



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER SEPTEMBER 2021

BACK TO SCHOOL INFORMATION

Teaching and Learning

Health Link BC now has a Back to School Page



Now available from the [Back to School](#) Page are links to websites and health files on a variety of school related topics including: Bullying, Childhood Immunizations, Healthy Eating, Getting Enough Sleep, Managing Health Concerns at School, Mental Health, Physical Activity, Routine Check-ups, Sexual and Reproductive Health, Starting a New School, Staying Safe, Substance Use.

DASH UPDATES AND RESOURCES

Community Partnerships



DASH Welcomes New Staff Member

Rebecca Kennedy is the new Comprehensive School Health Facilitator for the Northeast and Northern Interior. Rebecca studied Kinesiology followed by a Master of Science in Kinesiology degree at Lakehead University, with a focus on health promotion. For more information about how DASH can support your school contact Rebecca at rkennedy@dashbc.ca.

Healthy School Community Certification

REMINDER: Registration opens soon 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. If you would like more information, please contact Rebecca: rkennedy@dashbc.ca.

Teaching and Learning

Vaping: The More You Know

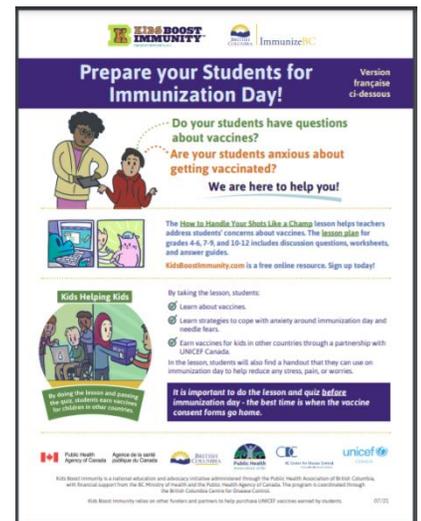
During the 2021-2022 school year, DASH will be offering the Vaping: The More You Know (VTMYK) Initiative to more schools across the province. VTMYK is a three-part initiative to empower youth to take control over their well-being and behaviours related to vaping through the development of their critical 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: rkennedy@dashbc.ca.

IMMUNIZATION

Resources for Teachers of Students Receiving Immunizations at School

Kids Boost Immunity (KBI) “How to Handle Your Shots Like a Champ” lesson is available for teachers with students being vaccinated at school. The flyer encourages teachers to do the lesson with their students before vaccination day. The lesson covers how vaccines work, why students need vaccines, what students can expect on vaccination day, and tips for making vaccination day easier. In BC, this lesson has been found to:

- ✓ Reduce anxiety for students.
- ✓ Engage students in conversations about the vaccines they are getting at school.
- ✓ Improve knowledge about immunization.
- ✓ Expose teachers and students to the other KBI lessons aligned with the provincial educational curriculum in science, social studies, and health.



A copy of the flyer is available at:

kidsboostimmunity.com/sites/default/files/reusable_files/how-to-handle-your-shots-like-a-champ-flyer.pdf

OPEN IN CHROME

MENTAL WELLNESS

Teaching and Learning

BC's Kelty Mental Health Resource Centre Back to School Webinar for Parents and Caregivers

Many families may be feeling worried or nervous about going back to school this year. While there is still a lot that is outside of our control with the COVID-19 pandemic, there are things we can do as caregivers to strengthen our children's resilience, and help them cope with the uncertainty, change and challenges going back to school may bring.

Join us for a free webinar on Sept. 14th from 12-1pm, in which Dr. Angela Low, will offer caregivers of elementary-aged children useful information and practical strategies for supporting their own and their children's emotional resilience that can set the stage for success and well-being in the new school year.

[Register here.](#)



NUTRITION

Relationships and Environment

School Food Guidelines During COVID

Food services (meal programs, cafeterias and fundraisers) and classroom food based learning can continue in 2021/2022 school year by following the [Provincial COVID-19 Health and Safety Guidelines for K-12 Setting](#) (p.24, 25)

By following the public health guidelines, schools can:

- Continue to include food preparation as part of learning programs for students
- Continue to provide food services, including for sale
- Continue to accept food donations to support learning and the delivery of meal programs, breakfast clubs and other food access initiatives
- Provide school meal programs

Schools should continue to emphasize that food and beverages should not be shared.

Teaching and Learning

Teaching Resources: Food Literacy Resources

Have a look at the Farm to School food literacy resources on the F2S website that align with the BC curriculum: [list of lesson plans, activities, resource databases, and information](#)



Find out more about how to [Participate in the Spuds in Tubs Program](#) by emailing info@aitc.ca in September to express your interest.

SUN SAFETY

SunSense for Elementary Schools - National Launch

The Canadian Cancer Society is pleased to announce the **national launch of the SunSense program!** With a goal of reducing skin cancer rates in Canada, SunSense supports elementary schools to create a sun safe environment that protects staff and students from harmful ultraviolet radiation.

Schools are provided **free resources** to assist in implementing a variety of 'actions' related to sun safety and earn points for each action that is completed. Based on the points earned, schools will be recognized as a **SunSense Certified** school.

SunSense is available in both French and English. For more information see [SunSense](#) and [register your school!](#)

Virtual information sessions are also available. Note these are Eastern time:

[Session 1: Sept 16, 2021 11:00am-12:00pm Eastern.](#) Audio only call: 1-647-792-0229 PIN 705 777 474#

[Session 2: Sept 20, 2021 1:00pm-2:00pm Eastern.](#) Audio only call 1-647-792-0229 PIN 562 176 542#

[Session 3: Sept 22, 2021 2:00pm-3:00pm Eastern](#) Audio only call 1-647-792-0229 PIN 433 076 755#



SunSense
Supporting schools to create sun safe environments

Outdoor play and learning are essential to children's health and development. Learning about sun safety and enjoying the outdoors in a healthy and safe way is an essential part of every child's education and can reduce risk of developing skin cancer.

About SunSense
SunSense supports Canadian elementary schools to create a sun safe environment that protects students and staff from harmful ultraviolet radiation. Schools are provided free tools and resources to develop and implement sun safety action plans that include education, policy and the enforcement of shade.

Become SunSense Certified
By completing SunSense 'actions' your school can earn points towards certification. The level of certification - bronze, silver, gold - is based on the number of points earned. Those schools that do not earn enough points will be recognized as a Participant.

Tools and Resources include:

- Teaching guide with lesson plans and experiments
- Activity sheets
- Letters to parents/teachers
- Parent Information Postcards
- SunSense Tip Poster
- Policy Guide with Sample Policies
- Shade Planning Guide
- And more!

To learn more email sunsense@cancer.ca or visit sunsense.ca

Logos for SunSense, Canadian Cancer Society, and other partners are at the bottom.

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 or 1-855-744-6328 prompt #5

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

