



HEALTH PROMOTING SCHOOLS MONTHLY NEWSLETTER MARCH 2021

Teaching and Learning

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 22](#), [SD 27](#), [SD 53](#), [SD 73](#), [SD 83](#)

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, Hand Hygiene, Positive Mental Health, and Substance Use.

ABORIGINAL HEALTH RESOURCES

Community Partnerships

Kids Help Phone 

Brighter Days: An Indigenous Wellness Program

Brighter Days is the first Kids Help Phone program developed by Indigenous experts to empower [First Nations, Inuit and Métis youth](#) with skills, tools and resources to support their well-being. The program is offered to any group of Indigenous youth from eight to 29 years old in both audio and video format.

For more information or to register visit [Brighter Days: An Indigenous Wellness Program - Kids Help Phone](#) or contact us at Indigenous@kidshelpphone.ca.

MENTAL WELLNESS

Teaching and Learning



Counsellor in the Classroom- Promoting discussions on Mental Health and Well-being

Kids Help Phone's Counsellor in the Classroom Program promotes the discussion of mental health and well-being among young people in Grades 6 through 8. Classes that participate will gain a better understanding of what mental health is and learn more about Kids Help Phone's services. The program is divided into two parts — the first portion is led by the teacher and is followed by a 45-minute phone conversation between the class and a Kids Help Phone counsellor.

For more information see: [Kids Help Phone- Counsellor in the Classroom](#)

Community Partnerships

New Interactive Tool to Support Families with Mental Health Needs



We know how tricky it can be for families to navigate the mental health system. Hopefully the information in the new [Ask Kelty Mental Health tool](#) can be helpful when looking for supports and services in BC for children and youth.

You can type your question into the tool, and find answers to commonly asked questions families have such as:

- ✓ *My child needs help now, what can I do?*
- ✓ *How do I find counselling?*
- ✓ *What can I do while my child is on a waitlist?*
- ✓ *I am struggling to cope with my child's illness. Where can I get support?*

TOBACCO AND VAPOR PRODUCTS

Teaching and Learning

Monthly Newsletter Inserts

The IH Public Website has [Newsletter Inserts](#) that can be included monthly in parent newsletters. See Topic: Tobacco. This month's highlight is:

Tobacco Industry Targets Young People

Tobacco companies have marketed to children and youth for decades.

Celebrities and movie stars often endorse tobacco brands.

The tobacco industry is often referred to as Big Tobacco.

Big Tobacco works hard to get young people to use tobacco and vapour products.

Big Tobacco places advertisements where kids can see them.

Some tips to talk with your kids:

- ✓ Talk to your kids about how the tobacco industry targets young people
- ✓ Share what you know about how industry marketing works
- ✓ Talk about how tobacco companies trick kids
- ✓ Talk about how flavours appeal to young people
- ✓ Encourage open supportive conversations

To read more see:

The History of Tobacco Marketing

stopswithme.com/exposing-big-tobacco/history-of-deception

View Video:

Flavoured vapes hook kids: www.lung.ca/lung-health/vaping-what-you-need-know

Dental Hygiene Canada Tobacco and Vaping

Dental hygienists are skilled in health promotion, disease detection, and behavioural modifications. They are important partners in any plan to improve oral and overall health. Dental hygienists are important partners in talking about tobacco and vaping.

Visit: [Dental Hygiene Canada- Vaping](#)

Visit: [Dental Hygiene Canada -Tobacco](#)



Quitnow

Quitnow has made some changes to their website. Visit www.quitnow.ca/whatsnew to view what's new.

IH Tobacco and Vapour Contacts:

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](#)

Or contact: valerie.pitman@interiorhealth.ca