH [Sexual Health Teaching Toolkit](#) has been updated. New resources include [Better to Know](#) from the Yukon and [Beyond the Birds and the Bees](#) a webinar series for highschool teachers and school staff supporting sexual education in BC.

IH has a teaching toolkits on a number of health related topics. Check them out here: [IH School Staff Teaching Kits](#)

RESOURCES

Teaching and Learning

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](#)

Community Partnerships

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](#)