

# HEALTH PROMOTING SCHOOLS NEWSLETTER



**OCTOBER 2021**

## **DASH UPDATES AND RESOURCES**

### **Community Partnerships**

#### **Healthy School Community Certification (HSCC)**



REMINDER: Registration is now open for year 3 of the [Healthy School Communities Certification \(HSCC\)](#)! New this year is the 4-step certification process that guides schools in planning and implementing activities to address a priority health topic. Check out the DASH BC [website](#) for school testimonials and the [2020-2021](#) summary document. Registration is open until November 1, 2021. If you would like more information, please contact Rebecca: [rkennedy@dashbc.ca](mailto:rkennedy@dashbc.ca)

### **Teaching and Learning**

#### **Vaping: The More You Know (VTMYK)**

During the 2021-2022 school year, DASH will be offering the Vaping: The More You Know (VTMYK) Initiative to more schools across the province. VTMYK is a three-part initiative to empower youth to take control over their well-being and behaviours related to vaping through the development of their critical thinking skills. To learn more about the initiative and how to involve schools in your school district, visit the DASH BC [website](#). If you would like more information, please contact Rebecca at: [rkennedy@dashbc.ca](mailto:rkennedy@dashbc.ca)

## **INJURY PREVENTION**

### **Community Partnerships**

#### **Parachute's National Teen Driver Safety Week – October 17-23, 2021**



This annual campaign is supported by Desjardins and CN to build awareness of teen driver safety issues and to encourage community and youth involvement as part of the solution. The 2021 theme: #SpeedIsNoGame.

The awareness campaign, running Oct. 17 to 23, will feature Canadian Formula 1 Driver Nicholas Latifi featured in billboards across Canada donated by Outfront Media and Vendo Media. As well, snowboard champion and Olympic silver medallist Laurie Blouin is creating videos on our road safety themes to share with her followers on Instagram.

[Read more and download resources here.](#)

## IMMUNIZATION

### Teaching and Learning

#### **Fight misinformation. Share the best available science**

[ScienceUpFirst](#) is a national initiative that works with a collective of independent scientists, researchers, health care experts and science communicators. They share the best available science in creative ways to stop the spread of misinformation. They combine expert scientific knowledge with [social media](#) know-how to create engaging content. By putting science up first, they inform, delight, and inspire people to make evidence-based decisions. Right now they are focused on the COVID-19 pandemic and vaccines.

Find [sharable content](#) on a variety of health topics. Every post has been vetted by experts, so you can be confident they are accurate. Read through their posts and share them to your favourite social media platform!

ScienceUpFirst is supported by the Public Health Agency of Canada.



## NUTRITION

### Relationships and Environment

#### **Announcements**

Have a look at the following information on school food-based learning grants:

Farm to School [Grants](#): Opening October 4<sup>th</sup>

For support with the application process, join one of the upcoming [Grant Writing Workshop](#) webinars.

[Healthy Schools BC grants](#)

### Teaching and Learning

#### **Teaching Resources**

Looking for ideas for outdoor learning activities this fall? Have a look at this [Fall Learning Activities](#) resources through Farm to School.

This resource created by Northern Health: [Food-Based Learning: Tips for elementary schools during COVID-19](#) supports educators in BC elementary schools to feel confident doing Food-Based education in the classroom while following COVID-19 Public Health Guidance for K-12 Settings.

#### **For Parents**

The food choices made at school can have an impact on a child's overall health. Learn how to plan, prepare and choose healthy school meals and snacks that everyone will enjoy! See more at [Healthy Eating at School](#).

### Relationships and Environment

#### **Join Common Ground: The Strawberry Project**

BC Agriculture in the Classroom (BCAITC) is launching a new K-12 project with Indigenous roots. Common Ground: The Strawberry Project is an initiative that brings together youth from local First Nations schools and other schools in B.C. to better understand one another, as well as broaden understandings about local, native plant species. Applications are due November 25, 2021.

[Find out more.](#)



## SLEEP

### Relationships and Environment

#### Tips for Promoting Sleep

Did you know that 30% of Canadian children and youth are not meeting national sleep guidelines? New research from the SIRCLE Research Lab highlights some important information about the sleep practices of students. For example, school-based health promotion can help students reflect on sleep practices and parents are especially important for promoting sleep in the home. Check out this [infographic](#) from SIRCLE Research Lab for more findings from their research.

## TOBACCO AND VAPOR PRODUCTS

### Teaching and Learning

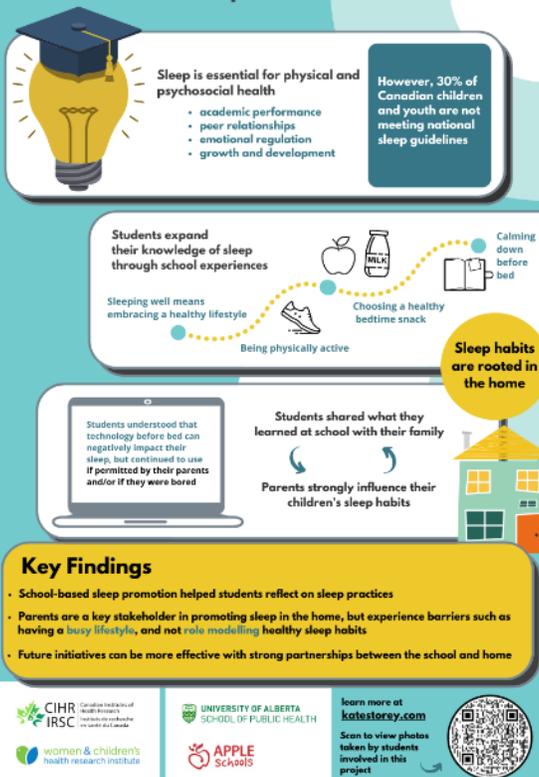
#### Smoking, Vaping & COVID: do they affect each other?

With school back in and districts still trying to manage public health regulations, here is a great [5 minute video](#) from our friends at First Nations Health.



### Promoting sleep in schools: perspectives from students and parents

SIRCLE  
RESEARCH LAB



## 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 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](#)



### 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](#)