

HEALTH PROMOTING SCHOOLS NEWSLETTER

September 2022

DENTAL

Teaching and Learning

Back to School Routine for Healthy Smiles

A new school year means opportunities for new healthy habits. Teachers play an important role in setting a positive example by promoting good choices and reinforcing healthy routines.

Below are a few ideas for teachers to promote good oral health routines

- Create an oral health lesson plan or activity where the students can make a chart and check off their duties to complete in the morning before school
- Give the children a [brushing chart](#) to use at home
- Order [Colgate Classroom Kits](#) for K-2 that includes a toothbrush kit for each student
- Check out Interior Health's [dental and oral health toolkit](#) for a variety of resources for teachers
- Contact their [local IHA Dental Program](#) for ideas and information



MENTAL HEALTH

Teaching and Learning

Supporting your Child's Resilience

Heading back to school can be a stressful time for many children. Parents may want to read more about: [How to Promote Resilience and Set Your Kids up for Success](#)



Kelty
Mental
Health
Resource Centre

NUTRITION



Community Partnerships

Grants

[Healthy Schools BC](#) offers a list of school grant opportunities.

School Food Initiatives

[BC School Fruit and Vegetable Nutritional Program](#) – Every other week, a fresh fruit and vegetables snack is offered to students of participating schools.

[Fresh to You Fundraiser](#) – A unique fundraising program for K-12 schools in BC. Schools receive bundles of locally grown fresh fruits and vegetables and sell to family and friends as a fundraiser!



Teaching and Learning

Teaching Resources

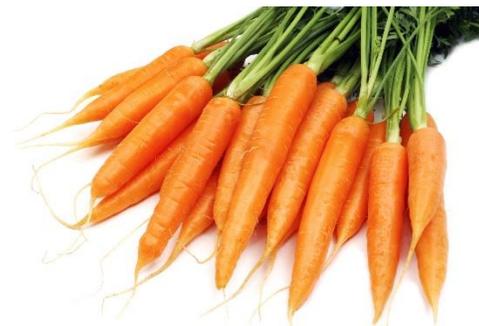
[Teach Food First: An Educators Toolkit for Exploring Canada's Food Guide](#) provides positive food and nutrition education that aligns with the B.C. curriculum

[Farm to School Fall Learning Activities](#) are BC Curriculum-based activities to do with students outdoors.

Other Food Literacy Programs

[Spuds in Tubs](#) (BC Agriculture in the Classroom)

[Harvest Bin Project](#) (BC Agriculture in the Classroom)



PHYSICAL ACTIVITY AND PHYSICAL LITERACY

Community Partnerships

Funding Opportunities

BC Active Transportation Infrastructure Grants



The B.C. Active Transportation Infrastructure Grants Program offers two grant options for Indigenous and local governments:

- Active Transportation Network Planning Grant: The province cost-shares to a maximum of 50%, or \$50,000 whichever is less.
- Active Transportation Infrastructure Grant: The province cost-shares to a maximum of \$500,000 per project.

There is also an opportunity for projects submitted for funding consideration in 2021/22 that were not funded to be reconsidered. Instructional videos are available on the website to assist with the application process. **Application Deadline: October 21, 2022**

Physical and Health Education (PHE) Canada Empowerment Grants

PHE Canada's Physical and Health Education (PHE) Empowerment Grants help to empower schools to provide every student with the knowledge, skills, and attitudes necessary to lead resilient, active, and healthy lives. There are two grant streams available:

- In-School Initiatives Stream
- Researcher Stream: Research Council Equity, Diversity, & Inclusion Graduate Student Research Scholarship



Eligibility and other grant details are in the process of being finalized and will be shared in fall 2022.

ISPARC RISE Grant

RISE Grants support ALL Children and Youth in and out of Care, 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



Relationships and Environment

Walktober

Walktober (formerly International Walk to School Month) takes place each October. Join thousands of school from around the world encouraging students to walk to school! When you register, you'll receive a full kit of activities and access to workshops to help get your students moving. The programming will work from the classroom or at home! Kids, families, classes and school can participate in a way that works for them.

Fall GoByBike Week: October 3-October 16, 2022

Register NOW and commit to ride in Fall GoByBike Weeks which runs October 3-16, 2022 BC-wide! Ride your bike to work, to school, for fun, for exercise, to clear your mind ... no matter the reason, just ride your bike and log your rides for a chance to win prizes, improve health and have fun! If you need a little extra incentive to ride this fall, logging even one ride qualifies you to enter to win a [Grand Prize cycling trip for 2 to Florence, Italy](#) provided by Exodus Travels.

SUBSTANCE USE AND HARM REDUCTION

Teaching and Learning

Substance Use Podcast from BC Children's Kelty Mental Health Resource Centre

We know it's important to talk openly with children about substance use from an early age, but as parents and caregivers we don't always know where to start. In this new podcast on [Substance Use: Talking alcohol, vaping & other drugs with your kids](#), Michelle and Bryn sit down with Cindy Andrew and Art Steinmann, both parents and professionals with 30+ years of experience working in the field of youth substance use within BC schools and communities, to discuss how to talk about substance use with your child, how to prevent problematic substance use, and how you can help your child develop the knowledge and skills they will need to make decisions about vaping, alcohol and other drugs as they grow.



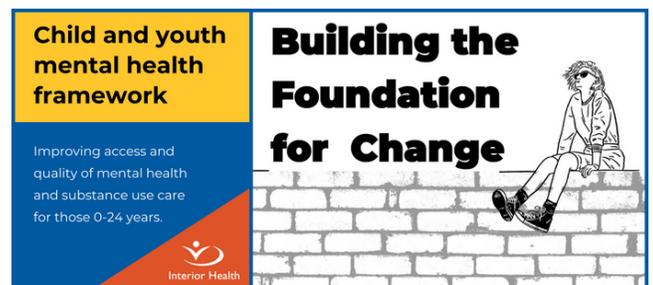
RESOURCES:

- Kelty Webpage: [Substance Use & Related Challenges](#)
- Resource: [Teach your kids to deal with peer pressure](#)
- FamilySmart 'In the Know': [The ABCs of Substance Use and Connecting With Our Kids](#)
- Resource: ABC's of Youth Substance Use - [Preparing Parents and Caregivers for Substance Use Connections](#)
- Website: [Foundry](#) - Parents and caregivers can share this great resource with their youth to help them learn about alcohol, vaping, smoking and other drugs.
- Parent Peer Support: Kelty Mental Health Resource Centre - [Parent Peer Support](#)

Community Partnerships

Child & Youth MHSU Framework -2022-2024- Interior Health

This Framework sets the broad direction for improving access and quality of mental health and substance use care for children and young people within the Interior Health service area in British Columbia - outlining the key system changes needed to ensure children and young people are better supported to be healthy, safe and thriving. The Framework is primarily intended for Interior Health staff who are responsible for delivering Child and Youth Mental Health and Substance Use services; however, it may also be beneficial to other provincial organizations and service providers who support the mental health and wellbeing of children and young people, including schools and school districts. The document can be found on the [IH Public Website](#).



TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

WHO and Kahoot! bring fun health content to schools

The World Health Organization (WHO) partnered with Kahoot! to bring health content to more than a billion students worldwide. In the [WHO Kahoot profile](#) teachers will find multiple courses on health topics such as immunization, misinformation and anything in between. The "Tobacco Exposed" Kahoot starts with a [short video](#) that talks about the strategies employed by the tobacco industry (including vaping) to target young people. It can be a fun way to create awareness and discuss tobacco and vaping with the classroom. Visit the [WHO profile on Kahoot](#) to explore their content.



Community Partnerships

Coming Up: Take a Breath! Poster Contest

The Tobacco and Vapour Reduction team at IH is bringing an opportunity to engage students Grades 8 to 12 in conversation about how tobacco and vaping affects them, their friends, family, school and community through a poster contest this fall. Stay tuned! More information to come in the following weeks!

Receiving applications for the Teen Advisory Group

Capturing youth perspectives and lived experience is fundamental in targeting teen commercial tobacco & vapour use, therefore the Tobacco and Vapour Reduction team is recruiting teens in the IH region to participate in a new Advisory Group. We are looking for youth between ages 13-19 to provide feedback on tobacco and vaping prevention, reduction, cessation and harm-reduction. Must be able to access phone/computer and internet to participate in virtual meetings. Teens under 14 years of age must have parental consent to participate. Honorariums will be provided for participation.

Those interested must email ihpeeradvisory@interiorhealth.ca answering the following questions:

1. What's your name?
2. Do you have lived or living experience with substance use and/or co-occurring substance use and mental health challenges?
3. Have you accessed youth substance use and/or mental health treatment and/or services previously?
4. Do you identify as Aboriginal, First Nations, Indigenous, Inuit or Métis?
5. What community do you live in?
6. What gender do you identify as?
7. Are you between the ages of 13-19?
8. Are you 13 or younger?



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

Community Partnerships

Early Intervention and Harm Reduction Resources

For resources visit the [Interior Health Website](#).

To connect with a Harm Reduction Coordinator email: harmreduction.coordinator@interiorhealth.ca

Tobacco and Vapour Prevention and Control

For resources visit the [Interior Health Website](#).

To connect with a Tobacco Reduction Coordinator email: tobacco@interiorhealth.ca

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